Art. At speed!

The genius of Indian artist Vilas Nayak lies in alacrity, deft hands notwithstanding. P4-5
PRAYER TIME

Fajr 3:25am
Shorooq (sunrise) 4:52am
Zuhr (noon) 11:32am
Aza (afternoon) 2:59pm
Maghreb (sunset) 6:11pm
Isha (night) 7:41pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 901
Local Directory 180
International Calls Enquiry 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Qatar Airways 44490000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333, 44593363
Qatar Assistive Technology Centre 44594050
Qatar News Agency 44450205, 44450333
Q-Post – General Postal Corporation 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253372, 40253373, 40253369
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253364, 40253365
Qatar Airways 40253374

Student of the Year 2
DIRECTION: Punit Malhotra
CAST: Tiger Shroff, Tara Sutaria, Ananya Panday
SYNOPSIS: The biggest franchise of Bollywood returns with Student of the Year 2 starring the incredible Tiger Shroff and introducing - Tara and Ananya. Friendship, sportsmanship, love, companionship - it’s all in for the Student of the Year. A college student faces down school bullies while competing in track and field.
THEATRES: The Mall, Landmark, Royal Plaza

Long Shot
CAST: Charlize Theron, Seth Rogen, June Diane Raphael
DIRECTION: Jonathan Levine
SYNOPSIS: When Fred Flarsky reunites with his first crush, one of the most influential women in the world, Charlotte Field, he charms her. As she prepares to make a run for the Presidency, Charlotte hires Fred as her speechwriter and sparks fly.
THEATRES: Royal Plaza

The Mall Cinema (1):
Maharshi (Telugu) 2:15pm; Maharshi (Telugu) 8:15pm; Kee (Tamil) 11:30pm.
The Mall Cinema (2):
Ayogya (Tamil) 2:30pm; Student of The Year 2 (Hindi) 8:15pm; Ayogya (Tamil) 11:30pm.
The Mall Cinema (3):
Student of The Year 2 (Hindi) 2:30pm; Avengers: Endgame (2D) 8:30pm; Uyare (Malayalam) 11:30pm.
Landmark Cinema (1):
Uyare (Malayalam) 3:00pm; Avengers: Endgame (2D) 11:00pm.
Landmark Cinema (2):
Maharshi (Telugu) 2:15pm; Maharshi (Telugu) 8:15pm; Student of The Year 2 (Hindi) 11:30pm.
Landmark Cinema (3):
Ayogya (Tamil) 2:30pm; Student of The Year 2 (Hindi) 8:15pm; Ayogya (Tamil) 11:30pm.

Royal Plaza Cinema Palace (1):
Maharshi (Telugu) 2:15pm; Maharshi (Telugu) 8:15pm; Student of The Year 2 (Hindi) 11:30pm.
Royal Plaza Cinema Palace (2):
Ayogya (Malayalam) 3pm; Long Shot (2D) 9pm; Ayogya (Tamil) 11:15pm.
Royal Plaza Cinema Palace (3):
100 (Tamil) 2:15pm; Avengers: Endgame (2D) 8:15pm; Uyare (Malayalam) 11:30pm.
India to Qatar – Symbiosis of Cultures
WHERE: FBQ Museum
WHEN: Ongoing till July 31
Under the context of cultural exchange, FBQ Museum brings together the treasures of the museum owned collection in order to promote mutual understanding, recognition and appreciation between Qatar and India. Composed of five main topics, including community, trade, arts, food and incense, the exhibition takes one on a journey to explore the rich and diverse Indian cultures, the long historic links between Qatar and India, and cultural similarities between Qatar and India.

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.

EVENTS

Summer Camp for Special Needs
WHERE: Step by Step Centre for Special Needs
WHEN: June 30 – August 1
TIME: 8:00am – 12:30pm
During this time, all therapists and teachers will be working together, running individual, peer and group sessions within classes. The children will continue learning age-appropriate concepts, work on social skills, life skills training, arts and crafts, music, and fun activities such as water play.

PLEASE UNDERSTAND ME! A Parent-Child Workshop
WHERE: Inspire Training Academy, C-Ring Road
WHEN: May 18
TIME: 3:30pm – 7pm
Right Track presents ‘PLEASE UNDERSTAND ME!’ - a unique parent-child workshop aimed at helping you create a deeper bond with your child by understand his/her motivators and stressors, preferred learning styles and multiple intelligences. Early bird registration closes on May 15.

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.

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.

Arabic Calligraphy Workshop
WHEN: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier. The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

Dance and Instrument Classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/31326749.

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. 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 33407609.

Coffee break

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.

Thimila, Elathalam and Madhalam), violin, harmonium, public speaking.
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 33407609.
Sunday, May 12, 2019

GULF TIMES

COMMUNITY

COVER STORY

“It has been great to live my dream”

— Vilas Nayak, speed artist

By Mudassir Raja

As the music reaches its crescendo so do the brush strokes and before you realise there is a canvas of colours before your eyes. That is Vilas Nayak, an Indian speed artist, for you.

Vilas, renowned worldwide for his speed live painting, is a self-taught artist. He started painting at the age of 3. He quit his lucrative job as a human resources officer in 2011 only to embark on his creative journey.

A finalist of India’s Got Talent season-3 and winner of ‘EC Live quotient Most Innovative Act Award’ 2012, the art wizard is currently one of the most sought after speed painting artists in the world. His performances on Asia’s Got Talent on AXN and Got Talent World Stage Live have caught attention of millions across the world. He has so far performed all over India and 30 other countries.

Further, he has performed on some of the most prestigious stages like the UNGA New York, UN headquarters in Geneva, the Singapore President Star Charity show, Asian Achievers Awards in London, NBA half time show for legend Tim Duncan in Texas, NBA half time show for LA Clippers, Heart of Asia conference Amritsar, for the Prime Minister of India and the Japanese PM in Varanasi, for President of India, for Indian Armed Forces, and at International Film Festival of India.

More recently, Vilas was recently in Doha to perform during an art competition organised by The Creative Academy (TCA). Community sat down the virtuoso artist to learn about his achievements and dreams.

Vilas, who started speed painting when he was in college, was academically a brilliant student. “I had a good job but I left it to pursue my passion. I have done over 700 shows in 30 countries in last eight years. It has been an amazing journey, great to live my dream.”

He knew from childhood that there was an artist inside him. “I used to identify myself as an artist more than anything else. Though I was a very good player of badminton and I loved cricket, I always see myself as an artist. Art is something that has stayed with me for the last over 35 years.”

Vilas believes that artists are born. “Honestly, there is no—one in our family or even in my far relatives, who is into art. It has come to me somehow. I believe it is God’s gift. I believe every individual is bestowed with some unique quality. It is up to us to recognise what it is and to understand who you are and what you can do at the best of your ability. Then, you have to develop that capacity. For me, it has been years of practice. If I do not practice for one month and I try to do a live speed painting, I know it is not going to go well. After God’s gift, it is what you do with that gift.”

For Vilas shifting from the corporate world to self-employed work was not easy. He was...
"I have not seen much of Qatar but I have read a lot about the country and its love for art. The newly-built museum is very artistically designed. It speaks volumes about the vision of the government. They are trying to take art to the masses"
DPS-MIS organises orientation session

DPS-Modern Indian School (DPS-MIS) recently organised an orientation session ‘Remodelled CBSE Assessment Structure’ for the students of Grade IX-X. Ashraf Sultana, CBSE Co-ordinator IX-X, conducted the session.

Speaking on the occasion, Asna Nafees, Principal of DPS-MIS, highlighted the importance of self-learning with a focused approach to achieve excellence and advised them to refrain from tuition classes. She also informed the students that the stream selection for Grade XI would be based on their performance throughout the year.

Mary Cruz, Headmistress at DPS-MIS, also addressed the gathering. She highlighted valuable pointers to the students on behavioural etiquettes and advised them to abide by the rules and regulations of the school, which aim at developing them into principled, reflective and responsible citizens. The session aimed at educating the students about the seven areas of evaluation in both scholastic and co-scholastic fields. The resource person briefed the students about the reforms in the examination pattern. She informed the students that the exam, conducted by CBSE for Grade X and Grade IX will have the session end exam for 80 marks and other 20 marks are for internal assessment termed as periodic assessment. The students will be graded for scholastic and co-scholastic activities on a 9 point and 5 point grading scale respectively. The class teachers will assess the students for the newly introduced component namely discipline on the parameters of attendance, sincerity, behaviour and values.

CMU-Q organises CMU-Q Meeting of the Minds Research Symposium

Omar Khattab, a graduating senior from the Computer Science Programme at Carnegie Mellon University in Qatar (CMU-Q), recently won an award at the CMU-Q Meeting of the Minds Research Symposium for his framework that makes it easier and more efficient for information retrieval experts to develop and deploy scalable search engines. Large-scale information retrieval is central to many applications like web and e-commerce searches.

Khattab also won an award from Qatar National Research Fund, and worked with his adviser, Mohamed Hammoud, Assistant Teaching Professor of Computer Science, on the project.

Beom Jin Jayden Park and Hawa al-Saygh won the second position for their project ‘Effect of aspartame on kinetics of calf intestinal alkaline phosphatase’, which was followed by Youssef Kanbour for his project ‘Re-expression of BRCA1 using targeted DNA demethylation in breast cancer cells’ with third position.

Al-Dana al-Mohannadi won the Best Poster Design award for her project ‘Educating girls in Qatar: Toward enhancing technology use in public schools.’

Qatar National Research Fund presented three awards to recognise exceptional projects. The Planning and Statistics Authority presented five awards to projects that have particular relevance to Qatar.

WINNER: Padala Vidyusha, a student of Grade-VI at MES Indian School, recently bagged the first position in First Open Artistic Gymnastics Championship, organised by Pearling Sports Academy. Padala Vidyusha secured first position in level Fig 2 and earned the title for herself as the first individual artistic gymnast.

DPS-MIS organises workshop ‘Concept based Teaching’

DPS-Modern Indian School (DPS-MIS) recently organised a workshop on ‘Concept based Teaching’ for its faculty members. The workshop was conducted by Dr Sreelaxmi Murthy, Founder and Director of Nunam. Around 35 faculty members took part in the workshop. The workshop focused on expanding the understanding of the teachers on how to intentionally focus curriculum and instruction to support deeper thinking and the transfer of learning, by contrasting between three dimensional and two dimensional instruction models.

The workshop answered various questions based on achieving a synergy between lower and higher conceptual levels of thinking, ways to scaffold thinking to deeper levels, standard assessment and designing a concept based lesson plan. The attendees were guided through various ways to develop and facilitate a thinking classroom. The highly interactive session concluded with making a sample concept based lesson plan, which involved the participation of each department.
PWF-Q organises an event in the memory of Iqbal

Pakistan Women Forum Qatar (PWF-Q), in collaboration with Pakistan Association Qatar (PAQ), recently organised an event in the memory of Dr Allama Mohammad Iqbal, great Urdu and Persian poet and philosopher, at Sapphire Plaza Hotel. Justice (Ret’d) Nasira Iqbal, daughter-in-law of Allama Iqbal and Pakistani jurist and law professor, was the chief guest on the occasion. Irfan Mohammad Taj, Defense Attaché at the Embassy of Pakistan, presided over the event. The event was hosted by Faheem Ud Din, Chairman of PAQ. The event kicked off with the recitation of the Holy Qur’an by Anfal Akram, which was followed by a welcome speech by Shahida Atiq Khan, Chairperson of PWF-Q. The event was hosted by Faheem Ud Din, Chairman of PAQ. The event kicked off with the recitation of the Holy Qur’an by Anfal Akram, which was followed by a welcome speech by Shahida Atiq Khan, Chairperson of PWF-Q. Speaking on the occasion, she said that this event aimed to pay homage to Dr Allama Iqbal on his message of Khudi (selflessness) to the younger generation. She also appreciated PWF-Q members, including Ayesha, Shabana, Rabia, for conducting and organising the event. Areeba Tajammul, President Youth wing at PAQ, spoke about Dr Allama Iqbal on the occasion. Nemra presented a presentation on the role of women in Pakistan’s history at the event. Shehla Khalid, local artist, presented a portrait of Justice Nasira to her. The event also featured a tableau on Iqbal’s poem Pahad aur Gulehri, prepared by Ayesha Waddood, General Secretary of PWF-Q. PWF-Q felicitated Nasira Iqbal and Commodore Irfan Taj with a shield on the occasion. PAQ presented a lifetime achievement award to Justice (Retired) Nasira Iqbal. Speaking on the occasion, Nasira Iqbal said, “I feel proud and great honour to be the guest of PWFQ and Pakistan’s Community.” She added that women are the backbone of the society and have a great role in making a nation prosperous. She explained the theme of some famous poems of Dr Allama Iqbal. The event also featured an interactive session, conducted by Faheem Ud Din, Chairman of PAQ. Speaking on the occasion, Commodore Irfan thanked Nasira Iqbal for coming to Doha. The chief guest presented the awards to Commodore Irfan Taj, Ch Mohammad Ajmal, Abdul Qahar, Areeba Tajammul and other participants on behalf of PWFQ. The event was concluded with Iqbal’s poem Lab Pe Aati Hai Dua, recited by Jamshaid Bajwa, local artiste and singer.

Graduating students of VCUArts Qatar hold exhibition

The graduating students from the BFA and MFA programmes at Virginia Commonwealth University School of the Arts in Qatar (VCUarts Qatar) has recently set up an exhibition to provide an opportunity to preview Qatar’s emerging talent in the fields of graphic design, fashion design, interior design, painting and printmaking, and design at Education City. The exhibition is free and open to the public and will run until May 18. The opening hours are Sunday to Thursday 9am to 5pm. The works on display feature a wide and fascinating range of subjects, including sustainability, space exploration, virtual reality, mental health, migration, boutique hotels, ocean life, and Arabic typography.
Charishma Arts marks 28th anniversary

Charishma Arts, one of the First socio-cultural Kerala organisation, recently celebrated its 28th anniversary at Ashoka Hall Indian Cultural Centre. Mohammed Basheer, President of Charishma Arts, inaugurated the event and ‘Mizhiyoram-the Medley concert’. Manikandan A P, President of ICC, felicitated the gathering. Sumesh Ayroor, a veteran channel singer, performed at the event along with 13-piece orchestra, co-ordinated by Ajay Vincent. The other singers who performed at the event, included Priyadarsini Sai, Swapna Suresh, Ajith Pillai, Abdul Salam, and Mohan Ayeroor. Charishma also bid farewell to Alichen Thomas and Dr Lizy Alichen, long-term members of the organisation. Sheeja Ann Varghese was also honoured on the occasion. Mohan Ayeroor, Cine serial actor, compered the programme.

SIS organises Inter Class Singing Competition

Junior Section of Shantiniketan Indian School (SIS) recently organised Inter Class Singing Competition for the students of Grade I-V. The objective of the competition was focused on inclusive practices, where all children were given the opportunity to participate, build on their confidence, showcase their passion and express themselves in a rhythmic chorus of groups. The event was attended by Dr Subhash Nair, Principal of SIS, along with Dudley O’Connor, Vice Principal, Heena Imran Dhondne, Head teacher, and Shahn Priya, Assistant Head Teacher.

QPWA hosts Iftar meet and get-together

Qatar Parakkadavu Welfare Association (QPWA) recently hosted an Iftar meet and get-together. The programme began with the recitation of the Holy Qur’an by Sayyid Muhammad Jihf Muthukoya Thangal, President of Samastha Kerala Jamiyyathul Ulama. The get-together was inaugurated by Panakkad Sayyid Hameed Ali Shihab Thangal Musthafa Hudawi Akkade, General Secretary of Akkade Islamic Centr, spoke on the occasion. The event was presided over by M P Abdulla Haj, President of QPWA. Dr Sulaiman Melpathur, motivational speaker, also addressed the gathering. K K Ulman, General Secretary of QPWA, welcomed the gathering and Saleem Koyiloth, Joint Secretary of QPWA, proposed a vote of thanks.

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City College hosts a workshop in collaboration with MoEHE

City College recently sponsored a workshop organised by the Academic and Vocational Guidance Department of the Ministry of Education and Higher Education (MoEHE) at the Grand Hyatt Hotel. The workshop entitled ‘Upgrading and Raising the Quality of the Work of the Academic Guidance’ aimed to raise the quality of career counselling and showcase successful examples and initiatives already applied by some public schools participating in the forum. Over 55 counsellors from the public sector attended the forum. Dr Ibrahim al-Nuaimi, Undersecretary of the Ministry attended the workshop. Dr Ibrahim al-Nuaimi praised the efforts of the department and emphasised the important role career counsellors play in guiding and influencing students to choose the right career path that reflects their interests and aspirations. He highlighted that the Ministry plays its part in supporting the academic advisers, who in turn, support the students and guide them in the right direction.

Fawzia al-Khater, Assistant Undersecretary for Advisers, who in turn, support the students and guide their interests and aspirations. He highlighted that career counsellors play in guiding and influencing students to choose the right career path that reflects their interests and aspirations. He highlighted that the Ministry plays its part in supporting the academic advisers, who in turn, support the students and guide them in the right direction.

Mentors and advisers are required to make greater efforts in educating students and orienting them to consider various tracks to bridge the gap for skills and raise the quality of career counselling and showcase successful examples and initiatives already applied by some public schools participating in the forum. Over 55 counsellors from the public sector attended the forum. Dr Ibrahim al-Nuaimi, Undersecretary of the Ministry attended the workshop.

Marriott introduces array of dining experiences in Ramadan

Ramadan with Marriott brings together seven Marriott International Doha hotels to care, share and give this Holy Month, embedding the importance to care for others, share long lasting memories and give to those in need: stated a press release. Guests can enjoy 2-4-1 iftars at seven dining venues throughout the first three weeks of Ramadan, as well as create memorable family and friends experiences with the group offer of two free iftars or Suhour when booking of eight people or more during the last week of Ramadan. Ramadan with Marriott brings together an array of dining experiences across a prestigious range of hotels, all easily accessible to diners on one centralised online platform.

Visitors to CareShareGiveWithMarriott.com can search by cuisine, experience, location and deal to select their perfect dining moment this Holy Month. Hotels in Doha partaking in the Ramadan with Marriott campaign include: The Westin Hotel and Spa, Marriott Marquis City Centre Hotel, The St Regis, The Ritz-Carlton, JW Marriott Marquis City Centre, Sheraton Village and Spa, a Ritz-Carlton Hotel, and Sheraton Grand Resort and Convention Centre.

Marriott International offers a diverse collection of unique and authentic dining experiences suited to all tastes, meaning diners can savour their favourite Ramadan memories with traditional dishes or create new ones by experiencing Ramadan food with a twist. From the majestic Ramadan tent at The Ritz-Carlton, to a wide selection of gastronomic delights at Sheraton Grand Resort and Convention Centre, Marriott brings together a diverse collection of unique and authentic dining experiences suited to all tastes, meaning diners can savour their favourite Ramadan memories with traditional dishes or create new ones by experiencing Ramadan food with a twist. From the majestic Ramadan tent at The Ritz-Carlton, to a wide selection of gastronomic delights at Sheraton Grand Resort and Convention Centre, there is a dining moment for everyone.

MIS management attends leadership conference

Middle East International School (MIS) recently participated in the Education Collaborative for International Schools (ECIS) in Lisbon, Portugal in order to work with world leaders and plan for the future use of technology. Dr Susan Borden, Head of School, and Salem Rashid Thani al-Mohanadi, Owner and Chairman, were on hand to participate in multiple learning opportunities over four days. “As we look to the future, students will need competency using technology to think critically, solve problems and create,” said Salem Rashid Thani al-Mohanadi.

FELICITATION CEREMONY: Birla Public School (BPS) recently participated in ‘Bharat Utsav’ at Al Majlis, Sheraton Grand Doha Hotel. The event was organised by Indian Cultural Center ICC. conducted a felicitation ceremony for the participating artists, supporters and volunteers. All student participants of BPS received the certificates of participation.
A walk in the new Katara park

Katara — the Cultural Village has a beautiful new park up on the beautiful hills that have been created for the visitors. The park was opened to public recently but it has been in the making for many years now. When I recently visited the park with my family we were pleasantly surprised to see the huge green spaces with lots of trees. The park has a unique walking way which is purple in colour and that I found was the highlight of the park. Moreover, the view of Katara — the Cultural Village form the park gives a different perspective of Katara, as can be seen from the pictures that I have shared. I would highly recommend everyone to visit this park and experience the stunning beauty of this place. This will be another good reason to visit Katara on a regular basis besides all the other things Katara has to offer to the visitors.

— Photos and text by Mohammed Muslim (@mmuslim)
Ramadan is the ninth month of the Islamic Hijri or lunar calendar. Eid al-Fitr marks the end of Ramadan, which is the first revelation of the Holy Qur’an to Prophet Muhammad in 610 CE. Muslims believe that the gates of heaven are open and the gates of hell are locked during Ramadan.

Ramadan is observed to celebrate the first revelation of the Holy Qur’an to Prophet Muhammad in 610 CE. Muslims believe that the gates of heaven are open and the gates of hell are locked during Ramadan.

Ramadan is taken from the root ‘ramad’, meaning ‘scorched’. The month was named because, as per the faith, it burns the sins of people with righteous deeds! During Ramadan, observers are expected to abstain from food, drink, and other pleasures from dawn to dusk. It also involves arguably the most taxing challenge of avoiding ill speech, arguments, loss of temper and malicious behaviour. The fasting is intended to focus the mind on prayer, spirituality, and charity and to purify the body and mind.

Young children, women who are pregnant, breastfeeding or during menstruation, elderly, and people with health issues, aren't expected to fast.

Pre-dawn breakfast, or Suhoor, usually occurs before fajr, the first prayer of the day. The evening meal, Iftar, can begin with the sunset prayer, magrib. Ramadan is often a community affair, with more people attending mosque in the evenings and coming together with friends and family for Iftar.

Since Prophet Muhammad (PBUH) broke his fast with dates and a glass of water, Muslims eat dates at both Suhoor and Iftar. A staple of the Middle East, dates are rich in nutrients, easy to digest, and provide the body with sugar after a long day of fasting.

In many parts of the Middle East, neighbourhoods are decorated with traditional lanterns and banners to welcome the holy month. In some countries such as Egypt and Turkey, a musaharati go down the streets with a drum to wake people up for the pre-dawn meal.

People express well-wishes for Ramadan by saying ‘Ramadan Kareem’ or ‘Ramadan Mubarak’ or ‘Happy Ramadan’.

In the last ten days of Ramadan, some faithful retreat to the mosque to perform Thikaf (seclusion) at the local mosque, a period of intense reflection and devotion, seeking guidance and forgiveness, and reading the Holy Qur’an.

Muslims are obliged to give charity on a regular basis in the form of Zakaat, which is mandatory giving, or Sadaqa, which is voluntary and meant to go beyond the mere religious obligations.

The mercury level is soaring and the start of Ramadan brings with it the debate of who fasts longer than whom! Countries near the Equator have the shortest fasting duration. Conversely, those in the northern hemisphere wait longer to break their fasts because of long summer days. The longest fast duration was 20 hours 45 minutes in Murmansik (Russia), while the city of Ushuaia in Argentina had the shortest fasting time in the world. 11 hours exactly!

How do Muslims fast in places where the sun never, or scarcely, sets? In some cases, local scholars have said it is permissible to follow the timings of the closest city that have distinguishable day and night timings or follow more reasonable dawn and sunset times of another country. Because the sun rises and sets a little earlier (or a little later) each day, fasting hours in Ramadan change by a few minutes throughout the month.

Welcome to ‘Nutty’s Infotainment. YAYS! And your time starts NOW!

‘Sawm’ is one of the five pillars of Islam. What does it mean?

Fasting from dawn until dusk during Ramadan.

Ramadan is the ninth month of the Islamic Hijri or lunar calendar. Eid al-Fitr falls on the first day of the new Islamic month. What is this month called?

Shawwal

It falls towards the end of Ramadan and, according to the faith, it is when the first verses of the Qur’an were revealed by Allah to Prophet Muhammad. The Qur’an doesn’t identify which specific night it fell on, although it is believed to be one of the odd-numbered dates during the last ten days of Ramadan. What is it called?

Laylat al-Qadr or the Night of Power.

While Islamic festivals are always on the same day on the Hijri calendar, they happen on different days on the Gregorian calendar. By how many days do they typically move earlier each year?

11 or 12.

How many chapters does the Holy Qur’an has?

114.

Who holds a unique place in British political history as the only Prime Minister ever to have been murdered while in office? He was assassinated by John Bellingham on May 11, 1812?

Spencer Perceval.

Name the fictional character and perhaps the greatest evangelist of doughnuts in the known world, who celebrates his birthday today (May 12). His favourite places to hang out are the Kwik-E-Mart, Krusty Burger and Moe’s. His favorite word is DOH! Creator Matt Groening named him after his own father.

Homer Simpson.

Hominoeida is a scientific name of which animal?

Ape.

Name the today’s birthday actress who has the record Oscars win with four. For playing this actress’ role in Martin Scorsese’s ‘The Aviator’ (2004), Cate Blanchett became the first actress to win an Academy Award for playing another Academy Award winner.

Katharine Hepburn.

Identify the song from the below screen grab. It was the world’s most-streamed song from the 20th century, as well as the most-streamed Classic Rock song of all time.

‘Stairway to Heaven’.

(Answer next week. Answer to last week’s photo-quiz: Coco Chanel and Chanel No 5.)

What’s the Good Word?

1. Pereginate (a) denounce (b) porous (c) travel or wander (d) blinded.

2. Canorous (a) melodious (b) hairless (c) cannibal (d) rebellion.

3. Thalassic (a) deceased (b) ornate (c) travel or wander (d) a sailor.

4. Sequoia (a) extravagant (b) sea (c) porous (d) relating to a tree.

5. Loquacious (a) extravagant (b) hilarious (c) gorgeous (d) garrulous.

6. Furphy (a) deceased (b) arrogant (c) idle (d) arrogant.

7. Selenophile (a) denounce (b) light (c) love (d) moon.

8. Fusty (a) decadent (b) light (c) arrogant (d) old fashioned.

9. Farouche (a) denounce (b) light (c) clown (d) ugly.

10. Olumpiad (a) denounce (b) harmful (c) tyrant (d) innocent.

Answers: 1 (c); 2 (a); 3 (d); 4 (b); 5 (d); 6 (c); 7 (b); 8 (a); 9 (c); 10 (b).
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.

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 blocks. You are given a selection of values and must fill the grid so that in each row, each column, and each 3x3 block, each digit from 1 to 9 is used exactly once.

Codeword

BANJO CELLO DRUM
FLUTE LYRE PICCOLO
SITAR UKULELE ZITHER
BASSOON CLARINET FIDDLE
GUITAR OBOE Recorder
TROMBONE VIOLA FIFE
BUGLE CORNET SAXOPHONE
HARP ORGAN
TRUMPET VIOLIN

Puzzles courtesy: Puzzlechoice.com
Super Cryptic Clues

Across
1 Date for betrothal? (10)
7 Old song concerning an idler (8)
8 Repeated sound from the choir (4)
9 Australian runners entertained by dance music (4)
10 Do they rally round when Fred's in trouble? (7)
12 No specialists in a 50-50 game (3-8)
14 Saint revealing deception by old man (7)
16 Produce a picture of a tie (4)
19 Slav embraced by Kaiser Bill (4)
20 Gourmets providing us with recipe? (8)
21 A sort of tender name! (10)

Down
1 With a little rubber a secretary may rub out (5)
2 King George has a double but not all at once (7)
3 Develop good line (4)
4 Grim aunt possibly becoming mellow (8)
5 French resort overwhelming English family member (5)
6 Colonist in Africa or a Greek island (6)
11 Tangible building material (8)
12 A puzzling layout? Daughter is gobsmacked (6)
13 On the way from France? (2,5)
15 Hood for a bird (5)
17 Crop needing warmth after onset of winter (5)
18 Couturier needing half of studio? Right! (4)

PRESENTATION APPROVED

Colouring

Yesterday's Solutions

Wordsearch

Codeword
A small study published in the journal Psychology and Aging finds that anger is more harmful than sadness for older adults and may lead to health complications associated with chronic diseases such as heart disease, arthritis and cancer, say researchers.

The study, published in the journal Psychology and Aging, shows that anger can lead to the development of chronic illnesses whereas sadness did not.

“Sadness may help older seniors adjust to challenges such as age-related physical and cognitive declines because it can help them disengage from goals that are no longer attainable,” said study lead author Maughan A Barlow from The Concordia University in the US.

For the study, the researchers analysed data from 226 older adults ages 59 to 93 from Montréal, Canada and grouped participants as being in early old age (59 to 79 years old) or advanced old age (80 years or older). During the study, participants completed questionnaires about how angry or sad they felt.

The research examined whether anger and sadness contributed to inflammation, an immune response by the body to perceived threats, such as infection or tissue damage.

“You found that experiencing anger daily was related to higher levels of inflammation and chronic illness for people aged 80 or above, but not for younger seniors,” added study co-author Carsten Wrosch.

Study co-author, Barlow added.

“Sadness for older adults may lead to health complications potentially increased inflammation which is associated with chronic illnesses like heart disease, arthritis and cancer, say researchers.

The researchers suggest that education and therapy might help older adults reduce anger by regulating their emotions or by offering better coping strategies to manage the inevitable changes that accompany ageing.

Anger more harmful than sadness for older adults

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— IANS

**TAURUS**

April 20 — May 20

Your intuition is operating at a high level, Taurus. But you may not be able to make sense of the psychic impressions you're receiving. The emotions, images, and symbols you pick up from others and the astral plane could be vague and easily misinterpreted. They could be important, though. Write them down and look at them in a day or so. You should be able to make sense of them then.

**GEMINI**

May 21 — June 20

Creative energy may be high today, Gemini, but you may be unable to use it the way you'd like. Perhaps you don't have a project to work on or you have writer's block. Ideas may come, but you don't know what to do with them. The best course may be to write them down. The very process of writing could open doors for you. At least you will have your thoughts for another day.

**LEO**

July 23 — August 22

You could get some strange phone calls today, Leo. There could be a few hang-ups, wrong numbers, or friends who forget why they called! Communication isn't likely to run smoothly, so you may have to make an effort to choose the right words, go into as much detail as possible, and ask if you're being understood. Otherwise, things could get more complicated.

**VIRGO**

August 23 — September 22

Money matters may seem up in the air today, Virgo. Your usual practicality may desert you. This could make you stressed and angry because you're perfectly capable of dealing with your finances. Don't worry. The vagueness should pass by tomorrow. In the meantime, get some help, or if your concerns aren't too urgent, wait a day or two. Give yourself a break.

**SCORPIO**

October 23 — November 21

If you've been planning to spend a day meditating, Scorpio, this is the day to do it. You're in an elevated frame of mind, not in a space to focus on mundane matters. Artistic inspiration could come to you now. Any kind of exercise should get the endorphins flowing. But don't expect to get any practical work done. You're definitely out of this world.

**SAGITTARIUS**

November 22 — December 21

Communication with friends may be limited by emotional factors today, Sagittarius. You may have a tendency to overreact to casual comments that are probably innocent but that you misinterpret as offensive. Quarrels over nothing could result, which could raise your blood pressure and stress level for no good reason. If ever there was a day to think before speaking, this is it.

**CAPRICORN**

December 22 — January 19

A phone call could inform you of difficulties at home that require that you deal with them right away, Capricorn. This is nothing to be alarmed about, just one of those irritating little hassles that requires attention when you'd rather turn in another direction. It could be as innocuous as a broken appliance. Take care of it efficiently so you can get back to your activities. Stay calm!
The secrets of patience

In the Arabic language, sabr means ‘to hold fast’ ‘cease,’ or ‘choke!’. For example, in Bedouin Arabic, to say “one has been killed by sabr,” means one was choked to death. Allah the Most High Says (what means): “And keep yourself patient [by being] with those who call upon their Lord in the morning and the evening, seeking His countenance…” [Qura’n 18:28]. Sabr in this verse means to ‘hold to!’

Thus sabr means to hold one’s self from anxiety (jaza’) and anger (tasakhkhut), to hold one’s tongue from complaint, and to hold one’s body from disgraceful movements.

It is of three types: patience in obeying Allah the Most High (namely, perseverance), patience in avoiding Allah’s disobedience (namely, restore), and patience in Allah’s tests. The first two of these are related to voluntary acts, over which we as humans have control. The last pertains to what happens to us (by Allah’s Decree) wherein we have no choice.

Various ranks of patience: Patience is also of three sorts; patience by Allah (illaah), patience for Allah (illaah), and patience with Allah (ma’allaah).

The first, patience by Allah, consists in seeking Allah’s help and seeing Allah as the source of patience. For the patience of a servant is not in his own power but is his Lord’s gift, as He the Most High Says (what means), “And be patient [O Muhammad], and your patience is not but through Allah. And do not grieve over them and do not be in distress over what they conspire!” [Qura’n 16:127]. That is to say, if Allah does not give you patience, you shall not be patient.

The second, patience for Allah, means that the motivation of your patience must be the love of Allah, the will to seek His pleasure, and nearness to Him – not the desire to exhibit your self-control, to seek the praise of people, or for any other reasons.

The third, patience with Allah, is comprised of the servant’s effort to keep with Allah’s religious decrees and requirements, in terms of persevering with them, living with them, establishing them, going with them wherever they take one, and stopping wherever they stop. One’s patience with Allah is to attach the “self” (nafs) to the things Allah the Most High commands and loves. This is the hardest and most demanding type of patience. It is the patience of the Siddiqoon (those of the highest degree of truthfulness and faithfulness.).

The sage Al-Junayd, may Allah have mercy upon him, said: “The journey from this world to the Hereafter is easy and light for a believer when compared with renouncing people (for their rejection of faith) in front of Allah, which is hard. The journey from the self to Allah is harder still.

Yet to be patient with Allah is the hardest of all. He was asked about patience. So he said: “It is to swallow bitterness without frowning.”

It has also been said that patience is “the endurance of the self in attacking adversities.” And also “withstanding a calamity with a good attitude [patience] is like enjoying peace and felicity.”

The elite [worshippers of Allah] say: “[Patience] is to stand firm on the commandments of the Book and the Sunnah.” It has been said that the ranks of sabr are five: Saabir, mustabir, mutasabbir, saboor, and sabbaar. The first, saabir, is the most general. Mustabir is of the one who has earned patience and is filled with it. Mutasabbir is of one whose patience is great in comparison to others. And, finally, sabbaar, is of one who forces one’s “self” to it [against all odds]. Saboor is of one whose patience is great in comparison to others. And, finally, sabbaar, is of one who has a great amount of patience—greater than any of the [people meant by these four] earlier [descriptions].

Regarding the words of Allah, the Most High (which mean): “O you who have believed, persevere and endure and remain stationed and fear Allah that you may be successful.” [Qura’n 3:200]—it has been said that this verse proceeds from the easier [and lesser] command to the harder and nobler. This means that sabr is less than musaabara, and musaabara is less than munaabatah.

The word ‘munaabatah’ comes from rabt which means a tie or hold. Someone is called al-muraabit because he ties his horse and waits for the enemy’s assault. Hence, this term has been used for anyone who ties and holds his “self” in discipline and waits for Allah’s commandments.

The Prophet Muhammad (PBUH) has said: “Shall I not inform you of that by which Allah erases sins and raises ranks? Perfecting ablution (wudhou’), even when it is difficult, walking frequently to the mosques, and waiting for a prayer after another [has finished]: That is ribaat! That is ribaat!” (Muslim, Maalik, At-Tirmithi) He (PBUH) also said: “Waiting patiently for a single day in the path of Allah is better than this world and all that is in it.” (Al-Bukhari, Ahmad) – Islamweb.net
Why you should opt for healthy food in Ramadan

By Mudassir Raja

Ramadan is a month of divine blessings. We know that there are numerous positive effects of fasting on the human body. However, if bad eating habits are not controlled, anyone who is fasting can face serious health issues.

Shorog Hantoush is a well-known dietician. She has master’s degree in human nutrition. She recently spoke to Community and shared some valuable tips on eating habits during the holy month.

About health benefits of Ramadan she said: “Ramadan is an opportunity to stop bad habits that negatively affect our health. It is a good chance to be healthier. Fasting strengthens the digestive system and increases its efficiency. It helps adjust triglyceride levels and improves insulin levels in the blood.”

She however added: “Despite this, Iftar meals are often a time for celebration, with families and friends coming together and consuming a lot of deep fried, creamy and sweet foods that cause an increase in cholesterol and weight gain which is the opposite of what the fasting person is trying to achieve.”

“During fasting hours, the body uses its stores of carbohydrate (stored in the liver and muscles) and fat to provide energy once all the calories from the food consumed during the day are used.”

The dietician said: “Some studies have found that people who are overweight or obese lose weight and body fat during Ramadan.

“Here are some tips to stay healthy in Ramadan. Drinks are very important to stay hydrated. Depending on the weather and the length of the fast, most fasting people will experience mild dehydration, which may cause headaches and tiredness. Therefore, it is very important to break your fast by eating slowly, and start with plenty of fluids, food rich in water and low-fat drinks. Such as drinking water, eating fruits and stewed vegetables, and having a bowl of soup is helpful.

“Water causes hydration without adding extra calories or sugar. Drinks like laban or fresh juices, without adding extra sugar, provide some natural sugars which are important for daily energy.”

She added: “Lack of fluids during the day may cause constipation for some people. Consuming high fibre food, such as fruits and vegetables, whole grains, high fibre cereals, bran, nuts, dried fruits, lentils, beans, plenty of fluids from water and soups may help to ease constipation.”

She further said: “Following Prophet Mohammad (peace be upon him) sunnah is having dates upon him) sunnah is having dates for breaking the fast. Dates are a great source of natural sugars for energy. Dates provide minerals like manganese, potassium and copper and are source of fibre.

She noted: “Having carbohydrates and protein in iftar meal is also very important. Meals vary between different cultures and traditions but you have to make sure the food you eat provides a balance of starchy foods, including whole grains from pasta, rice and bread, dairy foods, protein-rich foods like meat, fish, eggs and beans, and plenty of fruits and vegetables. This is called balanced diet that provides all your requirements from carbohydrates, protein and fat.

“It is natural to treat yourself after Iftar with some sweets, but try to have it in small quantity and do not eat sweets daily. Having sweets once in a week will be enough for you. Have the sweet sauce more from dates and fruits as they are more nourishing. Remember that you only have a short time each day to eat and drink to give your body all the essential nutrients and fluids it needs to be healthy. So it is important to be healthy as much as we can.”

Speaking about healthy food in

Food Tips: What to eat?

By Azmat Haroon

One of the popular foods of authentic Italian cuisine is ravioli. This typically square shaped pasta has a reputation world over for its unique shape and rich taste because it comes with a filling sealed between two thin layers of egg pasta dough. Filled with cheese, meat or vegetables and served in broth or with a sauce, ravioli originated as a traditional food in Italian cuisine.

The word ‘ravioli’ (plural of ‘raviolo’) refers to all kinds of filled Italian pasta where a thin layer of dough wraps around a filling (‘ripeno’ in Italian). The origins of ravioli is sometimes disputed, but historians suggest that it was created in the Middle Ages in Italy and rose to popularity for a scrumptious plate of ravioli. We dare say the vegan spinach ravioli with fried mushrooms is the ultimate comfort food!

Top Places for Ravioli

• Lo Spaghetto
• Italia Mia
• Jamie’s Italian
• The French Olive
• Margherita

Suhoor, she said: “Drink enough water, choose food that will not let you be thirsty, give enough energy for the next day, and help to prevent constipation.

“Whole-grains such as oats and cereals, starchy food such as brown rice, and pasta, couscous, and whole-grain bread are very necessary. These foods have slow digestion, which helps you to not feel hungry for a long time. Also they are rich in minerals and fibres. It is better you mix them with milk or yogurt, like porridge, oats with yogurt and mix with fruits, muscles, rice pudding, and cereal with milk. This provides many minerals, vitamins, and fluids, vitamin D and calcium.

“If you decide to have bread or rice, make sure they are not salty. Finally, it is important to maintain exercise or walk 10 minutes to one hour every day after Iftar or Traweeh because it will be very helpful for your health and digestion.”