GULF TIMES
COMMUNITY

Tidying Up With Marie Kondo

Japanese de-clutter guru is proud of your tidying up, and wants to clarify that part about books. P4-5

Glitz & Glam
Back with a bang. Page 14

Showbiz
After playing villains for years, Mikkelsen is ready for star turn. Page 15
**Prayer Time**

- **Fajr**: 4.49am
- **Shorooq (sunrise)**: 6.18am
- **Zuhr (noon)**: 11.47am
- **Ajr (afternoon)**: 2.54pm
- **Maghreb (sunset)**: 5.18pm
- **Isha (night)**: 6.48pm

**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: 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
- Qatar Assistive Technology Centre: 44594050
- Qatar News Agency: 44450205, 44450333
- Q-Post – General Postal Corporation: 44464444
- Ministry of Interior: 40253371, 40253372, 40253369
- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253364, 40253365
- Qatar Airways: 40253374

**Humanitarian Services Office**

(Single window facility for the repatriation of bodies)

- Ministry of Interior: 40253371, 40253372, 40253369
- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253364, 40253365
- Qatar Airways: 40253374

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**Quote Unquote**

"Love yourself. It is important to stay positive because beauty comes from the inside out."  
— Jenn Proske

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**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) 11:15pm.

**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.

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**Landmark Cinema (1):**  
**Wheely:** Fast And Hilarious (2D) 2:15pm; **Vijay Superum Pournamiyum** (Malayalam) 11:30pm.  
**Landmark Cinema (2):**  
**Manikarnika (Hindi)** 11:30pm; **The Kid Who Would Be King** (2D) 6:45pm; **Vijay Superum Pournamiyum** (Malayalam) 9pm; **Vijay Superum Pournamiyum** (Malayalam) 11:30pm.

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**Royal Plaza Cinema Palace (1):**  
**21st Noottaandu** (Malayalam) 2:15pm; **Dragon Ball Super: Broly** (2D) 5pm; **Nadi Elregal Elserri** (Arabic) 7pm; **Charlie Chaplin 2** (Tamil) 9pm; **Cheat India** (Hindi) 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.

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**Mr. Majnu**  
**DIRECTION:** Venky Atluri  
**CAST:** Akhil Akkineni, Nidhhi Agerwal, Glenn Webster  
**SYNOPSIS:** A charming playboy who has never had a serious relationship finds himself in a spot of bother when he finally meets the right girl. Will they end up together? Or will his fear of commitment affect their relationship?  
**THEATRES:** Landmark, The Mall

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**Close**  
**DIRECTION:** Icky Jewson  
**CAST:** Noomi Rapace, Indira Varma, Sophie Nélisse  
**SYNOPSIS:** A bodyguard and counter-terrorism expert Sam takes a job protecting Zoe a rich young heiress. Neither party is keen on the arrangement until a violent kidnap forces them to go on the run.  
**THEATRE:** Royal Plaza
EVENTS

Baladna Cultural Festival
WHERE: Baladna Park
WHEN: February 1 till March 1
Baladna Park will embark you on a delicious and rich journey this time of year, through the Baladna Culture Festival. The festivities will take place each Friday and Saturday of the month of February and will include food, dance shows, entertainment & cultural handicrafts from across the world. For further information 44 24 6000.

Golf on National Sport Day
WHERE: Education City Golf Club
WHEN: February 12
TIME: 9am – 10am
If you are looking to participate in Sport on National Sport Day, Education City Golf Club have something specifically for those that have never played golf before. Try golf with qualified golf professionals and experience an introduction to golf, learning the fundamentals of the game of golf. Adults and Children are welcome to participate.

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: 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.

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.

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.

Arabic Calligraphy Workshop
WHERE: Atelier
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 & Taskwondo. Ages between 5 and 10 years old after school hours.

Music and Arts Atelier
WHERE: Atelier
WHEN: Ongoing
German and crack the codex of music with Keyboard, Guitar, Drums, Piano for adults as well kids and move in the world of music. For details, call 33897609.

Arabic Calligraphy Workshop
WHERE: Museum of Islamic Art
WHEN: February 8
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Time for de-cluttering

I think one of the reasons tidying and cleaning are considered tedious is it's imposed upon us as a duty. But that's the mindset I would like to change.

By Yvonne Villarreal

Marie Kondo has seen your efforts. The Mt. Everest-sized heap of clothes that’s taken over your bed, the drawers of T-shirts neatly folded and lined upright, that once-chaotic kitchen pantry that now looks ready for the pages of Real Simple magazine.

The de-cluttering guru, whose organisational philosophy has drawn global attention since 2011 with her bestselling books, including The Life-Changing Magic of Tidying, has reached a new level of influence and notoriety – and criticism – since the launch of her home makeover show for Netflix, now streaming in 190 countries. With the debut of Tidying Up With Marie Kondo, cleverly released on Jan 1 for those seeking a reset in the new year, she has quickly emerged as a cultural and social media sensation. Good luck trying to evade the before-and-after Instagram photos of newly organised sock drawers. The buzz has lifted Kondo to meme-level celebrity, the modern marker of relevancy. Her “spark joy” concept even appeared on posters at last week’s women’s marches.

“Keep items that “spark joy” when held – a concept she designed to help determine which things to carry into your future. Items that don’t spark joy should be thanked and discarded. It’s a concept repeated time and again in the series as Kondo helps American families find the joy in tidying.

By now, everyone wants to roam the aisles of the Container Store with Kondo or peek inside her Los Angeles home, which she moved into last fall and shares with her husband and two daughters. Instead, we are, in a minimalist West Hollywood residence that serves as the office of KonMari’s creative agency, the Outset. Kondo stands out in a black-and-white gingham dress, looking even more petite and dainty than she appears on TV.

She speaks softly but quickly, with graceful hand movements for emphasis, while Iida listens carefully and scribbles onto a notepad to serve up a translation. Kondo says that, when tidying at home, she wears hoodies just like us. She doesn’t have a junk drawer or a secret messy closet, but admits she sometimes lets the laundry pile up.

“I think one of the reasons tidying and cleaning are considered tedious is it’s imposed upon us as a duty. But that’s the mindset I would like to change. By tidying, we’re allowed to reorient ourselves; we’re able to discover our sense of value. I’d like to pinpoint the positive aspects of tidying.”

It’s an undertaking she’s been preparing for since she was a kid. Kondo grew up in Tokyo. Her father was a physician, her mother a homemaker. While other kids enjoyed recess, Kondo preferred to clean up lockers. The middle child of three – she has an older brother and a younger sister – Kondo willingly took on her siblings’ chores. Her zealous efforts sometimes got her in trouble – like the time she threw away one of her dad’s suits.

Her early ideas of tidying focused on elimination – “I would come home from school and even before I took off my uniform, I would start rummaging for things to throw out. There was never peace in my heart. I was always just stressed out until one day I just completely passed out.” The episode brought her to...
shift her philosophy – to focus on retaining “things that spark joy.”
She never thought she could turn her hobby into a career. But when she was in college at Tokyo Woman’s Christian University, she started an organisational consulting business as a side gig to her full-time job at an HR company. Within a few years, as word-of-mouth spread, Kondo quit her job. Then came the books, which have sold more than 11 million copies in 40 countries and helped fashion her name into a verb.

TV was a logical next step.
Gail Berman, chairman and CEO of the Jackal Group, which produces the Netflix series, says there were discussions about developing Kondo’s book as a scripted series or movie.

“Ultimately, we just came back to the same thing: It’s really all about Marie,” Berman says by phone.

“It’s too soon to talk about numbers. It’s too soon to talk about numbers. We’re sparking joy everywhere. The show has done well – and it has done well globally,” Bajaria says. “We’re sparkling joy everywhere. It’s too soon to talk about numbers. But we love to see the cultural conversation it’s sparked.”

Will that spark of joy stay strong beyond these initial eight episodes? “If a great many people express that hope,” she says, “and if I am given the amazing opportunity, then yes, that is a challenge I’d love to welcome.”

Kondo clarifies her stance, in case there remains any confusion. “The important concept of my method is that you focus not on what you want to discard but what you want to retain, what you want to keep in your life. It’s bound, by their possessions. It’s misreading there.”

Kondo’s technique can be jarring to those who feel overwhelmed, or bound, by their possessions. It’s why the chatter about the show is so fervent. While Kondo’s methods led to criticism and analysis long before the show premiered, a new wave of think pieces has trickled in. Some focus on the way the show reveals a gender imbalance on domestic expectations. Kondo coincidentally wrote a college thesis on gender and tidying in Japan. “I was actually surprised after the show came out that the same discussions were happening in the U.S. because from a Japanese standpoint, we see America as far more progressive,” she says.

And then there was the book controversy. Word spread over social media that the Kondo method allowed you to keep just 30 books.

“I do think there are misconceptions,” Kondo says. “I was quite surprised because some things that I’ve never said before are being talked about as part of my method. I think this occurred because in one of my books I said that when I was going through my books I had about 30 books left. Maybe misreading there.”

Kondo clarifies her stance, in case there remains any confusion. “The important concept of my method is that you focus not on what you want to discard but what you want to retain, what you want to keep in your life. So if you love books, if you’re passionate about books, go ahead and keep them with every confidence.”

“The show has done well – and it has done well globally,” Bajaria says. “We’re sparkling joy everywhere. It’s too soon to talk about numbers. But we love to see the cultural conversation it’s sparked.”

Will that spark of joy stay strong beyond these initial eight episodes? “If a great many people express that hope,” she says, “and if I am given the amazing opportunity, then yes, that is a challenge I’d love to welcome.”

Closets and pantries everywhere are bracing for impact.

— Los Angeles Times/ TNS
**BPS organises ‘My Fun Day at Birla Paradise’**

Birla Public School (BPS) recently organised an event ‘My Fun Day at Birla Paradise’. Lukose K Chacko, Chairman of BPS, was the chief guest at the event. The event was attended by Maria Thomas, Director of BPS, along with A P Sharma, Principal; Shilly Rappai, Senior Vice Principal; and vice principals, headmistresses and heads of various departments. Lukose K Chacko hoisted the school flag and inaugurated the event. The event kicked off with the march past, which was followed by PT, colourful drills and karate. The winners of various competitions were felicitated with medals and prizes on the occasion. The students of Kindergarten took part in the closing ceremony. Maria Thomas declared the event closed and thanked all the faculty members for their hard work and support.

**QatarDebate organises third edition of Qatar Universities Debate League**

QatarDebate, a member of Qatar Foundation for Education, Science and Community Development, in collaboration with National Committee for the Prohibition of Weapons (NCPW), recently organised the third edition of Qatar Universities Debate League (QUDL) in English at Weill Cornell Medicine – Qatar. Some 20 teams from 8 institutions participated in the league, including Carnegie Mellon University in Qatar, College of North Atlantic Qatar, Georgetown University School of Foreign Service in Qatar, Qatar University, Hamad bin Khalifa University, and Weill Cornell Medical College in Qatar. The rounds discussed three thought-provoking topics, including ‘this house would offer Omar al-Bashir immunity in return for leaving power’, ‘this house would aggressively downsize megacities in developing countries’, and ‘this house would only allow non-commercial research and development of CRISPR technology’.

Qatar University won the league, which was followed by Weill Cornell Medicine in Qatar, Northwestern University in Qatar and Georgetown University Qatar. The dignitaries from NCPW who attended the debating league, included Lieutenant AbdulAziz Hamdan al-Ahmed, General Secretary of NCPW; Professor Salwan K J al-Ani, PhD Radiation Expert; Wael Nasser Eidin al-Aissad, Expert; and Mohamed Abdallah, Expert Assistant. Jamal al-Baker, Community Engagement Manager at QatarDebate, and Aisha Y al-Nesf, Head of Educational Programmes at QatarDebate, also attended the event.

**Students of DMIS participate in THIMUN Qatar Conference**

Some 18 students from Senior Wing of Doha Modern Indian School (DMIS) recently participated in the eight edition of THIMUN Qatar Conference, organised by Qatar Foundation’s Pre-University Education at Qatar National Convention Centre. Some 1800 students from 64 local and international schools participated in the conference. The conference included discussion and debating sessions.

The delegates of DMIS were assigned two countries to represent, including Spain and United Arab Emirates. They debated on a range of topics including disarmament, the environment, human rights and the rule of law.
CIGI elects new office bearers

Centre for Information and Guidance India (CIGI) Doha Chapter recently elected its new office bearers. The new senior visionaries include Abdul Kareem K, Academics; Haji K V Abdulla Kutty, Community and Membership; and Mohammed Firoz C M. The newly elected office bearers, include Dr M P Muhammed Shafi, Chairman; Hammad Abdurahiman, Vice Chairman; Ameen Asif Abdulrasheed, General Secretary; Issuddin K K, Chief Co-ordinator; Mansoor Ali P, Treasurer; Vannarath, Senior Co-ordinator of Human Resources and Community Leadership; Mohamed Faisal, Senior Co-ordinator for Career Guidance; and Dr Shameer Kalandan, Executive Member. The newly elected co-ordinators, include Faisal Niyaz Hudawi, Media and Public Relations; Rasheed Ahmed T S, IT & Knowledge Management Centre; Ruknudin Abdulla, Differential Aptitude Test; Niza Chemmannur, Activity; Faisal A K, Employability; Firoz P T, Career Guidance; Thaha Muhammed, Human Resources and Community Leadership; and A K Fazil Hameed, Achievers Club. The deputy co-ordinators, include Hanefi Hudawi, Human Resources and Community Leadership; and Siddiq Parambath, Activity. The election process was led by Muhammed Firoz, CIGI International Chairman. Hamad Abdul Rahman, Vice Chairman, presented 2018-19 report. Shameer Abdulla, outgoing General Secretary, welcomed the gathering and Haji Abdulla Kutty proposed a vote of thanks.

Brainobrain Qatar organises 3rd National Abacus Competition Festival

Brainobrain Qatar recently organised 3rd National Abacus Competition Festival at the Qatar Volleyball Association. Some 600 children participated in the competition and showcased their concentration and math skills. The winners were also felicitated on the occasion. Some 200 students who graduated by completing all ten levels of skill development programme were also honoured.

OIS marks 70th Republic Day of India

Olive International School (OIS) recently organised a special assembly to mark the 70th Republic Day of India. The event was attended by Jacob J M, Principal of OIS, along with vice principal, co-ordinators, faculty members and students of Grade I-VII. The event kicked off with a patriotic song, which was followed by a drama and dance performance by the students of Grade V.
SIS organises ‘Reading Festival’

Junior Section of Shantiniketan Indian School (SIS) recently organised ‘Reading Festival’ with the objective of promoting love for reading and creativity among students. The project was initiated through the promotion of children’s authors, including Leo Tolstoy, JK Rowling, Roald Dahl as display on bulletin boards. All the activities challenged the minds of the students to question, imagine, wonder and connected them with the joy of reading books from the library. The themes for the stories included animals, birds, reptiles and amphibians. The students from KG – Grade VIII participated in the festival. 

WCM-Q offers Qatari students a chance to work with world-class scientists

According to a press release, Qatar high school and college students with a passion for science are invited to apply for a summer internship at Weill Cornell Medicine-Qatar (WCM-Q), a leading biomedical research institution.

Applications are now open for the WCM-Q Research Internship for National High School Students, which is offered as a two-week or four-week programme that earns participants 50 to 100 volunteer hours. Applications are also open for the WCM-Q Research Internship for National College Students, which is offered as a two-week or eight-week programme and teaches both laboratory skills and research management skills. Both internships are part of WCM-Q’s Biomedical Research Training Programmes for National’s initiative.

WCM-Q launched its biomedical research programme in 2009, focusing on diseases prevalent in the Arabian Gulf including diabetes and obesity. Qatar high school and college students are invited to apply for the summer internships in the college’s laboratories as part of WCM-Q’s outreach programmes and its ambition under the Qatar Foundation umbrella to increase local, homegrown research capacity in Qatar. WCM-Q is part of Cornell University, an Ivy League school.

The training programmes offer students the chance to learn key research skills and to work alongside world-class professional scientists to tackle major real-life issues of high significance. These internships provide Qatari nationals with valuable opportunities to learn new skills and take the first step towards successful careers in science and research.

The internships also give Qatari nationals the chance to be a part of Qatar’s ongoing mission to diversify its economy, which has seen the country establish itself as a key regional scientific and educational hub in recent years.

The deadline to apply for both the Research Internship for National High School Students and the Research Internship for National College Students is Sunday, May 26, 2019.

Toyota Hilux steals show claiming victory at 2019 Dakar Rally

According to a press release, from the Arabian Desert, to the frozen polar wastes, Toyota’s vehicles have proved themselves as trusted top performers, whatever the environment. Now it has gone further in its world-conquering achievements by claiming Toyota’s first victory in the 41st edition of the gruelling Dakar Rally. GAZOO Racing South Africa’s modified Hilux led throughout ten days and more than 3,000 miles (4,828 kilometres) of harsh desert driving in Peru to claim the win in the car category. Even though the pick-up was specially adapted to deal with the challenge, including a mid-mounted V8 engine, its success is another demonstration of the reliable and hard-wearing quality of the engineering that has defined Hilux for decades.

Akio Toyoda, President of Toyota, commented, “I would like to sincerely thank all teams that chose Toyota for this year’s Dakar Rally. Thank you for your hard work! Nasser and I drove the winning Hilux in Spain in late 2017. At that time, the team presented me with the second-place trophy from a past event, promising me that next time they would secure the first place trophy. I am thrilled that they were able to fulfil that promise!”

He added, “There are no proper roads in the desert. However, if cars cannot run in such harsh conditions, they are without a reason to be. Cars must be able to run wherever drivers want to go. I believe passionately that ‘roads make cars’. This year and going forward, the Toyota Group as a whole will strive to continue making ‘ever-better’ cars by traversing a wide variety of roads and terrains across the world. Thank you for your continued support.”

The challenges faced by the GAZOO Racing South Africa Hilux on the Dakar were exceptional, but Nasser al-Attiyah and co-driver Mathieu Baumel successfully negotiated the ten stages to seal a historic first victory for Toyota in one of the world’s toughest motorsports events.

Since 2012, the team had posted five podium places and seven top-five finishes, whereas al-Attiyah’s win comes after a second-place result in 2018. The Hilux was also the first petrol vehicle in its class to take victory since the start of the Dakar’s South American era, being powered by a mid-mounted, normally aspirated V8.

There was further success for Toyota in the event with the Team Land Cruiser Auto Body (TLC’s) #350, driven by Christian Lavielle and Jean-Pierre Garcin, winning the Dakar Production Division category for the sixth consecutive year. Meanwhile, #349, driven by Akira Miura and Laurent Lichtleuchter, secured second place in the category.

Christian Lavielle said, “I feel amazing that we were able to both finish with a 12 finish and also get our 6th consecutive win in the Production Category. This year’s rally was incredibly difficult, we got stuck many times and had many punctures, but with our two cars working together with our mechanics providing us with perfect maintenance. This is an amazing team and I am incredibly grateful to all of the fans that supported us.”
By Usha Wagle Gautam

Tourists travelling to Nepal generally flip the glossy pages of guide books with captivating mountains on them. These mountains, including the tallest Mount Everest, are located in the northern region of the country. On contrary, the southern region Nepal is a home to lush jungles and national parks with composites of rare flora and fauna.

Lumbini is one such place in Nepal that holds a great importance in reference to cultural heritage and attract thousands of tourists every season. Lumbini, one of the world’s most important spiritual sites, is home to the historic birthplace of the Buddha. Today you can visit over 25 international Buddhist monasteries, study Buddhism, meditation and visit Buddha’s birthplace itself within the Mayadevi Gardens in Lumbini. The integrity of Lumbini has been achieved by means of preserving the archaeological remains within the property boundary that give the property its Outstanding Universal Value. The significant attributes and elements of the property have been preserved. The buffer zone gives the property a further layer of protection. Further excavations of potential archaeological sites and appropriate protection of the archaeological remains are a high priority for the integrity of the property. The archaeological site beholds a pillar which was built by Maurya emperor, Ashoka, in 3rd Century BC, which was found by Alois Anton Führer, German Indologist in 1896. There is broad pavilion where one can stroll amidst Buddhist player flags fluttering in the air. Pagoda Shanti Stupa is also present in the city, built by Japanese in the white chalk and located at the height of 1,100 metre. The pagoda monument was built as a symbol of peace and is still known as ‘World Peace Pagoda’.

As Lumbini is central to beautiful architectural details – one can easily see the influence of Thai architecture in various buildings constructed here. Where Cambodian Monastery highlights the architectural influence of Anchor Wat, the largest Hindu temple in the world built for the Khmer Empire, the Chinese Zhong Hua monastery brings Chinese architecture and aesthetics on the table with Confucian avatars guarding it. The Myanmar Golden Temple highlights the Indo–Chinese heritage. There are many monasteries, including Indian, Nepalese, French, German, Austrian, South Korean, Vietnamese, and Cambodian existing in the cosmopolitan complex.

Some 30 kilometres west of Lumbini is Tilaurakot, the home of Gautama Buddha where he spent 30 years before escaping from the mundane and everyday lavish life of the palace. He left his wife and a son behind the palace walls as he went to India for meditation. On the bank of Banganga River is the relic of the elaborate palace that has been transformed into the museum with archaeological items on display for the tourists to get an insight into the life of Buddha.

One can visit Lumbini any time of the year. But, Buddha Purnima (Buddha’s full moon) in April or May is the best time to visit Lumbini when hundreds of people from different countries visit the place. One can take a flight from Kathmandu to Bhairahawa, and then a cab, bus or rickshaw to Lumbini. The cheaper option is to take the tourist bus from Kathmandu while enjoying rustic ride with picturesque landscapes. One can simply pedalle around Lumbini. There are cost effective accommodation options in Lumbini Bazaar, near to the monastic complex. Lumbini is a middle-of-a-way spiritual mosaic. You can visit the place while coming from Pokhara, magnificent lakeside on the foothills of Himalaya and, Chitwan National Park, Unesco-listed tiger and rhino shelter. From Lumbini, you can go further west unto Lush Bandhya National Park or north to Tansen where a baroque Ranighat Palace, reminiscent of Taj Mahal awaits you on the bank of Kali Gandaki River.
## Healthy Living

### Beyond rice

Two tasty, nutritious alternatives to rice (content of 3.5 oz. [100g], uncooked):

<table>
<thead>
<tr>
<th></th>
<th>Quinoa</th>
<th>Amaranth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>374</td>
<td>374</td>
</tr>
<tr>
<td>Protein (grams)</td>
<td>13.1</td>
<td>14.6</td>
</tr>
<tr>
<td>Carbohydrates (grams)</td>
<td>66.3</td>
<td>66.2</td>
</tr>
</tbody>
</table>

Source: U.S. Department of Agriculture, TNS Photo Service
Cycling, treadmill workstations promote health and cut stress

Want to improve health, reduce stress and boost productivity of your employees? Try active workstations like cycling and treadmill as they also boost physiological changes in the body than sitting or standing workstations, researchers suggest.

Long sitting hours at work place can put people at various health risks like obesity, cardiovascular disease and diabetes as well as various cancers.

The study, led by researchers from the Universite de Montreal in Canada, found that treadmill workstations got people moving and increased upper body muscular activity more than did standing versions, while cycling workstations improved simple processing task speeds the most.

But the upper body effort needed to stabilise gait and posture on a treadmill workstation might affect the fine motor skills, such as typing, needed for keyboarding.

Both treadmill and cycling workstations also boosted the heart rate and energy expenditure while prompting a drop in blood pressure during the working day compared with standing workstations, the findings showed. These workstations lowered stress, increased alertness and reduced boredom more than standing versions.

"With workers and the workplace slowly moving towards active workstations, future long-term studies integrating different types of active workstations should be conducted in order to provide additional evidence," said Professor Marie-Eve Mathieu, in the paper published in the Occupational and Environmental Medicine journal.

"Ultimately, workers and corporations should be able to critically examine the benefits and limitations of each type of workstation and determine which is most appropriate for the worker’s specific needs and tasks," Mathieu added.

To understand the potential impact of active workstations on health and productivity, the team reviewed 12 studies (out of 274 initially selected).

They looked at the effect on muscles and physiology — average heart rate, blood pressure, energy expenditure — perceived exertion and pain tolerance, and cognitive performance at work — processing speeds, attention and short-term memory.

While all types of workstations were associated with a short-term boost in productivity, cycling and treadmill workstations seemed to be associated with greater short-term physiological changes, the researchers noted. – IANS
This Sporting Life

| ANGLING  | CROQUET  | POLO      |
| ARCHERY  | FENCING  | RUGBY     |
| ATHLETICS| FOOTBALL | SHINTY    |
| BASEBALL | GOLF     | SOCCER    |
| BOULES   | GYMNASTICS| SQUASH   |
| BOWLING  | HOKEY    | SWIMMING  |
| BOXING   | JUDO     | TENNIS    |
| CRICKET  | LACROSSE | WRESTLING |

Codeword

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

Sudoku

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

Bound And Gagged

I CAN’T BELIEVE THE BACHELORETTE IS GOING FOR THE PRINCE.

Codeword

Puzzles courtesy: Puzzlechoice.com

Pooch Cafe

This is so awkward. Do we shake hands? Do we hug? One hand we’re brothers. But on the other we’ve only met a few times. I’m just not sure which greeting to—

Athman

OH, BOY. WOOF.

THAT... IS A LOT OF SNOW TO SHOVEL.

LET’S GO AT THIS INTELLIGENTLY!

WE’LL STRETCH FIRST. GEAR-LOAD, LIFT WITH THE KNEES. PLUS TWO MORE HOURS.

TWO MORE HOURS?

SLEEP. LET’S MEET BACK HERE AT 11:30 AM.

Codeword

Puzzle courtesy: Puzzlechoice.com

Garfield

“DEAR ASK A DOG, WHO’S STRONGER? CATS OR DOGS?”

HOOOOOOOOOOHHH

DOGS, BUT ONLY IF YOU COUNT THEIR BREATH.
**Super Cryptic Clues**

**ACROSS**
1. Set off to cycle round and get support (8)
2. He’s a drawback to the boss (6)
3. Be dying to collect the winnings? (4,2,4,5)
4. The bird, with a paw, flicked to fish round (7)
5. Speak with skill (7)
6. A uniformed man put the new range in (8)
7. Not the whole number found in the river (5)
8. Has returned, sir, to the party (5)
9. Music in the desert for a denizen thereof (8)
10. Trouble to provide a condiment (6)
11. Said worriedly, ‘The paper-cutter can’t be seen anywhere’ (9)
12. Obviously pleased I’m back, though shy about it (7)
13. A desire to be with one (5)
14. Not including the funny clue for ‘tiny’ (9)
15. Leave no doubt (8)
16. As it performs, the man holds the dog (8)
17. Got ahead, though it’s not easy (8)
18. Turn back to get the bigwig (5)
19. At the outset, annoy one by being unproductive (7)
20. The two beasts at the draper’s (7)
21. Accommodates a horseshoe among the various shoes (6)
22. She’s off, dear, to a grand start (5)
23. Turn back to get the bigwig (5)

**DOWN**
1. Trouble to provide a condiment (6)
2. Skewer (5)
3. Decline (5)
4. Adam (5)
5. Traipse (7)
6. A desire to be with one (5)
7. The two beasts at the draper’s (7)
8. Accommodates a horseshoe among the various shoes (6)
9. She’s off, dear, to a grand start (5)
10. Turn back to get the bigwig (5)
11. As it performs, the man holds the dog (8)
12. Leave no doubt (8)
13. At the outset, annoy one by being unproductive (7)
14. Turn back to get the bigwig (5)
15. Leave no doubt (8)
16. As it performs, the man holds the dog (8)
17. Got ahead, though it’s not easy (8)
18. As it performs, the man holds the dog (8)
19. Leave no doubt (8)
20. As it performs, the man holds the dog (8)
21. As it performs, the man holds the dog (8)
22. As it performs, the man holds the dog (8)
23. As it performs, the man holds the dog (8)
24. As it performs, the man holds the dog (8)
25. As it performs, the man holds the dog (8)
26. As it performs, the man holds the dog (8)
27. As it performs, the man holds the dog (8)
28. As it performs, the man holds the dog (8)

**Codeword**

**Wordsearch**

**Yesterday’s Solutions**


**DOWN:** 1. Trouble to provide a condiment (6) 2. Skewer (5) 3. Decline (5) 4. Adam (5) 5. Traipse (7) 6. A desire to be with one (5) 7. The two beasts at the draper’s (7) 8. Accommodates a horseshoe among the various shoes (6) 9. She’s off, dear, to a grand start (5) 10. Turn back to get the bigwig (5)

**Answers**
Back with a bang

Pakistan's most beloved actresses. From that point onwards, Baloch has earned critical acclaim for a string of roles portraying many versions of Pakistan's sweetheart. Post Kaalak, Sanam starred in drama serial Durooh (2008) on entertainment channel Geo, directed by Mehreen Jabbar, which was followed by spectacular work in Daastan (2010), Durr-e-Shahwar (2012), Kumbar (2013), all on premier entertainment channel HUM TV, and telefilm K2-Th Murium (2016). After a hiatus of one year with mornings shows and reading scripts one after another, post portraying Suhana in ARY Digital's Teri Raza (2017), Sanam is all set to hit television screens again with Khaas alongside Ali Rehman Khan.

"Directed by Danish Nawaz, the play challenges the social norms and highlights for what goes wrong in this society. It's how an environment and upbringing influences someone for who he becomes as a person – what he perceives and his approach to life and relations," adds Sanam. "The play is an emotional journey that will take you down and strike the right chord in terms of what needs to be changed and looked upon. It is based on the bitter realities of the world existing today. It's something women of today's time can relate to. It's about love, remorse and guilt. It touches the taboo concerning women and how the society perceives them and treats them often and not just society but their closed ones including their husbands."

Drawing parallel on what has changed in Pakistan entertainment industry for over a decade, Sanam says, “A lot has changed. We're still on our way to making it big in the world though. I think we’re in the revolutionary phase right now where we have finally understood what our audiences want to see. We’ve started making relatable content that is not exaggerated on screen with quality.”

In Khaas, Sanam would be seen sharing the screen space with comparatively new actor Ali Rehman Khan. “Ali is a fantastic actor and he puts his 200% in every shot. We're having a wonderful time on sets. He has studied acting and has practically learned it before he made it big on television screens. That makes helluva difference you know. On the sets we share our instant feedback and help each other with the scenes. I'm really hoping for people to like it once the play is out,” says Baloch.

Despite the brassy work that speaks volumes about her talent, Baloch still feels nervous, every time she steps on sets. One would think the actor is teeming with confidence by now, having made numerous television appearances. “I'm very nervous. I'm always nervous about every project I sign. I always leave my work to the Almighty with a prayer that he’ll look into it,” she explains. “I started my acting career with Momina Duraid Productions and HUM TV and I'm back with them again. We’ve created tremendous projects together with international acclaim that were not only loved in Pakistan but across the border as well. So even this time – we’re hoping for the best. We’re like lucky charms for each other.”

Social media was recently catching fire. Isn’t it? “Yes. The morning show is no more a part of Samaa’s transmission. Samaa is increasingly reducing its entertainment content and is trying to focus more on the news section. So yes,” she adds. “The thing about new beginnings is that they require something else to end.”
After playing villains for years, Mikkelsen is ready for star turn

Actress Aditi Rao Hydari says education is essential to break the cycle of poverty.

**Literacy essential to battle poverty: Aditi Rao Hydari**

Actress Aditi Rao Hydari says education is essential to break the cycle of poverty.

“Fatherhood is a huge responsibility. It has changed me as a person a lot. Now, everyday comes with a new challenge. My perspective towards the things has also changed. Now, I have started looking at things seriously so that I can give her (daughter) the best of everything,” Aditi said in a statement.

Aditi has been one of the foremost supporters of the NGO Teach For Change, which works to improve literacy and reading skills among children from low income communities studying in government schools. She will also unveil a nationwide launch of the Pega Teach For Change movement – which is an expansion of the initiative to eight Indian cities for the upcoming academic year.

“I am very glad that Teach For Change is launching a nationwide movement and I pledge my support to the initiative and encourage all committed citizens who want to make a difference to sign up for the programme and volunteer to teach,” she added. – IANS

**Fatherhood is huge responsibility: Shreyas Talpade**

Actor Shreyas Talpade, who welcomed a baby girl last year, says his life has changed after becoming a father.

“Fatherhood is a huge responsibility. It has changed me as a person a lot. Now, everyday comes with a new challenge. My perspective towards the things has also changed. Now, I have started looking at things seriously so that I can give her (daughter) the best of everything,” Shreyas said over telephone from Mumbai.

Amidst the busy work schedule, the actor is trying his best to devote proper time to his wife and daughter Aadya.

He said, “Sometimes it becomes difficult to take out time from the shoot but whenever I get time, I go straight to the house and spend time with Aadya. There are days also when I don’t get to see her but it’s okay.”

“Though I come back home late and leave early for shoot, I try my best to maintain a proper balance between my work and family. I don’t want to become a father who does not support his wife in parenting. Both mother and father play an important role in nourishing a child. And I thank my wife Dipti for being co-operative always.”

On the work front, Shreyas is busy shooting for his TV show My Name Ijj Lakhan. It airs on SAB TV. – IANS

**COMING ALIVE: Mads Mikkelsen plays main role in his new survival movie Arctic.**

**By Peter Sblendorio**

Mads Mikkelsen, 53, ingratiated himself to American audiences over the years with villainous roles in the James Bond film Casino Royale and in Marvel’s Doctor Strange; as TV’s Hannibal Lecter in the NBC series Hannibal, and as Galen Erso, the creator of the Death Star, in Rogue One: A Star Wars Story.

And now, he’s the headliner of two new American films. In addition to Arctic, Mikkelsen is the lead star in the Netflix thriller Polar, released last Friday, in which he plays a masterful assassin named Duncan Virglia whose long-time agency attempts to kill him two weeks before his retirement to avoid giving him one final paycheck.

“Is this his time?” Mikkelsen says he feels like he’s in the midst of a big moment. Mikkelsen said, “I’ve been in other American films but I’ve been one of the sidekicks. Yes, it is a big moment. I love it. I embrace it.”

Joe Penna, the director of Arctic, says Mikkelsen’s physicality is what made him the right choice for the role.

“We couldn’t use anyone else for his stand-ins, because you just can’t tell,” Penna told The New York Times. “His idiosyncrasies, he could match every single time, and no one else could. He can say so much with just his face, and that’s what we wanted. The screenplay had very, very little dialogue, and we needed to rely on somebody who was this talented.”

Actress Fei Chen – who plays Hilde, one of Mikkelsen’s character’s adversaries in Polar – was equally inspired by Mikkelsen in their movie.

“She’s amazing,” Chen said. “He is like James Bond, but very grounded, a very much grittier version and more real for me.” Polar, which premiered on Netflix Friday, is based on a graphic novel by the same name.

“I get to play a hitman, (which) is always fun,” Mikkelsen said. “And I get to play a retired hitman, meaning I’m allowed to be a little tired, a little heavy. I mean, lethal, but a little tired. I think that’s a beautiful combination.”

Despite their names sounding similar, Polar and Arctic are much different films. In Arctic, Mikkelsen basically only interacts with one other character, a woman played by Maria Thelma Smáradóttir who also becomes stranded during an attempt to rescue Overgård. Mikkelsen hopes people won’t compare Arctic to the 2015 survival film The Revenant, starring Leonardo DiCaprio and that bear.

“The Revenant has a much bigger story in the sense that there’s a lot of stuff happening. … We’re stuck with a man in the arctic, and our film is probably more about humanity, the big difference between being alive and just being a survivor,” Mikkelsen said. “We see there’s a big difference. We see this man come alive again when another person enters his world. Before that, he’s just a comfortable numb.” – New York Daily News/TKS
Creating awareness about clean environment is an ongoing process. Both public and private sectors across the world are keen not only to raise the awareness about it but also to remedy the damage that has already been done.

There are many ways that trash can be changed into treasure. More and more private sectors all over the world are getting involved in recycling different used materials and making them usable again. In pursuit of these common goals, the Embassy of Switzerland and Elite Paper Recycling Company recently signed a partnership declaration for public awareness and recycling.

The declaration was signed by Edgar Doerig, Ambassador of Switzerland, and Abdulla Ibrahim al-Suwaidi, Chairman of Elite Paper Recycling, in the presence of the embassy officials and other representatives of the company. The partnership will benefit both the parties in promoting environmental sustainability.

Elite Paper Recycling will collect the used paper for recycling process from the big trash bin placed at the embassy.

Addressing the gathering, the ambassador said, “We are very happy to sign the partnership declaration with Elite Paper Recycling. In the memorandum, we acknowledge common values about the environment. The embassy sincerely believes in the efforts and we are glad to support Elite for what they have been doing. We have placed a big dust-bin outside the embassy to dispose of the used paper.”

Al-Suwaidi said, “We are really happy to sign the declaration with the embassy. I thank the embassy for being partners with us in launching this project and supporting recycling in Qatar.”

Sharing the details of the declaration with the media, the ambassador said, “We have different points of concrete activities that we want to promote together. First is about promoting the environmental sustainability. It also includes, raising awareness, and media campaign. We will continue working together for the paper recycling. We will also engage efforts for reducing the energy consumption. We will encourage the private sector on macro scale for the recycling. There are a number of Swiss companies have high quality expertise in the recycling sector.”

He further added, “Switzerland, together with the European and other countries around the world, has been an early mover in the environment protection area. In 60s and 70s, as children, we used to go out and clean small rivers. At that time, people were throwing garbage in the rivers. Today, the country is well protected, environmentally. We always have to start raising awareness and tell people what needs to be changed. Then there can be a mindset change regarding littering and oversuse of natural resources. To ease the pressure on the environment, we need to reduce the consumption of different things. It is better to use the resources wisely and bring them back for the recycling. On the large scale, big investments need to be done by the governments. I think this government is investing well for the purpose.”

Interacting with the media persons, the Elite chairman said, “For me it is like a dream come true – working for the environment more than just doing a business. Further, we need to start with the new generation. We need to go and teach them especially when they are young about environment and recycling processes. We need to prepare them early to protect the environment. We have been trying to do that part as well. We are teaching and giving presentations in the factory about how the environment should be protected and if we do not recycle, what will be the effect on the environment. We have been sending these messages to the students because they are the future of this country. If taught and trained well, they can work for a better future of Qatar.”

He added that his company makes the trash paper ready to be used again. He said that through different projects, the company continues to inform the public about the need and significance of the recycling.