YOUR PAGE, YOUR STAGE!
There’s probably a photographer hidden in each of us, looking out for a platform. Community invites you to grab your chance and send your contributions with contact details and complete description of the images to qatarcommunity@gmail.com — PHOTO ESSAY, Page 10
PRAYER TIME

Fajr 3.42am
Shoroq (sunrise) 5.05am
Zuhr (noon) 11.34am
Asr (afternoon) 3.03pm
Maghreb (sunset) 6.02pm
Isha (night) 7.32pm

USEFUL NUMBERS

Emergency 990
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquiries 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Hamad Medical Corporation 44392222, 44393333
Qatar Airways 44496000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333, 44593363
Qatar Assistive Technology Centre 44590363
Qatar News Agency 44450205, 44450333
Q-Post – General Postal Corporation 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253371, 40253372, 40253369
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253360, 40253365
Qatar Airways 40253374

“A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results.”
—Wade Boggs

Mera Naam Shaji
DIRECTION: Nadirsha
CAST: Biju Menon, Asif Ali, Baiju
SYNOPSIS: The lives of three men sharing the same name intertwine, leading to a series of hilarious incidents. Unforeseen circumstances bring three men, each named Shaji in each others lives at a crucial phase.
THEATRES: Royal Plaza, Landmark, The Mall

Avengers: Endgame
DIRECTION: Anthony Russo, Joe Russo
CAST: Brie Larson, Scarlett Johansson, Karen Gillan
SYNOPSIS: Adrift in space with no food or water, Tony Stark sends a message to Pepper Potts as his oxygen supply starts to dwindle. Meanwhile, the remaining Avengers, Thor, Black Widow, Captain America and Bruce Banner, must figure out a way to bring back their vanquished allies for an epic showdown with Thanos, the evil demigod who decimated the planet and the universe.
THEATRES: The Mall, Landmark, Royal Plaza

The Mall Cinema (1):
Mera Naam Shaji (Malayalam) 11:30pm.

The Mall Cinema (2):
Avengers: Endgame (2D) 2:15pm; Mera Naam Shaji (Malayalam) 5:30pm; Kanchana 3 (Tamil) 11:15pm.

The Mall Cinema (3):
Avengers: Endgame (2D) 5:15pm; Avengers: Endgame (2D) 8:15pm; Madhura Raja (Malayalam) 11:30pm.

Landmark Cinema (1):
Kanchana 3 (Tamil) 2:30pm; Mera Naam Shaji (Malayalam) 5:30pm; Kanchana 3 (Tamil) 8pm; Avengers: Endgame (2D) 11pm.

Landmark Cinema (2):
Avengers: Endgame (2D) 2:15pm; Avengers: Endgame (2D) 5:15pm; Avengers: Endgame (2D) 8:15pm; Madhura Raja (Malayalam) 11:30pm.

Landmark Cinema (3):
Avengers: Endgame (2D) 2pm; Missing Link (2D) 5:15pm; Avengers: Endgame (2D) 8:30pm; Mera Naam Shaji (Malayalam) 11:30pm.

Landmark Cinema (4):
Kanchana 3 (Tamil) 2:30pm; Mera Naam Shaji (Malayalam) 5:30pm; Kanchana 3 (Tamil) 8pm; Avengers: Endgame (2D) 11pm.

The Mall Cinema (1):
Jersey (Telugu) 2:30pm; Kalank (Hindi) 5:30pm; Madhura Raja (Malayalam) 8:30pm; Kanchana 3 (Tamil) 11:15pm.

The Mall Cinema (2):
Missing Link (2D) 2:30pm; Missing Link (2D) 4:15pm; Avengers: Endgame (2D) 6pm; The Curse of La Llorona (2D) 9:15pm; Avengers: Endgame (2D) 11pm.

The Mall Cinema (3):
Avengers: Endgame (2D) 2pm; Avengers: Endgame (2D) 5:15pm; Avengers: Endgame (2D) 8:30pm; Mera Naam Shaji (Malayalam) 11:30pm.

Community Editor
Kamran Rehmat
E-mail: community@gulf-times.com
Telephone: 44466405
Fax: 44350474
to think about how our everyday life involves and engage visitors, and, encouraging them. Hadith, and their significance to society. The use plants mentioned in the Qur’an and "Baraka: Blessing of the Garden” exhibition in Education City. The exhibition highlights history, be sure to check out the ‘Baraka: Blessing of the Garden’ exhibition in Education City. The exhibition highlights the use plants mentioned in the Qur’an and Hadith, and their significance to society. The narrative of the exhibition aims to inform and engage visitors, and, encouraging them to think about how our everyday life involves and depends on plants, is divided into four categories: cosmetic-medicinal; edible; lifestyle; and fragrance. Enjoy a day out in the relaxing singing sand dunes of Mesaided along with a thrilling dune bashing experience. This 5-hour getaway takes you all the way to the breath-taking inland sea beach a.k.a Khor Al Adaid to watch the Sunset. Only for QR170 per person.

Asian Athletics Championships Doha
WHERE: Khalifa International Stadium
WHEN: Today
TIME: 8am – 10pm
Athletics fans in Qatar, Asia and all over the world can now secure their tickets for the 23rd Asian Athletics Championships after the competition’s Local Organizing Committee put the tickets for online sale on the competition’s official website.

Baraka: Blessing of the Garden
WHERE: Oxygen Park
WHEN: Ongoing till May 2
TIME: 9am
If you’re interested in plants and their medicinal and benefits gardening, botany and history, be sure to check out the ‘Baraka: Blessing of the Garden’ exhibition in Education City. The exhibition highlights the use plants mentioned in the Qur’an and Hadith, and their significance to society. The narrative of the exhibition aims to inform and engage visitors, and, encouraging them to think about how our everyday life involves and depends on plants, is divided into four categories: cosmetic-medicinal; edible; lifestyle; and fragrance.

The Active FunShop Qatar
WHERE: The Swiss International School in Qatar
WHEN: April 27
TIME: 8:30am – 12:30pm
This workshop is designed for primary and high school teachers who teach from grade one to year 13 who are looking for new and exciting ways to conduct physical education and outdoor sessions. Energetic Education is excited to announce one amazing full day FunShop. This workshop has been conducted in over ten different countries around the world with fantastic results aimed at both primary and secondary teachers.

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 55448835.

Artistic Gymnastic Classes
WHERE: Qatar Academy Msheireb
WHEN: Ongoing
TIME: 3:15pm – 4:15pm
The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

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.

Arabic Calligraphy Workshop
WHEN: Saturday – Wednesday
TIME: 8pm
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

Additional services include dance education, choreograph music videos and dance cover albums, choreograph dance musical projects, corporate workshops and events, choreograph events for schools, colleges, alumni meets and corporate and choreography events. For details, call 33497609.

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, Indian classical dance, music (Hindustani and Carnatic), arts and craft, karate, yoga, percussion (Chenda, Thimila, Elathalam and Madhalam), violin, harmonium, public speaking.

Dr. Masoor Gulati Clinic Live in Doha
WHERE: Al Dana Club, Doha, Qatar
WHEN: April 26
TIME: 6pm – 10pm
Witness the genius of Indian stand-up comedian, Sunil Grover live as he plays his popular characters Dr. Masoor Gulati’ and ‘Guthli’ from Kapil Sharma show. Sunil Grover will be performing live at Al Dana Club in Doha.

Syria Matters Exhibition
WHERE: Museum of Islamic Art
WHEN: Ongoing till April 30
TIME: 9am – 7pm
Museum of Islamic Art (MIA) in Doha presents a major exhibition, co-curated by MIA Director Dr Julia Gonnella and Rania Abbadian, as part of the MIA ten-year anniversary celebrations.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003830.

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.

Dr. Masoor Gulati Clinic Live in Doha
WHERE: Al Dana Club, Doha, Qatar
WHEN: April 26
TIME: 6pm – 10pm
Witness the genius of Indian stand-up comedian, Sunil Grover live as he plays his popular characters Dr. Masoor Gulati’ and ‘Guthli’ from Kapil Sharma show. Sunil Grover will be performing live at Al Dana Club in Doha.

Syria Matters Exhibition
WHERE: Museum of Islamic Art
WHEN: Ongoing till April 30
TIME: 9am – 7pm
Museum of Islamic Art (MIA) in Doha presents a major exhibition, co-curated by MIA Director Dr Julia Gonnella and Rania Abbadian, as part of the MIA ten-year anniversary celebrations.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003830.

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.

Dr. Masoor Gulati Clinic Live in Doha
WHERE: Al Dana Club, Doha, Qatar
WHEN: April 26
TIME: 6pm – 10pm
Witness the genius of Indian stand-up comedian, Sunil Grover live as he plays his popular characters Dr. Masoor Gulati’ and ‘Guthli’ from Kapil Sharma show. Sunil Grover will be performing live at Al Dana Club in Doha.

Syria Matters Exhibition
WHERE: Museum of Islamic Art
WHEN: Ongoing till April 30
TIME: 9am – 7pm
Museum of Islamic Art (MIA) in Doha presents a major exhibition, co-curated by MIA Director Dr Julia Gonnella and Rania Abbadian, as part of the MIA ten-year anniversary celebrations.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003830.
No pain, a lot of gain

Just as a magnifying glass can concentrate sunlight to burn holes in leaves, focused ultrasound concentrates sound waves to singe a small area of the brain, preventing neurons from overreacting and triggering pain, writes Sarah Meehan.

“...The US probably spends more than $500 billion annually on treatments related to pain. So if this procedure works well in these types of patients, it could be a very significant alternative to what we have today”

— Dr Dheeraj Gandhi, the University of Maryland’s director of interventional neuroradiology

Steroid injections, nerve stimulators and spinal fusions were no match for the chronic pain in Tammy Durfee’s left side — never mind the “searing-hot poker” sensation that would jab her leg without warning. After a decade searching for relief, a four-hour procedure in Baltimore put her pain to rest.

Durfee, of Higginsville, Missouri, was the first US patient to be treated for neuropathic pain using focused ultrasound in a medical trial being conducted by University of Maryland School of Medicine researchers. Just as a magnifying glass can concentrate sunlight to burn holes in leaves, focused ultrasound concentrates sound waves to singe a small area of the brain, preventing neurons from overreacting and triggering pain.

Durfee’s treatment is part of a broader trial in which Maryland medical school researchers are studying the use of focused ultrasound on neurological conditions including essential tremor, Parkinson’s disease and other movement disorders. Proponents of focused ultrasound expect the non-invasive therapy could become a mainstream treatment for dozens of conditions ranging from cancer to Alzheimer’s disease in the years ahead.

Often associated with pregnancy sonograms, ultrasound is a technique that sends sound waves through the body, often to create medical images. Focused ultrasound pinpoints the sound waves to a specific area to burn tissue.

The technique looks to be a promising treatment for neuropathic pain, a fairly common condition that is notoriously difficult to treat. The sensation is caused by damage to nerves, the spinal cord or neurons in the thalamus, the part of the brain that relays information from the body’s sensory receptors.
Neuropathic pain encompasses a range of diagnoses, and symptoms affect an estimated 7-10 percent of the population. It can manifest in different ways, with both continuous and intermittent pain. The condition does not usually respond to pain medications, and surgical remedies only work for some patients.

"Even if it responds early on, the treatments eventually fail. And the side effects of treatments are many and very, very serious. Many medications lose their effectiveness," said Dr. Dheeraj Eisenberg, the University of Maryland's director of Interventional Neuroradiology and the study's principal investigator.

"Most patients don't have very many options and they have to live through this constant pain and the effect it has on the rest of their brain, including cognition, the effect on mood and unemployment. The majority of patients are not able to live their lives to their fullest." Durfee spent her days avoiding movement after her pain began in 2010. She stayed in bed as long as possible in the morning before leaving for her job as a pharmacy technician at Walmart. In the evenings, she tried to find a comfortable seat on the couch until she went to sleep.

"It made my days very, very long," Durfee said. "I never knew when the deep, searing poking pain was gonna hit."

Steroid injections, spine fusions, pills and nerve stimulators helped, but the effectiveness of each treatment faded eventually.

Tim Clanton, 54, had seven knee surgeries, an ankle surgery, three spine sympathectomies — in which a nerve is cut or clamped — and three nerve blocks after a belt-loader crushed his knee as he was hauling luggage onto a commercial jet more than 30 years ago.

"Over the years I've had probably every anti-inflammatory that is known to man, along with lots of other medication," the Dallas resident said. "Being on medication is not good. I prefer not to be, but I also have to work and provide a living for my family!"

Fatal overdoses, mostly related to fentanyl, continue to climb in Maryland.

Gandhi said focused ultrasound could provide more lasting relief for neuropathic pain patients and help reduce their reliance on pain medications — including opioids, which are often used to manage neuropathic pain.

"If you look at overall health costs for pain-related treatments, the US probably spends more than $500 billion annually on treatments related to pain," Gandhi said. "So if this procedure works well in these types of patients, it could be a very significant alternative to what we have today!"

Dr. Neal Kassell, founder and chairman of the Focused Ultrasound Foundation, said the University of Maryland trial could prove that such treatment fills the "holy grail" of improving health outcomes while decreasing costs. The risk of infection is low because there are no surgical cuts. And, because it's a one-time treatment, focused ultrasound could reduce costs for pain patients, too.

For now, Gandhi said, the procedure's cost is comparable to open-brain surgery because so many researchers are involved. The study is one step in an arduous process toward regulatory approval. The current trial allows researchers to treat five patients with one of three types of neuropathic pain: shooting pain, pain from nerve injuries or phantom limb pain after an amputation.

If the treatment's safety is proven, the research team will review results with the US Food and Drug Administration and request permission to treat more neuropathic pain patients.

Neuropathic pain is among more than 100 conditions being studied for treatment with focused ultrasound.

"Fields like this grow exponentially and I believe we're right now at the inflection point of that curve," said Kassell, whose organisation is funding the University of Maryland trial.

"Focused ultrasound will be as revolutionary to therapy as (magnetic resonance) scanning was to diagnosis."

Some doctors caution that more research is needed before focused ultrasound can be lauded as a cure-all.

Dr. Dan Sedrakyan, a professor of healthcare policy and research for Weill Cornell Medical College, said such therapies as focused ultrasound, cryotherapy and microwave ablation may show promise, but their long-term effects are unknown.

"We need to ensure that we don't get too excited about them in terms of their effectiveness," Sedrakyan said. He's developing a database of patients treated with such emerging technologies, so they can be tracked for years.

"We need to clearly encourage innovation," Sedrakyan said. "But what's critical is to ensure evaluation. Through treating neuropathic pain with focused ultrasound is experimental in the United States, it's gained more traction in Europe, where Dr. Daniel Janninmond pioneered the technique in Switzerland. His team referred Durfee to the Maryland trial after she came across his work.

For the procedure, a patient's shaved head is affixed to a steel frame to immobilise it as they lay in an MRI machine. The top of the head is submerged in a water bath and coupled to a focused ultrasound transducer — a helmet-like contraption with more than 1,000 elements that direct sound waves to burn a 5-6 millimetre section of the brain. Doctors constantly monitor the patient, who is awake during the procedure.

"We're actually, if you will, cooking a small group of nerve cells," said Dr. Howard M. Eisenberg, chair of Maryland's neuroradiology department, who is conducting the trial.

"When pain is bad you kind of sit there and you're hurting and it's an all-day thing and all night. You never get out of it," Clanton said. "So if at minimum they do the procedure and the medication that they're on works more efficiently, that's worth it. And I can tell you that that's happening with me."

Durfee had the procedure September 15, and her results were immediate. After the procedure ended, she sat up on the table without assistance and did something she hadn't done in years — she danced out of the hospital room. "I've been pain-free ever since," she said.

Gandhi, Eisenberg and their team are monitoring the patients for a year with the aim of seeing at least a 40 percent reduction in their pain intensity and a 30 percent reduction in disabilities related to their pain. So far their patients have seen positive results, though it's too soon to tell how effective the treatment will be in the long term.

Clanton said his friends and family have commented that he's moving more easily. And Durfee can now wrestle with her dogs, play with her grandchildren and sit through a movie without wiggling to find a comfortable position. "I like being pain-free," she said. "It's fabulous."
— The Baltimore Sun/TNS
Khotang Welfare Society-Qatar (KWS), a local Nepali organisation, recently organised its 10th Convention at Kerala Culture Centre. The new management committee of KWS includes Rudra Acharya, Chairman of KWS, and Dilli Sher Khadka. Kailash Shrestha, Parsuram Shrestha, Balaram Lopchan and Robin Sharma were also selected for the top working committee posts of the organisation. Likewise, Balaram Acharya, Mahesh Dalal, Chudamani Puri, Gajendra Rai, Jivan Rai, Raj Kumar Rai, Santosh Ale, Bishwo Raj Khatri, Lokendra Bahadur Khadga, Ganga Parajuli, Yadav Puri, Mohan Koirala, Ram Kumar Magar and Ganga Gurung, members of KWS.

The event kicked off with the national anthem of Nepal. Ekraj Rai, Vice Chairman of KWS, also spoke on the occasion. Nagendra Pokharel, local community leader, was the chief guest at the event. Charak Pokharel, Bhikaji Gurung, Amrit Kumar Rai and Dhan Raj Gurung, founding members of KWS, were felicitated at the event. Speaking on the occasion, Kailash Shrestha, General Secretary of KWS, said that KWS is providing free air tickets to the needy Nepali workers, material support to earthquake survivors, scholarships to deserving Nepali students, and supporting cultural and musical programmes. He also said that KWS has provided ambulance and medical equipment to remote hospitals in Khotang, eastern hill district of Kathmandu. The programme was hosted by Kailash Shrestha. – Text and photos by Usha Wagle Gautam

BPS collaborates with AKIS for SDG awareness programme

Birla Public School (BPS) recently collaborated with Al Khor International School (AKIS) for creating awareness about Sustainable Development Goals – 2030 (SDG) of the United Nations Organisation. A team of students and teachers of BPS visited AKIS to present the SDG awareness programme. The students introduced Sustainable Goals 2030 and appealed the audience to contribute for the global cause. The presentation also featured a musical performance. Speaking on the occasion, Bhavna V S, Vice-Principal of BPS, requested the students to be the instrument of change. The event was compered by Rushali Nair, a student of Grade IX at BPS. Nora Jacob, a student of Grade VII, proposed a vote of thanks. Priya Sadashivam, Head of Senior School at AKIS, appreciated the students of BPS for their performance and sense of responsibility to the global cause. The programme was co-ordinated by Marshal D’Silva, Sreelakshmy Sujith, Betty Leone, Litty Jacob, Sanchita Banerji and Anam Shariq, faculty members from various departments of BPS.
Students take part in first edition of Model Indian Civil Service Examination

Paideia Middle East Consultancy Qatar and Race Education and Management Solutions India recently conducted the first edition of Model Indian Civil Service Examination for the school students in Qatar. Sabeena, Director of Paideia ME Consultancy, said that the main objective of the company is to support the aspiration of Indian students to pursue civil services in India. Over 110 students of Grade VI-XII of various Indian schools in Qatar registered for the first edition of the year long programme. The programme is a model of the actual Indian Services Examination structured in three parts, including preliminary exams, main exams and the interview.

Dr Valsalakumari headed the three-day camp held at Olive International School. The three-member interviewing panel was headed by Dr Valsalakumari. The Race Education and Training Team was headed by Jinto Mathew, CEO of Race Education, along with Mary Sabu, Dr Arun Sasi and Dr Valsalakumari. The final session was concluded with an award ceremony. The winners of RACE2IAS Model Civil Service Exam – Qatar in Category I of students of Grade VI-IX, include Tisha Jain, a student of DPS-MIS, first position; Ananya K Manoj, Birla Public School, second position; Alisha Abdul Nasir, Al Khor International School, third position; and Neha Elsa Thomas, Birla Public School, third position. The winners of RACE2IAS Model Civil Service Exam – Qatar in Category I of students of Grade X-XII, include Rithuvan Vazhivyil, a student of MES Indian School, first position; Sneha Mary Baj, MES Indian School, second position; Shona Sam, Birla Public School, third position; and Afeef Shahid, Birla Public School, third position. A P Manikantan, President of Indian Cultural Centre, was the guest of honour at the awards ceremony.

Samanvayam celebrates Annual Day

Samanvayam, a socio cultural organisation affiliated to Indian Cultural Centre, recently marked its Annual Day. The event featured various dance performances. Over 150 members of Samanvayam took part in the performances. The event was attended by over 700 people. S R H Fahmi, First Secretary of Labour and Community Welfare at the embassy of India, was the chief guest at the event. Seenu Pillai, General Secretary at ICC, was the guest of honour. Sreedevi Ananthakrishnan, President of Samanvayam, welcomed the gathering and briefed the audience about the various activities of the organisation. Sunil Kunnathodi, Chief Co-ordinator of Samanvayam's Vivekananda Youth Festival, also spoke on the occasion. Premchand, Vice President of Samanvayam, proposed a vote of thanks.

WINNER: Mohammed Hidas, a student of Grade-XII at Ideal Indian School, recently won the Safari Exploring Qatar Photography Contest in the student category. He received a GoPro Hero 7 camera and a memento.

CHAMPIONS: Students of BPS recently bagged a gold medal in Primary Level of Qatar SOP Hand Ball Championship held at Zubaida Preparatory Independent School. The team members of BPS included Prakriti Bhasai, Emma Geo, Advaida Ajthey, Fathima, Azanya, Anette, Michelle Ninan, Saga Mohammed, Pearl Binoy, Minna Fathima, Nora Rose Jacob, Haya Abdulla and Angelina Susan Chenyam.
Future 318 to organise Stress Management Workshop

Future 318, in partnership with Vichy Celestins Spa Resort, is set to conduct a Stress Management Workshop on April 27 at Vichy Celestins Spa Resort as part of Stress Awareness Month celebrations. The workshop will be conducted by Mohammed Abu Zeinab, Brain Education, Sana Nazakat, Founder of Qatar Mental Health Awareness Community, and Zahra Shikara, Transformation Guru. The workshop aims to provide the participants with the key skills of managing both their stress and their time. It will provide them with strategies for handling stress more effectively and skills that will help them feel more in control of their lives and give them greater satisfaction at work and at home. “Companies should recognize the importance of a stress-free work environment as their employees will come to be more productive and creative at work. A one-day off away from the city could spell a difference in one’s body and mind which is why we have partnered with Vichy Celestins Spa Resort as it is one of the best places in Doha to de-stress with its scenic nature and good ambiance,” said Conchita Ponce, Founder of Future 318. Zahra Shikara, a certified Health coach, yoga and pilates instructor and black belt in Taekwondo, says, “The body is designed either to be in a state of stress or relaxation and a lot of people find themselves dealing with the serious effects of chronic stress. In this workshop, we’ll be assessing stress levels using a stress test, then learning tools such as relaxation techniques, meditation, breath and trance, followed by an interactive transformational workshop to get participants to reset and manage their stress levels. These tools can be used in daily life in future.”

“It’s a lively and interactive workshop which is specifically designed to help attendees become more emotionally aware towards stress management and stress prevention. It will aid them in learning and developing basic soft skills through various activities and presentations. Aimed, for better coping with everyday life stresses and preventing mental exhaustion due to everyday hassles,” says Sana Nazakat. Mohammed Abu Zeinab said, “If you simply want change, your mind can quickly grasp, and choose the idea and this where Brain Education comes in, we deliver experiences designed to awaken the body and brain.” He also adds that the workshop will help the participant to integrate brain functions, enhance executive control and begin to tap into one’s potential and power which would help avoid the pitfalls of stress.

Noble International School (NIS) recently organised an event to mark World Earth Day. Robin K. Jose, Vice Principal at NIS, welcomed the gathering and said that humanity is solely responsible for the uncontrollable use of nature’s resources and thereby its depletion. Shibu Abdul Rasheed, Principal of NIS, inaugurated the event and said that the concerned inhabitants of Mother Earth can reinstate nature to its vegetative state through intensive afforestation. Speaking on the occasion, Jayamoni Joy, Vice Principal Academics at NIS, highlighted that consumption of natural resources should be in accordance to their need and not greed. The event featured various stage performances, tableaux, skits and dances by the students of NIS. The event was attended by Nizar K. Shihabuddeen and Indira Ajeesh, Head of Section, along with Mohammed Hassan, CCA Co-ordinator.

Toastmasters of Division C conducts Annual Conference

Toastmasters of Division C recently conducted its Annual Conference ‘Conquer your Challenges’ at the Oryx Rotana Hotel. Division C Toastmasters in Qatar has over 500 members spread over 18 Clubs grouped in four areas.

The Master of Ceremonies was Freeda Lobo. Arvind Iyer, Chair of the conference, welcomed the gathering. Sudhir Gujar, Director of Division C, opened the conference. Banner Parade, a tradition of toastmasters, was also conducted. The leaders of various toastmasters clubs, area and division participated in the parade. Cinco Mudakkal coordinated the parade.

Various speech contests were also organised on the occasion. The contest was divided into four categories, including evaluation, humorous, table topics and international. The contest was led by Siva Prakash, Education Chair. The winners of the competition were felicitated with a trophy and a certificate and will represent Division C at the District 116P Toastmasters Annual Conference. The winners included, Abhishek Chittopadhyay, evaluation category, first position; Nisha Shivram, evaluation second; Lesley Mathew, evaluation third; Sheikh Abdul Kader, humorous, first; Chandrashekhar Dudhe, humorous, second; Vimal Raj, humorous, third; Tabish Khan, table topics, first; Abhishek Chittopadhyay, table topics, second; Singaraju KS, table topics, third; Nisha Shivram, international, first; Ram Mohan Nair, international, second; and Joy Mary Ninan, international, third.

Cyril Arvind, Director of Strategic Accounts at Ooredoo Qatar, delivered a keynote presentation on the occasion. Cyril engaged the audience by seeking their responses to certain questions, on the basis of which the speaker gave an astute insight into the challenges faced every single day, and delivered the possible pathways to overcome such challenges. The event was attended by notable personalities of toastmasters fraternity, including Rajeswar Sundaresan, Director of District 116P, Raghavan Menon, District Programme Quality Director, Thayalan Kailaypilliam, District Club Growth Director, and George Thomas, past International Director. Arvind Iyer proposed a vote of thanks. Speaking on the occasion, Sudhir Gujar, Division C Director, congratulated the participants, role players and the attendees.
Australian meat valued by Middle East consumers

According to recent surveys conducted in the Middle East and other major international markets, consumers of red meat value highly the freshness of the meat, apart from the taste and tenderness of the product, stated a press release.

It is therefore not surprising that the average customer's perception of imported meat is that sourcing meat from so far away can affect the freshness and quality of the product. But according to Meat and Livestock Australia (MLA), that's just not right. In answering a media query on this topic, Nick Meara, International Business Manager for MLA (Mena), said, "State-of-the-art technologies in Australia ensure that Australian lamb and beef is packed fresh and chilled to very low temperatures so it can be delivered to supermarkets in the Middle East in just a matter of days, and is still as fresh as the day it was packed."

Strict measures are taken at all stages of the supply chain including dispatch, where the Australian Government authenticates the process at every step. Cartons of meat are loaded into refrigerated containers at very low temperatures, which are then inspected and sealed under the Australian Government supervision. The container is not reopened until it reaches its destination and the low temperature is controlled and monitored throughout the delivery process, ensuring the consistent freshness of the meat until it reaches shelves in Middle East supermarkets.

Vacuum packed meat

An important factor to consider in the delivery of meat is how it's packaged during the entire process. Australia employs the latest technology and know-how when it comes to packaging of meat, and one of the commonly used and recommended methods is vacuum packing. This type of packaging involves removal of air and oxygen from the package before sealing it. Fresh Australian lamb and beef is vacuum packed to maintain freshness and quality, prevent bacterial growth and ensure an extended shelf life.

Australia's long history of safe meat exports

The Australian red meat industry and all levels of government have worked together to develop stringent standards and systems, designed to ensure the integrity and traceability of the product. These measures include the Livestock Production Assurance (LPA), an on-farm food safety and quality assurance programme that assists ranchers in recording and declaring the food safety of their livestock. The National Livestock Identification System (NLIS) consists of electronic ear tags and centrally managed database providing individual identification and traceability from farm to plate, thus giving customers the confidence in knowing where their meat originated from and the entire life cycle of the animal.

Halal to the bone

MLA states that when Muslim customers buy Australian meat, they can be confident that it is not only fresh but also guaranteed Halal. Australia has one of the strictest Halal Programmes in the world. The Australian Government Authorized Halal Programme (AGAHP) is undertaken in collaboration with the Australian government's department of Agriculture and Water Resources, and Australian Islamic Organizations. Together they enforce the best practices of production standards, which have contributed to the worldwide recognition that Australia's Halal programme is amongst the most rigorously enforced Halal systems in the world.

One of the important Halal requirements is that animals are treated properly their entire life and that they have easy access to food and water and are free to roam Australia, with its natural environment and world's highest animal welfare standards, easily meet these requirements. Additionally, all processing facilities in Australia employ only registered and trained Muslim slaughtermen. All slaughtermen are practising Muslims and comply with their religious slaughter training based on Shariah principles.

Master Chef Tarek Ibrahim, the first master chef from the Middle East, in summing up his opinion about Australian Halal meat, states, "I have personally been to Australia and seen first hand the way animals are raised and the Halal process that is being followed. As a Muslim, Halal meat is very important to me and in my 30+ years of experience travelling the world, I can confidently say that the Australian Halal system is second to none!"

Hyatt Plaza Mall marks Employee Appreciation Day

Hyatt Plaza Mall recently marked Employee Appreciation Day with 'Smile Award - Employee Recognition' to appreciate Hyatt Plaza Mall and Jungle Zone staff members, stated a press release. The recognition ceremony provided an opportunity to thank the employees who work tirelessly with professionalism, commitment, excellence and diligence. Hyatt Plaza Mall and Jungle Zone employees work every day to serve public and offer high standards of safety and the health of our visitors and excellent customer service with a smile.

Nick Meara, International Business Manager for MLA (Mena)
A family trip to Education City

My daughter had a photography assignment in her school on the theme ‘What does Spaces mean to you?’ We had a short list of places where we could wander, finding the spaces that she had in mind and we explored the Education City for its architectural marvels. Firstly, we stopped at the Ceremonial court, where we took a couple of photos with a passerby, who very kindly accepted to walk past the corridor while we clicked.

Our next stop was the magnificent Qatar National Library. Here my daughter really discovered some unique spaces to shoot between the book racks and some wide angle shots of the humongous library.

Our final stop was at the futuristic looking Education City Mosque. Here we discovered the unique blend of old and modern architecture. We had the opportunity to capture some amazing images here.

If you want to take some amazing photos or simply spend a worthwhile place with your family in Qatar, I would highly recommend you visit Education City’s family friendly places like the Qatar National Library, Education City Mosque, Ceremonial Court and the Oxygen Park.

— Muhammed Muslim (@mmuslim)
Can't stop overeating? Adopt a Mediterranean diet as it not only deters overeating but also protects against obesity and liver diseases, suggests a new study.

In the study, published in the journal Obesity, the researchers from Wake Forest School of Medicine, US, compared the effects of a Mediterranean diet with those of a Western diet in non-human primates. “By comparison, the animals on a Western diet ate far more than they needed and gained weight,” said Carol A Shively, professor of pathology at the varsity.

The researchers found that the animals, following a Mediterranean diet, chose not to eat all the food available to them, which meant they maintained a lower body weight. “What we found was that the group on the Mediterranean diet actually ate fewer calories, had lower body weight and had less body fat than those on the Western diet,” Shively added. The researchers said Western diet was developed by companies that want customers to overconsume their food.

“The Western diet was developed and promoted by companies who want us to eat their food, so they make it hyper-palatable, meaning it hits all our buttons so we overconsume.” “Eating a Mediterranean diet should allow people to enjoy their food and not overeat,” Shively said. The study also found that Mediterranean diet protects against non-alcoholic fatty liver disease, known as NAFLD, which is associated with obesity and can cause cirrhosis of the liver and liver cancer.

For the study, the researchers included 38 middle-aged non-human female primates, who were randomised to either the Mediterranean or Western diet for about 9 years. – IANS

**LIFESTYLE/HOROSCOPE**

**Mediterranean diet can prevent overeating: study**

---

**ARIES**

March 21 — April 19

Let your guard down today, Aries. Don't feel like you need to perform for anyone. Accept the notion that you're perfect the way you are. You don't have to prove your self-worth to anyone. Let your heart expand and your mind rest. Make sure the pure glow within you is lighting the path. Don’t allow an artificial mask to block the reality of your true identity.

---

**CANCER**

June 21 — July 22

Today may seem like one of those days in which everyone but you has a perfect life, Cancer. Realise that no one has a perfect life. Everyone is plagued by demons of some sort. And it isn’t wise to compare yourself to others anyway. The more you do, the more you simply set yourself up for failure. Find that sense of love and fulfilment within yourself.

---

**LIBRA**

September 23 — October 22

Things are starting to lighten up for you, Libra, even though you may find your interactions quite heavy today. Don't run away from the feeling. More than likely it's a result of you or the other person consciously or unconsciously wanting to get closer and more intimate. Your sensitivity is heightened. Let yourself feel rather than think. It's a day for listening rather than talking.

---

**CAPRICORN**

December 22 — January 19

You're going to feel extra connected with the people around you today, Capricorn. Go out and have a good time with loved ones. You will experience the oneness that comes when people acknowledge that we are all part of a whole. This will resonate loud and clear in your core today and you will be extra sensitive and emotional about anything said to you, positive or negative.

---

**TAURUS**

April 20 — May 20

Reconnect with your self-worth today, Taurus, and say out loud, “I am awesome!” You're good at extending your heart to others and helping them with their issues. Now take some of that love and caring and focus it on you. Issues having to do with love and romance are of primary concern. You should take time to evaluate where you are at this stage and nourish this part of your being.

---

**LEO**

July 23 — August 22

Today may be serious, Leo, with clouds looming over your parade. Although the clouds are dark and threatening, that doesn't necessarily mean that rain will pour down. Things are about to climax in your life. Today’s message is that you should find the beauty and sensuality in yourself and others and renew your enthusiasm and sensuality in each new day.

---

**SCORPIO**

October 23 — November 21

Today is a terrific day to let your sensitive, caring nature shine through fully, Scorpio. Surprise someone with roses and a candlelit dinner. Take care of the amenities like music and wine. It's also an excellent time to go shopping for yourself or others. Let romance lead the way. Your inner core will be fuelled by your sensual relations with others.

---

**TAURUS**

March 21 — May 20

Stay at home tonight and cook a delicious meal for you and someone you love, Gemini. You will gravitate toward beauty, both tangible and intangible. In fact, it might be a good day to go shopping, as long as you can control the urge to overspend. Don't let your self-worth be equated with how many shiny toys you have. Splurge a bit, but try not to go overboard.

---

**GEMINI**

May 21 — June 20

Today is a terrific day for you, Virgo. You have the chance to start over on many levels, especially romantic ones. Whether or not you're in a serious romantic relationship, you will find all your interactions with close friends and partners to be especially tender and meaningful. Strengthen your bond with the people around you and your inner core will be strengthened as a result.

---

**SAGITTARIUS**

November 22 — December 21

Turn over a new leaf with your loved ones today, Sagittarius. Infuse something new into the relationship. Add a new wave of tenderness and sensuality to the dynamic. If something annoys you about the relationship, don't confront it abrasively and cause the other person's defensive walls to go up. Be tactful and loving in your approach and you will get the same in return.

---

**AQUARIUS**

January 20 — February 18

Your love, generosity, and sense of beauty are heightened today. Pisces. If there's one thing you need to do, it's go outside and watch the sunset. The romantic, creative, and beautiful side of all things, including you, will resonate strongly and create a lasting bond with your inner core. Your sense of self will be restored through tender moments and sensual experiences.
Puzzles courtesy: Puzzlechoice.com

Wordsearch

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

Codeword

Sudoku

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

Bound And Gagged
Super Cryptic Clues

<table>
<thead>
<tr>
<th>Across</th>
<th>Down</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Athlete fired by club (4,6)</td>
<td>1 Material social worker’s taken away from police officer (5)</td>
</tr>
<tr>
<td>7 Fish in wreck (7)</td>
<td>2 A spell of bowling is finished (4)</td>
</tr>
<tr>
<td>8 Mountain range seen when holding record (4)</td>
<td>3 Support for little dog (4,2)</td>
</tr>
<tr>
<td>10 Little boy taking one in with fibs (4)</td>
<td>4 New hat I obtain in foreign country (8)</td>
</tr>
<tr>
<td>11 A sweet throw in darts (5,3)</td>
<td>5 Quick to declare (7)</td>
</tr>
<tr>
<td>13 Middle east country is backing king (6)</td>
<td>6 Last roundup: cats and horses (9)</td>
</tr>
<tr>
<td>15 Greek union making noises when coming out (6)</td>
<td>9 Great stir produced by travelling Estonians (9)</td>
</tr>
<tr>
<td>17 Writer possibly in love with saint (8)</td>
<td>12 Glenda is upset by relations (8)</td>
</tr>
<tr>
<td>18 Courage needed on icy roads? (4)</td>
<td>14 Tonic going up and down (7)</td>
</tr>
<tr>
<td>21 A river in Slavonia (4)</td>
<td>16 Housing area in eastern land (6)</td>
</tr>
<tr>
<td>22 Alligator pear almost producing havoc before a party (7)</td>
<td>19 Raises backs (5)</td>
</tr>
<tr>
<td>23 Look for gold American brochure (10)</td>
<td>20 Price paid for lettuce and last of beetroot (4)</td>
</tr>
</tbody>
</table>

Colouring

Answers

Wordsearch

Codeword

Yesterday's Solutions
**Necessary to move on from past laurels: Manoj**

By Simran Sethi

Actor Manoj Bajpayee is the recipient of two National Film Awards and India’s fourth highest civilian award, Padma Shri, but he stills considers himself a common man from Bihar who has to keep working hard to survive in a dream city like Mumbai.

The actor, who turned 50 yesterday, feels that he still has a long way to go.

“I am not Padma Shri Manoj Bajpayee. I am Manoj Bajpayee, an outsider who saw dreams and stayed on the fringes of Mumbai and worked day and night to get work. For my contribution to Hindi cinema, I was felicitated with Padma Shri. I am happy to get such an honour but it does not mean I will stick around it only,” Manoj said in a telephonic interview.

“It is important to move on from the laurels of the past. I can’t let success go to my head. These awards inspire me to do more hard work each day. There’s a lot more to do. I am still exploring,” added the actor, who completed 25 years in the Indian film industry earlier this year.

On hitting the golden jubilee of his life, Manoj said: “I do party every year but it used to be small. This time, it would be a little big. I will invite my colleagues from theatre and film industries.”

He started his film journey with a blink-and-miss role in 1994’s film Droh Koal. His initial journey in Bollywood was full of struggle and hardship. But it was his dedication that helped him make a mark in his career.

He rose to fame with his role of a gangster in Satya and later featured in hit films like Shool, Zubeidaa and Prnjur. Looking back at his struggling days, Manoj said that with time he has become calmer as a person.

“I am a completely different person now. Now I know how to channelise my anger and how to deal with odd and uncomfortable situations. Struggle teaches you a lot of things and I am happy that I witnessed a roller coaster ride. The journey has improved me as a person and made me more mature.”

On the work front, Manoj is now looking forward to the release of his web show The Family Man. Talking about the web space, Manoj said: “I just hope each and every one is doing justice to the content in the thing that they are making instead of looking at opportunities to make money. “Digital era is getting bigger day by day. It’s a good thing that a lot of new talent is getting consumed day by day. It’s a good thing that a lot of new talent is getting consumed but it is important that we should do complete justice to the content,” he added. – IANS

**Alia refuses to react to Kangana’s nepotism charge**

Actress Alia Bhatt has refused to react to remarks by Kangana Ranaut and her sister Rangoli Chandel. Kangana and Rangoli had slammed filmmaker Mahesh Bhatt and his daughter Alia for nepotism, recently.

Asked about people attacking her online and taking digs at her and family members, Alia said, “If I am mature then my family is 10 times more mature and stronger than I am. I don’t want to get into this.”

“I just want to be happy, positive, work hard, be a better version of myself every day. I should not pay attention to what people are saying. Everyone has the right to say and what they want to say, I’ll remain quiet. This is my stand,” she said on the sidelines of Critics’ Choice Film Awards, here.

On criticism of Kalank, she said: “I’m not going to analyse my film because that is something not required. Audience’s verdict is the biggest proof for a film. When the audience does not accept a film, it would not do well. That’s the way it is. We should accept it, come back, try and make sure they’re not disappointed the next time.”

Kolank also stars Varun Dhawan, Sanjay Dutt, Sonakshi Sinha, Kunal Kemmu, Aditya Roy Kapur, Kiara Advani, Kriti Sanon and Madhuri Dixit.

**SRK spreads message about voting through song**

Shah Rukh Khan has urged the people of India to vote by releasing a song titled Koo muddan, sung by the superstar.

Through Koo muddan, Shah Rukh highlights the importance of people picking the government that loves the country and its citizens more than themselves.

Shah Rukh shared the video on Twitter and captioned it: “PM sahib Narendra Modi ne creativity ki liye bolo tha. Main thoda late hoga yado video banane mein... aap mat hona vote karna mein (PM Narendra Modi asked for creativity and I got a little late in making a video. You don’t get late for voting)! Voting is not only our right, it is our power! Please use it.”

The song is composed by Tanishk Bagchi and written by Abby Viral.

Shah Rukh was last seen on the big screen in 2018 film Zero. – IANS
Lane plays main lead in Gary with a formidable ferocity

By Chris Jones

What’s the difference between a clown and a fool?
You might think the question moot, given the ample prevalence of both types in and around the White House. But it’s the central issue in Gary: A Sequel to Titus Andronicus, the weird new Broadway play by Taylor Mac that, depending on your tolerance for the comically scatological, circuitous and nihilistic, will either transfix you or drive you screaming from the theatre hoping never again to encounter so many corpses with flatulence.

There’s no middle aisle at this one, folks. Consider yourself warned.

The title character in this whacked-out play, a self-declared sequel to William Shakespeare’s grimly titillating Titus Andronicus and as subversive a comedy as Broadway has ever seen, is what you might call a clown with ambition – which is a pretty good description of the real-life actor who happens to be playing that role with formidable ferocity, Nathan Lane.

Lane – often described as the greatest comic actor of his generation, at least on stage – has long let it be known that he finds such a descriptor as limiting as it is flattering. He doesn’t want his obituary to read, “here lies a master farceur” (although I, for one, would settle fine for that); he wants to be an artist who made a difference. And that also happens to be true of Mac, an iconic downtown performance artiste who, in middle age, has come to realise the limitations of merely waking up the already woke, like has been tasked with cleaning up all the corpses at a trendy party.

Mac wants to be a player, too. You know, beyond being the subject of Ivy League dissertations. As they say in business school, Mac wants to scale up his subversion, which he clearly has decided means amping everything up and finding producing and director collaborators who know better how to reach the people. Donald J Trump probably helped him realise that. It’s a little too much for you. But this may be too much for you. For years. He’s more vulnerable, too.

He’s often very funny – as, to cite the role of the comic that still lies ahead. I can’t wait for that. He has done a pretty big job. He has decided means amping everything up his subversion, which he clearly has an ambition – which is a pretty good description of the real-life actor who happens to be playing that role with formidable ferocity, Nathan Lane.

Much of that cleanup – and thus much of the action of the play – involves the removal of the internal fluids inside the cavities of these bodies through aspiration or good old-fashioned sucking. I kid not; this may be too much for you. But it’s rendered humorously. Lane’s Gary has one of those wa-wa horns attached to his body to punctuate the unpredictable trajectories of all these bodily fluids. Death never has been so mocked on the Great White Way.

Lane is quite spectacularly good here – he’s in deeper than I’ve ever seen him, and I’ve been watching him for years. He’s more vulnerable, too. His ambition – to be the fool, the kind of Stephen Colbert-like figure who speaks truth to power, rather than the clown guy who only offers non-ideological escape – is what drives this performance, remarkable in all kinds of ways.

He’s often very funny – as, to cite just one moment, when he comes to realise the magnitude of the task in hand, a little comic clown having to mop up what the patriarchy has piled up right in front of his face. It’s all a metaphor for the pain, and the necessity, of resistance. Lane is always at his best when he shows you the world-weariness of his allotted role in life, a realisation that only grows as we age. Never has that been clearer than in Gary, as important and risky a role that he ever has assumed. Even if some of his normal public will smell a bait and switch.

They should sniff harder. Gary sometimes gets lost in digressions and Mac sometimes lets repetitive, undisciplined detail overshadow his thrilling verbosity and reach for ideas. There is no escape from the Cockney comics into quiet, even though that would have been helpful for a beat or two. And on the great track of self-awareness, Lane is further along with that pending humility.

But Gary is unlike anything you’ve ever seen and, through its very presence on Broadway, an act of clear desperation and an important meditation on the role of the comic in a geopolitical hellhole. “We’re going to put an end to all this tragedy,” someone says, well knowing that is entirely impossible. The world ain’t capable. – Chicago Tribune/TNS
Emy – the robot waitress, both attracts and serves customers

By Mudassir Raja

The product of the human brain has escaped the control of human hands. This is the comedy of science. These are well-known lines from Karel Capek’s R.U.R., a 1920 science fiction play. Robots are a creation of human brain that has actually escaped the human hands. Robots are swiftly replacing humans in different fields in recent times. Hospitality and food sector is one such area where robots are being used to replace humans predominantly as waiters.

The trend is more obvious in the western countries and in countries like Japan and China. However, Qatar has been no exception to the trend. Canaan Gardens is a well-known restaurant at Hyatt Plaza, and it has now introduced first ever robot waiter in Qatar.

Emy is a robot waitress serving her valued customers at the spacious restaurant. The mechanical waitress has become more of an attraction than a serving machine. The visitors are amazed when they see the moving robot forcing them to make video of Emy.

Ibrahim Quttan, an Egyptian in charge of the restaurant, believes that the robot waitress has so far been a success.

“We got Emy custom made for us from China. She only serves. The staff will place the food items on her tray and she will carry the food to the selected table. Once she is done with service, the customer has to touch one of her hand making her to go back to her place. She even utters the pre-recorded words like “please take your food” etc.”

– Ibrahim Quttan, in-charge of Canaan Gardens

The restaurant management prefers Emy to serve the starters and the desserts.

“My staff is very happy with Emy. They sometime complain that she is too slow. When the restaurant is full of people, we found it difficult to operate Emy. Often, I give Emy’s control to the kids so that they can enjoy her movements. We put Emy into action mostly in the evenings.”

Ibrahim, who has been in the hospitality industry for nine years, sees the trend of robot waiters growing in the coming times.

“The trend will soon find its feet in Qatar. Some restaurants do have some speaking robots when they are not for service. In near future, it does not seem possible that the robots will take over humans as waiters in Qatar. It may be possible once the people really start trusting the robots. As far as the communication abilities are concerned, humans are better than robots. Robots only follow instructions. They cannot replace humans, for now. The robots are only meant for specific tasks. I use Emy for attracting customers.”