Master at work
Quentin Tarantino shocks Cannes again with epic Once Upon a Time ... in Hollywood.

CUISINE
Enjoying scrumptious zafrani phirni in Ramadan.

BACK PAGE
A British Muslim woman likes to connect to self in Ramadan.
Shock value

Quentin Tarantino’s movies may no longer have quite the same audacity or revelatory power, but the ability to shock — and, if you’re lucky, to make you think — remains an important tool in his kit, writes Justin Chang.

I will do my best to oblige Monsieur Tarantino and his collaborators on this richly evocative, conceptually jaw-dropping, excessively foot-fetishising, inescapably terrifying and unexpectedly poignant movie — Justin Chang, film critic
For most of its 150-minute running time, Once Upon a Time... in Hollywood both does and doesn’t behave the way you might expect a Quentin Tarantino picture to behave. The storytelling is strikingly linear. The talk loops and drones endlessly, as usual, but it’s also slow to geler momentum. The loose hangout vibe achieves some of Tate’s memory. And, given his track record, perhaps an art and an industry, can make up for some of life’s most grievous upsets.

Does he overcome it? It’s far too early to tell. But after a first viewing, it seems clear to me that Tarantino delved into this project intent on allaying our worst fears and doing right by his subject. And he does this, of course, in the language he speaks best: the love of cinema.

Where the character of Sharon Tate is concerned, that love takes the form of a seemingly uncommonly well-crafted subplot that shows her casually walking up to a Westwood theatre screening her 1968 western The Wrecking Crew. We see the real Tate light up the big screen, and Robbie’s eyes glow with joy in the audience, as she watches the person she’s playing. It’s a moving act of homage, and it is, crucially, the only way in which Tarantino seeks to inspire a fresh and compassionate reconsideration of Tate’s memory.

The final act of Once Upon a Time... in Hollywood is funny, scary, troubling and exhilarating by turns; the meandering structure clicks into place as it becomes clear where Tarantino has been taking this story and, given his track record, perhaps could only have taken this story. This is hardly the first time that this director has turned fiction into fact and reality into blood-slicked bedfellows; nor is it the first time he has made the outrageous suggestion that cinema, as both an art and an industry, can make up for some of life’s most grievous imperfections, at least in the telling else. Can. Spillovers or no spillovers, you may not be terribly surprised, which doesn’t mean you won’t be astonished.

—Los Angeles Times/TNS
Daily self-weighing may help cut holiday weight gain

If you want to avoid adding extra kilos during the holiday season, engaging in daily self-weighing may help, according to a new research.

Previous research has shown the holiday season can lead to weight gain and that persisting after end of holidays and could contribute to annual weight gain.

While overweight or obese individuals are susceptible to gaining the most weight, people who regularly exercise are not protected from weight gain either during holidays.

According to the study, people who weighed themselves on a daily basis and received graphical feedback of their weight changes would be more physically active or decide to eat less if a weight increase was noticed.

Endoscopy is the preferred treatment versus radiation therapy for carcinoma in situ that affects the vocal cords because the surgery poses fewer risks. Many people who receive radiation therapy in the neck and throat develop painful sores in the mouth and throat that can make eating and drinking difficult. This can lead to weight loss and malnutrition. The sores heal with time after the radiation therapy is complete, but some people continue to have problems swallowing after the treatment is finished and the sores are gone.

Chemotherapy is not recommended for carcinoma in situ because in almost all cases the side effects outweigh any benefits a patient may see from that type of treatment.

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BETTER OFF: According to the study, the teenagers, who did an extra hour of workout during the day, fell asleep 18 minutes earlier, 10 minutes longer and had about one percent greater sleep experience at night.

Teens who work out sleep better, longer

Exercise not only helps in promoting strength and endurance but also improves the quality of your sleep at night, say researchers.

In a new study, the researchers from Pennsylvania State University, US observed that teenagers who work out during the day tend to sleep longer than those who don’t exercise at all.

“Adolescence is a critical period to obtain adequate sleep, as sleep can affect cognitive and classroom performance, stress, and eating behaviours,” said Lindsay Master, data scientist at Pennsylvania State University, US.

“Our research suggests that encouraging adolescents to spend more time exercising during the day may help their sleep health,” Master added.

The study’s findings, published in Scientific Reports journal, showed that the teenagers, who did an extra hour of workout during the day, fell asleep 18 minutes earlier, 10 minutes longer and had about one percent greater sleep experience at night.

“...if we can encourage people to engage in more physical activity and better sleep health behaviours on a more regular basis, it could improve their health over time,” Buxton affirmed.

For the study, the researchers used data of 417 US teenagers. The participants wore accelerometers on their wrists and hips to measure sleep and physical activity for one week.

“One of the strengths of this study was using the devices to get precise measurements about sleep and activity instead of asking participants about their own behaviour, which can sometimes be skewed,” Master pointed out.

“The hip device measured activity during the day, and the wrist device measured what time the participants fell asleep and woke up, and also how efficiently they slept, which means how often they were sleeping versus tossing and turning,” she noted. – IANS

Air pollution raises anxiety, depression risks in kids

A new evidence suggests air pollution is not just associated with asthma and respiratory diseases, but may also impact metabolic and neurological development of children, putting them at an increased risk of anxiety and depression, says a study.

“Recent evidence suggests the central nervous system is particularly vulnerable to air pollution, suggesting a role in etiology of mental disorders, like anxiety or depression,” said study lead author Kelly Brunst, Assistant Professor at the University of Cincinnati in the US.

“This is the first study to use neuro- imaging to evaluate exposure to traffic-related air pollution, metabolite dysregulation in brain and generalised anxiety symptoms among otherwise healthy children,” Brunst said.

For the study, published in the journal Environmental Research, the researchers evaluated imaging of 145 children at an average age of 12 years, looking specifically at levels of myo-inositol in brain through a specialised MRI technique, magnetic resonance spectroscopy.

Myo-inositol is a naturally-occurring metabolite, mainly found in specialised brain cells known as glial cells, which assists in maintaining cell volume and fluid balance in brain and serves as a regulator for hormones and insulin in the body.

Rise in myo-inositol levels correlate with increased population of glial cells, which often occurs in states of inflammation.

Among those exposed to higher levels of traffic-related air pollution, there were significant increases of myo-inositol in brain compared with those with lower pollution exposure, researchers said.

They also observed rise in myo-inositol to be associated with more generalised anxiety symptoms. “In the higher, recent exposure group, we saw a 12 per cent increase in anxiety symptoms,” said Brunst.

Brunst, however, noted that the observed increase in reported generalised anxiety symptoms in this cohort of typically developing children was relatively small and were not likely to result in a clinical diagnosis of an anxiety disorder. – IANS

VULNERABLE: Central nervous system is particularly vulnerable to air pollution, suggesting a role in etiology of mental disorders, like anxiety or depression.

Google AI can better predict lung cancer

A team of Google researchers has used a deep-learning algorithm to detect lung cancer accurately from computed scans.

The work demonstrates the potential for Artificial Intelligence (AI) to increase both accuracy and consistency, which could help accelerate adoption of lung cancer screening worldwide.

Lung cancer is the deadliest of all cancers worldwide – more than breast, prostate, and colorectal cancers combined – and it’s the sixth most common cause of death globally, according to the World Health Organization.

“Using advances in 3D volumetric modeling alongside datasets from our partners (including Northwestern University), we’ve made progress in modeling lung cancer prediction as well as laying the groundwork for future clinical testing,” Shravya Shetty, M.S. Technical Lead at Google explained in a blog post late Monday.

Google researchers created a model that can not only generate the overall lung cancer malignancy prediction (viewed in 3D volume) but also identify subtle malignant tissue in the lungs (lung nodules).

In the research, Google AI leveraged 45,866 de-identified chest CT screening cases (some in which cancer was found).

“When using a single CT scan for diagnosis, our model performed on par or better than the six radiologists. We detected five per cent more cancer cases while reducing false-positive exams by more than 11 per cent compared to unassisted radiologists in our study,” said Google.

For an asymptomatic patient with no history of cancer, the AI system reviewed and detected potential lung cancer that had been previously called normal.

These initial results are encouraging, but further studies will assess the impact and utility in clinical practice, said Google.

The research was published in the journal Nature Medicine. – IANS

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Enjoying scrumptious zafrani phirni in Ramadan

Let’s celebrate the holy month of Ramadan on a sweet note with a fragrant scrumptious sweet zafrani phirni. This delicacy can be enjoyed especially during the fasting days filled in earthen pots across the country, the reason being today’s recipe is the ingredients used to prepare phirni are light on stomach and sweet on taste buds. The three main ingredients used to prepare this phirni are rice, milk and saffron, which are high in potassium, keeping your thirst under control throughout the day. Hence, this would serve as a perfect energiser as a part of the pre-dawn meal to keep you fasting all day long. You can go ahead and make it whenever you want for other festivals or special occasions too. My first interaction with the delectable dessert was at luxury resort at Udaipur where I would make and serve them in earthen pots. Phirni was a hot selling dish in our menu and almost every table ordered it after their meal in the restaurant.

Phirni is a creamy milk-based dish popular in North Indian cuisine and even in Pakistani cuisine. The method of preparation of Phirni is quite easy and its presentation makes the dish quite palatable. Phirni recipe can be prepared with various common and exotic ingredients and the dish can be prepared in advance and served as and when required. In main cuisines, it is also famous as a variant of almond pudding. Like with any other popular food item it is difficult to trace its origin. Similarly, phirni is thought to be from the Mughal era. This dish enjoys high status among other sweet dishes and since the beginning this is prepared and served traditionally in earthen bowls. Storing and serving them in earthen bowls imparts a unique taste and absorbs excess moisture from the pudding and gives it the right consistency and enhances the visual aspect of it. Phirni is essentially prepared with rice and milk. Traditionally broken rice or coarsely grinded rice is used. For delectable flavour and palatable aroma, saffron and green cardamom is used. Dried fruits like cashews, pistachio and almonds are added to make it richer.

Phirni is served as a dessert after meals. The way of serving this dish is quite distinctive. Traditionally, the rice and milk mixture is poured in separate earthen bowls. While serving, each bowl is served separately. Garnishing plays an important role in serving of this popular sweet dish. It can be done with chopped dry-fruits and raisins. Silver paper also known as ‘chandli wark’ is placed on top of the rice and milk mixture. It is usually eaten with dessert spoon or traditionally with wooden spoon.

### Zafrani Phirni

**Ingredients**
- Rice ½ cup
- Full cream milk 1.5 ltr
- Almonds 3 tbsp
- Sugar ½ cup
- Cardamom powder ½ tsp
- Saffron Generous pinch
- Kewda water few drops

**For Garnish**
- Silvered almonds and pistachio
- Saffron strands
- Silver leaf

**Method:**
- Wash and clean the rice and soak for an hour.
- Drain the water and spread it on a plate to dry for 2 hours.
- Grind the dried rice to a coarse powder.
- Soak saffron in 1/4 cup warm milk and keep it aside.
- In a heavy bottom pan, add a litre of milk and bring it to boil.
- Simmer the milk on slow flame for 30 minutes and add the ground rice powder and keep stirring to avoid lumps.
- Add dissolved saffron and blanched and silvered almonds.
- Continue to simmer over slow flame till the consistency is thick and creamy and pourable.
- Add sugar and cardamom powder, kewra essence and mix well.
- Remove from heat and allow to cool for 15 minutes.
- Pour the prepared phirni in a serving bowl or individual portioned small bowls.
- Garnish with silvered almonds, pistachios, saffron strands and silver leaf.
- Refrigerate for few hours and serve chilled.

Note: You can also serve phirni in small earthen clay bowls and serve them chilled for a more authentic and traditional experience.
INLS and NLL organise event to release short story collection

International Nepali Literature Society (INLS) Qatar and Nabodit Literary Library (NLL) recently organised an event to release Tamasuk, a short story collection penned by Padam Bishwokarma, Nepali writer and outgoing President of INLS. The event was attended by notable personalities, including Prem Prasad Bhattarai, Karim Baks Miya, Nabirn Pokharel, Karnala Bishwokarma, Sita Nakarmi, Chanak Pokharel, Ganesh Prasad Banjade, Binod Khadka, Kumar Karki and Tej Katuwal. Various writers recited their works on the occasion as well. Speaking on the occasion, Padam thanked INLS and NLL for organised the event. He said that members of INLS shall strive to attain the highest possible standards in all aspects of Nepali language, literature and culture promotion and prevention, including publication, education, research, documentation and organising workshops. He suggested the members to maintain a balance between the need in society to use a cultural property (Nepali Language, Literature and culture), and to ensure the prevention of that cultural property. The event was hosted by Deep Milan, Chairman of NLL.

– Text and Photos by Usha Wagle Gautam

Prominent community members felicitate long term Qatar resident

Prominent community members recently felicitated Tarun Basu, a long term resident of Qatar on his 70th birthday. A resident of Qatar for 39 years since 1975, Tarun Basu was the President of Indian Cultural Centre, an apex body under the aegis of Embassy of India in 2012. Tarun Basu was also a founder member of the Bangiya Parishad which is an associate organisation of Indian Cultural Centre.

During his tenure at the Indian Cultural Centre, he had started and led an important signature event of Indian Community festival. Community leaders, including M S Bhukari, M I Farid, Harish Kanjani, Nilangshu Dey, President of Indian Sport Centre; P N Baburajan, President of Indian Community Benevolent Forum; and Milan Arun, past President of Indian Cultural Centre, attended the event.

ORDQ wins big in 2nd Tbilisi International Dragon Boat Festival

Onslaught Racing Dragons Qatar (ORDQ) recently won the Championship Title in 2nd Tbilisi International Dragon Boat Festival, held at Turtle Lake, Tbilisi Georgia. The team bagged silver for Open 200m and gold for Mixed 200m categories. Teams from various countries, including Iran, Armenia and Georgia had participated in the contest. Doha Dragons also participated in the race and won silver medal in senior women and bronze in senior men categories and Doha Wireless Warriors, claiming the bronze in senior women category.
CLIMATE RISKS: 1.5°C VS 2°C

EXTREME WEATHER
- 100% increase in flood risk.
- 170% increase in flood risk.

WATER
- 350 million urban residents exposed to severe drought by 2100.

ARCTIC SEA ICE
- Ice-free summers in the Arctic at least once every 100 years.
- Ice-free summers in the Arctic at least once every 10 years.

9% of the world's population (700 million people) will be exposed to extreme heat waves at least once every 20 years.

SEA-LEVEL RISE
- 46 million people impacted by sea-level rise of 48cm by 2100.
- 49 million people impacted by sea-level rise of 56cm by 2100.

OCEANS
- Lower risks to marine biodiversity, ecosystems and their ecological functions and services at 1.5°C compared to 2°C.

CORAL BLEACHING
- 70% of world's coral reefs are lost by 2100.
- Virtually all coral reefs are lost by 2100.
2°C GLOBAL WARMING

SPECIES
6% of insects, 8% of plants and 4% of vertebrates will be affected. vs 18% of insects, 16% of plants and 8% of vertebrates will be affected.

WATER AVAILABILITY
410 million urban residents exposed to severe drought by 2100.

PEOPLE
28% of the world’s population (2 billion people) will be exposed to extreme heat waves at least once every 20 years.

COSTS
Lower economic growth at 2°C than at 1.5°C for many countries, particularly low-income countries.

FOOD
Every half degree warming will consistently lead to lower yields and lower nutritional content in tropical regions.
Several days ago, very interesting insights were published here regarding a domestic cat caught on camera carrying away its catch at the popular Al Wakra fishing harbour. True to the author’s words, domestic cats are barely known to feed on fish. It is equally astonishing, and incredibly unfathomable to imagine that a domestic cat would feed on fruits, specifically a ripe pawpaw up on a tree. One wonders what instincts would push a carnivore to this strange extreme — could it be curiosity to a new diet, or maybe starvation?

These observations on the unusual dietary behaviour of domestic cats kindle a debate that could mark a beginning of a research that biologists could help unravel.

To disentangle this snarl, various hypothetical questions seem to arise; could these behaviours be a manifestation of a new generation of modern domestic cats that adapt to the environment they find themselves in? Is there a relationship between these behaviours and human interaction with cats? Is this a case of evolution or exhaustion of available resources of this species? Was classification of cats as carnivores a scientific mistake?

On the other hand, we get to learn how nature will always be transcendent — the more we try to figure it out, the more it continuously intrigues us. To some extent, it has in the past contradicted not only science but also the universal order of things. For example, in 2010, a lioness in one of Kenya’s parks adopted and nursed a baby antelope and other cubs from different animal species. In the same country, Kyamwilu Hills defy the force of gravity — water flows upwards while cars left on neutral mode roll uphill.

All said and done, the bottom line is that human beings need to be more human by taking environmental conservation and preservation to a higher level so that we can have a balanced ecosystem that sustains species across all food chain levels. It’s disastrous to even imagine that human activities and overexploitation of natural resources could be the cause of some of these rare occurrences observed in domestic cats.

— Text by Polycarp Maina, above photos by Janet Muthoni

Could (the change in) these behaviours be a manifestation of a new generation of modern domestic cats that adapt to the environment they find themselves in? Is there a relationship between these behaviours and human interaction with cats? Is this a case of evolution or exhaustion of available resources of this species?
Portman insists she never dated ‘creepy’ Moby

By Jami Ganz

Natalie Portman and Moby remember their time together, if that’s what it was, very differently.

In his new memoir, Then It Fell Apart, Moby, 53, has fond memories of Portman, 47, alleging the pair dated when he was 33 and she was 20. The Oscar winner doesn’t recall meeting under the centuries-old oak trees at her alma mater, Harvard, nor leading the singer “to her dorm room.”

In a Harper’s Bazaar article published Tuesday, Portman noted that Moby had fudged her age.

His book says they met in early September 1999, meaning Portman “definitely wasn’t (20),” she explained. “I was a teenager. I had just turned 18. There was no fact-checking from him or his publisher – it almost feels deliberate. ... There are many factual errors and inventions. I would have liked him or his publisher to reach out to fact check.”

She adamantly denied the singer’s claims that he “tried to be her boyfriend.”

Portman, who enjoyed Moby’s music at the time, attended one of his shows shortly after graduating high school. When they met after the performance, she recalls, “He said, ‘Let’s be friends.’ He was on tour and I was working, shooting a film, so we only hung out a handful of times before I realised that this was an older man who was interested in me in a way that felt inappropriate.” In response to the article, Moby took to Instagram that felt inappropriate. “In response to requests for comment. – Daily News

Moby insists that after their romance fizzled, he and Portman “remained friends for years.”

Though fond of Portman, Moby “can’t figure out why she would actively misrepresent the truth about our (albeit brief) involvement.” He maintains his written portrayal of their relationship is “accurate, with lots of corroborating photo evidence, etc.”

The musician admitted, “I completely respect Natalie’s possible regret in dating me (to be fair, I would probably regret dating me, too), but it doesn’t alter the actual factual of our brief romantic history.”

Representatives for Portman and Moby did not immediately respond to requests for comment. – New York Daily News/TNS

Taimur isn’t allowed to eat at birthday parties and outside, says Kareena

Actress Kareena Kapoor Khan gets hyper paranoid about her son Taimur Ali Khan’s diet and says he eats home-cooked food.

Kareena, along with her actor-husband Saif Ali Khan was interacting with dietician Rujuta Diwekar about their diet and lifestyle, when the actress was asked about their two-year-old son’s diet.

She said: “I am hyper paranoid. He (Taimur) goes to birthday parties and he is not allowed to eat outside. But that’s also wrong, but ya...”

Saif added: “He eats chips, though.”

Kareena said Taimur has “khichdi, idli dosa and healthy kind of home-cooked food”. She ensures having a plan in place.

“Every month I alternate it accordingly. Whatever fruits and vegetables he should be eating in the month... he quite enjoys it. Today, he actually had saag (spinach) for lunch and he normally didn’t like it but I have been shoving it down his throat. So now he’s got used to it. So he actually ate the whole bowl.”

On the acting front, Kareena is currently busy shooting for Angrezi Medium, while Saif is looking forward to the release of his next film titled Laal Kaptaan, which is slated to hit the screens on September 6. – IANS

STRONG: Sophie Turner decides her projects based on portrayal of women.

It’s nice to play empowering women, says Turner

Actress Sophie Turner says it is nice to essay roles of empowering women. She decides her projects based on portrayal of women.

Turner is popular for her role of Sansa Stark in the recently concluded Game Of Thrones. Now, she will be back as Jean Grey in X-Men Dark Phoenix.

“It was very fun,” Turner said when asked about her character’s distinctive portrayal on screen.

“But I guess I’m just attracted to strong female characters. It’s nice to play empowering women. That’s all I currently look for in scripts – strong, powerful women. But I think that’s what every female actress is looking for in scripts right now,” the actress said in a statement.

X-Men: Dark Phoenix is said to be a “culmination” of all the movies made under the X-Men franchise. It will see the mutants including Professor Xavier Charles (James McAvoy) and Magneto (Michael Fassbender) divided over whether to save or destroy Jean Grey (Turner) as her powers get dangerously out of control.

Fox Star India will release X-Men: Dark Phoenix in the country in Hindi, English, Tamil and Telugu on June 5. – IANS

CANDID: Kumar Sanu says his father was not happy when he performed for the first time in front of a “mafia gang”

Kumar Sanu’s dad once slapped him for singing

Singer Kumar Sanu said his father was not happy when he performed for the first time in front of a “mafia gang”.

Sanu spoke about it on comedian Kapil Sharma’s show The Kapil Sharma Show, read a statement.

“My debut performance was on the railway tracks where I was asked to sing some Hindi songs in front of a mafia gang and around 20,000 more people were present. “I sang in fear and danced too and luckily, they liked it. But when my father, who comes from an orthodox background, got to know about it, he slapped me very hard and said that this is not the way to sing.”

With hit songs like Ek ladki ko dekhna, Jadu hai tera hi jadu, Saanson ki zarurat hai jaise and Jab koi baat bhi radhkey, his credit, Sanu has completed over 25 years of being in Bollywood.

He will appear on the upcoming episode of the Sony Entertainment Television show along with lyricist Sameer. – IANS

PLANNER: Kareena Kapoor Khan ensures having a diet plan in place for her son.

In Denial: Natalie Portman attends WI Day California at The Forum on April 25, 2019 in Inglewood, Calif.

IN DENIAL: Natalie Portman and Moby, V, as we did, in fact, date. “said that we’d never dated. This a gossip piece wherein Natalie Portman, is captioned, “I recently read Moby with his arm around a smiling from back in the day.

W ednesday, posting a photo of the pair dated when he was 33 and she was 20. The Oscar winner doesn’t recall meeting under the centuries-old oak trees at her alma mater, Harvard, nor leading the singer “to her dorm room.”

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POOCH CAFÉ

BY PAUL GILLIGAN

Every time I get woken up by a cat wailing in the night, I think it’s the apocalypse. Every single time.

I love posting photos of my lunch on Instagram.
Yesterday's Solutions

The Mall Cinema (1):
Chandigarh Amritsar
Chandigarh (Punjabi)
3pm; Aladdin (2D)
8:30pm; Endgame (2D) 11pm.
The Mall Cinema (2):
Aladdin (2D) 2:30pm;
Between Maybes (Tagalog) 9pm;
Mr. Local (Tamil) 11pm.
The Mall Cinema (3):
Sita (Telugu) 2:15pm;
Ishq (Malayalam)
8:30pm; Aladdin (2D) 11pm.
Landmark Cinema

Solution

1 Second date for Roman teams (5)
4 Stupid fool going after credit (5)
7 Gas that makes sack wet (8)
11 Oldies at dance left alone (8)
14 Is European allowed to splash all over the place (11)
18 Old French artist not quite (4)
20 Miser getting drunk initially shoe? (4)
21 Perhaps a teddy bear, wants another drink (8)
22 Bird for renowned old sailor somewhat fed up? (5)

Across
1 Penniless family seen in street (5)
2 One puts clothes on (7)
3 Circus performer close up (4)
4 Champ’s first painful moves in important match (3,5)
5 Old Mexican, first and last detective (5)
6 Southern post office applies (5)
7 Severely criticise roofing material (5)
8 Move at a fair speed, taking (4)
9 Try some private study (4)

Down
1 Champions first painful moves in important match (4)
4 Champions first painful moves in important match (4)
5 Old Mexican, first and last detective (5)
6 Southern post office applies (5)
7 Severely criticise roofing material (5)
8 Move at a fair speed, taking (4)
9 Try some private study (4)

The Mall Cinema (1):
Chandigarh Amritsar
Chandigarh (Punjabi)
3pm; Aladdin (2D)
8:30pm; Endgame (2D) 11pm.
The Mall Cinema (2):
Aladdin (2D) 2:30pm;
Between Maybes (Tagalog) 9pm;
Mr. Local (Tamil) 11pm.
The Mall Cinema (3):
Sita (Telugu) 2:15pm;
Ishq (Malayalam)
8:30pm; Aladdin (2D) 11pm.
Landmark Cinema

Wordwatch

prissy
(PR-i-see)
MEANING:
adj. Overly prim and precise so as to appear prudish or finicky.
ETYMOLOGY:
Perhaps a blend of prim + sissy. Earliest documented use: 1894.
USAGE:
“Lucius Malfoy is the boastful and prissy aristocrat who keeps peacocks in his garden and always sits in the best box at the Quidditch World Cup.”

amuse-gueule
(uh-mooz-GUHL)
MEANING:
A small item of food served as an appetizer.
ETYMOLOGY:
From French amuse-gueule (literally, amuses the mouth), from amuser (to amuse-gueule of cauliflower mousse “To get things going, we were served an
ETYMOLOGY:
noun. A fiery speaker, especially a preacher.
ETYMOLOGY:
noun: A coward.
ETYMOLOGY:
noun: An independent, especially in politics.
ETYMOLOGY:
From obsolete Italian scaldabanco
ETYMOLOGY:
noun: A fiery speaker, especially a preacher.
ETYMOLOGY:
noun: A coward.
ETYMOLOGY:
noun: An independent, especially in politics.
ETYMOLOGY:
From obsolete Italian scaldabanco

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.

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GULF TIMES | 13
COMMUNITY
LEISURE

Solution

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

Landmark Cinema

(1):
Muklawa (Punjabi)
3pm; De De Pyaar
De (Hindi) 9pm; Ishq
(Malayalam) 11:30pm.

Endgame (2D) 11pm.

Landmark Cinema

(2):
Aladdin (2D) 2:30pm;
Aladdin (2D) 8:30pm; Aladdin (2D)
11pm.

De De Pyaar
De (Hindi) 9pm; Ishq
(Malayalam) 11:30pm.

Landmark Cinema

(3):
Sita (Telugu) 2:15pm;
Chandigarh
Amritsar Chandigarh
(Punjabi) 9pm; Neeya
2 (Tamil) 11pm.

Royal Plaza Cinema Palace (1):
Aladdin (2D) 2:30pm; Aladdin
(2D) 8:30pm; Aladdin
(3D) 11pm.

Royal Plaza Cinema Palace (2):
Ishq
(Malayalam) 11:30pm.

Royal Plaza Cinema Palace (2):
Ishq
(Malayalam) 11:30pm.

Royal Plaza Cinema Palace (3):
Ishq
(Malayalam) 2:30pm; Goodland (2D)
9pm; Discarnate (2D) 11pm.
promote lifestyle changes among programmes have the potential to long-term health outcomes and wellness programmes that improve they could also help shape worksite at work with overall diet. Besides, relationship of eating behaviours to a better understanding of the I

Unhealthy food at work ups risk of lifestyle ailments

If you tend to keep guards on unhealthy foods down at workplace, you may be at an increased risk of diabetes and cardiovascular diseases, compared with those who eat healthy food, says a study.

Employees who purchased the least healthy food in the cafeteria were more likely to have an unhealthy diet outside of work, be overweight and/or obese compared with employees who made healthier choices, said the study published in the American Journal of Preventive Medicine.

The findings could contribute to a better understanding of the relationship of eating behaviours at work with overall diet. Besides, they could also help shape workplace wellness programmes that improve long-term health outcomes and reduce costs.

“Workplace wellness programmes have the potential to promote lifestyle changes among large population of employees, yet there have been challenges to developing effective programmes. We hope our findings will help in development of accessible, scalable and affordable interventions,” said Jessica L. McCurley from Harvard University in the US.

The study involved over 600 employees of a large urban hospital in the US who regularly used the hospital’s cafeterias. Using cafeteria purchasing data, the research team developed a healthy purchasing score (HPS) to rate the dietary quality of employees’ overall purchases. The researchers compared participants’ HPS with the quality of their overall diet as well as to measures of obesity, diabetes, high blood pressure and high cholesterol. The analysis showed employees with the lowest HPS had the lowest overall dietary quality and the highest risk for obesity, diabetes and high blood pressure, said study.

Healthier purchases were associated with higher dietary quality and lower prevalence of obesity, hypertension and pre-diabetes/diabetes, said the study. – IANS

You won’t be able to fix your indecisiveness, Libra. You just need to give yourself some time. The direction your life is taking isn’t clear at the moment. There are great changes going on inside you. So, even though it may sound like strange advice, don’t do a thing about it! Let the situation get clearer before you act.

Today is a day for healing and reconciliation. You may have been feeling abused and mistreated lately by someone (or a few people) in your family over the past few weeks. You’re now ready for a new start, because you were able to work things out and you’ve learned something from what happened. Take the time to savour the moment, and spend some time with the people you love.

You have a strange and wonderful day ahead, Scorpio. Once you’ve finished your work, you may want to either draw or write something that will help you remember today for a long time. You’re beginning to see the results of recent changes in you, and you’re looking for a way to express them. It may be difficult to find just the right words. But aren’t you a natural-born writer?

You might think, Pisces. This can be the case when emotions are involved. Yet more than anyone else, you need to be careful not to hurt anyone’s feelings. Today something could happen that will let you control the situation while controlling your emotions.

Aries, you may have had some confused emotions about your relationship or family over the past few days. You may not have been able to fully express your worries to others. But today these emotions will find a way to come out. Look around you. There might be someone right next to you who can help with your problems.

Today’s a day to daydream, although this may not be an activity you usually do. You may even feel as if you’re on vacation. Let’s just hope people don’t ask you a lot of difficult questions, because your answers will be anything but clear. But you shouldn’t have to carry the weight of the world on your shoulders every day, Leo.

You have some serious questions about your family life aren’t as cut and dried as you sometimes seem to do. Reverse roles, and let other people take care of you. The world won’t fall apart if you let go for a while. No matter what happens, a day like today should open your eyes.

Geminis are curious about everything. You don’t have to be at everyone’s beck and call all the time. This is exhausting, and you lose contact with yourself. You should try to take some time out today. Take a good look at your life to see where you’re going. Go for a walk or take a long bubble bath. Things will be much clearer after a relaxing day of reflection.

If every day were like today, life would be heaven, Taurus! This is potentially a wonderful time for you. You may find the answers to problems that have been bothering you for a few weeks. Keep your eyes and ears open in all conversations. You could come across the piece you’ve been waiting for.

You won’t be able to fix your indecisiveness, Libra. You just need to give yourself some time. The direction your life is taking isn’t clear at the moment. There are great changes going on inside you. So, even though it may sound like strange advice, don’t do a thing about it! Let the situation get clearer before you act.

Today’s a day to daydream, although this may not be an activity you usually do. You may even feel as if you’re on vacation. Let’s just hope people don’t ask you a lot of difficult questions, because your answers will be anything but clear. But you shouldn’t have to carry the weight of the world on your shoulders every day, Leo.

Today is a day for healing and reconciliation. You may have been feeling abused and mistreated lately by someone (or a few people) in your family over the past few weeks. You’re now ready for a new start, because you were able to work things out and you’ve learned something from what happened. Take the time to savour the moment, and spend some time with the people you love.
It is He who created the heavens and earth in six days and then established Himself above the Throne. He knows what penetrates into the earth and what emerges from it and what descends from the heaven and what ascends therein; and He is with you wherever you are. And Allah, of what you do, is Seeing.

The significance of trust in Islam

Allah Almighty says (what means): {O you who have believed, fear Allah and speak words of appropriate justice. He will [then] amend for you your deeds and forgive you your sins. And whoever obeys Allah and His Messenger has certainly attained a great attainment. Indeed, We offered the trust to the heavens and the earth and the mountains, and they declined to bear it and feared it; but man [undertook to bear it]. Indeed, he was unjust and ignorant.} [Qur’an 33: 70-72]

This noble verse is a call to the believers, i.e. those who are pleased with Allah as their Lord, with Islam as their religion and with Muhammad, sallallaahu ‘alayhi wa sallam, as their Prophet and Messenger. They are commanded to fear Allah and then speak words of appropriate justice. This implies that saying words of appropriate justice is a sign of fearing Allah Almighty. The tongue expresses the content of the heart and indicates the righteousness of deeds, which entails the forgiveness of sins (by Allah, the Exalted). True success and the great attainment are represented in obedience to Allah Almighty and His Messenger, sallallaahu ‘alayhi wa sallam.

These great verses refer to the magnitude of the trust which was offered to the heavens and the earth and the mountains, and they declined to bear it although they are among the greatest of creatures. Although it is a very heavy burden, the weak man undertook to bear it because he did not realise the nature of the responsibility with which he burdened himself. Man is really very ignorant about the burden he has obliged himself to bear and very unjust to himself because of the responsibility he has volunteered to undertake. It is a common responsibility that should be perceived and shared by everyone, each according to his position and status. It was narrated on the authority of Ibn ‘Umar, may Allah be pleased with him, that the Prophet, sallallaahu ‘alayhi wa sallam, said: “There is no faith for whoever does not fulfill its trusts. There is no religion for whoever does not keep his promises.” [Ahmad]

Fulfilling the trust means to put everything in its proper place. It was narrated on the authority of Abu Tharr, may Allah be pleased with him, that he said: “O Messenger of Allah! Why do you not appoint me as a governor?” The Prophet, sallallaahu ‘alayhi wa sallam, said, “O Abu Tharr, it is a trust and it will be a cause of disgrace and remorse on the Day of Judgment except for the one who fulfills its obligations.” [Muslim] The Noble Qur’an commands us to render trusts to whom they are due.} [Qur’an 4: 58]

Furthermore, the Prophet, sallallaahu ‘alayhi wa sallam, threatened whoever betrays the trust. It was narrated that he, sallallaahu ‘alayhi wa sallam, said: “Whoever is in charge of a group of Muslims and appoints an (improper) ruler out of favouritism incurs the curse of Allah.” [Al- Hakim] Even more, breaking a promise and betraying a trust are the characteristics of the hypocrites. It was narrated that the Prophet, sallallaahu ‘alayhi wa sallam, said: “The signs of the hypocrite are three: Whenever he speaks, he tells lies; whenever he makes a promise, he breaks it; and whenever he is entrusted with something, he betrays the trust.”

Betraying the trust is considered betrayal of Allah and His Messenger, sallallaahu ‘alayhi wa sallam. Allah says (what means): {O you who believe, do not betray Allah and the Messenger or betray your trusts while you know [the consequence].} [Qur’an 8: 27]

Observing trusts and keeping promises is a sign of truthful faith. Allah says (what means): {And those who are to their trusts and promises attentive.} [Qur’an 70: 32]

Therefore, there is a great punishment on the Day of Judgment for the one who betrays the trust. It was narrated that the Prophet, sallallaahu ‘alayhi wa sallam, said:

“The servant of Allah will be brought on the Day of Judgment and it would be said to him, “Fulfil your trust.” He would say, “O Our Lord! How is it possible when the world has ended?”

Then it would be said, “Take him to the bottom of Hell!” Upon this, the trust will be presented for him (in the bottom of Hell) in the same form in which it was handed over to him in the world. He would see it and recognise it. He would seize it and carry it on his shoulders. He would then try to get out till he would be under the impression that he has come out, then the trust would slip from his shoulders. He would again fall after it, into Hell. This act would continue for ever.

We seek refuge in Allah from this! We are in dire need to sense the seriousness of the trust. — Islamweb.net
A British Muslim woman likes to connect to self in Ramadan

By Mudassir Raja

Ramadan is not just a month of abstinence. It also completely changes the daily life pattern. The holy month is more prominent in Qatar being a Muslim country.

Since there are expatriates from across the world, they tend to have different and distinct experiences of celebrating and enjoying the month of Ramadan in Qatar. Elizabeth Wood is a British Muslim Living in Qatar. A spontaneous and curious person, she has been living here for about 10 years. The thing she loves the most about Ramadan is cementing her connection with the Creator.

Community recently got in touch with her and asked her views on experiencing Ramadan in Qatar. Introducing herself, Elizabeth said: “I value connection and creativity. I adapt easily and enjoy change and new environments, so being an expat in Qatar is enjoyable for me. I moved here alone when I was 23 years young to begin my career after graduating from university in Leeds, UK. I have lived in Qatar for 10 years, and now have a lovely family of my own. I am an empowerment coach and founder of Inspire Me – a coaching practice based in The Pearl-Qatar.

When asked how has her understanding of Ramadan changed after she moved to Qatar, Elizabeth said: “My understanding of Ramadan has not really changed even after I moved to Qatar, especially from the religious point of view. I think I have just noticed certain things more and have become increasingly aware of different perspectives and understood some cultural differences. I can differentiate them clearly from Islamic practices. In the UK, I started observing Ramadan when I was 10 years old, my first Ramadan as a Muslim, and followed closely the spiritual aspects rather than any cultural or ethnic practices associated with Ramadan.”

When asked that if she carries out some particular activity during Ramadan, Elizabeth said: “Yes of course. One of my most consistent one is the daily activity of Iftar, breaking of the fast, with the family. For me, it occurs at sunset following the Mughrib prayer. Yet another activity that I follow persistently is Taraweeh prayers which are held at the mosque only during the month of Ramadan, every evening until around 9:15pm. This is something new that I am doing this year consistently.”

The Pearl. Regular timings are 6pm to 9pm at Regal Market Cafe Tower 14, The Pearl. Regular timings are 6pm other than Ramadan.

In response to a question on how she sees the Muslims in Qatar celebrating Ramadan, Elizabeth said: “That is a hard question to answer as there are thousands of Muslims in Qatar and they all celebrate Ramadan differently depending on their lifestyle, commitment to spirituality, family dynamics and other factors. I would be generalising, if I were to answer, based on what I see on a daily basis. The one thing that I notice vividly as a general observation is that the Ramadan celebrations here are more and more embossed in culture.

About the question that what one good thing she has learnt about Ramadan, the British expatriate said: “If I can choose only one good thing! It would be connection. I connect to my Creator and in turns to myself and everything around me at a more heightened degree. It makes me happy as connection is one of my core values.”

DIVERSITY: Elizabeth Wood believes that there are thousands of Muslims in Qatar and everyone celebrates Ramadan differently.

“Further, I am hosting weekly workshops every Tuesday night on various personal development topics. Themes of the workshops are related to Ramadan but not limited to talking about Ramadan.

Food Tips: What to eat?

Caramel Syrup – 2 tablespoons
Milk – ¼ cup
Butter – 25 grams

Method:
In a bowl add eggs, sweet condensed milk, milk and sugar. Then whisk all the ingredients together till it becomes a smooth mixture.
Now add caramel syrup to this solution and mix.
Spread some butter inside the baking dish and place the croissant slices evenly in it.
Put the cherries all over the croissant slices and pour the egg mixture which we prepared on top of it.
Now put small chunks of butter over the croissant-cherry layer, so that the pudding would be enriched with the butter flavour.
Bake this in a preheated oven for 15-18 minutes at 150 degree.
Serve hot as per your wish. It can be served with a scoop of ice cream or with some caramel syrup.

Ingredients:
Chocolate Croissant – 10 medium sized ones (sliced to small pieces)
Egg – 2
Sweet Condensed milk – 3 tablespoons
Sugar – 3 tablespoons
Cherry – 12 nos. (deseeded and cut to half)

Note: The baking time depends on the oven. Once the liquid content gets dry, you can take it outside.

By Nimmi Afzal

Cherry Croissant Pudding

(A quick dessert in less than 30 minutes)
Servings: 6 people

Note: The baking time depends on the oven. Once the liquid content gets dry, you can take it outside.

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