Fall and Rise: Mitchell Zuckoff’s reconstruction of 9/11 attacks is intimate and gripping. P4-5

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.

Page turner

Movie Review
It’s an A-Grade for students.

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Back Page
A better understanding of Ramadan while living in Qatar.

Page 16
PRAYER TIME

Fajr 3.24am
Shorooq (sunrise) 4.51am
Zuhur (noon) 11.32am
Aza (afternoon) 2.59pm
Maghreb (sunset) 6.12pm
Isha (night) 7.42pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 901
Local Directory 180
International Calls Enquires 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Qatar Airways 44496000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593363
Qatar Assistive Technology Centre 44593363
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 40253364, 40253365
Qatar Airways 40253374

Quote Unquote

“Beauty is power; a smile is its sword.” — John Ray

Community Editor
Kamran Rehmat
E-mail: community@gulf-times.com
Telephone: 44466405
Fax: 44350474

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

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

Landmark Cinema (3):
Maharshi (Telugu) 2:15pm; Uyare (Malayalam) 8:30pm; Maharshi (Telugu) 11pm.

Landmark Cinema (4):
Student of the Year 2 (Hindi) 2:30pm; Student of the Year 2 (Hindi) 8:15pm; Ayogya (Tamil) 11:15pm.

Royal Plaza Cinema Palace (1):
Student of the Year 2 (Hindi) 2:30pm; Maharshi (Telugu) 8:15pm; Student of the Year 2 (Hindi) 11:30pm.

Royal Plaza Cinema Palace (2):
Avengers: Endgame (2D) 2:15pm; Uyare (Malayalam) 9pm; Ayogya (Tamil) 11:15pm.

Royal Plaza Cinema Palace (3):
100 (Tamil) 2:15pm; Avengers: Endgame (2D) 8:15pm; Uyare (Malayalam) 11:30pm.

Maharshi

DIRECTION: Vamsi Paidipally
CAST: Mahesh Babu, Pooja Hegde, Allari Naresh
SYNOPSIS: Rishi, a millionaire businessman, returns to his homeland, where he becomes the champion of poor and downtrodden farmers. Directed by Vamsi Paidipally, Maharshi features Mahesh Babu and Pooja Hegde in central roles.
THEATRES: Landmark, The Mall, Royal Plaza
India to Qatar – Symbiosis of Cultures

WHERE: FBQ Museum
WHEN: Ongoing until 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.

Community, trade, arts, food and incense, the museum-owned collection in order to promote mutual understanding, recognition and appreciation between Qatar and India.

Sunset Desert Safari with Iftar
WHERE: Sealine Beach
WHEN: Ongoing
TIME: 4pm – 8pm

Enjoy a day out in the relaxing singing sand dunes of Mesaieed along with a thrilling dune bashing experience. This 8-hour getaway takes you all the way to the breath-taking inland sea beach aka Khor Al Adaid to watch the Sunset. Break your fast with lavish Iftar at the resort. Only for QR 280 per person.

Summer Camp for Special Needs
WHERE: Step by Step Centre for Special Needs
WHEN: June 10 – 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.

Arabic Calligraphy Workshop
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday

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

Arts atelier brings the treasures of the museum-owned collection in order to promote mutual understanding, recognition and appreciation between Qatar and India.

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.

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.
Recalling shock and awe

Mitchell Zuckoff has masterfully transformed an enormous record and his own interviews into a powerful narrative of that day when America’s worst act of terrorism sped from out of the blue of a sunny, azure sky, writes Paul Moses.

“As a New Yorker, I was mostly aware of events involving the destruction of the World Trade Center. But I had not focused on other aspects. One example: the terrible foul-ups in military air support in response to the hijackings of four commercial flights.”

— Paul Moses, author, ex-journalist

Mitchell Zuckoff and I spent September 11, 2001, in a similar pursuit: writing the main story of an unprecedented terrorist attack for our respective newspapers, based on the reporting of dozens of colleagues. His account appeared in the next day’s Boston Globe, and mine in Newsday.

I don’t know what the experience was like for him, but for me, it was a frustrating day filled with unanswered questions; the most basic information was unavailable. Eventually, a vast body of evidence took shape: the 9/11 Commission records, including more than 1,200 interviews; aviation, engineering, communications and military inquiries; massive news coverage; dozens of books; 911 dispatcher tapes; court transcripts; oral history.

Zuckoff, a Boston University journalism professor and author of seven previous nonfiction books, has masterfully transformed this enormous record and his own interviews into a powerful narrative of
Fall and Rise
The Story of 9/11
Mitchell Zuckoff

Rewind to the day that shook the world

By Kamran Rehmat

I remember the day vividly. Just a few minutes shy of 9pm when I was about to leave for work in Muscat, the languard capital of Sultanate of Oman, where I worked as News Editor in Times of Oman, the country’s leading English language broadsheet, I switched on the TV, its volume pressed low. I just so happened that the channel on cue was CNN. I watched smoke billowing from a skyscraper but since I did not initially pay attention to the tickers at the bottom of the screen, it seemed eerily like a scene out of a movie. I thought as much. Just then, a plane emerged from the middle of the TV screen on the right and rammed into the building. This intrigued me, because the plane looked real — real enough for me to raise the volume and figure out the fuss. It was then that I realised that this was no figment of imagination and the skyscraper which had looked like a spitting image of the World Trade Center was, in fact, just that. South Tower, taking a startling hit. It took a while to absorb that all this was really happening — that the world’s sole superpower was under attack — a series of incredibly precise missions impossible one after the other (all in a day’s terror work) — beyond the wildest imagination of a Hollywood scriptwriter. Even though it has been 18 years, there is still that aura of disbelief that the mightiest of all nations could be a sitting duck for the white it lasted.

But what is beyond a shadow of doubt is that the deadliest terrorist attacks in history did change the world, for both America and the rest of us on this cinder of a planet.

In 2014, I had occasion to visit the 9/11 Memorial, an experience so profound that it takes you in its sweep. In a way, it symbolises a global communion — remember citizens of more than 90 countries perished in the attacks and the majority of them paid with their lives in the Twin Towers tragedy. Regardless of religion, race, ethnicity, language, or any other distinction, the spirit of humanity weighed heavy and whilst recalling the nerve-racking moments of the tragedy on the day that shook the world, there was an inescapable feeling that may be the world had underestimated the propensity of evil and it took an epic tragedy to draw the realisation and fight back.

TRIBUTE: A flower placed at the 9/11 Memorial in 2014 by the author. Photo by Kamran Rehmat

There was also a story of heroism, which Mitchell Zuckoff tells with emotion and chilling, precise detail. He shows that even in our self-referential, individualist era, everyday people — many of them — summoned the courage to be self-giving, and even to give all. And that is worth remembering.

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AMAB organises 2019 Ta’allum Careers Fair

Al Maha Academy for Boys (AMAB) recently organised 2019 Ta’allum Careers Fair. Over 200 upper school students met the representatives of local and international business and educational organisations. Ta’allum students from the Boys’ Academy, Al Maha Academy for Girls and Al Jazeera Academy received comprehensive information on education and job opportunities, helping them to plan more effectively for their future.

The event was organised by Nisar Ahmed, Year Leader and Careers Co-ordinator. Speaking on the occasion, Nisar said, ‘‘Al Maha Boys’ Academy was proud to be the host of the annual Ta’allum Careers Fair, as it aims to give our young people the opportunity to explore career options and network with potential employers.’’

A significant range of local and national employer organisations were represented at the event, including Commercial Bank, Qatar Airways, Hamad Medical – Pharmacy and Nursing, Sidra Medical, Qatar University, Stenden University, University of Aberdeen, Score Plus, Education Basket, NCUK, Academic Bridge Programme and University of Calgary.

Shuja Uddin, Principal of AMAB, said “The event was very well organised and much appreciated by students. Their feedback has been exceptionally positive. We hope it will be a recurring event in the schools calendar.”

Dr Mohammed Saefan, Ta’allum Director of Education, said, “Ta’allum Academies have a talented pool of young people who have high aspirations. They are the leaders of the next generation in Qatar. We aim to provide the best advice and guidance to them to prepare for the demands of working life in the future of a rapidly changing world. This event establishes clear links with prominent Qatar business and educational organisations both at home and further afield which will provide a widening and informed range of choices for our students in their future career pathways.”

Kalabhavan Qatar celebrates Prabha 2019

Kalabhavan Qatar, a member of SASCO group, under the patronage of Abdullah Khalaf Mansoor al-Kaabi, Chairman of Kalabhavan, recently celebrated its 12th year anniversary ‘Prabha 2019’ at the Asoka Hall of Indian Cultural Centre. The event was inaugurated by Jaffar Khan, ICC Managing Committee member. The event was attended by Paul George, Executive Director at Kalabhavan Qatar, and Geo Victor, Head Master. Classical and western performances by the students were also part of the event. Certificates of merit were also presented to the students by Jaffar Khan.

SIS celebrates Workers’ Day

Junior Section of Shantiniketan Indian School (SIS) recently celebrated Workers’ Day by felicitating the supporting staff of the school and Barwa Village, including drivers, conductors, maintenance staff and cleaning staff. The supporting staff received their gift hampers from the students. Speaking on the occasion, Dr Subhash Nair, Principal of SIS, enlightened the students and the support staff about equity and dignity of labour. He thanked the support staff for their continuous contribution to the society. He appreciated the parents, students and teachers for implanting the theme of love and bringing an awareness of the lives of people who deserve to be loved and respected in the society.

COMMUNICATION PROJECT DAY: Olive International School (OIS) recently celebrated ‘Communication Project Day’. The event was inaugurated by the Vice Principal of OIS by lighting the lamp. Jacob K, Principal of OIS, also attended the event. The event featured performances highlighting various topics, including role of media, women empowerment, true education and technology. Students took part in various presentations, including speech, discussion, debates, poem recitation, street play and skit.
QatarDebate organises Qatar Secondary School Debate League Nationals

QatarDebate (QD), a member of Qatar Foundation for Education, Science, and Community Development, recently organised the Qatar Secondary School Debate League Nationals (QSDL) in English, at Newton International Academy – Barwa City. The grand final debates were hosted at the College of Islamic Studies, Hamad bin Khalifa University. This year’s nationals had the top teams from the two QSDLs, including top 12 teams in the open category and top eight teams in the EFL category for both boys and girls tournaments.

School wide points are accumulated by adding total wins and total points of top two teams from each school. Schools are ranked as per number of wins at both league tournaments. If schools have a tie on the number of wins, school with the higher total speaker points is ranked higher. Awards for top three schools in the league were presented separately from the nationals grand finalists: DPS Modern Indian School (DPS-MIS) won the Pen Category, which was followed by DeBakey High School with second position. Al Kawther Secondary School for Girls bagged the winning title in EFL Category (Girls), which was followed by Rabaa Aladawiya Secondary School for Girls as runners up. In Open Category (Boys): DPS-MIS won the championship title and DeBakey High School the runners up.

Al Kawther Secondary School for Boys bagged first position in EFL Category (Boys), which was followed by Omar bin Al Khattab Secondary School for Boys with second position.

IIQS-Qatar conducts Fifth Continuing Professional Development event

Indian Institute of Quantity Surveyors – Qatar Chapter (IIQS-Qatar), associated to Indian Business and Professionals Council (IBPC) under the aegis of Embassy of India, recently conducted its Fifth Continuing Professional Development (CPD) event at Concorde Hotel. The event was attended by over 50 members and guests.

Sunil Kulkarni, Manager – Qatari Diar, delivered an interactive lecture on ‘The Security of your Construction Contract’, which was followed by a question and answer session. The lecture comprehensively covered the concept of various securities available in a construction industry and how to protect our interest. The attendees found the presentation quite interesting and beneficial.

Ahamed Zubair, Joint Secretary of IIQS-Qatar, welcomed the gathering. Kulkarni was felicitated by Anshul Gupta, President of IIQS-Qatar, and Sudheer Edamana, Vice President of IIQS-Qatar, on the occasion. Kiran Podakanti, General Secretary of IIQS-Qatar proposed a vote of thanks.

Al-Bairaqs concludes the fifth cycle of the ‘Problem Solving’ track

Qatar University’s (QU) Al-Bairaq programme, a non-traditional educational project where students at Qatari secondary schools work in teams with highly exquisite university-level scientists, implements an innovative educational curriculum that enables Qatari youth with the needed capabilities to play vital roles in various sectors of the country to serve Qatar National Vision 2030. recently concluded its 5th cycle of ‘Problem solving’ track by honouring the participating students in the presence of its sponsor, Ras Laffan Social Communication Programme. A total of 222 students from nine schools within and outside Doha participated in the track.

The Ras Laffan Social Communication Programme manages the impact of operations both real and perceived, which may include impacts such as air quality, health and workforce presence in the community. The vision of the programme is to create a respectful and trustworthy partnership between the energy industry and community.

Ras Laffan Social Communication Programme is a joint initiative by six leading energy companies operating in Ras Laffan, including Qatar Petroleum, Qatargas, ORYX GTL, Al Khaleej Gas, Pearl GTL and Dolphin Energy.

Speaking on the occasion, Dr Noora Jabor al-Thani, QU Section Head of Outreach and Communications and Head of Al-Bairaq, said, “It is really important to consider this age category and reinforce their knowledge with skills that could have a positive impact on the students and develop their critical thinking, which guarantees their success in all areas.” Dr Noora thanked Al-Bairaq programme partners, including Unesco Office in Doha and Qatar National Commission for Education, Culture and Science.
Indian Sports Centre organises felicitation ceremony

Indian Sports Centre (ISC) recently organised the felicitation ceremony in the honour of Indian National Athletics Team that was in Doha for participating in 23rd Asian Athletic Championship 2019. On behalf of the Indian community, P Kumaran, Ambassador of India, handed over the felicitation plaque to Harendra Chowdhury, Indian National Athletics Team Leader. Forty-two athletes and 21 officials were felicitated on the occasion.

Nilangshu Dey, President of ISC, welcomed the Indian Athletic team and highlighted the role of ISC in promoting sports and games among the Indian community in Qatar. Dey also appreciated the Indian athletics team for their achievement as fourth in the table in Asian Athletics Championship. Speaking on the occasion, Harendra Chowdhury thanked ISC for organising felicitation ceremony for the entire team and introduced the various officials of Athletic Federation of India and all gold, silver and bronze medalists. The event was attended by senior officials of ICC, ICBF, IBPN and various other affiliated bodies along with community leaders. Ravi Shankar, Head of Finance of ISC, proposed a vote of thanks. The event was compered by Habibun Nabi, General Secretary of ISC.

Nepali organisations bid farewell to the ambassador

Nepali Entrepreneur Association Qatar (NEA) recently organised a farewell event for Professor Ramesh Prasad Koirala, outgoing Ambassador of Nepal, at the residence of Mahendra Chamalagai, Chairman of NEA. The event was attended by Nepali entrepreneurs and representatives of different organisations, including Dev Kazi Dangol, Patron of NEA, and Badri Pandey, Adviser of NEA. The event was hosted by Sagar Nepal, Ramesh Bhatta, Secretary of NEA, along with Raj Regmi, Nepali entrepreneur, also spoke on the occasion. Speaking on the occasion, Chamalagai praised the works of the outgoing ambassador and said that the ambassador has already shown a wonderful economic diplomacy and have attracted Qatari investments in Nepal.

Concorde unveils offers for Ramadan

Concorde Doha, one of the prominent hotels on Qatar’s hospitality map, has recently unveiled exceptional offers to celebrate the holy month of Ramadan by providing special Iftar dining buffets, stated a press release.

The hotel’s Olives Restaurant has been decorated with authentic Arabian designs to welcome guests who are seeking a specially designed Ramadan atmosphere. The hotel offers a rich buffet of varied cuisine and beverages that are constantly changing to satisfy all tastes and needs including corporate groups and outside catering.

Mashhour al-Refai, General Manager of Concorde, said, «The hotel has witnessed a huge change in its decoration. These decorations and architectural designs are closely related to the Qatari heritage to celebrate the holy month. The Concorde Hotel is offering discounts of up to 35% for 15 days from the first day of Ramadan to the 15th of the same month. This is a special offer for the daily Iftar buffet and banqueting halls for corporates, groups and institutions that plan to organise group Iftar or Suhoor. The menu includes a variety of appetisers, delicious dishes, and even live cooking stations.»

Also, the hotel offers banquet service to customers at home or anywhere they want, through an experienced and competent team of chefs.

Public Relations Committee – Qatar (PRC), a Nepali organisation, also organised a farewell event for the outgoing ambassador. Professor Koirala was felicitated by Narendra Bhat, Founding Chairman of PRC, along with Badri Pandey, Founding Adviser, and Bimal Subedi, Chairman of PRC.

Speaking on the occasion, Koirala elaborated on the projects he managed to complete in his tenure of two years. He commended the support of Nepali community. The event was attended by various Nepali community leaders, including Prabin Gurung, Dhiraj Rai, Chanak Pokharel, Dev Pariyar, Tej Katuwal and Mohammed Sakir.

– Text and photos by Usha Wagle Gautam
Nothing is excess for Karan Johar till it is all about beautiful people and expensive things – designer bags, labels and an attitude that can raise the wrath. Johar creates a quixotic world full of such content and high in emotions way too well. The world has moved on in the seven years since the phat college caper Student of The Year (2012) that launched the careers of Alia Bhatt, Varun Dhawan and Sidharth Malhotra and so has Johar and his filmmaking, for good. Where the first part of the franchise caterwaulled glamour all along, even in the tiny bits, Karan has played sensibly with this one. Directed by Punit Malhotra, nothing seems too vacuous and over-designed, it’s all within the limits which is what holds the essence of the film. Loose ends? Yes – a bit, but come-on that’s with every other Bollywood entertainer. The actors in the follow-up, Student of the Year 2, are a fresh bunch led by Tiger Shroff paired with Ananya Panday and Tara Sutaria – millennial cast with a sexy appeal to their acting. Much to the joy of SOTY fans like myself, we are happy to pronounce that the second edition is equally glossy and picture perfect. Rohan Sachdev played by Tiger Shroff and Manav Singhania, played by Aditya Seal, spend an entire academic year preparing for the prestigious Student of the Year Competition, that can merely be achieved by winning a Kabbadi match. The only thing which wasn’t really striking was, why a huge trophy in college without even a whiff of academics in general? I agree, in the first part there was all that pizzazz glamour and Hermes bags, but there was also an entire sound track which was about academics and doing well in the aptitude test to qualify to take part in Student of the Year Competition in the first place. Something that should have been included in this franchise as well. However, Kjo did his bit of promoting the lesser popular sport. He infused a cool factor to the game with his players doing back flips and slow-mo jumps.

Manav Singhania is a rich brat, while Rohan is a middle-class scholarship student, who barely makes it to Saint Teresa, IVY school, on sports quota just for the sake of his girlfriend Mia, played by Tara Sutaria, to be closer to her. Like Rahul and Anjali in Kuch Kuch Hota Hai, the story of Rohan and Mia’s love, friendship and falling out is a school legend. But the pretzel is the introduction of Manav in the love triangle at first, which fades away post intermission and you see a whole new love triangle in the making. Where three fall apart, with well-done fight sequences, Shreya, played by Ananya, takes the screen space with Rohan and you know the rest. Ananya is Manav’s younger sister and in the first half of the film is presented as the spoiled mean girl. She’s the leading lady; carries Louis Vuitton bags and wears Dolce and Gabbana. She’s like Shanaya (Alia Bhatt from Student of the Year) but without the killer attitude. Shreya is substituting her lack of family ties with designer labels and snobbish setting. All three, Rohan, Mia and Shreya, might be emotionally damaged but their physical perfection is established with numerous shots. This is youth without awkwardness or vulnerability. There are ‘two’ many love triangles. Too often, the storyline is swallowed up by the overwhelming gloss, perfect styling and set-piece songs. Drawing a parallel where the competition in first part was so silly and shallow that it was hard to take any of it seriously, but this time it is out-done. The Kabbadi sequences are well-shot and athletic in every sense.

Yet, Karan creates moments that are genuinely moving and humorous. Karan also deserves applause for putting his faith in new actors every time. He elicits commendable performances from his cast of debutants. Tara and Ananya’s brief is to be pouty and attractive, which they manage to do with commendable performances. Their brief is to be pouty and attractive, which they manage to do with commendable performances.
As an avid photographer, I create a list of places to capture during the weekends. Recently, visiting the Aspire Zone and the Souq Waqif gave me some unique picture opportunities. The Aspire Zone has so much to offer to a photographer, so I spent almost 3 to 4 hours walking around the park. During this time and just before sunset I saw a beautiful sight of a mother strolling with a pram across the water bridge and the ducks moving freely in the foreground. I thought I was at the right place at the right time. There were many instances like this where I was able to capture a particular scene just because I happen to be there at the right time. Photography is all about the timing and composition. Therefore, it’s not always that I need to have my DSLR camera to capture a moment. Some of the new mobile phones have very good capabilities to capture pictures even under low light conditions.

I travelled outside Doha with my friends who are photographers to places like the Al Zubarah Fort, Film City in Zekreet, Irkiya Farm, camel racing in Al Shahaniya, Pearl-Qatar and even did a desert safari, which was full of fun. I use a Nikon D7100 with the 18-200mm lens which is suitable for any situation. However, I have few prime lenses which are used for specific photography projects. My favourite lens is the Nikon 85mm f1.8, which gives me very sharp pictures almost always. I will continue my photography journey and still have many more places to visit with my camera like the new National Museum in Doha.

— Text and photos by Rizny Ismail @riznyismail

At right place, right time
Kiefer loves telling stories in songs

“I’d roll my eyes when I saw actors picking up a guitar.”

These are the words of actor Kiefer Sutherland. While there may be some justification in his comment, there are always exceptions to the rule. One of these happens to be Kiefer himself.

The man perhaps best known for his role as Jack Bauer in the drama series, 24, is also an accomplished singer, songwriter and musician. His second studio album, Reckless & Me, has entered the UK chart at number nine.

Reckless & Me, has entered album, and musician. His second studio accomplished singer, songwriter 24 rule. One of these happens to be justification in his comment, his songwriting ability features, the new record is a In a Hole. But I wasn’t sure how on the road performing the songs Kiefer enjoys. He spent two years on that plane. “I absolutely loved the process of writing and recording Down In a Hole. But I wasn’t sure how I would feel about touring the record. “I used to be so nervous about the prospect of performing in front of professional musicians that I just wouldn’t do it. But having overcome this fear, I still could never have imagined the depth with which I would fall in love with touring.

Being on stage playing my songs bolds such a special place in my heart. To have the opportunity to convey intimate, personal stories to an audience has proved to be priceless.” Kiefer’s career as a performing musician came about by accident rather than design. He had founded the Ironworks independent record label with his long-time friend, singer, songwriter, musician and producer Jude Cole. But their objective was to find and develop talented artists and bands. “We thought there were fantastic bands who were just not being heard. We wanted to help these artists who might not be able to find their way in what was becoming a shrinking corporate music industry.” Being part of the music business gave me the opportunity and incentive to write for other artists. I showed Jude some songs I’d written with the intention of offering them to other performers but he insisted I should record them myself. We worked together on more songs for my first album. They ended up being the closest thing I ever had to a journal or diary.” While Down In A Hole did well enough on Billboard’s Folk / Americana chart and reached number 35 on the Top Country Albums chart, Reckless & Me promises to take Kiefer’s music career to a much higher level. There are many established mainstream artists who have never had a UK top ten album. “I’m incredibly grateful to all the people who come to my shows and buy my records. I started violin lessons when I was four and took up the guitar when I was ten. But I still don’t regard myself in the same way as those artists and bands whose entire lives are devoted to their music.”

The honesty in Kiefer’s songs is particularly evident in two tracks on his new album. Saskatchewan was written for his mother while Song for a Daughter reveals Kiefer’s feelings about his daughter Sarah.

“I wrote Saskatchewan on a very fearful plane trip. My mother had suffered a stroke, her second, and I didn’t think she was going to make it. I was on the plane thinking the journey would end with my twin sister Rachel telling me our mother had passed. Thankfully, that didn’t happen and mom pulled through but the song says everything I was feeling on that plane.”

“Song for a Daughter is on the album with Sarah’s permission. It is such a personal song and was really written just for her. It came about one day when I was at home and I looked at a picture of Sarah when she was a baby.”

“She is now 11 and a wonderful actress. But she is very independent. I offered her two roles in things I was doing and she turned me down both times. She is also a very private person so I didn’t want to put the song on my album if it would embarrass her.”

“After looking at Sarah’s baby picture, I realised how much time had passed and how quickly it had flown by. I also realised I couldn’t live forever. I wanted Sarah to always know how much I love her. The song does exactly that and it’s something she will always have for the rest of her life after I’m gone.”

Kiefer and his band begin their latest round of touring towards the end of this month.

“We must have done something like 300 shows promoting my first album. The gigs are combined with my acting commitments. If I have free days, we’ll fit in a show on these dates.”

He believes his involvement with music has enabled him to become a better actor. “I’ve put so much of myself into my music. I’m sure this has helped me to develop as an actor because I’m now incorporating aspects of my own persona into my characters.”

“I really think this has improved my acting and it wouldn’t have happened without my music. It’s also increased the enjoyment I get from acting. I know how lucky I am. I love acting and I love music. There can’t be many people who get so much pleasure from how they hear their living.”

Mark Ronson

June 21 is the scheduled release date for Late Night Feelings, the fifth studio album from English producer Mark Ronson.

Lead single, Nothing Breaks Like a Heart, featured vocals by Miley Cyrus. The track proved hugely successful throughout much of the world topping the charts in several countries and reaching number two in Britain. It was less popular in America peaking at number 43 on Billboard’s Hot 100 though the track did hit top spot on the Dance Club Songs chart.

The second single, the album title-track, has not yet been quite so successful. It was initially released without an accompanying video, something which rarely seems to be a good idea. This has since been rectified with a video prominently featuring Norwegian singer, songwriter musician and model Lykke Li who provides vocals on the track. It can be seen at www.

youtube.com/watch?v=OpNJTr7y1LM

The video for Nothing Breaks Like a Heart is at www.youtube.com/ watch?v=A9McJghtm6Q

Ariana Grande

It seems like no-one can ever make enough money.
Step forward singer, songwriter, actress and businesswoman Ariana Grande. In addition to her music superstar status, 25-year-old Ariana already features prominently on the fragrance market with five signature scents to her name. Ari, Cloud, Moonlight and Sweet Like Candy are all specifically for women while Frankie Grande, named after her TV personality brother Frankie Grande, is a unisex fragrance.

No release date has been announced as yet but a new fragrance, Thank U, Next, will soon be on the market. There will also be an accompanying range of beauty products under the Thank U, Next label. These include everything from body lotions to shower gels, body scrubs and much more besides. The profits should add yet more millions to Ariana’s bulging bank balance.

Iggy Azalea

A release date has not yet been announced for In My Defence, the second studio album from Australian rapper Iggy Azalea.

The lead single, Sally Walker, was issued this past March. Despite favourable reviews, it failed to make a significant impact on the charts peaking at number 62 on Billboard’s Hot 100.

Perhaps Iggy will have better luck with her latest single, Started. The lyrics and accompanying video unashamedly champion the merits of gold-digging. Iggy portrays herself as a girl who starts with nothing but becomes rich by marrying a sugar daddy and inheriting his wealth after he dies.

Directed by Colin Tilley, with whom Iggy has previously worked on the videos for three other singles, she described Started as “the best video I’ve ever made.” See if you agree by checking it out at www.youtube.com/ watch?v=PPLd6Z5X5X0 Colin Tilley also directed the “Sally Walker” video. This can be viewed at www.youtube.com/ watch?v=ZgY6eBr174M
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

Bound And Gagged
### Super Cryptic Clues

#### Across
1. Circuits almost become void (4)
2. Put off, he left port (4,4)
3. Outlaw in gang carrying equipment (7)
4. Connections for a cat, by the sound of it (5)
5. Bread found in luxury car? (5)
6. Bertrand we hear making a sound (6)
7. What’s left, for example, in moulded clay (6)
8. Monday off for current producer (6)
9. A former head of state managed clubs in the centre of Oxford (6)
10. The pain of being clever? (5)
11. Lazybones may be riled (5)
12. Duke only turning up in Greek island (5)
13. Plain article brought into house (7)
14. Support for others (4)
15. Great distance out in space, right? (6)
16. Obsequious subordinates seen at first in Arab country (3-3)
17. Obsequious subordinates seen at first in Arab country (3-3)
18. No drink? That's upset a monster (6)
19. Pole playing a part in television or theatre (5)
20. Burning fuel's first put in river (5)
21. Witnesses going back and forth (4)
22. Bills are revised by some politicians (8)
23. Prince Henry has iodine in medicine bottle (5)
24. Last bear (6)
25. Duke only turning up in Greek island (5)
26. Plain article brought into house (7)
27. Obsequious subordinates seen at first in Arab country (3-3)

#### Down
1. Bills are revised by some politicians (8)
2. Prince Henry has iodine in medicine bottle (5)
3. Last bear (6)
4. Duke only turning up in Greek island (5)
5. Plain article brought into house (7)
6. Obsequious subordinates seen at first in Arab country (3-3)
7. No drink? That's upset a monster (6)
8. Pole playing a part in television or theatre (5)
9. Burning fuel's first put in river (5)
10. Witnesses going back and forth (4)

### Colouring

#### Answers

### Wordsearch

- U W Y R E P P I H C N
- I Z R A P A S P E R N G L E D
- V R E P P I R B E H P R I P
- F F P P Q A G P O H G U P P O
- R U P E Z I P P E R P R P I P
- K I R Z A P W D G E N E N P
- O E K T N E H W I P F G R C E
- A W P S B I D Y P S Z K E H R
- S H V O P C I G F T T O U
- R H N P U L P E S K O T P U
- E O E C T O E R M A R V P H
- P R P V N D P Z E Y E P L
- R I P P K R E P P A N P E P P R
- R E P P O C X E G Y P R A E
- R O D D V P O R F P E R I B R

### Codeword
Study says timing is key to how people experience envy

When it comes to feeling jealous, timing could make all the difference. New research has found that we are more envious of someone else’s covetable experience before it happens than after it has passed. “Envious events lose some power over us once those events are in our past,” said study co-author Ed O’Brien, Associate Professor at the University of Chicago in the US. Envy is an interesting emotion because it can motivate negative outcomes such as self-dislike, and also positive outcomes such as feeling inspired.

For the study, published in the journal Psychological Science, the researchers conducted three experiments.

In the first study, 629 participants imagined a close friend getting to have experiences that the participants desired themselves, such as taking a dream vacation, being promoted to a dream job, and buying a dream car. Some imagined how they would feel about the various scenarios in the days and weeks before they happened. Others imagined how they would feel in the days and weeks after the events occurred. The results showed that timing, even when thinking about hypothetical scenarios, mattered. Participants rated the experiences, which were otherwise identical, as less enviable after they happened than before they happened.

To find out whether people show the same pattern of responses in relation to real-world events, the research team assessed people’s feelings of envy for a peer’s Valentine’s Day date every day during the month of February 2017. In line with the first study, envy grew as February 14 approached, but dropped on February 15 and stayed relatively low the rest of the month. The researchers replicated these patterns in February 2018 with a new group of participants, tracking envy over the course of three key dates.

Envy rose from February 13 to February 14 but then dropped on February 15, the results showed. “Previous research uniformly suggests that events in the future will prompt more extreme reactions because it’s more relevant to pay attention to things that might still happen to us. But these findings suggest that the passing of time may be particularly linked with reducing the intensity of negative experiences, rather than reducing the intensity of all experiences,” said Ed O’Brien. - IANS

ARIES
March 21 — April 19

A current or potential friend might seem like the most perfect, wonderful person in the world to you, Aries. Your nature could get the better of you today. Instead, try to maintain a certain distance to avoid appearing too needy. It was probably your self-sufficiency and inner power that attracted your friend in the first place.

TAURUS
April 20 — May 20

You might not be able to concentrate on your work today, Taurus. Your head may be in the clouds and your eye for detail could fail you somewhat. Needless to say, this isn’t a good day to tackle new, difficult, or complicated tasks. Concentrate on routines that you can do without thinking. That way you will get through the day without making yourself crazy.

GEMINI
May 21 — June 21

Are you an artist, writer, or musician, Gemini? If so, your work may take on a more symbolic or impressionistic tone. Today you're probably more interested in conveying feelings and impressions than details. It might surprise you that you're thinking along those lines. This urge may vanish tomorrow, so if you like today's work, make the most of it. Try to remember how and why you're doing it!

CANCER
June 21 — July 22

Innovative art forms might seem especially appealing today, Cancer. Stay out of gallery shops unless you're prepared to take home a carload of merchandise. If you're more into music, you might break the bank downloading tunes to your MP3 player. This could be a new phase in your artistic tastes or it could be a longstanding trend. Whichever it is, have fun!

leo
July 23 — August 22

Do you believe in ghosts? Some strange phone calls, e-mails, or other communications may come your way today, Leo. One may come from someone who thinks you're someone else. Phone calls may be hang-ups, wrong numbers, or phantom rings. If there's a knock at the door, it may be the house settling and not a ghost, but it can still be rather unnerving. Try not to think about it.

Virgo
August 23 — September 22

An unexpected sum of money could come your way today, Virgo. It probably won’t be large, but it will be welcome nonetheless. Perhaps someone has owed you money for a long time and finally repays it. Or you might sell an item you've wanted to unload for a long time. Whatever it is, you might want to take a friend to dinner. Go for it and have fun!

LIBRA
September 23 — October 22

Have you been exercising too rigorously lately, Libra? If so, you might feel some little aches and pains. Stay off your feet for most of the day. When you exercise, concentrate on stretching. Spend some time soaking in a hot tub if you can. The old saying, “No pain, no gain” has pretty much been discredited! Yoga or tai chi could serve you as well as aerobics today. Stick with those!

Scorpio
October 23 — November 21

The feeling that someone is coming to visit you might be with you throughout the day, Scorpio. Your intuition is probably right, except for one thing – it’s probably more than one person! Some friends may have some good news that they want to share as soon as possible. Straighten up the house and pretend to be surprised when they come to the door. Have a great evening!

Sagittarius
November 22 — December 21

Are all of your friends into astrology, divine science, or spiritual matters, Sagittarius? It might seem like most of them are today, anyway. You may have many new friends in those fields. You have a lot to learn from all of them, and even more that you can learn together. A giant spurt of personal growth is right around the corner.

Capricorn
December 22 — January 19

A friend may host a social event or meeting of some kind, Capricorn. It might be interesting to get acquainted with friends of your mate you haven't yet met. Some of them are probably intelligent, interesting people in fascinating professions. One of them could recommend a few books that you will definitely want to read. Have fun. Don’t forget to thank your friend!

Aquarius
January 20 — February 18

Are you contemplating a trip, Aquarius, perhaps to a place you've always dreamed of visiting? If you're in doubt as to whether or not you can do it, work out your budget and you might be surprised. Invite a friend to accompany you. Such a trip could boost your personal growth like nothing you've ever tried before. Think about it!

Pisces
February 19 — March 20

Material values may pale beside spiritual ones today, Pisces. You might consider giving up the rat race and retreating to the wilderness. This would perhaps make a good vacation, but you probably aren't ready to chuck it all just yet. Don't be too hard on yourself if your enjoyment of worldly pleasures returns tomorrow. Changes like this come gradually, not overnight. Take it at your own pace.
Stay healthy while fasting in Ramadan

By Dr Simi Lali

The month of Ramadan is a great opportunity to focus on bringing back a balanced and healthy lifestyle. Through fasting you learn how to manage your eating habits and improve self-discipline.

Fasting healthy

The body enters into a fasting state eight hours or so after the last meal, when the gut finishes absorption of nutrients from the food. In the normal state, body glucose, which is stored in the liver and muscles, is the body’s main source of energy.

During a fast, this store of glucose is used up first to provide energy. Later in the fast, once the stores of glucose run out, fat becomes the next store source of energy. Only with a prolonged fast of many days to weeks does the body eventually turn to protein for energy. This is the technical description of what is commonly known as ‘starvation’, and it is clearly unhealthy.

As the Ramadan fast only extends from dawn until dusk, there is ample opportunity to replenish energy stores at pre-dawn and dusk meals. This provides a progressive and gentle transition from glucose to fat as the main source of energy, thereby preventing the breakdown of muscle for protein.

Balanced food and fluid intake is important between fasts. The kidney is very efficient at maintaining the body’s water and salts, such as sodium and potassium. However, these can be lost through sweating. To prevent muscle breakdown, meals must contain adequate levels of ‘energy food’ such as carbohydrates and some fat. Hence, a balanced diet with adequate quantities of nutrients, salts and water is vital.

Don’t skip Suhoor!

Even though the thought of sleep may be far more appealing than waking up to force down some food, don’t skip Suhoor. Suhoor is the most important meal of the day and during Ramadan – it’s the meal that will sustain you for the next few hours.

Good and bad foods during Ramadan

During Ramadan you need to put extra efforts in including foods from all five food groups to ensure variety and a well-balanced diet. These foods include:

- Breads, cereals and other grain products
- Fruit and vegetables
- Eggs, Meat, fish and poultry
- Milk, cheese and yoghurt
- Fats and sugars (these contain very little nutrients and are high in calories and therefore their intake should be limited).

Complex carbohydrates are foods that will help release energy slowly during the long hours of fasting and are found in grains and seeds like barley, wheat, oats, millets, semolina, beans, lentils, whole meal flour and basmati rice.

Fibre-rich foods are also digested slowly and include bran, cereals, whole wheat grains, vegetables such as green beans and seeds and almost all fruit, including apricots, prunes and figs.

Foods to avoid are the heavily processed and fast-burning foods that contain refined carbohydrates such as sugar and white flour or fatty food like cakes, biscuits, chocolates and sweets. It may also be worth avoiding the caffeine content in drinks such as tea, coffee and cola (caffeine is a diuretic and stimulates faster water loss through urination).

What if I’m unwell during Ramadan?

If fasting significantly affects your health or when one is genuinely sick, Islam exempts them from fasting. “God intends every facility for you; he does not want to put you into difficulties” (Qur’a’n 2:185).

People on regular medicines should discuss this with their doctor. Fasting is not a must for pregnant women or children under the age of nine.

Exercise during Ramadan?

It is advisable to reduce the level of high impact exercise you perform during Ramadan because of the reduced energy.

Yoga plays less stress on your body and also allows you to relax and meditate during your exercise. If you need a heavy workout, consider exercising after you have broken the fast.

Can I Smoke during Ramadan?

Smoking is considered to void a fast because you take something into your body through your mouth. A principle of Ramadan is purification of the body.

Ramadan quick tips

Eat normal sized, nutritious meals rich in fruit, vegetable, beans, lentils rice and grains at Suhoor and Iftar.

Avoid foods high in fat, salt and sugar.

Drink plenty of fluids and avoid caffeinated beverages like coffee, tea, energy drinks or cola.

Speak to a health doctor if you are on regular medication or pregnant or breastfeeding if you decide to fast.

Avoid excessive exercise during fasting times.

— Dr Simi Lali is a General Practitioner – Emergency Medicine at Aster Hospital, Doha

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<table>
<thead>
<tr>
<th>Foods to avoid</th>
<th>Healthy/alternative foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deep-fried foods, eg: pakoras, samosas, fried dumplings</td>
<td>Whole grains, eg: chickpeas (plain, or with potato in yogurt with different Indian spices), samosas baked instead of fried, and boiled dumplings</td>
</tr>
<tr>
<td>High-sugar/high-fat foods, eg: Indian sweets such as Ghulab Jamun, Rasgulla, Baklawa</td>
<td>Milk-based sweets and puddings, eg: Rasmalai, Barfoo</td>
</tr>
<tr>
<td>High-fat cooked foods, eg: parathas, oily curries, greasy pastries</td>
<td>Alternate with chapattis made without oil, and baked or grilled meat and chicken.</td>
</tr>
</tbody>
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And when My servants ask you, [O Muhammad], concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided.

Qur’an 2:186, Sahih International
A better understanding of Ramadan while living in Qatar

By Mudassir Raja

The true spirit of Ramadan can truly be comprehended after looking at different aspects of the holy month. How this month changes daily routine and how much it affects those who observe fasting is a question that can best be answered not by reading books on Ramadan but by actually observing those who fast.

The more inquisitive and perhaps less informed about Ramadan’s true message are obviously the non-Muslim expatriate living in Qatar. Samantha Maeer is a British national living in Qatar. She has been working with Nigel Downes, a renowned British photographer on the project named ‘The 30 Holy Days’.

The project aims at capturing the true spirit of Ramadan through photography. Community spoke to Samantha about her experience of Ramadan. When asked what has so far been her understanding of the holy month before she moved to Qatar, she said: “I do not live in Qatar. I am based in London. I am only in Qatar this Ramadan because Nigel Downes and I conceived the ‘30 Holy Days’ project so I am staying here to deliver the project.”

However, I have spent several years living in the Gulf primarily in the UAE. To be honest, despite being in the Gulf for almost a decade my understanding of Ramadan was far more limited than I had thought. I have arranged a few and large corporate Iftar for friends. I have obviously attended them. I have seen iftar tents popping up all over the place, iftar boxes being handed out at roadway intersections and have had the odd Suhour invitations. I have noticed a spike in the amount of collections being made, and in the expatriate community a lot of Ramadan boxes being put together for the less fortunate among us, mainly workers. All the visible external things surrounding food and charity have become more visible for me.

Of course, you are aware that it is a time for fasting from dawn till dusk, people seem to pray more. The working hours are far shorter than normal days. I have noticed lots of western expats leave town, certain shops impose restrictions and the quality of driving takes a steep nosedive. But honestly that was about the extent of my knowledge.

Response to a question about new aspects that she has learnt about the holy month while living in Qatar, she said: “This Ramadan, the ‘30 Holy Days’ project was designed to raise awareness, what started out as a project to showcase the mosques around Doha has grown exponentially because of the people, who I have met. I have had the pleasure to experience a far more Islamic Ramadan. So far, we have met and photographed Muslim individuals, couples and families. We have been welcomed into their homes, broken fast with them, and heard their stories. I have learned that Ramadan is a time for family, togetherness, recalibration, introspection, gratitude, prayers, charity and forgiveness.”

If she does something special in Ramadan, Samantha said: “This Ramadan has been a completely different experience for me, both geographically and personally. I have been blessed to have met some wonderful new people, some of whom have become friends. In addition, I really hope to have helped deliver something special, which has illustrated that we are all more alike than some of the international press would have us think. If that has raised any awareness on an international level, then I have done something very special this Ramadan.”

If she would like to share message about Ramadan, she said: “Look after each other, do not judge what you do not know and be kind to each other all year round not just during Ramadan.”

By Azmat Haroon

There are two distinct groups among people who have tasted Butter Chicken – those who think it is overrated and those who instantly fall in love with it. Without getting into why anyone wouldn’t like this flavourful Indian dish, it’s best to delve deeper into the history of the food because you will be surprised to know that story of Butter Chicken actually begins with the invention of Tandoori Chicken!

The origins go back nearly 100 years to the Gora Bazaar of Peshawar where a man named Mokha Singh Lamba started a small restaurant called Mukhey da Dhaba.

Here, a young chef Kundan Lal Gujral experimented with chicken by skewering yoghurt marinated pieces of chicken and sticking them into the tandoor—previously used only for breads. Cooked in the heat of the clay tandoor, Gujral’s unique Tandoori Chicken with crispy skin and a recognizably bright red exterior was an instant success.

At some point when Mokha Singh’s health deteriorated, he eventually sold the shop to Gujral who renamed it as Moti Mahal!

Gujral later moved to Daryaganj in Delhi and so did Moti Mahal. It was here that Gujral realised that if unsold, the Tandoori Chicken hanging on the seekhs all day tends to dry out.

Butter Chicken was created for the first time when Gujral came up with the genius idea of immersing the Tandoori Chicken pieces into the gravy made with tomatoes, butter, cream and spices.

While the dish’s original recipe is well known, the actual flavour can vary from restaurant to restaurant. Here are our top picks for restaurants that serve best Butter Chicken in Qatar.

Food Tips: What to eat?

Top Places for Butter Chicken

- Zaffran Dining Experience
- Tandoor Express
- Roti & Boti
- Star Kebab Tandoori
- Qutba