Total recall

When an engine ripped off a DC-10, it killed 273 people and changed air travel forever. P4-5

Cover Story

TRAGEDY: With its left engine missing, American Airlines Flight 191 went into a steep roll, then crashed in a burst of flames less than a mile away from the runway in 1979. This photo was taken by Michael Laughlin, 24, a student pilot who was on a layover in the O'Hare terminal when he witnessed the tragedy.

Showbiz

My end-goal is to be a better actor: Mithila. Page 11

Back Page

PASQ organises Iftar gathering for Pakistani community members. Page 16
Muklawa

**DIRECTION:** Simerjit Singh  
**CAST:** Sonam Bajwa, Ammy Virk, Gurpreet Ghuggi  
**SYNOPSIS:** Set against the backdrop of the pre-partitioned era. Back in the days, tradition dictated that a newlywed woman should stay back at her parents’ house for a while after her wedding. It was forbidden for the groom to even enter the bride’s village during this period, let alone meet her. Muklawa is the story of a man who sets out to romance his own wife - in an era where life was simple, but love was difficult!  
**THEATRES:** Royal Plaza, Landmark

Lisaa

**DIRECTION:** Raju Viswanath  
**CAST:** Anjali, Makrand Deshpande, Yogi Babu  
**SYNOPSIS:** Lisaa, a modern girl raised in city. She lives with her single mom, who raised her all alone since childhood. But at one point of time, she needs to travel to her native village. Because she wants her single mom to be married again.  
**THEATRES:** Landmark, Royal Plaza

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**Quote Unquote**

“Change your life today. Don’t gamble on the future, act now, without delay.” — Simone de Beauvoir

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**Useful Numbers**

| Emergency | 999 |
| WorldWide Emergency Number | 112 |
| Kahramaa – Electricity and Water | 991 |
| Local Directory | 180 |
| International Calls Enquiries | 150 |
| Hamad International Airport | 40106666 |
| Labor Department | 44508111, 44406537 |
| Mowasalat Taxi | 44588888 |
| Qatar Airways | 44496000 |
| Hamad Medical Corporation | 44392222, 44393333 |
| Qatar General Electricity and Water Corporation | 44845555, 44845464 |
| Primary Health Care Corporation | 44933333 |
| Qatar Assistive Technology Centre | 44933363 |
| Q-Post – General Postal Corporation | 44464444 |

**Humanitarian Services Office**

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

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**Prayer Time**

- **Fajr:** 3.16am
- **Shoroqq (sunrise):** 4.46am
- **Zuhr (noon):** 11.32am
- **Ajr (afternoon):** 2.57pm
- **Maghreb (sunset):** 6.10pm
- **Isha (night):** 7.49pm

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**The Mall Cinema (1):**  
Chandigarh Amritsar Chandigarh (Punjabi) 3pm;  
Aladdin (2D) 9pm; Neeya 2 (Tamil) 11:15pm.

**The Mall Cinema (2):**  
Aladdin (2D) 2:30pm; Aladdin (2D) 8:30pm; Aladdin (2D) 11pm.

**The Mall Cinema (3):**  
Sita (Telugu) 2:15pm; Ishq (Malayalam) 8:30pm; Avengers: Endgame (2D) 11pm.

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

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

**Landmark Cinema (3):**  
Lisaa (Tamil) 3pm; Aladdin (2D) 9:15pm; Chandigarh Amritsar Chandigarh (Punjabi) 11:30pm.

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

**Royal Plaza Cinema Palace (2):**  
Lisaa (Tamil) 3pm; Aladdin (2D) 9:15pm; Muklawa (Punjabi) 11:30pm.

**Royal Plaza Cinema Palace (3):**  
Ishq (Malayalam) 2:30pm; Discarnate (2D) 9pm; Avengers: Endgame (2D) 11pm.
Community, trade, arts, food and incense, the
Composed of five main topics, including and appreciation between Qatar and India. promote mutual understanding, recognition of the museum owned collection in order to FBQ Museum brings together the treasures historic links between Qatar and India, and the rich and diverse Indian cultures, the long exhibition takes one on a journey to explore approach to the divine and cosmic aspects of art, and narratives of the world’s religions and being, articulated through the myths, symbols and multiple intelligence and learning styles and productivity. For more information, 55448835. The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16. Bollywood, hip hop, Indian classical dance, music (Hindustani and Carnatic), arts and craft, karate, yoga, percussion (Chenda, Thimila, Elathalam and Madhalam), violin, harmonium, public speaking. Additional services include dance education, choreograph music videos and dance cover albums, choreograph dance musical projects, corporate workshops and events, choreograph events for schools, colleges, alumni meets and corporate and choreography events. For details, call 33897609.

Hobby Classes WHERE: Mamangam Performing Art Centre WHEN: Wednesday – Monday Mamangam Performing Art Centre, is a holistic performing arts institution and a one stop solution for adults as well as children looking to explore their talents in various art forms. We offer classes in contemporary, Bollywood, hip hop, Indian classical dance, music (Hindustani and Carnatic), arts and craft, karate, yoga, percussion (Chenda, Thimila, Elathalam and Madhalam), violin, harmonium, public speaking. Additional services include dance education, choreograph music videos and dance cover albums, choreograph dance musical projects, corporate workshops and events, choreograph events for schools, colleges, alumni meets and corporate and choreography events. For details, call 33897609.

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

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.

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.

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What changed air travel

As the three-engine McDonnell Douglas DC-10 accelerated down the runway, reaching takeoff speed, the left engine broke away, vaulting over the aircraft’s wing. After just 31 seconds of flight, it plunged back to earth, killing all passengers and crew members, writes Lauren Zumbach

The carnage, it was just one of the most horrible things you’ve ever seen
– Dan Cirignani, former police officer on patrol

As 258 passengers filed on to American Airlines Flight 191 at O’Hare International Airport the Friday before Memorial Day in 1979, nothing suggested that they would never reach Los Angeles.

They would have listened to the flight attendant instruct them how to buckle the seat belt and where to find the emergency exits.

None of that would matter.

As the three-engine McDonnell Douglas DC-10 accelerated down the runway, reaching takeoff speed, the left engine broke away, vaulting over the aircraft’s wing. The pilots heard a thunk.

“Dang,” one of the pilots said.

It would be the last word captured by the cockpit voice recorder.

The plane continued to rise, its wings level, despite the nearly 13,500 pounds suddenly missing from its left side. But as it reached 300 feet, the plane slowed
and rolled left until it began to overturn, its nose tipping down. After just 31 seconds of flight, the plane plunged back to earth, killing all the passengers and 13 crew members on board.

The wreckage strewn an open field and mobile home park, scattering debris and propelling into flames. Bodies were burned beyond recognition.

Forty years later, the crash of Flight 191 remains the deadliest passenger airline accident on US soil. Its legacy helped spur reforms that contributed to a vast improvement in commercial aviation safety.

"It had a lasting impact on how aircraft maintenance is overseen," said former Federal Aviation Administration chief of staff Michael Goldfarb. "It was just a stark reminder those things are very important."

The changes didn't happen overnight. A series of air disasters in the decade and a half that followed, coupled with rising demand for air travel that put more passengers on more airplanes each day, forced the industry to reckon with its safety record, aviation safety experts said.

It worked. With improvements in technology, training and systems meant to flag problems before they lead to accidents, it's been more than a decade since the last fatal crash on a scheduled passenger flight by a US airline.

But two months ago, weeks after that 10-year milestone was achieved, the industry faced another crisis. The second fatal crash of a Boeing 737 Max overseas within less than six months led to a global grounding of the plane — one of the only times regulators grounded an entire fleet since Flight 191 crashed in Chicago. As investigations into those two accidents continue, regulators and industry officials worldwide are conducting a reassessment of safety procedures.

To some, the crashes of the 737 Max served as a necessary caution against complacency.

Ralph Nader, the consumer advocate whose niece died in the March 10 Max crash in Ethiopia, likened the industry's approach to safety to a rubber band that has been repeatedly stretched without breaking.

"You get complacent about how much you can stretch it, and it snaps," he said.

The crash

Dan Cirignani, a police officer patrolling the airport roads on foot that afternoon, didn't see the plane go down. But it was impossible to miss the black smoke clouding the sky over the airport. He wondered if it was a drill.

But a voice on his radio called all personnel to a "strike on the field" — a plane crash. Then he heard the sirens.

Firefighters from Elk Grove Village, which borders O'Hare, arrived on the scene in four minutes. They'd been told a plane had crashed. But the smoke was so thick that Bill Clark, a lieutenant at the time, said he couldn't be certain until he slices through a fence and saw the deep furrow the aircraft made in the ground, along with debris and victims.

It was obvious that no one on board could have survived, he said. "It was total devastation. There was nothing we could do to change what happened," said Clark, now Schaumburg's emergency management co-ordinator.

In addition to the passengers and crew, two people on the ground were killed and two more suffered second- and third-degree burns when hit by burning jet fuel, Clark said. An old aircraft hangar, several cars and a mobile home were also destroyed.

Cirignani, 76, who retired in 2005 and now lives in Barrington, had worked fires and crashes before. But the first time he saw one of the victims, he didn't immediately recognize it as a body.

"I had to ask the pathologist," he said. "They looked like black coal."

For a while, he refused to light a grill, and remains cautious when it comes to anything to do with fire.

"The carnage, it was just one of the most horrible things you've ever seen," he said.

The intensity of the blaze and sheer number of people on board made identifying the victims unusually difficult, said Edward Pavlik, an orthodontist and chief of forensic sciences for the Cook County sheriff's office, who was part of a team of forensic dentists that worked to identify victims of Flight 191.

High-pressure hoses used to extinguish the blaze left a crater in the ground filled with "a tangled mess," said Pavlik, 76, of Homer Glen.

Several of the victims had been headed to the American Booksellers Association convention in Los Angeles, including local author Judith Wax and her husband, Playboy Magazine Managing Editor Sheldon Wax. Other travelers came from as far away as Australia, Austria, Belgium and the Netherlands.

The wreckage was too badly damaged to give investigators much useful information, except for the engine that broke away from the wing.

It had a lasting impact on how aircraft maintenance is overseen, "It was just a stark reminder those things are very important."

The aftermath

The day the accident was, if nothing else, a call to action for an industry and its regulators.

The FAA slapped American and Continental with fines of $500,000 and $100,000, respectively, for improper maintenance.

Airlines were ordered to inspect their DC-10s for damage and to the Douglas-endorsed maintenance procedure. The FAA ordered the improvements to the DC-10's warning systems and revised flight manuals for handling an engine failure.

In addition, an Illinois law now encourages, but doesn't require, the use of information identifying the wearer. Pavlik, the forensic dentist, said he pushed the measure after realizing it could have helped verify victims' identities.

The FAA also called for broader changes, such as better tracking and reporting of maintenance-related damage, stricter oversight of maintenance and tougher vetting when airlines sought to deviate from manufacturer-endorsed methods.

Both airlines and regulators missed opportunities to spot the risks before the Flight 191 crash, either by better vetting the hazards of using the forklift or spotting red flags, the NTSB said in the report.

Continental, for example, twice caught and repaired damage similar to that found on Flight 191 before the crash, but didn't tell the safety board that it wasn't aware other airlines had experienced problems.

The FAA declined to act on some of the recommendations at the time, arguing that existing regulations already went far enough or that the changes wouldn't improve safety enough to justify the extra cost. — Chicago Tribune/TNS
Nepali organisations host Iftar gathering

Lamjung Service Society (LSS) recently organised an Iftar at Red Chili Restaurant. The Iftar was attended by Nabaraj Nakhola, Chairman of LSS, along with other members, including Shamsuddin Miya, Binod Prasad Basaula, Bishnu Lal Shrestha, Purna Bahadur Pokharia and Dilram Gurung. Shamsuddin Miya thanked the society for organising Iftar and said that the programme was a symbol of brotherhood.

Similarly, Gorkha Service Society (GSS) also organised Iftar at Doha Garden Restaurant. GSS members, including Rajeshwor Dhakal, Chairman of GSS, and Budhabal Gurung, Patron of GSS, also attended the event. The event kicked off with the recitation of the Holy Qur'an, which was followed by a speech highlighting the importance and origin of the Holy month of Ramadan by Muhalana. Speaking on the occasion, he said that Ramadan is celebrated as the ninth month because when Arabs changed the names of the months from ancient language, they named them according to the seasons in which they fall. GSS also unveiled a fund of QR80,000 riyals which will be channelled to provide support to four schools in Nepal.

Nepali Federation Society (NFS) Qatar also organised an Iftar event at Evening Space Restaurant. Hiradan Rai, President of NFS, chaired the programme and Moulan Khalid Siddique, member of NFS, was the chief guest on the occasion. The event was attended by notable personalities, including Tej Katuwal, Vice President of Non Resident Nepali Association National Co-ordination Council Qatar; Chanak Pokhrel, President of Nepali Overseas Forum; Aziz Ali, General Secretary of Nepal Public Co-ordination Committee; and Mohammed Ayub Hybe, President of Nepal Muslim Society. The event kicked off with the national anthem of Nepal, which was followed by a speech by Aziz Ali. Speaking on the occasion, Moulan Khalid wished that Ramadan will inspire all for reconciliation, unity and peace. Purna Bahadur Rta welcomed the gathering. The event was hosted by Manish Yadav.

AMUAAQ organises Iftar party

AMU Alumni Association Qatar Chapter (AMUAAQ) recently organised an Iftar party for its members and their families at Nuaija family park. More than 80 people along with families and children attended the get-together. Post Iftar, the group offered Maghreb prayers, which was followed by a dinner. Association appreciated all the members for sharing their time and being a part of the event. Aqueel Ahmed, General Secretary of AMUAAQ, and Jawed Ahmed, Senior Adviser at AMUAAQ, welcomed the gathering. Misen Azmi, President of AMUAAQ, also spoke on the occasion. Parwez Mohammed, Vice President of AMUAAQ, delivered a vote of thanks and praised all working committee members of AMUAAQ, including Zia Alam, Mohammed Khubaib, Mohammed Obaidullah, and Anwer Karim for their hard work to organise the Iftar.

KSQ organises Iftar

Karnataka Sangha Qatar (KSQ) recently organised an Iftar at the Labour Camp of Popular Trading and Contracting at Al Wakair. The event was attended by KSQ members along with Mahesh Gowda, Vice President of ICBF; Subramanya Hebbagilu, Joint Secretary of ICBF. The committee representatives from other Karnataka based associations, including KMCA, SKMW, Tulu Koota, Bunts Qatar and Billawas Qatar also participated in the event. The Board Members of KSQ, including VS Mannangi, Deepak Shetty and Arun Kumar also attended the event. Venkata Rao, President of KSQ, welcomed the gathering. Sajid Raja Khan delivered a special address on the significance of Ramadan and explained the appropriate approach for the holy month. Yogish Pai, Joint Secretary of KSQ, delivered the opening and closing speech at the programme. KSQ presented an Umrah expense package to Mehboob, an employee of Al Muftah Contracting Company, as a recognition to his contribution for the company.
ICBF organises prize distribution ceremony

Indian Community Benevolent Forum (ICBF) under the patronage of Embassy of India recently conducted 6th Hajjikka Memorial English Writing Contest 2019 at the Doha Modern Indian School (DMIS), in the memory of late M V Abdul Khader Haji, lovingly known as Hajjikka. Hajjikka was a social activist, who left the community with a legacy of 40 years of humanitarian service and benevolence. Hajjikka was always in the forefront to render a helping hand to the needy and deserving sections in the community, irrespective of the religion, nationality and language who sought his assistance. His journey in Qatar started in 1966 and he left a vacuum on 22nd December 2013.

This annual tradition is intended to inculcate the need of benevolence in young minds to help the needy, as the students stride the path towards their prospective future. Students from ten prominent schools in Qatar, including Bhavans Public School, Delhi Public School-MIS, Doha Modern Indian School, MES Indian School, Shantiniketan Indian School (SIS), Ideal Indian School (IIS), Birla Public School (BPS), Noble International School (NIS), Pearl School and Olive International School (OIS), participated in two categories, including Juniors, for the students of Grade VII-IX, and Seniors, for students of Grade XXI.

ICBF recently also conducted a Prize Distribution Ceremony for the Hajjikka Memorial English Essay Writing Contest at the Ashoka Hall, Indian Cultural Centre (ICC). All participating students and supporting school faculties and teachers were awarded with certificates of participation and appreciation by S H Fahmi, First Secretary at the embassy of India. Fahmi was the chief guest, and P S Narayan, Principal of DMIS, Hassan Chougule, past President of ICBF, and P N Baburajan, President of ICBF, the guests of honour.

The event was attended by ICBF members, prominent leaders of the community and associate organisations, teachers, parents and students.

Mahesh Gowda, Vice President of ICBF, welcomed the gathering.

Speaking on the occasion, Hassan Chougule spoke on benevolence and the importance to serve the needy. P S Narayan, Principal of DMIS, appreciated the work done by ICBF and emphasised the importance of including school children in various other activities of community welfare and benevolence. Nilangshu Dey, President Indian Sports Center, also a past president of ICBF, spoke about the progress of ICBF and evolvement of its activities. C V Rappai, the NORKA Roots Director and Director and Group CEO Jumbo Electronics, thanked ICBF for its activities and also for the assistance in harnessing financial support during the floods in Kerala and Karnataka. Volunteers from the associated organisations of ICBF who supported during the International Labour Day at Asian Town in association with the Ministry of Labour and Department of Public Relations at Ministry of Interior were also awarded certificates.

Speaking on the occasion, S R H Fahmi appreciated the schools, teachers and students for their participation and the work done by ICBF and also recommended areas of improvement for ICBF activities and to reach out to more members in the community. He also appreciated all entities who lend a supporting hand to ICBF for meeting their objectives.

The prize winners in Junior category, included Sara Kamlesh Somaiya, a student of Grade IX, at DPS MIS, first position, Blessy Bobby, Grade VIII, NIS, second position, Aasha A Khan, Grade VIII, OIS, third position, Irinaya Fatimah, Grade VIII, DMIS, consolation prize, Shashank Sayethraje, Grade VII, Pearl School, consolation prize, and Manasa Balakumar, Grade VII, Pearl School, consolation prize.

The prize winners in Senior category, included: Valeria John, a student of Grade X, at MES Indian School, first position, Hridya Raju, Grade X, MES Indian School, second position, Amrita Madhu Nair, Grade XII, IIS, third position, Asham J, Grade X, MES Indian School, consolation prize, Nanditha Gopi, Grade XII, DPS MIS, consolation prize, and Thanishi Ponnamma, Grade XII, IIS, consolation prize.

ICBF presented a token of appreciation to DMIS, which was handed over to the P S Narayan by the chief guest.

Rajani Murthy, ICBF MC Member and Head of Medical Assistance and Domestic Workers Welfare, proposed a vote of thanks. The proceedings were conducted by Santosh Kumar Pillai, Joint Secretary at ICBF, and led by ICBF Managing Committee members, including Avinash Gaikwad, Subramanya Hebbugali, Nivedita Dutta, Jutkas Paul, Ziad Usman, and SENTHI Agastheeswaran.

MES felicitates students for outstanding academic performance

MES Indian School recently felicitated 346 students of Boys and Girls Section of MES for their outstanding academic performance and making it to the Principal’s Honour List (PHL).

For Grade X, it is awarded to those who feature among the top 5% of all the passed students in their respective subjects, whereas all those students who secure A1 in all subjects from Grade I to IX, which is equivalent to 10-point grading system, are eligible for the Principal’s Roll of Honour. The students of Grade XI were honoured with mementos and certificates and the meritorious students of Grade I-IX were awarded certificates.

Nour Elhouda Tabet, Outreach Co-ordinator, Computer Science at Carnegie Mellon University Qatar, was the chief guest and K P Abdul Azeez, Director Academic at MES Governing Board, the guest of honour. Congratulating the winners for featuring in the prestigious Principal’s Roll of Honour and thus creating a personal milestone, Nour Elhouda Tabet urged the aspiring students to endeavour resolutely to achieve their dream and to experience a defining moment, as that of this, in the formative stage of their life. She also congratulated the Team Inventive of MES, including Deep Chandia, Manish Varrier, Joshua Devasundaram, Anjana C K and Neeraja Sunil, who qualified for the final round of the Conrad Challenge 2018-19, a US-based, multilevel innovation and entrepreneurial competition for young aspiring students, held at the Kennedy Space Centre Florida. She added that the accolades garnered at international level amidst stiff competition not only adds merit to the school, but also call for the entire nation’s appreciation as they have also made the country proud.

K P Abdul Azeez presented mementos and certificates to the meritorious students. Speaking on the occasion, Hameeda Kadar, Principal of MES, congratulated the meritorious students of PHL and highlighted the significant role played by both parents and teachers in bringing out the potentials of students. She also highlighted the remarkable achievement of MES Indian School by emerging as the Qatar topper and one among the top-ranking schools in the GCC in Grade X and XII CBSE examinations conducted in March 2019.

A total of 200 students from Boys’ and Girls’ Sections were also honoured with certificates for maintaining 100% attendance for the academic year 2018-19 and were appreciated for their steadfastness.

Abdullah Khan welcomed the gathering and Varsha Sajeevkumar proposed a vote of thanks.
First Qatari Youth Ambassador on mission to spur outreach of youth voices

Qatari youth representing several universities and local high schools recently converged on Georgetown University – Qatar (GU-Q) to learn more about representing Qatar at the upcoming conference of the Youth Assembly, an organisation supported by the United Nations and dedicated to the mission of empowering the next generation of leaders.

The presentation about the 24th Session of The Youth Assembly, which will be held in Washington, DC, on August 8-10, 2019, was organised by Dr. K. A. Al-Khazaway, Youth Assembly Ambassador and Georgetown University in Qatar (GU-Q) graduate.

"It is my mission to ensure that the voices of Qatari youth are heard on global platforms. Qatar’s youth have a role to play in helping achieve the Sustainable Development Goals. The global community should be aware of our potential and accomplishments in the field of sustainability," said Dana, who became the first Qatari Youth Ambassador in early 2019 after a hard fought campaign to see Qatar represented in the organisation.

"It also gives us the chance to tell our own stories and truth, create our own future and define our own narrative."

Convening under the theme ‘New Horizons for Global Youth,’ this year’s conference aims to equip hundreds of young people from around the world with the skills, knowledge, and networks needed to meet the complex challenges of the 21st Century. A social media campaign assembled for all interested nationals, aged 16-26, to learn more about how they could serve as a Qatari delegate.

"The young people of Qatar have so much potential, and can play such an integral role in global efforts, including peace and security, climate change, technology, and human development, the agenda items of the conference. But they need opportunities like this one, to be trained and supported locally in order to fulfill that promise, and live up to that potential," said Dana.

While still an undergraduate majoring in Culture and Politics at GU-Q, Dana took on the roles of Youth Advocate with the Education Above All Foundation (EAA), and youth delegate with the United Nations General Assembly (UNGA) High Level Session on Children and Youth affected by Violent Extremism. "GU-Q equipped me to be critical and introspective about complex global issues; it taught me how to study and ideate with an open mind to global cultures and affairs."

The Youth Assembly is a platform of the Friendship Ambassadors Foundation (FAF), a non-profit organisation based in the United States and officially affiliated with United Nations Department of Global Communications (UNDGC) and has consultative status with Unesco and the United Nations Economic and Social Council (ECOSOC), EAA, as part of its global efforts in promoting the SDGs and the right of access to education, serves as the supporting NGO for the Qatari youth delegation.

GISK organises investiture ceremony for its new students council

Greenwood International School and Kindergarten (GISK) Al Thumama recently organised an investiture ceremony for its new students council.

The School Head Boy, Head Girl, CCA Captain, Sports Captain, House Captains and Vice Captains of Eagle, Falcons, Royals and Shark were elected by the students and were felicitated by Dr. Sabu K C, Area Manager of Gulf Times; on the occasion. Amala James, Director of GISK, also attended the event. The new students council was presented with badges, sashes and flags. The oath taking ceremony was administered by the Pramila Kannan, Principal of GISK.

BPS organises workshops for faculty members

As part of Continues Professional Development Programme, Birla Public School (BPS) recently organised workshops for its faculty members. The workshops were planned for different sections considering the requirement of the learners of various age groups. For Kindergarten teachers ‘Workshop on Autism Spectrum Disorder’, for Primary teachers ‘Classroom Games and Teaching Aids;’ for Middle School Secondary and Senior Secondary teachers ‘Foundation to Child Psychology’ were organised.

The workshops were facilitated by the expert facilitators of Icon Training Centre, Qatar. The resource persons motivated the teachers to be child centred, to seek parental support and to understand age appropriate psychology of the learners.

Teachers were oriented to identify the signs of psychological disorders in early age so the children can get help at the earliest. The resource person inspired the teachers to follow Howard Gardner’s Theory of multiple intelligence, and also emphasised on the importance of games and teaching aids as well as healthy interactions with students to improve academic performances. The resource person further emphasised that the parents play an important role therefore they also should be guided about the support to be given to the child.
JMI Alumni organises Iftar party

Jamia Millia Islamia (JMI) Alumni Association – Qatar Chapter recently organised an Iftar party at Grand Regal Hotel for its members and their families. JMI is one of the well reputed Central University of India situated in New Delhi. Around 40 members attended the event. The gathering was organised a little earlier than Iftar time to have Tazkeer bil Qur’an, the remembrance of Allah through Qur’an.

Shadab Khan, President of JMI Alumni Association, spoke about ‘Challenges in Raising Kids and its solution’ at the occasion.

JMI Alumni-Qatar Chapter is very concerned on the development of students back home in India; especially the ones from underprivileged section of our society. The alumni association has been sponsoring each year few students of diploma engineering, who come from marginalised section of society, to cover their educational cost. A compiled report and update was presented on the development of those students to the alumni on this occasion. The alumni showed tenacity to make a more structured and compelling programme be made that can ensure betterment of such deprived students; especially who are studying or pursuing to study in Jamia Millia Islamia. A proposal was also floated that the alumni must contribute with their services to people of camps living in Qatar.

The alumni pledged to organise a centennial function in Qatar in coming months to commemorate hundred years of JMI’s service to the nation, without any bias to caste, creed or religious background on the occasion.

Texas A&M at Qatar recognises outstanding graduates

Texas A&M University at Qatar recently recognised its outstanding graduates at a Suhoor by honouring graduating seniors and master’s students. Each graduate was named Student of the Year by Texas A&M at Qatar’s six academic programmes and Graduate Studies. The students, included Alaa Abdalla, Liberal Arts; Ahmad Jamal A A al-Kuwari, Mechanical Engineering; Abouelkassim Becetti, Electrical Engineering; Menatollah ElGendy, Science; Arshad Ali, Chemical Engineering; Najla Badar, Petroleum Engineering; and Maria Christina Bismonte Orillano, Chemical Engineering. Abdalla and Ali were also recognised along with AlReem al-Dosari, Safeer Hafeez and Mohammed Hassan for graduating as Texas A&M University Undergraduate Research Scholars.

DPS-MIS distributes Iftar food packets to the fishermen of Al Wakrah

As a part of its community welfare programme, DPS- Modern Indian School (DPS-MIS), in association with Indian Community and Benevolent Forum (ICBF), recently initiated a charity drive during the Holy Month of Ramadan. The staff enthusiastically participated in this thoughtful act and contributed Iftar food packets, which were distributed among 200 fishermen of Al Wakrah. This humanitarian effort was an attempt to reach out to the weaker section of the society and support them in the best possible way. It strengthened the social fabric, consolidated honourable values and was well received by the beneficiaries.
Game of skill, patience

Bird Photography is one of the most popular genres of nature photography. This should come as no surprise since birding is one of the world’s most popular pastimes!

Bird photography is also a very challenging endeavour, requiring specialised skills and equipment — one does not simply pick up the camera used for family vacation photos and capture compelling avian images. By the same yardstick, having the best possible photographic gear for the task does not ensure success either.

What is of utmost importance is that we have deep love and appreciation for our subjects, but pertinently, also a thorough understanding of avian behaviour and habitat. Patience here is a virtue.

“Look deep into nature, and then you will understand everything better,” said Albert Einstein, the famous German-born theoretical physicist.

— Text and photos by Joel John Mathew @joel._.jm
My end-goal is to be better actor: Mithila

By Radhika Bhirani

There’s an intrinsic verve that Mithila Palkar brings alive with ‘little things’ she does when she faces the camera. The actress, who will soon be seen in Chopsticks, says she is focussed on being a better artiste every day, rather than chasing the stardom that entices many into the world of showbiz.

Chopsticks, in which Mithila has Abhay Deol and a goat as co-stars, is touted as Netflix’s first Indian original film. Naturally, she is excited.

“Every first is special,” Mithila, who made her Bollywood debut with Katti Batti but was put back on the map with Kavurom, said via recorded responses. Kavurom and Chopsticks have a common thread — a journey. Talking about the new film, she said: “It’s really fun and sweet movie about this girl who loses her car and takes the help of a conman to get it back. And then we also have a co-actor which is a goat! It’s actually a sweet comedy in tragedy kind of story. I am very kitted about it. Netflix is now home, so it’s good to be back.”

She calls Netflix home because of Little Things, a delightful web series about how it’s the small gestures that count in helping a young couple sail through the tides of everyday life. The series was acquired by the global OTT platform, which has changed the landscape of showbiz in India in a huge way.

For actors, it means many opportunities to expand their horizons and visibility.

“It puts you on a global platform and that is big enough for any artiste. Having these players in the game has essentially changed everything for a lot of artistes. I speak for myself... I am here to tell stories, I’m here to be an actor, and not a superstar.”

“If in the process that ends up happening, great. But that’s not my end-goal. My end-goal is to be a better actor than yesterday... and Netflix is giving me an opportunity to do that,” said Mithila.

For now, she has joined forces with her Little Things co-star Dhruv Sehgal for a digital film for Taco Bell’s latest innovation Quesalupa, which is crunchy on the outside, cheesy on the inside. Shooting for it was “lots of fun” for the actress.

“Dhruv and my friendship has grown because of the amount of work that we do together. It’s always fun to reunite with him on anything,” she said.

The campaign is built on the proposition of ‘uninterrupted indulgence’.

For Mithila, that translates into her love for spending really long hours on her swing at home while the music plays on. That apart, it’s her work she loves.

“If there’s one thing that precedes my sleep, it’s my work.”

She admits she is “very selective” with the work she does.

“If there were demons of doing both, there’s more clarity about what I definitely want to do. So yes, I am consciously selective of the work that I do.” – IANS

Liberals bully Trump supporters, says Kanye

Rapper Kanye West refused to back down on his support for US President Donald Trump in an appearance on popular talk show host David Letterman’s new Netflix series.

Kanye, a guest on Letterman’s My Next Guest Needs No Introduction, said that liberals bully Trump supporters, reports deadline.com.

“This is like my thing with Trump – we don’t have to feel the same way, but we have the right to feel what we feel,” Kanye said.

His decision to wear a “Make American Great Again (MAGA)” hat is a way to show people they shouldn’t be afraid to express opinions, Kanye said, adding that it is “not about politics”.

Letterman challenged Kanye on allegations of voter suppression during mid-term elections.

“So if I see a person that I admire talking about Donald Trump can think whatever he does. I wonder if those thoughts, indirectly, aren’t hurting people who are already being hurt?” Letterman said.

Kanye countered by asking whether Letterman had ever been bullied in high school for wearing the wrong hat.

“Liberals bully people who are Trump supporters!” Kanye said.

He had visited the Oval Office and famously wore a Trump hat on the stage at Saturday Night Live during a guest appearance.

While he said earlier this year that he would step away from politics, he did tweet his support in January.

He tweeted: “Trump all day. One of my favourite of many things about what the Trump hat represents to me is that people can’t tell me what to do because I’m black.” – IANS
Wordsearch

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

Sudoku

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

Codeword

ADIEU GODSPEED SO LONG
CIAO HOWDY BONJOUR
HIYA AU REVOIR GREETINGS
ADIOS GOODBYE WELCOME
FAREWELL SAYONARA CHEERS
HOW DO YOU AUF HELLO
DO WIEDERSEHEN RETALUOYEE
ALOHA GOOD DAY

Puzzles courtesy: Puzzlechoice.com
Super Cryptic Clues

Across
1 Part of Ulster recollected by Graham (6)
4 Talk about short field event (6)
8 The dog for a pugilist (5)
9 Italian birds with no stuffing (7)
10 Odd post for fictional barrister (7)
11 Cook one way or another? That’s about right (5)
12 ‘True men’ is false! (9)
17 Extra snake almost died (5)
19 Leaving the mountain when there is less traffic (3-4)
21 Hit by a vehicle - and not cared for (3-4)
22 Perch or pole fixed in foundation (5)
23 Openers for Australia, maybe, in cricket match providing fewest thrills (6)
24 Fine stranger has straw to eat? (6)

Down
1 Bosnia’s capital held by vigilant prince (6)
2 Long skirt on mother is the greatest! (7)
3 Film star seen in dress circle (5)
5 Perhaps I belong in base (7)
6 Company accepting communist belief (5)
7 Woman all set to change (6)
9 Colourful instrument for the beginner (9)
13 Boring man promises to pay (7)
14 Drug present in diets or otherwise (7)
15 Repeat the usual piffle (6)
16 Fish on river or one on ice, perhaps (6)
18 Material used for some garden implements (5)
20 Give up on account of square on Monopoly board (5)

Answers

Wordsearch

Codeword

Yesterday’s Solution
Women should avoid eating too much vegetable oil and potato chips during pregnancy as such a diet may result in an increased risk of pregnancy complications and poor development of the babies, warns a study.

Foods such as potato chips and vegetable oil contain omega 6 fats, particularly linoleic acid, and the research suggests that overconsumption of this nutrient can promote inflammation and may be associated with an increased risk of heart disease.

“It is important for pregnant women to consider their diet, and our research is yet another example that potentially consuming too much of a certain type of nutrient can have a negative impact on the growing baby,” said study lead author Deanne Skelly, Professor at Griffith University in Australia.

The finding, published in The Journal of Physiology, found that eating a diet with three times the recommended daily intake of linoleic acid might be harmful in pregnancy. For the study, the researchers picked rats for the experiment and they found three changes in rat mothers who ate a high linoleic acid diet: their liver had altered concentrations of inflammatory proteins, their circulating concentrations of a protein that can cause contraction of the uterus during pregnancy were increased, and a hormone that can regulate growth and development was decreased.

If the effects of high linoleic acid are the same in rats and humans, this would suggest that women of child-bearing age should consider reducing the amount of linoleic acid in their diet.

During the study, the research team fed rats for 10 weeks on a diet with high linoleic acid, mated them and then investigated the effects of the diet on their pregnancy and developing babies. Rats typically give birth to multiple babies in each pregnancy. Rat mothers who ate a high linoleic acid diet had a reduced number of male babies, said the study.

It is important to note that when humans eat a diet rich in linoleic acid, the diet also tends to be high in fat, sugar, and salt. However, in the study, the only change in the diet was higher linoleic acid, but no changes in fat, sugar or salt. – IANS

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**Don’t eat too many potato chips during pregnancy**

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**LIFESTYLE/HOROSCOPE**

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**Aries**

March 21 — April 19

You may desire freedom today, Aries. Projects involving partnerships could get a strong push forward because you’re feeling especially motivated to get things done. Your partners could be inspired to get the ball rolling, and all of you may feel courageous enough to try the impossible. Don’t confuse courage with foolhardiness. Caution is always called for in tricky situations.

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**Taurus**

April 20 — May 20

You may have been working on projects that make you feel good over the past few weeks. Taurus, particularly projects that relate to attaining more independence in your career. In the process, you’ve probably developed some new skills and now feel confident enough to use them. Today’s one last burst of determination and inner power could complete the process and reach the goals you want.

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**Gemini**

May 21 — June 20

A surge of passion could move you to meeting with a friend no matter what obstacles bar your way. Take care to notice what your friend wants! Enterprises that you may have been pursuing with business colleagues could take a giant step forward, as both you and your partners are feeling especially strong and motivated. Move forward with caution, Gemini, but move forward.

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**Cancer**

June 21 — July 22

Minor ailments may awaken a new determination to improve your health. You feel especially energetic today. Cancer, so you might go to the gym. Just don’t overdo it. You might also be considering several changes you’d like to make in your home or workplace. Give them careful thought before moving ahead.

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**Leo**

July 23 — August 22

The desire to bring important personal projects to a close might have you focusing a lot of energy on them. Leo, You might need to run several errands before you can finish. Your energy is high, so consider playing some sports or getting a good workout at the gym. Push yourself, but not beyond your limits, Leo. "No pain, no gain" is a fallacy!

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**Virgo**

August 23 — September 22

The desire for independence may have some family members thinking about breaking out on their own. Others could desire to make some extra money for their own projects. Your house could be busy today, if you’re in it at all. Don’t be surprised if everyone spends most of the day somewhere else.

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**Libra**

September 23 — October 22

Your mind is especially acute today, Libra. You may come up with ideas for new projects. You’re feeling especially motivated and courageous. Don’t be surprised if you try to achieve the impossible. Friends or groups could play a strong role in whatever you try. Move ahead cautiously, but move ahead. Don’t let the day’s advantages pass you by.

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**Scorpio**

October 23 — November 21

Strong intuition concerning ways to generate extra income might pop into your head all day. Some of them may seem off the wall, but don’t let that stop you. Look into the possibilities. They might not be that outrageous. This is definitely a day to move your interests forward, Scorpio. You have the energy and motivation to do wonders. Make the most of today!

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**Sagittarius**

November 22 — December 21

Group activities or projects you’re working on with friends could prove inspiring today. Your enthusiasm is high. Sagittarius, as is your energy, so you’re likely to want to channel your personal power into whatever goals you have. Today you have the courage to focus on matters that others wouldn’t even attempt. Move forward with caution, but go to it!

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**Capricorn**

December 22 — January 19

A surge of inner power and intuition could have you thinking about embracing an unusual profession. Your desire for independence is strong now, Capricorn, so you might be thinking about working on your own, perhaps in an artistic field or a service profession. You have the power to do wonders today. Be practical and move forward with caution, but follow your heart!

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**Aquarius**

January 20 — February 18

Today you might channel one final, powerful burst of energy into completing a goal that means a great deal to you. Your courage and determination are high, and you have the ability to accomplish a lot at this time, Aquarius. If you’ve been considering projects that others think are impossible, this is the day to act. Move forward with caution, but go for the gold!

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**Pisces**

February 19 — March 20

Determination could advance career and money matters today. If you’ve been thinking about striking out on your own, Pisces, this is the day to start. Some in-depth research might be required. Your need for independence in career matters is high, as the courage to go for what you want. Use caution and discretion, but move ahead anyway. Don’t let the day’s advantages pass you by!
Ramadan feasts no longer an option for families in Syria

By Maher al-Mounes

Abu Anas al-Hijazi scanned the stalls in the Syrian capital's Bab Srij market but bought nothing. For the cash-strapped 45-year-old wedding singer, this Ramadan is a frugal one.

“We used to lay out a large spread and invite relatives and friends for a feast around six or seven times at least” during the holy month, he told AFP.

“But now, I invite them once or twice at most.”

Throughout Ramadan, Muslims abstain from eating and drinking during daylight hours and sit down to a feast – known as iftar – once the sun goes down. But for many in Syria, where eight years of war have devastated the economy and unemployment is rife, sumptuous Ramadan feasts are no longer an option.

“We have swapped meat for chicken this year, and we have started to offer small meals, rather than large spreads,” said the performer who earns less during Ramadan – an unpopular month for weddings.

“Nothing is the same.”

Abu Anas is among the many Syrians whose standard of living has plummeted since the conflict started in 2011.

“Almost 80 percent of the households across the country are struggling to cope with the lack of food or money to buy it,” according to the World Food Programme.

Not enough money

For Rabbah Ammar, the economic slowdown means she must take measures to rein in the family’s Ramadan’s expenses.

“Today, since meat is expensive, we stuff courgettes with rice instead,” she said, clutching a bag of fruits and vegetables under her arm.

Nearby, Abu Imad sprayed water on the plump tomatoes he had put on display, hoping to attract customers.

He said vegetable prices had dropped sharply this year. “The price of one kilo of cucumbers last year was 700 Syria pounds... and today it is about 200.”

Arranging cucumbers and courgettes on a large wooden cart, Abu Ammar places the smaller pieces at the front, and the larger ones at the back.

He says demand is higher for the former, mainly because they are cheaper.

A single vegetable

Mohammad Imad Kobeissi, a frail 60-year-old man, has for years earned a living carrying people’s shopping from the market to the taxi rank on the main road.

But “today, I have to wait for a long time before a customer requests my help,” he said.

With fewer sales, most people now only “fill one or two bags at most, which they can easily carry without my help.”

“People don’t have enough money to buy.”

Mohammad Imad Kobeissi, a frail 60-year-old man, has for years earned a living carrying people’s shopping from the market to the taxi rank on the main road. With fewer sales, most people now only “fill one or two bags at most, which they can easily carry without my help.”

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PASQ organises Iftar gathering for Pakistani community members

By Mudasir Raja

Ramadan is the month to show hospitality, generosity and affection for each other. One of the ways this spirit can be shown is through organising Iftar for large gatherings. Pakistan Art Society – Qatar (PASQ) is a community welfare group of Pakistani expatriates. In continuation of its service for community and expressing the spirit of Ramadan, the society has regularly been hosting mass Iftar gatherings for the last four years. PASQ recently organised an Iftar gathering for about 700 people at Pak Shamaa School. The Iftar was attended by prominent representatives of the Pakistani community and many workers who were specially invited from labour camps. Irfan Taj, Defence Attaché at the Embassy of Pakistan and Hafiz Junaid Sial, Community Welfare Attaché, were the most prominent officials among those who attended the gathering.

The volunteers of PASQ made sure that everyone was comfortable and got sufficient food. Adeel Akbar, General Secretary of PASQ welcomed all the guests. Abrar Hussain, President of PASQ, in his brief address highlighted the religious significance of Ramadan and Iftar. Talking to Community, Irfan Taj said: “I am very happy to attend the mass gathering. It showed the strength and unity of the Pakistani expatriate community in Qatar. There were many people from other communities as well. “The number of people who attended the Iftar showed the large-heartedness of the organisers. There were Pakistans expatriates from all walks of life. From a religious perspective, it is very beneficial to show benevolence and provide food to other people. I believe the PASQ will continue with its tradition of hosting mass Iftar gatherings.”

Tahir Dilawar Hussain, Vice President of PASQ, said: “We invite all the Pakistanis living in Qatar through social media platforms. We also invite workers from labour camps irrespective of their nationality or religion for the Iftar. It was our fourth mass Iftar gathering. “It is Iftar for all. We had many buses that brought workers from the Industrial Area. The idea is to bring both white collar and blue collar workers together. We had many prominent Pakistani business persons and professionals sitting with workers at the same place and having the same food. “Besides giving respect to our blue collar workers, we use this occasion to train our children. We encourage the Pakistani expatriates to come with their children. We ask the children to serve the food among the guests. It teaches the children how to be kind and generous towards others.” Regarding their future plans, Talhir, who works in oil and gas sector, said: “Our desire and effort is to serve more and more people with Iftar. From next, year we plan to distribute Iftar boxes among the workers in the labour camps, besides our regular annual Iftar.”

Rana Nisar works in the banking sector and has been living in Qatar for a long time. He said: “I have been attending the Iftar gathering by PASQ. For me, it is a unique gathering where Pakistani expatriates from all walks of life converge. It is always good to have an Iftar together with friends. “The gathering provides a good socialising and networking opportunity. There were hundreds of people gathered at one place. I met so many people who I had not been able to see for many years despite the fact that we have been living in Qatar. Further, Ramadan also encourages us to provide food for others and be generous. I wish to see many such gatherings in future.”

On behalf of PASQ, its chairman M.A. Shahid expressed his appreciation to the whole team of volunteers, their children, and Pak Shamaa School management for the successful mass Iftar gathering. “By the grace of Allah, the mass community Iftar event had tremendous success. Of course, we could not have done it without all of your generosity and support. “Furthermore, we want to extend a very special thanks to the Pakistan Embassy officials for their patronage and their presence, and Al Khayarin Group and Redko International for their staff participation.”

Food Tips: What to eat?

By Nimmi Afzal

Onion Pakora / Bhaji

Servings: 6 people

Ingredients:
- Onion – 3 (sliced thin)
- Garlic – 1 inch piece (finely chopped)
- Curry leaves – a small bunch (chopped)
- Cilantro leaves – a small bunch (finely chopped)
- Garam masala powder – 1/4 teaspoon
- Red chili powder – 1/4 teaspoon
- Green Chillies – 2 (finely chopped)
- Turmeric powder – 1/4 teaspoon
- Salt – as per needed
- Gram flour – 1/2 cup
- Water – less than 1/2 cup
- Asafoetida – a small pinch (optional)
- Oil – as per required in order to deep fry pakoras

Method:
1. Add onion, chopped ginger and garlic, chopped leaves and green chillies in a big bowl. Mix all the things together and press it gently with hands. Now to this add the spice powders and salt.
2. Again mix all the ingredients together with hands. Now slowly start adding the gram flour and continue mixing along with some water. Be careful while pouring water.
3. Now heat a wok with enough oil to deep fry the pakoras on medium flame. Once the oil is hot, add small batches of pakoras with a fork. Do pour some oil on the top of pakoras to keep it firm while frying.
4. Flip it once the bottom part is golden brown. Do fry the other side too till golden brown and make sure you

pakistan art society – qatar (pasoq) is a community welfare group of pakistani expatriates. in continuation of its service for community and expressing the spirit of ramadan, the society has regularly been hosting mass iftar gatherings for the last four years. pasq recently organised an iftar gathering for about 700 people at pak shamaa school. the iftar was attended by prominent representatives of the pakistani community and many workers who were specially invited from labour camps. irfan taj, defence attaché at the embassy of pakistan and hafiz junaid sial, community welfare attaché, were the most prominent officials among those who attended the gathering.

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