Alert!

Coming home stressed? Your dog is internalising those bad vibes too, US study suggests. P4-5

POPSPOT

DaBaby’s first official single climbs to No 8 on the Hot 100. Page 14

BACK PAGE

Spouses of envoys excited to see preparations for FIFA 2022 in Qatar. Page 16
PRAYER TIME

Fajr 3.12am
Shorooq (sunrise) 4.45am
Zuhr (noon) 11.36am
Asr (afternoon) 2.59pm
Maghreb (sunset) 6.28pm
Isha (night) 7.58pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 901
Local Directory 180
International Calls Enquiries 150
Hamad International Airport 40106666
Labor Department 44466405
Mowasalat Taxi 44588888
Qatar Airways 44496000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44533333, 44593363
Qatar Assistive Technology Centre 44504050
Qatar News Agency 44450205
Q-Post – General Postal Corporation 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40233371, 40253372, 40253369
Ministry of Health 40233349, 40253364, 40253305
Hamad Medical Corporation 40253364, 40253305
Qatar Airways 40253374

Chhota Bheem Kung Fu Dhamaka
DIRECTOR: Sonal Kaushal
CAST: Johny Antony, Asha Aravind, Baburaj
SYNOPSIS: Chhota Bheem and his friends decide to participate in the annual martial arts competition held in China, where the country’s princess gets kidnapped by an evil demon Zuhu.
THEATRE: The Mall

Bharat
DIRECTOR: Ali Abbas Zafar
CAST: Salman Khan, Katrina Kaif, Disha Patani
SYNOPSIS: Bharat is a journey of a man and a nation together. At the cusp of India’s birth as an independent nation, a family makes an arduous journey to freedom. An 8-year-old boy makes a vow to his father that he will keep his family together no matter what, a promise that he works to keep over the next 60 years of his life.
THEATRES: Landmark, The Mall, Royal Plaza

Quote Unquote
“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.”
— Jimmy Dean
Events

Exploratory Movement Workshop
WHERE: Academy for International Music, Art and Culture (AIMAC) E-Ring Road, Al Thumama
WHEN: June 21
TIME: 10am – 12pm
Dance isn’t the only way you can move. Come find your body’s way of moving! Sanation Education, in collaboration with Samana Art Movement, brings to you, a morning of exploration, music and movement! Exploratory movement allows you to create movement sequences from our own bodies to gain insight into our life stories and the way in which we relate to the world around us and within us, through movement. Fee is QR200 and payable at venue. For further details, 55164920.

Creative Writing Workshop
WHERE: Café #999, Fire Station Gallery, Wadi Al Sail, Doha
WHEN: June 20
TIME: 6pm – 9pm
Sanation Education, in collaboration with Samana Art Movement, brings to you, an evening of creative writing. Discover your inner writer or performer as you learn to write poetry for the page and for the stage. Explore writing in new styles, writing in collaboration, and turning some of your written work into performance. Find your writing style, whether it is poetry, prose, performance, or a combination of them! With Gulf Times’ own weekly columnist, get one-on-one time to display your material and gain feedback from an expert. You can also bring any existing material you have and would like to work on. Fee is QR200 (includes one drink and all materials) and payable at venue.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003890.

SFQ Museum
WHERE: DECC
WHEN: Ongoing till July 13
TIME: 1pm – 11pm
The biggest indoor VR and Gaming zone, over 50+ new activities and 45 food options along with 114 retail shops, for the whole family under one roof. Entry fee QR15 per head.

India to Qatar – Symbiosis of Cultures
WHERE: FBQ Museum
WHEN: Ongoing till July 31
Under the context of cultural exchange, FBQ Museum brings together the treasures of the museum owned collection in order to promote mutual understanding, recognition and appreciation between Qatar and India. Composed of five main topics, including community, trade, arts, food and incense, the exhibition takes one on a journey to explore the rich and diverse Indian cultures, the long historic links between Qatar and India, and cultural similarities between Qatar and India.

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

Dance and Instrument Classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/31326740.

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.

After School Activities
WHERE: Atelier
WHEN: Ongoing
Music and arts activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

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.

Community Round & About

summer camp for special needs
WHERE: Step by Step Centre for Special Needs
WHEN: June 30 – August 1
TIME: 8:00am – 12:30pm
The biggest indoor VR and Gaming zone, over 50+ new activities and 45 food options along with 114 retail shops, for the whole family under one roof. Entry fee QR15 per head.

Sanation Education, a holistic performing arts institution and 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, Eathamul and Madhabam), 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, 33097609.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change.
Is your dog stressed out? Maybe you’re the one who needs a belly rub.

New research finds that throughout a dog’s life, the stress levels of a canine and his or her human tend to rise and fall together. In fact, stress in a dog appears to be more closely linked to the stress of its owner than it is to the dog’s own temperament.

In the 15,000 years that humans and dogs have lived together, dependence and mutual affection have deepened our bond. And science has long established that “emotional contagion” between us and our canine pets is very real.

The new study, published in the journal *Scientific Reports*, is the first to find that this contagion is not fleeting. It also suggests that a dog owner’s mental well-being shapes the pet’s emotional health in a uniquely powerful way.

Much has been made of the health benefits that dogs offer to humans. Our heart rates and blood pressure routinely decline in their presence. Our levels of circulating oxytocin — often referred to as the “love hormone” — rise when we gaze into a dog’s eyes. Probably because they walk more, and also socialise more, dog owners live longer and healthier lives than those without a canine companion.

But the latest research demonstrates the extent to which that psychological connection is a two-way street. Return from work in a consistently foul mood and even if you don’t actually kick the dog — please don’t! — your furry friend’s stress level is likely to rise accordingly.

Researchers recruited 33 Shetland sheepdogs and 25 border collies and measured levels of the stress hormone cortisol in their hair and the hair of their human guardians. Unlike cortisol levels in the bloodstream, levels in hair don’t vary widely over a day, week or month. Since it builds up slowly, it offers a clearer picture of stress levels over time.

The research team from the University of Linkoping in Sweden also had each participating dog owner — all of whom were women — complete a battery of questionnaires that measured not only their own personality traits, but the temperament of their dogs.

When the study authors looked for alignment between the temperaments of dog owners and their pets, they found no significant similarities or differences. There was little to suggest either that humans “pick” dogs that match their personalities, or that, like the stereotypical old married couple, they grow more similar over time.

But when the researchers examined the hair samples, they found clear evidence of emotional convergence between dog and human. Taken once in summer and once in winter to account for seasonal variability, cortisol concentrations tended to be high in the sheepdogs and collies when their human guardians’ levels were also high. And this key measure of chronic stress was lower in dogs whose owners’ hair samples indicated lower levels of chronic stress.

The big surprise came when the researchers looked for a link between dogs’ cortisol levels and their personalities (as reported by their owners — yes, these exist). If a pet parent described her pooch as timid, fearful or anxious, the researchers expected they might find higher cortisol levels in the dog’s hair samples, and to find lower concentrations in samples from confident, easygoing dogs, according to Lina S V Roth, the paper’s senior author.

But they didn’t. Canine cortisol levels did not seem to rise and fall with their position on the
Our levels of circulating oxytocin — often referred to as the “love hormone” — rise when we gaze into a dog’s eyes. Probably because they walk more, and also socialise more, dog owners live longer and healthier lives than those without a canine companion.

temperamental spectrum from fearful to calm. The cortisol levels of their humans were actually a much better predictor of a dog’s stress level.

That, the researchers wrote, suggests that “it is the dogs that mirror the stress levels of their owners rather than the owners responding to the stress in their dogs.”

Brian Hare, a Duke University professor of evolutionary biology and expert in animal cognition, cautioned that the findings show only an association at this point. While provocative and original, the new research will need to take some further steps to show that an owner’s stress levels are what cause stress in their dogs, he said.

But the finding delighted University of Nebraska at Omaha developmental psychologist Jonathan Santo, who co-authored a 2015 study finding clear evidence of short-term emotional contagion between dogs and their owners. Not only did the researchers find evidence of lasting emotional synchrony between dog and human, that association was apparent in a sample of just 58 dogs and their owners, Santo said. Most human personality traits can only be clearly seen in much larger samples, he said.

“What this paper seems to hint at is some of the underlying mechanisms behind why humans and dogs or wolves have been able to domesticate each other over thousands of years,” Santo said. “We’re both social species, and once we became integrated into each other’s lives, it was to everyone’s advantage that dogs and humans would keep tabs on each other emotionally.”

Santo, who co-parents a dog with strong St. Bernard features, said he suspects that dogs’ anxieties affect their guardians’ stress levels as well. But he added: “I’m inclined to believe it’s more one way than the other. With dogs as they stand now, they are so much more dependent for their survival on humans than the other way around. It makes sense as an evolutionary strategy that they have become very sensitive to humans, and adopted properties that endear them to us.”

The new research suggests some intriguing trends for researchers to explore in the future. The stress levels of female dogs were a closer match to the stress of their owners than they were for male dogs. The same was true of dogs engaged in competitive agility and other intensive training activities compared to dogs that served strictly as companions.

And for dog owners who work outside the home or who don’t have a fenced-in space for their pets to wander unattended, the study provided some comforting news: Canine cortisol levels did not vary as a function of either condition.

Roth, a biologist who specialises in canine and equine cognition, said her group’s past research with German shepherds has found that play and similar affectionate interactions are the key factor in tamping down dogs’ anxieties. Exercise and access to green spaces are great, she said, but “if we just interact with the dog in a positive way, we do give the dog what it wants. Have fun with your dog.”

She added that follow-up studies are already planned to explore the impact of dogs’ and owners’ genders on long-term emotional synchrony, and to learn why and with whom our pets’ most powerful attachments are made. While border collies and Shetland sheepdogs are known for their friendliness and ability to be attuned to humans, other breeds and those of mixed backgrounds need to be studied as well, she said.

Dogs’ dependence on humans — not just for food and shelter but for emotional well-being — has grown pretty lopsided, Roth said. That’s why it’s important to explore the possibility that dogs’ inner lives are powerfully affected by their guardians’ mental health.

“We are quite a central part of their world,” Roth said. “We have work, and other circles of friends. But for a dog, we are almost everything. Under those circumstances, it’s important to know, who is synchronising with whom?” — Los Angeles Times/TNS

“We are quite a central part of their world. We have work, and other circles of friends. But for a dog, we are almost everything. Under those circumstances, it’s important to know, who is synchronising with whom?”

— Lina S V Roth, biologist
Indian Cultural Centre (ICC), under the aegis of Embassy of India, recently launched its Science Club to promote inquisitiveness among the science enthusiasts and inculcate scientific temper among them. Dr. Prakash Baba Amte inaugurated the club. Speaking on the occasion, he encouraged the young generation to take up social service in villages to build a peaceful and humane society. He inspired the audience, including students from India schools in Qatar with his experiences and how he transformed the lives in the tribal areas of Maharashtra. He shared the difficulties and challenges in working in remote areas and how community living helped people to uplift their standards. Speaking on the occasion, A P Manikantan, President of ICC, emphasised on the role of community in enhancing the scientific knowledge in day to day life and how one should preserve and protect the planet Earth. Manikantan also presented a memento to Dr Prakash Amte and Dr Mandakini Amte, as a token of appreciation for their contribution to the society. The event was compered by Vinod V Nair, Vice President of ICC and Convenor of Science Club. Nayana Wagh proposed a vote of thanks.

**SCCDF organises blood donation drive**

Sri Lankan Community Development Forum Qatar (SCCDF), in association with Hamad Medical Corporation (HMC), recently organised a blood donation drive at Stafford Sri Lankan School as part of World Blood Donor Day 2019 celebrations. Various Sri Lankan organisations, including Puttalam Association Qatar (PAQ), Polonnaruwa Welfare Association Qatar (PWAQ), Maruthamunai Majlis Qatar (MMQ) and Akkaraipattu Community Qatar (ACQ) took part in the drive. Speaking on the occasion, Kamil Jawad, President of SCCDF, said, “As Sri Lankans living in Qatar, it is our responsibility to support the residents, local communities and those in need. By organising this Blood Donation Day, we intended to raise awareness and educate our community on the numerous benefits of donating blood.” One hundred and twenty eight volunteers donated blood out of 151 registered.

**Tulukoota organises Annual General Body Meeting**

Tulukoota Qatar, an associated organisation of Indian Cultural Centre (ICC) under the aegis of embassy of India, recently organised its Annual General Body Meeting. Vijay Rai Kumbra, General Secretary of Tulukoota Qatar, welcomed the gathering. Speaking on the occasion, Asmath Ali, outgoing President of Tulukoota, thanked the members, volunteers, past presidents, patron and the managing committee for their relentless support. He also praised and thanked the Tulukoota for giving him the opportunity to be the president of the prestigious organisation. Vijay Rai, read the minutes of previous general body meeting and Uday Kumar Shetty, Treasurer, presented the annual financial report. Dwakar Pogarly, past president of Tulukoota and election officer, presided over the event. Speaking on the occasion, Dwakar said that Chaithali Shetty has been appointed as the new President of Tulukoota and that other committee members have also been selected unanimously. Uday Kumar proposed a vote of thanks.
CETAAQ marks 20th anniversary

The College of Engineering Trivandrum Alumni Association – Qatar chapter (CETAAQ) recently organised an event to mark its 20th anniversary at Ezdan Palace Hotel. Dr. Saad bin Ahmad al-Muhannadi, President of the Public Works Authority (Ashghal), was the chief guest and P. Kumaran, Ambassador of India, the guest of honour at the event. Addressing the gathering, he applauded the close partnership and contribution of admirable engineers from India in supporting the development of Qatar. Dr. al-Muhannadi mentioned about the Enterprise Asset Management Solution, a smart system Ashghal is adopting to monitor and analyse road usage data as well as improvement in traffic safety and maintenance activities that will turn Qatar’s road management system into one of the best in the world. He also spoke about coordinating construction projects across Qatar including the expressway network in line with the Qatar National Vision 2030.

Speaking on the occasion, the ambassador mentioned about his initial training as an engineer and appreciated the substantial presence of the engineers’ community not only in the professional circles but also in the social outreach programmes and humanitarian assistance programmes in Qatar and back in India. He highlighted the significant development of India in the last 20 years and its capable education system producing well-regarded engineers who work in India as well as abroad. The keynote address was delivered by James Joseph, engineer turned health food entrepreneur, alumnus of CET and a winner of the coveted Microsoft Circle of Excellence award. Speaking on the occasion, he spoke about the life lessons learnt from engineering and through a corporate career. He elaborated on his current work into research and development of jackfruit, a plentiful fruit in Kerala, which has been recognised as a reasonable dietary supplement with health benefits for diabetics as a food with significantly lower glycemic load than normal grain-based foods.

As part of 20th anniversary, the managing committee led by Rafi Shaft and Sayid Abdul Salam launched a charitable initiative to assist the educational needs of the less privileged students from Unnikulam, a tribal village of Kerala which is far from social support and mainstream education infrastructure. The project is estimated to cost around Rs75 lakhs over the course of three years, and plans to build learning support centres, hire assisting staff as well as monitoring teams to ensure optimum service to the students. The new office bearers of CETAAQ were called inducted on the occasion to take their responsibilities under the leadership of Chairman Vinod P. Babin. The members, include Prashneesh Ben, Tariq Thomas, Vidya Nithin, Anil P. Saidu Ahmed, Jabir P. Jeffy, Jan, Dinesh Kumar, Mahadevan E S and Rajesh T K. CETAAQ also released a souvenir ‘Footprints’ on the occasion, which was followed by a musical performance by Vidhu Pratap and Akhila Anand along with K P Balamurai, a prominent instrumentalist and playback singer. The singers were supported by live orchestra. Suraj, anchor at Radio Suno, also attended the event.

Dr Prakash Baba Amte and his wife visit BPS

Dr Prakash Baba Amte, a philanthropist from Maharashtra, India and his wife Dr. Mandakini Amte recently visited Birla Public School as part of ‘Think Globally, Work Locally’ drive to create awareness about Sustainable Development Goals 2030. The senior leadership team of BPS welcomed the gathering. P Balamurali, Vice Principal at BPS, interviewed the guests on the occasion.

Dr Prakash Amte and his wife Dr Mandakini Amte spent five decades changing the lives of the local community in Hemalkasa, Maharashtra, protecting tribes and the local fauna alike. They started ‘The Lok Biradari Prakalp’ (LBP), a project to provide medical facilities and education to the tribal people in the year 1973. After the struggle of two decades they could set up a multi-speciality hospital and a residential school. They supported many tribal students from elementary to higher education. Dr Prakash Amte and his wife have received many national and international awards, including Padma Shri, Raman Magaysay Award, Mother Teresa Award for Social Justice, and Godfrey Philips Lifetime Achievement Award. During the interview Dr Amte shared experiences of the tribals’ problems, the challenges they faced and the consistency they maintained while working with them. While addressing the teachers he said that we should lead by example, instead of thinking of the problems one should try to find out a solution and should be consistent in efforts. Dr Amte was felicitated on the occasion with a sapling, a memento and a cash amount as contribution of the school for his great work.
FNJ organises musical event

Federation of Nepalese Journalists-Qatar (FNJ) recently organised a musical event at Al Dalla Driving School and Academy. The programme was divided into three sessions. The first session was a training seminar targeted to Doha-based Nepali journalists. More than 200 journalists and community leaders participated in the event. The training programme was chaired by Kareem Baks Miya, President of FNJ-Qatar. Bipul Pokharel, Vice President of FNJ-Qatar, was the chief guest at the event. Pokharel trained the journalists. He presented slides on different facets and tricks of journalistic trade to the participants. He warned the participants to oblige by the existing law of the country when they are pursuing journalism. Speaking on the occasion, he said, “Journalists can also promote and advertise the prospects of tourism in Nepal; they can introduce Qataris on the tourist destinations of the country.” During his presentation, he valorised the profession which can mediate a role for social change. He asked a question, “Are we driven by glamour or is it a true calling?” He praised the two parts of journalism, including professionalism and craft, which are internalised and practised by the new generation of journalists. He pointed to some skills which are prerequisite to the journalists, including command of language, data play, digital content development and team work. The second session was the 94th poetry recitation programme by two literary organisations, including International Nepalese Literary Society (INLS) and Nabodit Literary Library (NLL). Five Nepali poets presented their work on the occasion. The third session was a musical programme entitled ‘Udaya Manila Sotang Night’. Udaya and Manila Sotang, prominent Nepali singers, presented their songs on the occasion. The event was attended by over 500 people. They performed an exhaustive list of 20 songs.

– Text and photos by Usha Wagle Gautam

Mesaieed Pakistani Community marks Eid al-Fitr celebrations

Mesaieed Pakistani Community recently organised an event to mark Eid al-Fitr celebrations at Al Barush Club Mesaieed. A large number of Pakistanis from Mesaieed, Doha, Al Khor, Dukhan and all over Qatar attended the event. The event kicked off with the recitation of the Holy Qur'an by Hafiz Hammad Ahmad, which was followed by a speech ‘Life of an industry employee’ by Wasiem Shah. Comedy Play by Javed Bhatti and poetry recitation by Farooq Ahmad and Zahid Sharif was also a part of the event. Jamshaid Shahzad Bajwa, prominent local singer, also performed at the event. Sanwal Abbasi, an international poet, presented a poem on overseas Pakistanis on the occasion. A book Qatar ki Naaka Bandi in Urdu translation was presented by Muhammad Ashraf Siddiqui to Mesaieed Pakistani Community. The event also featured a folk dance performance. The event was attended by notable personalities including Adeel Akbar, Riyaz Ahmed Bakali, Muhammad Ashraf Siddiqui, Arwar Ali Rana, Saleem Baloch, Muhammad Aymal Choudhary and Dr Tariq Masood. The event was conducted by Furqan Ahmad Paracha.
Brazilian restaurant at Marriott Marquis City Centre reopens

Ipanema, the award winning Brazilian restaurant located on Level 2 at Marriott Marquis City Centre Doha, has recently reopened after an extensive renovation project, stated a press release. The relaunch event was attended by Roberto Abdalla, Ambassador of Brazil, along with Ricardo Pracana, Ambassador of Portugal, and Sheikh Mohamed bin Faisal al-Thani, Vice Chairman of Al Faisal Company. The new space features a fashionable colour scheme, new stylish furniture, expanded indoor seating and an impressively refreshing atmosphere. The brand new lounge area features an expanded beverage menu from different regions of Brazil. Ipanema guests can enjoy a casual and modern energetic ambiance. “These new changes represent innovation in line with Marriott International food and beverage contemporary concepts. We take great pride in our food and carefully create menus from only the finest, freshest ingredients. Guests who dine at Ipanema can select from our brunch or dinner and enjoy a great and wide variety of meat cuts with unsurpassed flavours,” said Rick Enders, General Manager of Marriott Marquis City Centre Doha. “Our focus is to continually give our loyal guests a quality experience, while we introduce ourselves to a new generation of diners who seek a casual and modern energetic ambiance.” The redesign of the entrance has been planned to create a more spacious welcoming area and an easy access to the new lounge area. The new linear display of pendant lights defines the simplicity, originality and charm of the space with its amber, wine and crystal glass colours. These changes complement the restaurant’s natural palette of dark oak tones and exposed artwork accent walls. Lebanese interior designer, Antonette Ibrahim combined the pop art and graffiti in her painting inspired by the famous Brazilian artist, Romero Britto. With its brand new look and feel, Ipanema offers a tasty variety of delectable fire roasted meats, seafood options, salad bars, soups and side dishes in a modern, inviting atmosphere. Born and raised in Brazil, Ipanema’s acclaimed Chef Gabriela inspired by her diverse heritage, brings the authentic flavours of the region. She highlights Brazil’s hearty and flavourosome cuisine that includes its unique combination of spice, gusto and depth of flavour. Ipanema features traditional cuts of Brazilian BBQ, along with a live Latino band bringing a vibrant atmosphere to the restaurant. Guests say yes to the gauchos roaming the restaurant bringing more than 10 cuts of meat including top sirloin, filet, lamb and chicken. An impressive buffet with its new setting features side dishes like tropical mixed salads and seafood options as well as Brazilian specialties such as farofa, black beans, steamed rice, polenta, mashed potatoes and desserts. Ipanema is open daily between 5:00pm – 11:30pm and on Fridays between 12:30pm – 5:30pm for Friday Brunch.

Dr Ashish Bhol’s Aesthetic Dermatology Clinic celebrates first anniversary

With a view to commemorate its successful completion of first year, Dr Ashish Bhol’s Laser and Aesthetic Dermatology Clinic recently hosted a celebration inviting members of the media and its clientele to mark a year of success in aesthetic dermatology, stated a press release. Dr Ashish Bhol’s Dermatology Clinic is a solo clinic established in Doha, Qatar by specialist dermatologist, Dr Ashish Bhol in 2018. The business is owned and managed by Dr Ashish Bhol and his wife Anita Bhol. Known for his top of the line work in facial aesthetics in Qatar for 7 years, Dr Ashish decided to establish his private state-of-the-art set-up to nurture the needs of dermatology and facial aesthetics of the people of Qatar. He carries with himself a rich experience of 18 years, specialising in dermatology, facial aesthetics managing techniques like non-surgical face lifts, facial rejuvenation and facial resurfacing. The specialised private clinic aims to provide exclusive, high end and personalised services to enhance the client experience. Every product is personally tested and chosen, specialised treatment lines are personally customised by Dr Ashish himself to ensure best treatment outcomes and benefits to the clients. The clinic also employs staff that are highly trained, aesthetically skilled, passionate about their work and ready to serve. On this occasion, Dr Ashish Bhol said, “This great country has offered me immense opportunity and warmth to serve the people of Qatar. I feel grateful to the people of this country who have bestowed trust and love upon me. At the time of establishing my private aesthetic dermatology clinic here, the country was going through an unjust embargo. I faced inevitable challenges and many hurdles during this period. I take pride and joy to say that like this great nation sustained through difficult times with flying colours, I also came out stronger than ever. My sentiments echo with this great country.” The clinic offers various services, including Facial mapping and assessment, Botox and Dermal Fillers, Non-Surgical Face Lift, Customised Medical Grade Facials, Hydrafacial, Mesotherapy, Platelet Rich Plasma for Face and Scalp, Chemical Peels, Laser Facial Rejuvenation, Laser Tattoo Removal, Laser Hair Removal, Laser Treatments for Pigmentation, Infini Fractional Microneedling RF, and Skin Tag/Warts Removal.
Beyond the conventional

The Doha skyline at sunset, doves at Souq Waqif, dhows at the Corniche, and dune-bashing SUVs – these are the images that usually come to mind when one thinks about photographing Qatar. I have taken hundreds of these photos myself, and Qatar does not disappoint. With countless opportunities to capture stunning landscape, nature, architecture, and people, it is truly a photographers' paradise.

However, the images that have become my personal favourites are those that capture unique moments involving subjects that are unmistakably Qatar. These images appeal to me as someone who is always looking for a fresh perspective, and befits Qatar as the nonconformist nation that is unafraid to pave its own path and taking bold steps, despite its size. Finding these images required me to look beyond the conventional beauty of Qatar’s landmarks. Be it a patriotic expression during a National Day parade, the contrast between famous skyline and laymen routine, the crazy colours of a particular Dukhan sunset, a peculiar animal behaviour, the juxtaposition of separate but related imageries, or a fortunate casting of shadows, the satisfaction comes from knowing that these moments are unlikely to repeat themselves.

These moments are rare, but they are worth carrying a camera everywhere in Qatar. Look a bit harder, wait a bit longer, and you will be rewarded.

— Muhammad Shazwan Zakarya
@mshazwanzakarya
Parents, take a note. Researchers have found that personal care products such as shampoo, lotion and nail polish in the hands of young children can quickly lead to poisoning or chemical burns—like life-threatening situations.

Published in Clinical Pediatrics journal, the study found that more than 64,600 children below five years of age, were treated for injuries related to personal care products between 2002 and 2016 in the US.

"Kids this age can't read, so they don't know what they are looking at. They see a bottle with a colourful label that looks or smells like something they are allowed to eat or drink, so they try to open it and take a swallow. When the bottle turns out to be nail polish remover instead of juice, or lotion instead of yoghurt, serious injuries can occur," said the study co-author Rebecca McAdams from Nationwide Children's Hospital in the US.

The study found that most injuries from these products occurred when a child swallowed the product (75.7%) or the product made contact with a child's skin or eyes (19.3%).

These ingestions and exposures most often led to poisonings (86.2%) or chemical burns (13.8%).

According to the researchers, the top three product categories leading to injuries were nail care products (28.3%), hair care products (27.0%) and skin care products (25.0%), followed by fragrance products (12.7%).

"Since these products are often stored in easy-to-reach places and are not typically in child-resistant containers, it is easy for kids to reach and open the bottles," McAdams said. – IANS
**Codeword**

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

- **AUGHT**
- **GNOME**
- **MALIGN**
- **AUTUMN**
- **GNU**
- **MNEMONIC**
- **BOMB**
- **INDICT**
- **NUMB**
- **SUDOKU**
- **COLUMN**
- **KNAVE**
- **PSALM**
- **GNS**
- **LIMB**
- **PTARMIGAN**
- **FEIGN**
- **KNIFE**
- **SIGN**
- **WRONG**

**Wordsearch**

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**Sudoku**

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

Sudoku is a puzzle based on a 9x9 grid. The grid is 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 each of the digits 1 to 9 exactly once.

**Pooch Cafe**

**Garfield**

**Bound And Gagged**

**Codeword**

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

- **AUGHT**
- **GNOME**
- **MALIGN**
- **AUTUMN**
- **GNU**
- **MNEMONIC**
- **BOMB**
- **INDICT**
- **NUMB**
- **SUDOKU**
- **COLUMN**
- **KNAVE**
- **PSALM**
- **GNS**
- **LIMB**
- **PTARMIGAN**
- **FEIGN**
- **KNIFE**
- **SIGN**
- **WRONG**

**Wordsearch**

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**Pooch Cafe**

**Garfield**

**Bound And Gagged**
Super Cryptic Clues

Across
1 Sorry camp constructed for a group of soldiers (4,5)
8 Smashing police officer (5)
9 Baseball player in hole with pop star (7)
10 Support a production at La Scala, perhaps (4)
11 An animal left one with a flower (8)
13 Star embarrassed about part (6)
14 Tree in hideaway by lake (6)
17 Teacher not coming back to waffle (6,2)
19 Italian poet losing first stake (4)
21 Deprived of food adverts, possibly (7)
22 In autumn it requires gunpowder ingredient (5)
23 Motorway approaches affected by black ice? (4,5)

Down
2 No pride may be involved (5,2)
3 Historic city in Surrey or Kent? (4)
4 No harp playing for child who’s deprived (6)
5 Pitiful epic that failed (8)
6 Brook heard in Welsh resort (4)
7 A family member in the country ain’t crude (5-5)
8 Needlewoman, note, getting in Sam’s hair (10)
12 Veil made differently in the Middle Ages (8)
15 Signified? Not in action (7)
16 What may delay robbery (4-2)
18 Wide smile gives support (4)
20 Cancel a French party (4)

Colouring

Yesterday’s Solution

Wordsearch

Codeword
DaBaby’s first official single climbs to No 8 on the Hot 100

Jonathan Lyndale Kirk is not lacking in self-confidence. His professional name is DaBaby and he has no hesitation in proclaiming himself as “the best rapper alive.”

Despite now being 27, he only began rapping four years ago. Even so, DaBaby is already using his second stage name. His early mixtapes, which began in 2015 with Nonfiction, were released under the moniker of Baby Jesus.

His change to DaBaby occurred during the final few months of 2016. It was “for personal reasons” according to the lyrics of DaBaby (Intro), the opening track on his God’s Work Resurrected mixtape.

If he needed any special promotion for his new name, DaBaby could hardly have dreamed up anything better than walking around Austin, Texas, at the time of the 2017 South by Southwest Music Festival clad in nothing more than a diaper.

“Video of me wearing the diaper went viral on the Internet. The media ran with it and I let it do what it did. It attracted attention. A lot of people knew about DaBaby. But then I got back to the music.”

“DaBaby laugh, “My name is Baby, I got a baby face already, I can put on a diaper and look like a real life adult baby. Boom, I make the whole world stop.”

“I’m totally hands-on when it comes to my videos. I’ve got a few directors I work with but they share my vision. The storyline ideas are all mine. I make it real easy. It’s just me being me. I like to have fun with my videos and performances. That’s the most fun part when it comes to the music. I get to show off my character.”

Born in Cleveland, Ohio, but resident in Charlotte, North Carolina, since the age of six, DaBaby insists he effectively created the Charlotte music scene.

“I listened to all kinds of rappers when I was growing up. But it was nationally known artists like 50 Cent, Eminem and Lil Wayne. I didn’t know about any rappers from Charlotte. I’m not bragging but it’s true that I brought the local music scene alive when I started rapping. I took things to a whole new level. This was only four years ago but I always knew I was the best rapper. My plan from the start was to take over the game. I’d start with my city and take things from there.”

“The idea wasn’t to be cool and get girls. A lot of people are content with that. But I wanted to get where Drake and them are. I’m competing with the big names.”

Like so many rappers, music took DaBaby away from a life of crime. As a youth, he had a string of run-ins with the law. His criminal record was such that he was an obvious candidate to suffer an early, violent death or spend much of his time in a prison cell.

But trouble found him late last year in a Walmart store. DaBaby, his two young children and their mother were allegedly confronted by two armed robbers.

The altercation which ensued saw one of the assailants, 19-year-old Jazyn Craig, shot dead. Although DaBaby was initially charged with manslaughter carrying a concealed gun, the case against him was dropped earlier this year.

“The lawyer told me to say nothing. But two people threaten to my city and take things from there.”

Jasyn Craig was a member of the North Carolina gang that uncovered four others shot dead in a Wal-Mart in Charlotte.

CLAIM: DaBaby has no hesitation in proclaiming himself as “the best rapper alive.”

Stef Chura

It was the unexpected death of a close friend that prompted Michigan indie-rocker Stef Chura to finally record and release an entire album.

The shock, sadness and sense of loss is poured out on her newly released sophomore album, Sweet Midnight, a track from Stef’s YouTube channel, www.youtube.com/watch?v=HNjI5hKiRM4. A video, which also features a song from Stef’s debut album, was released last month. A video, which also features a song from Stef’s debut album, was released last month.

“Show and Tell” was released last month. A video, which also features the song lyrics, can be found at www.youtube.com/watch?v=HNjI5hKiRM4

There is no video as yet for the album title-track which is Briejan’s second single. However, the song can be heard on her record company’s SoundCloud webpage. It is posted around one-third of the way down (no www.) soundcloud.com/nativecatrecordings

Briejan

Those who know the work of percussionist Briejan Murphy will have heard her performing with bands such as Poolside, U.S. Girls and Toro y Moi. But she is set to enter the spotlight in her own right with the June 28 release of her debut album, Walkie Talkie. Lead single, Show and Tell, is available now.

Although the album is credited to Briejan, it is actually a collaboration rather than a solo record. Sharing the album cover photo with her is producer, songwriter and multi-instrumentalist Doug Stuart.

Both artists share a common background as jazz, pop and dance music session and touring musicians. Briejan’s layered percussion and expressive vocals perfectly align with Doug’s harmonious instrumentalisation and innovative production. The end result is a mix of hypnotic, jazz-influenced pop and dance tracks.

Sis

Seven tracks on the Native Cat Recordings SoundCloud page are by San Francisco Bay Area trio Sis. Only two of the songs, Nightie and Bitter Cherry, are taken from the band’s second album, Gas Station Roses, which is scheduled for release on October 6. The other songs come from their 2018 debut album, Euphoria. All 13 tracks are available to hear at (no www.) bandcamp.com/album/euphoria

The trio came about by accident. Singer and multi-instrumentalist Jenifer Swain was an ex-member of Sis. It is also the founder of Native Cat Recordings, entered the studio expecting to record a solo album. Producing and engineering the record was Rob Shelton, a member of the band Meernaa.

Their work together proved to be so enjoyable that Jenny’s anticipated solo album quickly became a collaborative effort. The trio were completed when Rob’s wife, and fellow Meernaa member, Carly Bond joined the project.

Although Euphoria was critically praised, Sis made an accompanying video for just one track, Tomato. It can be viewed at www.youtube.com/watch?v=r8rCk6KrQDo
CALL FOR A CAUSE: Amitabh Bachchan says people are often not aware of availability in their area of quality eye care services.

Big B launches eye care campaign to fight blindness

Megastar Amitabh Bachchan has launched a ‘See Now’ campaign, centred in UP, to help end avoidable blindness. The campaign will deploy creative content across five key districts – Unnao, Lucknow, Rae Bareli, Lakshmipur Kheri and Sitapur – via radio, television, print, social media, WhatsApp and SMS to provide information on eye health, local services and how to access them.

The actor, himself a proud wearer of glasses, hopes this will encourage others to wear glasses without any stigma.

“The problem is not that people don’t know how eye health works, leads to stigma around simple and easy basic lack of understanding and awareness of how eye health works, leads to stigma around simple and easy treatments. People are often not aware of availability in their area of quality eye care services. It really is simple to avoid a lot of different sorts of blindness by preventive care,” Amitabh said in a statement.

The campaign, funded by The Fred Hollows Foundation and in part by Essilor Vision Foundation, is working in partnership with Sightsavers India and Vision 2020 India among others. – IANS

NEW PROJECT: Aamir Khan will be seen next in Laal Singh Chaddha, a remake of the 1994 Hollywood blockbuster Forrest Gump.

Lagaan a memorable, beautiful journey: Aamir

As Lagaan clocked 18 years of its release in Hindi cinema, superstar Aamir Khan called the film a memorable and beautiful journey.

The film, which is set during the British Raj, completed 18 years on Saturday. Aamir, who played a farmer in the movie, thanked its director Ashutosh Gowariker.

“Thank you Ashutosh Gowariker, and thanks to everyone who has been a part of Lagaan. What a memorable and beautiful journey,” Aamir tweeted.

Gowariker replied: “Thank you Aamir Khan for helping me embark on this incredible cinematic journey! And a big shout to the entire cast and crew that came along on this journey and made it truly memorable.”

The film also stars Gracy Singh, Rachel Shelley and Paul Blackthorne.

Aamir will be seen next in Laal Singh Chaddha, a remake of the 1994 Hollywood blockbuster Forrest Gump. The film will be penned by Atul Kulkarni and directed by Advait Chandan. – IANS

Why Hemsworth opened up about his anxiety woes

Hollywood actor Chris Hemsworth says he feels more comfortable about showing his real self to the world now, and that is what propelled him to open up about his anxiety woes.

“I think the more comfortable I got just doing press in general over the years and interviews...You feel more comfortable about showing a bit more of yourself,” Hemsworth said when asked about his decision to open up about his anxiety issues.

“But for me, it was a part of the journey and being able to talk about what I have learnt. I remember when I started acting, hearing Anthony Hopkins in an interview saying that he thinks that each job will be his last... I found great comfort in that. I was like, maybe there is something which brings anxiety and (to) just part of the process,” he added.

Earlier this year, in an interview to an international magazine, the Thor star admitted that he has had his struggles with anxiety, saying “This is the truth to how I’m feeling and who I am, and I’m as vulnerable as anyone else.”

In an interview while promoting his Sony Pictures’ project Men in Black: International, the actor opened up about his decision, and said he wants to use anxiety as a motivator instead of looking at it as a threat.

“I started questioning it all...and allowed it to be a motivator instead of something that can threaten you and hold you back,” he added.

After blockbuster success as an Avenger in Avengers: Endgame, the actor is back on the silver screen. This time as a MIB agent in Men In Black: International, which was released in India by Sony Pictures Entertainment India on June 14.

The film takes forward the story of the Men In Black franchise which first came out in 1997 with actors Will Smith and Tommy Lee Jones in the lead.

On the film, he said: “My initial reaction was ‘How can I re-do it? It is a little bit daunting to sort of (recreate) something which is beloved... But we weren’t remaking it. It is continuation.” – IANS

COMMUNITY

I’ve pushed myself as an artiste with Leila: Huma

Huma Qureshi felt challenged to push her boundaries and play the role with full justice and honesty.

By Simran Sethi

A s Shalini, who sets out on an arduous 16-year-long search for her missing daughter born out of a ‘mixed’ marriage in the latest dystopian show Leila, actress Huma Qureshi felt challenged to push her boundaries and play the role with full justice and honesty.

Based on Prayaag Akbar’s 2017 novel of the same name, Leila showcases the fight of Huma’s character for her lost daughter amidst undesirable situations and frightening experiences in the fictional world of Aryavarta. “It has been a gratifying journey for me. I have never played such a strong character before this show. With this character, I have pushed myself as an artiste. I really had to go deep into the story.”

“Playing a mother on-screen was quite difficult because it was not only about being a mother... it was more about inheriting the qualities of Shalini who fights against the evils to find her daughter. Shalini demanded strong emotions and to portray them correctly, I had to prepare a lot,” Huma said.

The gritty six-episode Netflix series also delves into the issues of authoritarian rule, class and religious divide and environmental crisis, apart from depicting a mother’s search for her daughter. While talking about the societal and political issues prevailing in real life, Huma said Leila is quite relevant to present times.

“There are so many stories we need to tell. Many of the things are happening in our lives which are a part of Leila’s story,” she said.

Huma considers Leila a show of a lifetime. “Earlier, heroines were not given proper and important roles in the films... Only heroes were doing the main job. But now it is changing. Our women are changing the game. They are turning into producers, directors and what not. Films and shows are now being made around women. For the first time in my life, I got the opportunity to play such a character where ‘she’ is the main lead and hero of the story.

“There is a long way to go. We need more stories about women for women and from women,” Huma added.

Directed by Deepa Mehta, Shanker Raman and Pawan Kumar, Leila marks Huma’s first digital project. The 32-year-old actress said it was a "liberating" experience.

“It gives more freedom to actors. When you are working for OTT platforms, you get more time to spend time with the characters without restrictions. So this way you can tell your stories in a much better way.” – IANS
Spouses of envoys excited to see preparations for FIFA 2022 in Qatar

By Mudassir Raja

Hosting the FIFA World Cup 2022 is a big step not only for Qatar but also for the whole region. The Supreme Committee for Delivery & Legacy (SC) is well ahead in the planning of the host country’s operations for the mega football event. The SC is also making rapid progress in building stadiums and other infrastructure, and ensuring the tournament and its preparations contribute to Qatar’s sustainable development.

In its ongoing efforts to showcase Qatar’s unique identity through the tournament and to welcome the world in 2022, the SC recently organised an informative tour for the Spouses of Heads of Missions (SOHOM), a group of international community comprising of the spouses of heads of missions working in Qatar.

The visit was organised by the SC’s International Relations team, as part of its embassy outreach programme. Over 30 members of the group took part in the visit where they were apprised of the ongoing developments and the vision of the SC in relation to the FIFA World Cup 2022.

SOHOM members took the tour of the SC’s Legacy Pavilion at Al Bidda Tower, which includes details of Qatar’s bid journey, the country’s football history, the eight stadiums being developed for the event and details of the tournament legacy programmes, including Generation Amazing, Workers’ Welfare and the Josoor Institute.

Hosting the tournament is already creating a lasting legacy.

The tour was also a step towards the SC’s efforts to forge a better future for Qatar through infrastructure, education, football for development, support for regional innovation and a dedication to improving workers’ welfare.

Coralie Durussel, International Relations Specialist at SC, briefed the visitors about Qatar’s bid journey, the country’s football history, the eight stadiums being developed for the event and the details of tournament legacy programme.

She also briefed the group on Generation Amazing, Workers’ Welfare and the Josoor Institute programmes. A 10-minute documentary on various stages of the developments along with facts and figures was also screened during the tour. Durussel thanked the group for showing great interest in the ongoing developments for the 2022 FIFA World Cup.

Lilian Munzel, wife of German Ambassador to Qatar Hans-Udo Munzel, led the SOHOM visitors. She is also the vice president of the group.

Sharing her comments with Community, Lilian said: “We had a very interesting tour and discussion, organised by Coralie Durussel, who gave our group an in-depth overview of all the preparations being undertaken by Qatar towards the delivery of the World Cup in 2022. It was a great experience indeed.

“As we are representing the international community in Doha, we are all very eager and keen to learn about the World Cup preparations, as many fans and tourists from our countries will be visiting Qatar on the occasion of this extraordinary sports event. And it is important and reassuring to know that the building workers’ welfare, especially with regard to occupational health and safety on construction sites, is actively dealt with and supported on the highest level by the government, the SC, the industry, with the co-operation of international partners and advisers, most notably the International Labour Organization (ILO) and the ITUC.

A big fan of football herself, Lilian further said: “Football is part of an exciting international sport scene, as the SC’s Secretary-General Hassan al-Thawadi underlines on his promotion tours for the Qatar World Cup, inviting the world’s fans to come to Doha in 2022. Sport brings people of all cultures together and promotes social society initiatives. She sees Qatar as a role model in the region in sport activities. “And also in this respect, Qatar is a role model in the region with a dedicated Women’s Sport Committee, headed by the inspiring President Lohwa al-Mari, sport education for young women and many great athletes like field and track specialist, Mariam Farid, who is Qatar’s National Ambassador for the IAAF International Athletics Championships Doha 2020, or Yasmin al-Sharshani, Qatar’s golf champion.

Germany and other countries, are proud to support with their dedicated Qatari partners sports and football programmes for the youth and young women in this country!”

Noelia Paolo Romero, wife of the Argentine ambassador, said: “Having seen first-hand all the intensive work the SC is doing, and how all the preparations started in 2010 when Qatar was chosen as the host, with Argentina being one of the first countries strongly supporting it, fills me with joy. The visit allowed me to learn about the efficient work they are doing, and how – unlike in previous World Cups – the infrastructure needed for the event is ahead of the agenda.

“As an Argentinian, I love football with passion. It’s in my veins. When Argentina plays a world cup match, the country simply goes standstill for those two hours of game.

“Having the opportunity to live here during Qatar 2022 will be an experience out of this world for me. I really hope my national team qualifies, because in my opinion, a World Cup without Argentina would be like eating an egg with no salt.”

San Lee, spouse of outgoing ambassador of The Netherlands, said: “We learnt a lot about the history of football in the Middle East and Qatar in particular. It was also very interesting to hear about the bidding process and to see the actual bid book.

“I think it will be a wonderful tournament, especially given the fact that fans can see multiple matches every day. I was also very pleased to see how the local communities get involved in the tournament, and will have influence on what will happen to the stadiums.”