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GULF TIMES
COMMUNITY

Sunday, May 19, 2019
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Art in the family

Lebanese artist Sara Abou Mrad finds life to be very dynamic and art in all its manifestations to be a reflection of life. 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
— PHOTO ESSAY, Page 10

QUIZ
Celebrating films a la mode.
Page 11

BACK PAGE
Maintaining health at home.
Page 16
Sunday, May 19, 2019

GULF TIMES
COMMUNITY

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PRAYER TIME
Fajr 3.20am
Shoroqq (sunrise) 4.49am
Zuhur (noon) 11.32am
Asr (afternoon) 2.58pm
Maghreb (sunset) 6.15pm
Isha (night) 7.45pm

USEFUL NUMBERS

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Worldwide Emergency Number 112
Kahramaa – Electricity and Water 901
Local Directory 180
International Calls Enquires 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Movassal Taxi 44588888
Qatar Airways 444906000
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Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333, 44593363
Qatar Assistive Technology Centre 44594050
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Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253371, 40253372, 40253369
Ministry of Health 40253370, 40253364, 40253365
Hamad Medical Corporation 40253364, 40253365
Qatar Airways 40253374

Quote Unquote
“Don’t forget to tell yourself positive things daily! You must love yourself internally to glow externally.”
— Hannah Bronfman

De De Pyaar De
DIRECTION: Akiv Ali
CAST: Ajay Devgn, Tabu, Rakul Preet Singh
SYNOPSIS: A 50-year-old single father faces disapproval from his family and his ex-wife when he falls in love with a 26-year-old woman.
THEATRES: Royal Plaza, Landmark, The Mall

A Dog’s Journey
DIRECTION: Gail Mancuso
CAST: Dennis Quaid, Abby Ryder Fortson, Betty Gilpin
SYNOPSIS: A dog finds the meaning of his own existence through the lives of the humans he meets. Bailey is living the good life on the Michigan farm of his ‘boy,’ Ethan and Ethan’s wife Hannah. He even has a new playmate: Ethan and Hannah’s baby granddaughter, CJ. The problem is that CJ’s mom, Gloria, decides to take CJ away. As Bailey’s soul prepares to leave this life for a new one, he makes a promise to Ethan to find CJ and protect her at any cost.
THEATRES: Royal Plaza, Landmark, The Mall

De De Pyaar De
THEATRES:
Royal Plaza Cinema Palace (1): Mr. Local (Tamil) 2:30pm; De De Pyaar De (Hindi) 9pm; Mr. Local (Tamil) 11:15pm.
Royal Plaza Cinema Palace (2): Uyare (Malayalam) 2:30pm; A Dog’s Journey (2D) 9pm; Uyare (Malayalam) 11pm.
Royal Plaza Cinema Palace (3): Ugly Dolls (2D) 3pm; The Convent (2D) 9pm; Avengers: Endgame (2D) 11pm.

The Mall Cinema (1): De De Pyaar De (Hindi) 2:30pm; De De Pyaar De (Hindi) 9pm; Mr. Local (Tamil) 11:15pm.
The Mall Cinema (2): Mr. Local (Tamil) 2:15pm; Mr. Local (Tamil) 8:30pm; Student of the Year 2 (Hindi) 11:15pm.
The Mall Cinema (3): Monster (Tamil) 2:30pm; Avengers: Endgame (2D) 8:30pm; Uyare (Malayalam) 11:30pm.

Landmark Cinema (1):
Mr. Local (Tamil) 2:15pm; Mr. Local (Tamil) 8:30pm; Monster (Tamil) 11:15pm.
Landmark Cinema (2): De De Pyaar De (Hindi) 2:30pm; De De Pyaar De (Hindi) 9pm; Uyare (Malayalam) 11pm.
Landmark Cinema (3): A Dog’s Journey (2D) 3pm; A Dog’s Journey (2D) 8:30pm; Avengers: Endgame (2D) 10:30pm.

The Convent
THEATRES:
Royal Plaza Cinema Palace (1): Mr. Local (Tamil) 2:30pm; Mr. Local (Tamil) 8:30pm; De De Pyaar De (Hindi) 11:15pm.
Royal Plaza Cinema Palace (2): Uyare (Malayalam) 2:30pm; A Dog’s Journey (2D) 9pm; Uyare (Malayalam) 11pm.
Royal Plaza Cinema Palace (3): Ugly Dolls (2D) 3pm; The Convent (2D) 9pm; Avengers: Endgame (2D) 11pm.

Some friendships transcend lifetimes.
**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.

**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.

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

**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.

**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, karaite, 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 33497609.

**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.
“A woman can show her strength through expressive art”

– Sara Abou Mrad, Lebanese artist

For painting, she trusts her eyes more than her hands. She feels life is very dynamic and the art in its all manifestations is a reflection of life.

Sara Abou Mrad is a young, educated, talented and inspiring Lebanese artist. Coming from an artistic family, she is fast finding her feet on the international art scene.

Sara received a bachelor’s degree in Fine Arts from the Lebanese University in 2009. She has been a fine arts teacher since 2009 at Sainte-Anne des soeurs de Besançon in Beirut.

Her artistic creations have won her many awards at a very young age. The awards include the Accademia di Belle Arti di Bologna Award in Italy in 2017, Beirut Design Week drawing competition in 2015, Fabriano Art competition in 2015, Etching artwork published by Fadi Mogabgab Contemporary Art Gallery in 2015, and the Goethe Institute for the Interpretation of Music into Painting both in 2011 and 2013. She has also participated in many solo and group exhibitions in Lebanon and abroad.

Sara was recently in Doha where she is going to display her works with other artists. Community caught up with Sara to glean her creative strains and critical thinking.
PSYCHEDELIC PYRAMID: Mixed media on paper.

Sara carries an artistic background. Her grandfather is an artist and sculptor. Her father is in the business of designing furniture. Her mother makes drawings on silk. She has two brothers and a sister. One of her brothers is an architect and the other an interior designer and photographer.

“I have been living in an artistic ambience. I used to look at my father working at his workshop. My father used to tell me that if I wanted to become an artist, I have to do things perfectly. He used to ask for my opinion about colours in fabrics. I spent all my childhood drawing. I feel that I always wanted to become an artist. "When I was going for university education, I asked my parents that I wanted to take up fine arts as my major. My parents were okay because they were already artists. Parents, in general, advise against the idea of studying fine arts with the argument that it will not bring good money.”

Sara has created a character in her artworks called “Sleeper.” Sleeper collections, since 2013, are inspired by her genuine vision of life and energy. She has been studying and decrypting movement and dynamism in her artwork through “Sleepers.” She uses mixed media, colour shades, and light effects, in order to highlight the hectic way of living and instability in life through her poetic acrobatic compositions.

“I was inspired by the way I sleep. When I sleep I keep my arms close to my body and do not move them. That is why you will see my sleeper does not have arms. Only the legs are moving. My works ignore facial expressions, emotions and arm gestures. I focus on body language to express freedom within constraints. Through my artworks, I tell the way I live and the way I see life.”

She uses a range of raw materials that reaches a maturity with time, such as wool, wood, metal, aluminium, silver, resin, fabric, focusing on the lapse of time, and to highlight the preceding time. “I use the mixed media that I saw my dad using. For me, the texture is very important for the movement. For every work, I put different material to put more life in my work. I use colour shades and light effects in order to highlight our hectic life style. I show how unstable life is.”

She calls her work as figurative abstract because there are many small characters. “Sometimes you will see a lot of colours. It depends on the idea I am trying to represent. In my collection of ‘Dancing Sleepers’ you will see lots of colours because I can translate music into colours. Music is about movements. You can see movement in music notes. I translate the notes in colours. Every colour represents some kind of energy for me.”

Since her fine arts studies, Sara has been inspired by Spanish surrealist legend Salvador Dali. "Especially, I can naturally relate to the dreamscapes in his art. Juan Miro’s bold black graphics impressed me. I am also influenced in my technique by Lebanese artist Helen Khal, who plays on light and dark levels and nuances in her paintings through abstract and geometrical forms.” The artist is inspired by nature. “I think the elements in nature move all the time and they continue to grow.”

Sara believes that the art should come out straight from the heart of the painter. She thinks that an artist is inspired by things around him or her. The artist follows the old masters and then creates his or her own art piece.

Being an art teacher, Sara has pieces of advice for aspiring artists. “If you really want to become an artist, you need to follow your dream. Dream big to become a small artist. I tell my students to follow their own emotions and feelings to become an artist. Art is very much related to emotions. It is a long way but those who believe in themselves can achieve their dream.”

She added: “It is very hard in the beginning to be an artist because art will not earn you money. You need to work other than art to earn some money. Little by little you can grow and you will start earning money.”

Sara agrees that a majority of classical artists are men. “In the beginning, women were not allowed to pursue art. But lately, we have started to see women making a big name in art. I think women have special message to put forward through their art works. It has become a way for women to communicate their feelings to others. A woman can show her strength through expressive art.”

In future, Sara wants to see her “Sleeper” character communicating with everyone. “I want to have my art works in parks, galleries and museums around the world. For me, art is a form of communication. I want to communicate through my artworks.”

Sara has been a frequent visitor to Doha. She is preparing to show her “Sleeper” work at Katara in the coming months. She is impressed by the way Qatar appreciates art. She is happy to see the unique collection by different international artists at Mathaf Arab Museum of Modern Arts. “I am amazed to see the beautiful architects of the new museum. Qatar is booming in art and infrastructure.”
WCM-Q organises High School Research Competition

Student Recruitment and Outreach Office of Weill Cornell Medicine – Qatar (WCM-Q) recently organised High School Research Competition to encourage high school students across Qatar to explore the field of medicine and to use professional scientific research methods. It was also designed to offer them a platform to showcase both their knowledge and their concerns. The students presented research posters to a panel of experts. Twenty-one teams from both private and independent high schools took part in the contest, presenting about themes tied to the United Nations’ Sustainable Development Goals of ensuring healthy lives; ensuring access to water and sanitation; making cities inclusive and safe; and ensuring sustainable consumption and production.

Research subjects tackled by the students, included ‘The effect of air pollution on the prevalence of respiratory diseases in Qatar’ which was studied by a team from Bright Future International School; ‘Elderly and their mental health’, by a team from Sherborne Qatar; and ‘Causes of dental decay among children in Qatar’ by a team of five students from Michael E, DeBakey High School – Qatar.

Dr Rachid Bendriss, Assistant Dean for Student Recruitment, Outreach and Foundation Programmes at WCM-Q, said, “It has been truly gratifying to read the research posters that have been presented here today because what is obvious is that the students involved have employed true research methodology. Science, technology and medicine are all areas in which Qatar needs to build research capacity and by encouraging students to become involved and take an interest in these subjects before they go to university, we can help them to make informed choices about their future careers. It would, of course, be wonderful if all those here today decided they wanted a career in medicine or biomedical research, but our real aim is to simply instil a love of science and research. What is also interesting, is that the posters all examine issues that are relevant to the lives of everyone living in Qatar today. Rather than the research being esoteric and remote, conducted in a sealed laboratory, the studies these students have performed all have an immediacy to which everyone can relate.”

Each research team was provided with the help of a mentor from WCM-Q. The mentors were the faculty members and the teaching specialists who teach in the premedical curriculum of the medical programme.

The posters were then judged by a panel of 10 professional scientists from WCM-Q’s Division of Research, and the Qatar Biomedical Research Institute. Ramsha Yousaf, a student of Grade XIII at Bright Future International School, was part of the team that investigated the environmental and behavioral risk factors of cataracts. Speaking on the occasion, Ramsha said, “We read up on the literature and then went out and surveyed people about the risk factors. For example, we asked them how many hours they spend in the sun each day, and what kind of eye protection they use. Cataracts are very common in older populations, so we wanted to know about whether habits and behaviours you have at a young age influence whether you get cataracts when you’re older.”

Ramsha said her group concluded that there was a risk associated with cataracts and these risks could be summed up as the five Ds: daylight, diabetes, diet, drugs and dehydration. The position holders of the competition, included Bright Future International School, first position; Ali Bin Jassim Bin Mohamed Al Thani School, second; and Lebanese School of Qatar, third. Bright Future International School team, led by Asim Bukhari, teacher at Bright Future International School, included Momina Khashi, Maryam Sulaiman, Najwa Amir, Ramsha Yousaf and Zahida Bibi.

All the teams were given the opportunity to go through to the next round, where they will present their posters at the annual High School Medical Conference on November 23 at Qatar National Convention Centre, where the top team will be announced.

MES organises choral recitation

MES Indian School recently organised a choral recitation event during a special assembly for the students of KG and Junior Section. The choral recitation was conducted to create interest in reading poems and enjoy the pleasure of reciting them. KG students recited nursery rhymes, action song, and storytelling, while students of Class III recited the poem ‘The Swing’ written by Robert Louis Stevenson. Hameeda Kader, Principal of MES, also attended the event.
Doha Chapter of ICAI organises seminar

The Doha Chapter of the Institute of Chartered Accountants of India (ICAI) recently organised a seminar on ‘Future of Finance’ at Hotel Crowne Plaza – The Business Park. Around 120 members of the chapter attended the event.

Harikrishna Mahadevan, Director of PWC Middle East Finance Consulting Practice, was the keynote speaker at the occasion. Speaking on the occasion he enlightened the audience on the constantly changing business dynamics and the role of finance in such an evolving scenario. He stressed that finance role has transformed from being a book keeper to generating and providing real time strategic information to enable businesses to make timely and informed decisions. Hari emphasised that finance professionals have to make use of the tools and technology available in the market to achieve these goals and move towards becoming strategic decision makers rather than being just accountants.

Rukkaiya Pachisa, Chairperson of ICAI, thanked the members for attending the seminar. She mentioned that the unprecedented pace of change within the finance function, and the wealth of opportunities available to the forward-thinking finance leader to transform his operations is frankly staggering. She added that digital finance has precipitated the next wave of finance transformation but brings its own challenges. Nirlep Bhatt, Secretary of ICAI, welcomed the gathering and Jithu Koshy proposed a vote of thanks.

ABP hosts photography contest

The Academic Bridge Programme (ABP), part of Qatar Foundation’s Pre-University Education, recently hosted a student photography contest. The photographs were printed and displayed in the ABP library for a week so that students and faculty could vote, which were later moved to the main corridor of the Penrose House (Liberal Arts and Science building), so that visitors could also vote. Asema Khalifa al-Kuwari won first place with ‘Corniche Towers’ while Aliya Hassan al-Noaimi bagged second position with her entry titled ‘Nature’. Rashid al-Mari, Events Co-ordinator at ABP, said, “Participating in photography contests fosters a sense of community, encourages creativity, celebrates artistic achievement, promotes photography, and explores the talents of the students.”

“We, at the Academic Bridge Programme, encourage students to participate in the many extra-curricular activities on offer here, and within Education City. This is to encourage students to widen their horizons and practice their verbal English skills by presenting their photographs to an audience, which, in turn, helps to create a stimulating and vibrant experience that will help students perform better in their academic studies.”

AMUAAQ organises get together

AMU Alumni Association Qatar (AMUAAQ) organised the AMU Alumni Community get together at MIA Park. The event was attended by Jawed Ahmed, Senior Adviser at AMUAAQ, Moen Azmi President, Parvez Mohammed, Vice President, Aqueel Ahmed, General Secretary; and Zia Alam Treasurer, along with other dignitaries. More than 100 people including families and children attended the event. Aqueel welcomed the gathering. Moen Azmi also spoke on the occasion. Parvez Mohammed proposed a vote of thanks and appreciated the working executive committee members of AMUAAQ, including Mathar Khan Irshad Ahmed, Mohamed Obaidullah, Faruq Faroog, Mohamed Khubair, Mohd Kashif Shahzad and Anwer Karim.
PPFQ organises cancer awareness

Pakistan Professionals Forum Qatar partnered with Qatar Cancer Society and Shaukat Khanum Memorial Cancer Hospital & Research Centre to organise its fourth Annual cancer awareness Sohour, writes Mudassir Raja

Pakistani Professionals Forum Qatar (PPFQ) recently organised its fourth annual cancer awareness Sohour at City Centre Rotana Hotel. The event was attended by large number of Pakistani expatriates. PPFQ partnered with Qatar Cancer Society (QCS) and Shaukat Khanum Memorial Cancer Hospital & Research Centre (SKMCH) to create awareness about cancer.

The prominent guests at the gathering, included Maya Ali, a Pakistani film and TV star and SKMCH’s breast cancer awareness ambassador; Dr Hadi Abu Rashied from QCS; and Dr Muhammed Aasim Yusuf, Chief Medical Officer of SKMCH, along with key representatives of different community groups. This year the organisers also invited young students from Pakistan International School Qatar to give them an insight about different kind of cancers.

The PPFQ, a voluntary group of Pakistani professionals, brought the community together to celebrate the achievements of SKMCH and share different patient testimonies. Two different documentary films highlighted the works SKMCH has been doing for the last many years.

Speaking on the occasion, Mohsin Mubaja, Chairman of PPFQ said, “PPFQ is a group of people who are hopelessly in love with Pakistan and hopelessly in love with the hope for a better future of Pakistan. Shaukat Khanum is hope for many and this hope shall prevail.”

Appreciating the support that they get from the Embassy of Pakistan, Mohsin added, “We have been trying to spread awareness about cancer and the treatment provided at SKMCH in Qatar. This is our fourth year. I am thankful to the embassy for their continuous support and co-operation.”

Dr Hadi from QCS said, “It is a great honour to be here for the fourth consecutive year. We have been involved with PPFQ and SKMCH for raising awareness about cancer.”

“QCS has been working since 1997. We have been working in four areas. We work for cancer education and community awareness. We empower, support and educate people suffering from cancer, their families and friends. We also continue to organise medical education conferences for free.”

He added, “We have been very happy to work with different expatriate communities in Qatar. The number of our beneficiaries continues to increase. In 2018, we reached almost 30,000 people. We would not have been able to do that without the support of the people. You people give us a chance to be involved with your community. If you do not invite us, we cannot have the discussion. We cannot have the awareness sessions. Every month we have different awareness campaigns with focus on different cancers. This month we have World No Tobacco Day. We have been focusing on all kinds of tobacco.”

He added, “In Qatar, we supplement what the government does not pay for, cancer treatment for expatriates. We supplement the gaps through the support we get from different communities. By 2018, we covered 1,000 patients with more than QR10 million. We know that the Pakistani community is deeply involved in dealing with cancer here in Qatar. I always urge on prevention and screening for different cancers. We have our doors open for all cancer patients.”

Providing the summary of SKMCH has been doing so far, Dr Asim said, “We completed 25th year of our operations this year. We opened our second hospital in Peshawar in 2015. Last month, we started construction work at the third SKMCH in Karachi. It will be functional in about three years. We also have diagnostic treatment centres in Lahore and Karachi. We also have walking clinics at Karachi, Lahore, Multan and Peshawar. We have over 200 laboratories as our collection centres. We treat about 80% patients completely free, thanks to the donations and Zakat. Approximately 20 percent patients pay for their treatments. Roughly 40 percent of total money is generated by the hospital itself and about 50 percent comes through Zakat and other funds. Zakat is principally collected during month of Ramadan.”

“So far we have spent over $420 million since we started, in providing free cancer treatment. In the females, the commonest cancers are of breast, oral cavities, and esophagus. Among the male, the commonest cancers are of lungs, oral cavities, and prostate cancer. Among the children the commonest are Leukaemia and Lymphoma.”

“Currently we have the largest radiation facility in Pakistan. We started this facility in Peshawar in March this year. Last year, we
QatarDebate organises QPSDL in English

QatarDebate, a member of Qatar Foundation for Education, Science, and Community Development, recently organised Preparatory School Debate League Nationals (QPSDL) in English for Boys, at DeBakey High School and for Girls at Amna bint Wahab Preparatory School for Girls. The event featured top 16 teams in the Open category and EFL category for both boys and girls tournaments.

For Open Category (girls) QD awarded DeBakey High School as the champion, which was followed by Runner-up award to DPS Modern Indian School. EFL Category (girls) QD awarded Moza Preparatory School for Girls as the champion, which was followed by Runner-up award to Amna bin Wahab School for Girls.

For Open Category (boys) QD awarded DPS Modern Indian School as the champion, which was followed by Runner-up award to The Next Generation School. In EFL Category (boys) QD awarded Abu Bakr Alsiddiq Preparatory School for Boys as the champion, which was followed by Runner-up award to Abdul Rahman Bin Jassim Preparatory School for Boys. Participants also received certificates of participation and the top 10 speakers received certificates and medals for their debate participation.

Tulukoota celebrates its Annual Day

Tulukoota recently celebrated its Annual Day at Delhi Public school Auditorium. Purushottam Billimale was the chief guest and Ravi Shetty and B R Satish, the guest of honours at the event. The event featured various cultural performances. The performers, included Chandan Shetty, Akila Pajimannu and Ganesh Karanth. Speaking on the occasion, Asmath Ali, President of Tulukoota, thanked the members for the support and attending the event.

ADDRESS: Mohsin Mujataba, PPQF chairman, during his address at the event.

GROUP: Dr Hadi of Qatar Cancer Society (left) and Naila Khan, Associate Director Marketing SKMCH (extreme right).

registered over 10,000 patients. We carried out about 16,000 surgical procedures. We also have over 50,000 chemotherapy sessions. We also carry out awareness campaigns. We also have commitment to research and study in cancer treatment. Dr Asim added, “SKMCH is not only a hospital but also a home for these children and their parents”. She shared the ordeals of the under privileged cancer patients and urged everyone to support SKMCH in their plans.

Naila Khan, Associate Director Marketing at SKMCH, thanked the organisers, media persons and all the guests for coming out and supporting the cause.
There are generally two kinds of people when it comes to fishing — those who do it to earn a livelihood and those who do it for fun. This later category of people believes that fishing is not only the act of catching fish, but rather its a source of self-motivation and realisation with the spice of relaxation. In other words, fishing is happiness.

Those who frequent the beautiful and picturesque Al Wakrah fishing harbour include both these categories of people. But there is another kind of species that frequents the fishing harbour of Qatar’s historical pearling centre, and they are domestic cats. If humans fish to reminisce about life and preserving tradition, one wonders why cats would fish because believe it or not fish are not a part of cat’s natural diet neither is it a nutritionally appropriate food them. Cats are essentially meat eaters. In fact, cats do not eat fish in the wild nor did their evolutionary ancestors eat them — with the rare exceptions of some wild cat species.

Jack Nicklaus – one of the greatest golfers of all times, famously said, “There are always new places to go fishing. For any fisherman, there’s always a new place, always a new horizon.” Perhaps fishing isn’t about food and appetite as much as the joy of catching a fish for cats as well?

*Text by Azmat Haroon (@azmatharoon), photos by Jayan Orma (@jayanorma)*
Celebrating films à la mode

The ritziest time of red carpet is here, as the who's-who of the film world, and huge motley of wannabes, have migrated to the resort town of Cannes, in the south of France on the Cote d'Azur.

First things first. The correct pronunciation of 'Cannes' is more or less like 'can' of beans (but not like 'cans' of beans). If you've heard people call it 'cahn' though — or even 'cahns' — you're not alone.

Cannes Film Festival 2019 kicked off earlier this week and celebrities are dressing up above the nine for the daily premieres. The festival has a reputation for bringing out the extravagance in people. Wealthy investors and producers host parties, rent lush hotel suites and cabanas, and dock their yachts for parties, contributing to the fest's famous nightlife. Celebs attend photo calls, events, and just generally walk around town dressed to impress.

Unlike many other important film festivals (such as Sundance or Toronto), Cannes is an industry-only festival. Non-badge holders, even red-carpet premiers, who wintered there. Their legacy continues at the Cannes Film Festival until now. The hotels of Cannes make 15% of its annual turnover in just 12 days during the festival.

The official poster for the 2019 Cannes Film Festival features an image of a French filmmaker. The photograph was taken during the filming of her debut film Le Pointe Courte (1955), which later screened at the Cannes Film Festival. Name her.

Agnes Varda, one of only two women to be awarded the Palme d'Or. She died in March this year, at the age of 90.

Rocketman is a biopic of an English singer, songwriter, pianist and composer and was premiered earlier this week in 'Out of Competition' section of Cannes. Whose biopic is it?

Elton John.

In 2015, a group of women in their 50s were turned away from the screening of Todd Haynes' Carol at Cannes. What was the reason?

For not wearing high heels on the red carpet. The incident caused numerous female celebrities to wear flat soled shoes or no shoes at all to other red carpet premiers in a show of solidarity and protest.

Name the Lebanese actress and director who will be presiding over a jury that will select winners from the 'Un Certain Regard' section at 2019 Cannes Film Festival. Name her.

Nadine Labaki.

In 1997, which watch and jewellery company redesigned Palme d'or which honours the best film screened at the Cannes International Film Festival?

Chopard.

What's the Good Word?

1. Nonplussed: (a) perplexed (b) remainder (c) transparent (d) idiotic
2. Cachet: (a) exotic (b) sluggish (c) status (d) status
3. Panache: (a) solitude (b) elan (c) perception (d) sufferings
4. Dilatory: (a) lax (b) prompt (c) expandable (d) inclusivity
5. Martinet: (a) tailor (b) early riser (c) strict disciplinarian (d) nurse
6. Hoi polloi: (a) endangered (b) elite (c) the masses (d) chaotic
7. Enormity: (a) abundant (b) extreme evil (c) unashed (d) ironic
8. Quaint:
(a) alien (b) unnecessary (c) viscous (d) ironic
9. Superfluous: (a) predictable (b) unnecessary (c) viscous (d) imperative
10. Vituperate: (a) applaud (b) slam (c) relegate (d) lessen

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

<table>
<thead>
<tr>
<th>ACCOUNT</th>
<th>SAVINGS</th>
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**Codeword**

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

```
A C D E F G H I J K L M N O P Q R S T U V W X Y Z
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26
```

**Sudoku**

Sudoku is a puzzle based on a 9x9 grid. The grid is divided into nine 3x3 boxes. You are given a selection of clues and to complete the puzzle, you must fill the gaps so that every column, every row and every 3x3 box contains each of the digits 1 to 9 exactly once.

```
4 7 1 2 3 5 6 9 8
9 6 7 3 4 5 2 1 4
5 3 1 4 1 9 6 3 4
4 3 2 5 6 7 1 9 8
2 5 7 3 2 1 4 6 9
8 5 7 1 3 4 2 9 6
```

**Pooch Cafe**

Our personalities have switched into each other's bodies!

And if I know how these things work, you've got some super-important business meeting that I'll have to attend, with calamitous results!

**Garfield**

You know what's interesting?

What?

Those little villages made out of toothpicks!

**Bound And Gagged**

Is it too late to return the flat-screen we bought them?
**Super Cryptic Clues**

**Across**
1. Sort of annual said to be Spanish (10)
2. Judicial investigation makes sense (7)
3. Spanish in the shade (4)
4. Price paid for lettuce and last of beetroot (4)
5. Don’t be wasteful with the jam (8)
6. Capital letter initially is good in France (6)
7. Put in prison one after the other; so we hear (6)
8. Emperor turning pale? No, no! (8)
9. Welshman's platform (4)
10. Landed in central Italy (4)
11. Bambi, for example, gets plant back (4)
12. Rover, for example, gets sort of meat that’s sweet (7)
13. Offer lion fresh meat (10)
14. This could make me super sovereign (7)
15. Fool and knave see eye to eye (6)
16. Caught cold with real shivers (8)
17. Bank least upset by high growth? (9)
18. Fruit - a variety of melon (5)
19. Old Greek vessel found in Cheddar Gorge (4)

**Down**
1. Gather a large amount (5)
2. Welshman’s platform (4)
3. Group of soldiers, say, devoured by fierce beast (6)
4. Perform a vocal duet in an American prison? (4,4)
5. Unfavourable publicity given to metrical composition (7)
6. Charles and Heather are obviously amused (9)
7. Emperor turning pale? No, no! (8)
8. Welshman’s platform (4)
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**Yesterday's Solutions**

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STARKERS
DAASCOCE
APINGPLUMAGE
WHEELIECAPES
INEDR
NODICEFEEBLE
TRADEMETAG
ORRUTH
PERGOLAEVENT
YOUWR
PEW SUSTAINS
```

**Wordsearch**

```
STKGFSDLTMFH
ERIWCNABDKC
FRWSHXIECLES
TLXUTZYCKBYGR
IAQIOTQOEGNFA
SWEAXUTTERXIAH
QASBNGEWBNFVR
PRKTHOTTARGS
EDUKAWATHEUNGRS
DHARINAVGNUMWEE
ITSDGJXSWTUWR
OIBIDPNAFVTRBE
XWSTGAMLSHPKSP
HCNARBIYVRBHDJN
SNRUNCREDITZDJ
```

**Codeword**

```
RENNL
LAEIT
DDAPI
XSHAD
ECSAN
AFFRE
EIOEL
EXSPO
```

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Sunday, May 19, 2019
GULF TIMES
COMMUNITY

**Puzzles**

**Super Cryptic Clues**

**Across**
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**Yesterday’s Solutions**

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**Codeword**

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LAEIT
DDAPI
XSHAD
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AFFRE
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EXSPO
```
Bullied at workplace? It can change behaviour for worse

If you are bullied at the workplace, it may lead to counterproductive behaviour besides harming your health, warn researchers.

The study showed that in some cases this is characterised by a lack of problem-solving and high avoidance coping strategies like drinking alcohol when having a problem and experiencing very frequent negative emotions.

“Overall, our results show the need to consider not only exposure to and types of bullying but also their associated consequences,” said Roberta Fida, Professor at the University of East Anglia in England.

“In particular, the findings highlight that victimisation is associated not only with health problems but also with a greater likelihood of not behaving in line with the expected social and organisational norms,” Fida added.

Bullying is one of the major occupational stresses for employees and the effects can compromise their development and health, as well as interfere with the achievement of both personal and professional goals. In the study, published in the journal Personality and Individual Differences, the researchers identified different configurations of victims by considering not only exposure to and types of bullying, but also health problems and bad behaviour.

The researchers asked more than 1,000 Italian employees about their experiences of workplace bullying, counterproductive behaviour and health symptoms.

They were also asked about their coping strategies, negative emotions experienced at work and moral disengagement.

“The greater the intensity of bullying and the more the exposure to different types of bullying, the higher the likelihood of engaging in counterproductive workplace behaviour,” said study lead author Fida.

“In addition, it is essential to also promote behavioural regulation strategies to reduce moral disengagement, as well as negative compensating behaviour, such as drinking more alcohol and taking more risks,” Fida added. – IANS

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<thead>
<tr>
<th>ARIES</th>
<th>March 21 – April 19</th>
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<td>Today you may try to contact several people, Aries, none of whom may be available. You might particularly want to reach a female friend or relative who lives far away. This could prove frustrating, as you have some interesting news for her. Keep trying. You will eventually manage to connect, and she will be glad to hear from you. She might even invite you to visit!</td>
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<th>TAURUS</th>
<th>April 20 – May 20</th>
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<td>Whether or not you should make a specific expenditure could cause some tension between you and a partner, Taurus. You may think that it isn’t feasible now, while your friend is determined to go for it. This isn’t the day to try to reach an agreement in this matter. Neither of you is likely to give in. Wait a couple of days until you’re both a bit less tense.</td>
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<th>GEMINI</th>
<th>May 21 – June 20</th>
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<tr>
<td>A friend may be throwing a party and you might be expected to attend. You’ve probably had a stressful day and really don’t feel up to it. Your friend may try to induce you to come by making you feel guilty. Don’t fall into that trap. Go only if you feel that the value of the occasion overrides your need to rest. Your friend will forgive you if you say no.</td>
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<th>CANCER</th>
<th>June 21 – July 22</th>
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<td>Today you might receive some uncomfortable intuitive signals from one or more of your friends, Cancer. Perhaps someone doesn’t feel well but came out to play anyway. Sensing the tension in others could save you some grief, as people may be stressed and likely to lash out over nothing. It’s best to focus on solitary pursuits if you can.</td>
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<th>LEO</th>
<th>July 23 – August 22</th>
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<td>Today you may attain a goal you’ve been hoping to reach for a long time, Leo. Oddly enough, friends, family, and even your significant other may not seem as happy as you expected. They’ve probably suffered too many frustrations recently, and your success only reminds them of this. Give them some time to settle their own affairs and they will congratulate you. They’re only human.</td>
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<th>VIRGO</th>
<th>August 23 – September 22</th>
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<tr>
<td>Today you may be anxious to spend time with your family, Virgo, but there could be some chores you need to do first. This could stress you out quite a bit if you let it. Roll up your sleeves and handle whatever needs to be done and then hightail it back to your heart. Relax and enjoy the company of your loved ones!</td>
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<th>LIBRA</th>
<th>September 23 – October 22</th>
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<td>Today it might be more difficult than usual for you to deal with words, Libra. Someone might lend you a book on a rather obscure subject that you can’t understand. In fact, you might find the book—or anything else you try to read—boring! You don’t want to hurt your friend’s feelings. Put the book aside and try again later. The words should be clearer to you then.</td>
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<th>SCORPIO</th>
<th>October 23 – November 21</th>
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<tr>
<td>Some news that comes to you from a friend or colleague could shake you up today, Scorpio. You might find that what you learn casts doubts on concepts you’ve embraced for most of your life. This could confuse you. Don’t feel threatened. Everyone has to recreate some values from time to time. Think about it when you’re more relaxed and you might find it isn’t so radical after all.</td>
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<th>SAGITTARIUS</th>
<th>November 22 – December 21</th>
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<td>Today you may see that nearly every couple you know is quarrelling, Sagittarius. You may have a few differences with a current or potential partner, but this is nothing to worry about. You’re tense and edgy because of outside pressure, so your fuse might be a bit shorter than usual. Try to stretch your patience a little further, just for today. All should be well by tomorrow.</td>
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<th>CAPRICORN</th>
<th>December 22 – January 19</th>
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<td>Today you may be in a very stressful atmosphere. Your entourage is likely to be tense and anxious, and you’re no exception. You may need to stay in the environment until you’ve accomplished your objectives. You will probably want to spend your evening at home in front of the TV, doing and thinking absolutely nothing. Relax!</td>
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<th>AQUARIUS</th>
<th>January 20 – February 18</th>
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<td>You and a current or potential partner may disagree on whether to spend some time together alone or go out with friends, Aquarius. If you’ve both had a rough day, you’re likely to be rather tense and apt to snap at each other. A compromise may be the best answer. Spend an hour or two with your friends and then come home and relax. That way, everyone’s happy.</td>
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<th>PISCES</th>
<th>February 19 – March 20</th>
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<td>A relaxing evening at home may be just what you need, Pisces, but a colleague might ask you to attend a business-related event. You may have had a stressful few days. Such a party may be the last thing you want to do. Don’t be afraid to say no. There will be plenty of colleagues there. At the most, put in a quick appearance and then leave. Right now you need rest more than contacts.</td>
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Six myths to overcome thirst in Ramadan

1- Drinking adequate amounts of liquids with a high concentration of sugar hydrates the body and repels thirst.
   Fact: Liquids with a high concentration of sugar urge the body to increase the flow of urine and increase the feeling of thirst. Therefore, it is recommended that the fasting person eats sweets moderately in Ramadan as most mosques were destroyed and food is in short supply.

2- Drinking plenty of water after eating directly helps in the process of digestion and extinguishes thirst.
   Fact: Drinking iced water after eating directly in fact hampers the digestion process and prevents the digestive system from completing its function properly. That is, drinking an abundance of water prevents the secretion of gastric juices. The correct way is that the person should drink just a little water after the Iftar to quench his thirst. The best time to drink plenty of water is about two hours after Iftar, and it is preferable that the person drinks small amounts of drinks with high sugar concentration.

3- Drinking very cold or iced water after the Iftar to quench his thirst.
   Fact: Drinking plenty of water after the completion of the food directly helps in the process of digestion and extinguishes thirst.

4- Drinking water while eating food provides a greater opportunity for good digestion.
   Fact: Drinking water while eating food is in short supply.

5- Drinking plenty of water during the night throughout the period between the Iftar and Suhoor meals and not wait to feel thirsty before drinking water.
   Fact: Recent studies have shown that water plays an important role in losing weight because water helps increase the secretion of the hormone Noradrenaline which increases the activity of the nervous system and increases the burning of fat, and thus helps to get rid of excess weight.

6- Frequent drinking of water leads to obesity.
   Fact: Recent studies have shown that water plays an important role in losing weight because water helps increase the secretion of the hormone Noradrenaline which increases the activity of the nervous system and increases the burning of fat, and thus helps to get rid of excess weight.
Maintaining health at home

Bia Feroz, aspirational athlete, instructs the right way of doing some beginner exercises at home, before Iftar, writes Muhammad Asad Ullah

To achieve any fitness goal, having a well-drawn plan is the key. But if you’re fasting during Ramadan, it gets a bit crucial. Aimlessly training without a plan can be dangerous and also put your results on the back burner. The holy month should not be when you give up on your fitness goals. Rather, make Ramadan a time to recharge so you can hit the gym strong after these four weeks, keeping yourself fit at core and just maintaining enough stamina to increase your metabolism. Consuming large quantities of food or an unbalanced diet for Iftar – mostly fried food, can often lead to upset stomach or in most cases over-eating. Ramadan is the time when one cannot really count on the intake of calories, often leading to weight gain and obesity as well. But, this Ramadan, Bia Feroz, aspirational athlete, speaks to Community and instructs the right way of doing some beginner exercises at home, before Iftar. These exercises do not require some external equipment, but internal strength of perseverance and belief of keeping one’s mind and body healthy.

“Exercising and fasting can go together, there’s absolutely no harm in it. Exercise while fasting may actually keep your brain active and healthy. When we exercise during fasting, it essentially forces our body to shed fat, as our body’s fat burning processes are controlled by sympathetic nervous system, which in turn is activated by exercise and lack of food,” says Bia.

The best timing for indulging in these exercises? Bia says, “After the Taraweeh prayers at the night and an hour before Iftar. Exercising an hour before breaking the fast renews the body immediately.”

Since high intensity exercises that throw the pulse rate to above 150 per minute are advised to be avoided during fasting in Ramadan, slow and moderate exercises are preferred. Here are three exercises Bia Feroz suggests for more sustainability and strength of the core.

Air Squats:
Stand with your feet a little wider than hip-width apart, your toes turned out slightly and your arms resting at your sides. Engage your abdominal muscles and broaden across your chest by gently pulling your shoulder blades in towards each other. Bend your knees slowly, pushing your butt and hips out and down behind you as if you are sitting down into a chair. Keep your head and shoulders aligned over your knees and your knees aligned over your ankles. Tense your abs like someone is about to punch you.

Planks:
Start on the floor on your hands and knees. Lower your forearms to the floor with elbows positioned under your shoulders and your hands shoulder-width apart, forming 90 degree angle from the side. Step your feet back, one at a time. Maintain a straight line from heels through the top of your head, looking down at the floor, with gaze slightly in front of your face.

Burpees:
Bend over or squat down and place your hands on the floor in front of you, just outside of your feet. Jump both feet back so that you’re now in plank position. Drop to a push-up, your chest should touch the floor. You can also drop to your knees here, which makes the impending push-up easier. Push up to return to plank position. Jump the feet back in toward the hands and explosively jump into the air, reaching your arms straight overhead.

Food Tips: What to eat?

By Azmat Haroon

With so many kinds of steaks to choose from, the choices can be overwhelming sometimes. Whether your preference is a butter-soft fillet steak or flavour-packed sirloin, a good steak comes down to your choice of meat and the attention paid to cooking it.

The cut of steak depends on personal preference as well as the budget because different cuts will deliver different levels of tenderness and flavour. Sirloin is considered to be a prime steak but has more flavour than say a fillet. There are also the lesser known cuts such as the feather blade that comes from the shoulder blade but packs lots of sweet flavour. But one could also argue that timing is the key because there is only a few minutes leeway between rare and well-done steak.

Some prefer the rich flavour of a quality steak and add nothing other than a sprinkling of salt and a twist of pepper. But many others like to enhance the flavour and tenderise the meat with a marinade such as the balsamic vinegar. Then there is miso or teriyaki marinades that are great options to give your steak an Asian flavour. Many chefs add garlic and herbs like thyme and rosemary to the steak while it’s cooking to subtly add a background flavour to the steak without overpowering the taste of the meat itself.

Regardless, here are some restaurants that we think serve some of the best steaks in Qatar.

Top places for steaks
- The Butcher Shop & Grill
- Hunters Room & Grill - The Westin Doha Hotel & Spa
- Outback Steakhouse
- New York Steakhouse
- Applebee’s