NEWFOUND HOPE: Neurologists don’t have one test that can identify multiple causes of inflammatory neurological diseases such as encephalitis and meningitis. But UC San Francisco researchers say their new DNA test hunted down more of these pathogens than any conventional test did in a newly released study.

Helpful find
New DNA test beats others at hunting down germs that inflame the brain. P4-5

GLITZ & GLAM
Spotlight on #Metoo.

BACK PAGE
Empowerment coach who’s trying to make a difference.
**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: 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: 44593333
- Qatar Assistive Technology Centre: 44593363
- Qatar Emergency: 44590450
- Qatar News Agency: 44450205
- Q-Post – General Postal Corporation: 44464444
- Humanitarian Services Office: 40253371, 40253372, 40253369
- Ministry of Health: 40253370, 40253364
- Ministry of Interior: 40253368, 40253365
- Qatar Airways: 40253374
- Hamad Medical Corporation: 40253374

**Quote Unquote**

“Choosing to be positive and having a grateful attitude is going to determine how you’re going to live your life.”

— Joel Osteen

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**X-Men: Dark Phoenix**

**DIRECTION:** Simon Kinberg  
**CAST:** James McAvoy, Michael Fassbender, Jennifer Lawrence  
**SYNOPSIS:** This is the story of one of the X-Men’s most beloved characters, Jean Grey, as she evolves into the iconic ‘Dark Phoenix’. During a life-threatening rescue mission in space, Jean is hit by a cosmic force that transforms her into one of the most powerful mutants of all. Wrestling with this increasingly unstable power as well as her own personal demons, Jean spirals out of control, tearing the X-Men family apart and threatening to destroy the very fabric of our planet.  
**THEATRES:** The Mall, Landmark, Royal Plaza

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**Polaroid**

**DIRECTION:** Lars Klevberg  
**CAST:** Kathryn Prescott, Tyler Young, Samantha Logan  
**SYNOPSIS:** High school loner Bird Fitcher has no idea what dark secrets are tied to the mysterious Polaroid vintage camera she stumbles upon, but it doesn’t take long to discover that those who have their picture taken meet a tragic end.  
**THEATRES:** The Mall

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**The Mall Cinema (1):**  
-Aladdin (2D) 2:30pm; Aladdin (2D) 4:45pm; Aladdin (2D) 7pm; John Wick 3: Parabellum (2D) 9:15pm; Virus (Malayalam) 11:30pm.  
**The Mall Cinema (2):**  
-Pokemon Detective Pikachu (2D) 2pm; Pokemon Detective Pikachu (2D) 4pm; Virus (Malayalam) 6pm; Bharat (Hindi) 8:45pm; Bharat (Hindi) 11:30pm.  
**The Mall Cinema (3):**  
-Game Over (Telugu) 2pm; X-Men: Dark Phoenix (2D) 3:45pm; Godzilla II: King of the Monsters (2D) 5:45pm; Godzilla II: King of the Monsters (2D) 8:45pm; Godzilla II: King of the Monsters (2D) 11:30pm.  
**Landmark Cinema (2):**  
-Pokemon Detective Pikachu (2D) 2pm; Pokemon Detective Pikachu (2D) 4:30pm; Pokemon Detective Pikachu (2D) 6:30pm; Virus (Malayalam) 8:30pm; Bharat (Hindi) 11pm.  
**Landmark Cinema (3):**  
-My Great Grandfather (Malayalam) 2:30pm; The Secret Life of Pets 2 (2D) 5:30pm; Sabé Al Boromba (Arabic) 7:30pm; Game Over (Hindi) 9:15pm; Unda (Malayalam) 11:15pm.  
**Royal Plaza Cinema Palace (1):**  
-Pokemon Detective Pikachu (2D) 2:15pm; Pokemon Detective Pikachu (2D) 4:15pm; Bharat (Hindi) 6:15pm; X-Men: Dark Phoenix (2D) 9:15pm; Bharat (Hindi) 11:15pm.  
**Royal Plaza Cinema Palace (2):**  
-Aladdin (2D) 2:30pm; Aladdin (2D) 4:45pm; Aladdin (2D) 7pm; Unda (Malayalam) 9:15pm; Unda (Malayalam) 11:30pm.  
**Royal Plaza Cinema Palace (3):**  
-Virus (2D) 2:30pm; Detective Conan: The Fist of Blue Sapphire (Arabic) 5:30pm; Casablanca - Arabic (7:30pm; Sabé Al Boromba (Arabic) 9:30pm; John Wick 3: Parabellum (2D) 11:15pm.
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 and learn the artistic practice of Arabic Calligraphy. For more information, contact 33897609.

**Creative Writing Workshop**  
WHERE: Café #999, Fire Station Gallery, Wadi Al Sull, Doha  
WHEN: Tomorrow  
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. For further details, 55164920.

**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.

**Career Guidance**  
WHERE: Right Track Consultants, Al Saliheen  
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.

**Arabic Calligraphy Workshop**  
WHERE: Saturday – Wednesday  
TIME: 5pm  
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 66523871/31326749.

**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 and find your body’s way of moving! SANATION EDUCATION, in collaboration with SAMANA ART MOVEMENT, brings together the treasures of the museum owned collection in order to promote mutual understanding, recognition and appreciation between Qatar and India. Composed of five main topics, including community, trade, arts, food and incense, the exhibition takes one on a journey to explore the rich and diverse Indian cultures, the long historic links between Qatar and India, and cultural similarities between Qatar and India.

**Ballet Lessons**  
WHERE: Music and Arts Atelier  
WHEN: Ongoing  
TIME: 4pm – 8pm  
For more info e-mail at registration@atelierqatar.com or call on 33003839.

**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.

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Scientific boost

The pioneering test developed by neurological researchers at UCSF is moving doctors closer to providing patients and their loved ones with the answers they seek, writes Cathie Anderson.

Right now, neurologists don’t have one test that can identify multiple causes of inflammatory neurological diseases such as encephalitis and meningitis. But UC San Francisco researchers say their new DNA test hunted down more of these pathogens than any conventional test did in a newly released study.

Inflammatory neurological diseases are rare, costly to treat, difficult to diagnose and life-threatening.

The pioneering test developed by neurological researchers at UCSF is moving doctors closer to providing patients and their loved ones with the answers they seek. The test uses gene sequencing to identify more causes of these mysterious ailments than any conventional test now being used, according to a study released late last week in the *New England Journal of Medicine*.

Conventional test look for pathogens one at a time, so that means physicians essentially have to know what they’re looking for to choose the right test to perform, UCSF researchers said.

Having a broad-based test that either rules in infection or rules out infection can really aid these cases that are in gray areas between infection and not.

— Dr Michael Wilson, associate professor of neurology at UCSF
Without knowing the cause of these ailments, they said, it’s impossible to know what treatments to employ. “Patients with infectious and noninfectious encephalitis can be clinically indistinguishable from one another,” said Dr Michael Wilson, associate professor of neurology at UCSF and the co-first author of the paper, along with study co-ordinator Hannah Sample. “Having a broad-based test that either rules in infection or rules out infection can really aid these cases that are in gray areas between infection and not.”

Infections cause less than half of most meningitis and encephalitis cases, UCSF researchers said. The rest result mostly from autoimmune system reactions. The last thing doctors want to do is suppress the immune system of a patient with an infection because the consequences could be harmful, Wilson and other researchers explained. Yet that’s precisely what is needed for a patient with an autoimmune disease.

To prevent delays and errors, Wilson, Dr Charles Chiu and other UCSF researchers came up with a test they call mNGS, short for metagenomic next-generation sequencing. It identifies the pathogens found in a patient’s cerebrospinal fluid by sequencing the genes of invading viruses, fungi, bacteria or other organisms. Chiu said their team was “frankly surprised” to discover that a significant proportion of the diagnosed infections — 13 of 58, or 22.4% — were detected only by the mNGS test, despite exhaustive and comprehensive testing done in hospitals offering highly specialised neurological care.

“This highlighted the usefulness, and perhaps the necessity, of introducing new diagnostic technologies into the clinic to enable more timely and accurate diagnoses that will hopefully lower healthcare costs, decrease lengths of stay, and ultimately save lives,” said Chiu, also director of the UCSF-Abbott Viral Diagnostics and Discovery Center.

US hospitals don’t see that many cases of these neurological diseases. In 2006, only 24 out of every 100,000 US citizens were hospitalised for meningitis, Chiu said, and for encephalitis, that rate was about 7 out of 100,000. Despite the small number of people hospitalised with encephalitis, Chiu said, the cost of their treatment is $2 billion.

To find the types of challenging neurological cases needed for this study, UCSF received cerebrospinal fluid samples from 482 patients at eight medical centres. The adults and children were being treated as far away as Children’s National Medical Center and as close as UC Davis Medical Center. Of the 482 patients, 204 completed the study.

In 57 cases, tests showed that an infection was causing the patients’ symptoms, the UCSF said, and the mNGS test successfully identified 32 infections in 31 patients. It not only confirmed 19 cases of infection detected in conventional tests but also found 13 pathogens that other tests had missed, including a case of the St Louis encephalitis virus that had not been seen in California since 1986.

The UCSF researchers acknowledged that their new test is no silver bullet. Although it found more infectious causes than any other test, it failed to detect 26 infections caught by conventional tests.

“The test is currently costly, and only large reference laboratories or clinical laboratories at large medical centres such as UCSF have the resources and expertise to run it,” Chiu said. “An example is a fatal case of St Louis encephalitis virus infection that was diagnosed using the mNGS test in an elderly immunocompromised patient from California.”

“Some of the infections that were identified are not treatable because there isn’t an effective drug for the infection,” Chiu said. “The test is currently costly,” Chiu said, “and only large reference laboratories or clinical laboratories at large medical centres such as UCSF have the resources and expertise to run it. It will likely not be available to other hospitals until the test is miniaturised ... or until the costs of sequencing decrease sufficiently to make the test cost-effective for hospital laboratories.”

— Dr Charles Chiu, Director, UCSF-Abbott Viral Diagnostics and Discovery Center

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Indian Community Benevolent Forum (ICBF), in association with the Aster Medical Centre Al Khor, recently conducted its 38th Free Medical Camp for fishermen and workers at Aster Medical Centre, Al Khor. The medical camp aimed at providing free medical assistance to mainly fishermen and other workers and labourers from various labour camps and companies in Al Khor and nearby areas. Around 300 fishermen and workers benefited from the camp. The Medical Camp was inaugurated by P. Kumaran, Ambassador of India, in the presence of notable personalities, including S.R.H Fahmi, ICBF Co-ordinating Officer and First Secretary of Labour and Community Welfare at Embassy of India; Dr Mohan Thomas, Chairman of ICBF Advisory Council; Mahesh Gowda, acting President of ICBF, Jaffer Thuvvyl and Irfan Ansari, members of ICBF Advisory Council, Avinash Gaikwad, ICBF General Secretary, Dr Biju Gafoor, Vice President of Indian Doctors Club (IDC), Reji Jacob, Vice President of Aster Volunteers Qatar, Mini Benny, Working President at United Nurses of India and Qatar (UNIO), Farook, Welcare Pharmacy, and Raja Vijayan, President of QTS. The fishermen had the opportunity to submit their concerns directly to the ambassador and received appropriate guidance and assurance of befitting support from embassy and ICBF. ICBF also gave away free food kits in addition to the snacks to each fisherman and worker. A team of dedicated doctors from IDC were present. Nursing support was extended by UNIO, Welcare Group provided free pharmaceutical support and free medicines. The Qatar Tamizhar Sangham (QTS) extended support to the camp. The camp was led by A Senthil Athiban, ICBF Head of Medical camps and Fishermen Welfare, and supported by ICBF management committee members, including M. Mehal Patel and Viral Bhatt.

Indian Sports Centre (ISC), under the patronage of Embassy of India, recently organised the third edition of Skipping Rope Open Championship in Speed Hop and Speed Endurance category for Boys, Girls, Men and Women at ICC Ashoka Hall. Over 250 people participated in the championship. In Speed Hop Competition, Ralph Oadin, a student of MES Indian School, scored maximum counts of 243 in a minute while in Speed Endurance Lamiya Shajahan, a student from Gems Wellington, scored 556 counts in 3 minutes. Manikantan, President of ICC, was the chief guest in the prize distribution ceremony. Shajahan from TechnoR Industrial Trade also attended the event. Nilangshu Dey, President of Indian Sports Centre, welcomed all the participants and teachers of various Indian Schools and applauded Yoga and Fitness sub-committee for their work and for giving opportunity to the community to get involved with different fitness activities. Speaking on the occasion, Nisha Agrawal, Head of Yoga and Fitness, emphasised on the importance of skipping rope as a great cardio-vascular fitness, which helps an individual to excel in any sport. Qbake and Dandy were the official refreshment sponsors of the event. In Speed Hop – Max Hops (1 min) U-12 Girls, the winners, included Athelya, a student of SIS, first position; Bessy, Bhavans Public School, runner-up; and Anushka, Olive International School, second runner-up. In Speed Hop – Max Hops (1 min) U-12 Boys, the winners, included Ralph, MES Indian School, first position; Abet, Noble International School, second position; and Ramakrishna, Olive International School, third. In Speed Hop – Max Hops (1 min) U-18 Girls, Lamiya, a student of Gems Wellington, Lariya from Rajagiri School, and Vashnivi of MES Indian School, bagged first, second and third positions, respectively. In U-18 Boys, Shaffin from MES Indian School, Firoz and Dhwarkanath, both from Olive International School, bagged first, second and third positions, respectively. In Speed Endurance – Max Hops (3 min) U-12 Girls, the winners, included Diya, a student of BPS, first position; Athleya, SIS, runner-up; and Olivia, Olive International School, second runner-up. In U-12 Boys, the winners, included Ralph, MES Indian School, first position; Abhishek, DPS-MIS, second position; and Noushil Nouphal, MES Indian School, third. In Speed Endurance – Max Hops (3 min) U-18 Girls, the winners, included Lamiya, a student of Gems Wellington, Lariya, Rajagiri Public School, runner-up; and Sanjana, Noble International School, second runner-up. In U-18 Boys, the winners, included Firoz, Olive International School, first position; Shafin, MES Indian School, second position; and Kelvin, MES Indian School, third. In Women category the winners, included Jayalakshmi, first position; Neha Nakwade, second; and Sharrin Shemeer, third. In Men category first position was bagged by Dr Rakesh Gupta, which was followed by Pandyrajan and Ravi Dollin with second and third positions, respectively.
ISA conducts 102nd Seminar

International Society of Automation (ISA) Qatar Section, in association with M/s Rockwell Automation and Salam Petroleum, recently organised its 102nd Seminar on ‘Industrial Control system Cyber Security needs in Oil & Gas industry’. Gert Thoonen, Business Development - Network and Security System of M/s Rockwell Automation, was the guest speaker on the occasion. He presented various methodologies of securing the industrial control and safety system of oil and gas industry in line with the Qatar National standard. He also highlighted various security access levels being adopted in the industry for safeguarding such critical systems.

The Seminar was presided by Nilangshu Dey, President of ISA Qatar Section, and attended by Instrumentation and Control engineers of Qatar Petroleum, Qatargas, RasGas, Qafac, QCem, Oryx, GTL, Dolphin energy, Qapco, QVC, QEWC, Worley Parsons, Technip and other reputed engineering and contracting companies in Qatar.

OIS participates in Skipping Rope Competition

Olive International School (OIS) recently took part in Skipping Rope Competition, organised by Indian Sports Centre. The competition was held for both boys and girls. Age category was divided into various categories, including U-12 Boys, Girls and U-18 Boys, Girls. Speed Hop and Speed Endurance was held for each age category. Speed Endurance was also organised for parents and teachers. A total of 36 students of OIS participated. OIS bagged 7 trophies in the competition. The winners of OIS include Firoj Khan, first position in Speed Endurance U-18 Boys; Olivia Mariam, third in Speed Endurance U-12 Girls; Firoj Khan, second in Speed Hop U-18 Boys; Dwarkkathi D, third in Speed Hop U-18 Boys; Ramakrishna, third in Speed Hop U-12 Boys, and Anushka Jadav, third in Speed Hop U-12 Girls. In teacher’s category, Neha won 2nd position in Speed Endurance.

FATHERS’ DAY: The KG Section of Ideal Indian School recently marked Fathers’ Day. The students of KG Section were dressed in colourful clothes to impersonate their father. Speaking on the occasion, the students highlighted the love and gratitude towards their fathers. Special colouring sheets were given to the students to paint.
Going off-beat in Turkey

Saneela Jawad lists down the top eight ideas rather than just shopping to get off the beaten path in Istanbul and get a real Turkish ethnic experience beyond the typical sights and sounds.

A significant spike has been reported in the number of international tourists — particularly tourists from neighbouring Arab countries — travelling into Turkey to shop, especially for high-end designer and luxury brands.

According to World Travel and Tourism Council's City Travel and Tourism Impact Report, the travel sector contributed TL461.3 billion (USD95.6 billion) to the country's economy in 2018, with the sector now representing a 12.1% share of the Turkish economy. Growth in the Turkey's tourism sector has in fact outpaced the global growth rate of 3.9%.

Tourism on rise:
A significant spike has been reported in the number of international tourists — particularly tourists from neighbouring Arab countries — travelling into Turkey to shop, especially for high-end designer and luxury brands.

Tourism economy grew by 15% in 2018, significantly higher than the global growth rate: the nation's travel and tourism sector contributed TL461.3 billion (USD95.6 billion) to the country's economy in 2018, with the sector now representing a 12.1% share of the Turkish economy. Growth in the Turkey's tourism sector has in fact outpaced the global growth rate of 3.9%.

One in every eight Turkish lira is now generated by the nation's travel and tourism sector. According to World Travel and Tourism Council's City Travel and Tourism Impact Report, the travel sector contributed TL461.3 billion (USD95.6 billion) to the country's economy in 2018, with the sector now representing a 12.1% share of the Turkish economy. Growth in the Turkey's tourism sector has in fact outpaced the global growth rate of 3.9%.

The travel and tourism sector plays a crucial role as a driver of economic growth, job creation and social inclusion. Repeat visits from tourists bound for Turkish cities rises, noted Salih Ozer, Attaché of Culture and Information, Turkey, in a statement.

According to the research, Istanbul is also considered eighth in the world for international spend, accruing USD16.3 billion in visitor exports, ahead even of other popular European destinations, including London, Paris, Barcelona and Amsterdam. A large slice of this spend has been attributed to Turkey's growing popularity as a shopping destination.

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Given its status as a bustling metropolis straddling the boundary separating Europe from Asia, and its cultural connections to the ancient Greek, Persian, Roman, Byzantine and Ottoman empires, its range of tourist hotspots and its architectural marvels, there is no shortage of ways to spend your time in Istanbul. You could hit up postcard-worthy sites such as the Blue Mosque or Hagia Sophia, or you could soak up some incredible history with a visit to the Underground Basilica Cistern, Topkapi Palace or the Theodosian Walls.

Are you also headed to Istanbul or Turkey for that matter for some summer retreat? Is it your first visit or a repeated one? Here we list down the top eight ideas rather than just shopping to get off the beaten path in Istanbul and get a real Turkish ethnic experience beyond the typical sights and sounds.

Go rowing on the Golden Horn
A visit to Istanbul's legendary Golden Horn — Turkey's iconic waterway — is a must, but why not experience it from a different perspective? Rowing on the Golden Horn has been a staple on the waters of the Bosphorus since the late Ottoman period, and there are now a number of sports clubs that offer novice and professional visitors rowing trips down the waterway.

Explore street art on the Asian Side
Mural Istanbul — a street art festival that ships in artists from around the world each year to paint murals on the façades of local buildings — has turned the Yeşil irmeni neighbourhood of Kadıköy into one large open air art gallery. The festival has already attracted the likes of Pixel Pancho, INTI, JAZ, Dome, Tabone, Ares Badsector and CHU to cover the sides of entire buildings with art.

Experience hamam
This one's a bit of a no-brainer: if you're in Istanbul, you have to try out one of the local hamams (Turkish baths). Once frequented by viziers and sultans to clean up and socialise, Istanbul's hamams now serve up steamy scrubs and massages to tourists and nostalgic locals within marble walls and under lofty domes. It's a chance to relax and take in a little history, blended together in one unique experience.

Go mushroom hunting
You might think mushrooms can't exactly thrive in a busy metropolis, but there are over 12,000 varieties of mushrooms to be found in Turkey. Forests north of Istanbul — perfect destinations for nature enthusiasts — are flush with a plethora of mushrooms. Several tour operators host scavenger hunts to spot specific varieties and taste them, as well as host picnics in the forest.

Have dinner with a local family
To experience Turkish hospitality at its finest, you have to experience
a home-cooked meal at the hands of a Turkish family. Obviously, the most authentic way to experience this would involve getting invited to a local’s house. However, if this isn’t quite possible, you could simply book the experience and enjoy a home-cooked feast with a local family in the historic neighbourhood of Sultanahmet, gaining a deeper insight into the Turkish culture.

**Watch the Whirling Dervishes**

The Whirling Dervishes of the Mevlevi Order are the best-known practitioners of ‘Sama’, which refers to a form of meditating by focusing on melodies and dancing. In 2008, Unesco confirmed the ‘Mevlevi Sama Ceremony’ of Turkey as one of the ‘Masterpieces of the Oral and Intangible Heritage of Humanity’. The spiritual rituals of these Whirling Dervishes can be seen as performances organised at various locations across Istanbul.

**Climb aboard Istanbul’s ferries**

Spanned by two mammoth bridges, the Bosphorus is traversed on a daily basis by thousands of cars, ferries and fishing boats. Travelling in the famous public excursion ferry alongside massive tankers and cargo ships making their way from the Sea of Marmara to the Black Sea certainly makes a memorable day trip. Climb aboard a ferry at sunset, when the grandiose silhouette of the Old City is thrown into relief against an orange-red or dusky pink sky.

**Dine in two continents on the same day**

One last fun thing you can try in Istanbul: have breakfast in Europe with a view of Asia and have lunch in Asia with a view of Europe on the same day. This unique experience is one not many cities can offer. Or you could even dine on an island between the two continents.
These are the photos of brittle star taken in the south of Qatar at the Golden beach, Sealine.

Brittle stars is closely related to starfish. They crawl across the sea floor using their flexible arms for locomotion. They generally have five long, slender, whip-like arms which may reach up to 60 cm (24 in) in length on the largest specimens. They are also known as serpent stars containing two large clades. Brittle stars are also common members of reef communities, where they hide under rocks and even within other living organisms. Brittle stars’ skeleton is made up of embedded ossicles.

Brittle stars generally mature in two to three years, become full grown in three to four years, and live up to 5 years. Using their arms for locomotion, brittle stars move fairly rapidly by wriggling their arms which are highly flexible and enable the animals to make either snake-like or rowing movements. However, they tend to attach themselves to the sea floor or to sponges or cnidarians, such as coral.

— Text and pictures by Khaled Zaki, a diving consultant, PADI ambassador, and UW photographer @khaledzakidiving
To get a better reading on your overall health and wellness, you should be better off looking at the strength and structure of your circle of friends, says a study. According to the study published in the journal PLOS ONE, the researchers were interested in what the structure of social networks says about the state of health, happiness and stress.

“What we found was the social network structure provides a significant improvement in predictability of wellness states of an individual over just using the data derived from wearables, like the number of steps or heart rate,” said the study lead author Nitesh V. Chawla, a researcher of Indian origin from University of Notre Dame in the US.

For the study, participants wore Fitbit to capture health behaviour data – such as steps, sleep, heart rate and activity level and completed surveys and self-assessments about their feelings of stress, happiness and positivity. The research team then analysed the data, using machine learning, alongside an individual’s social network characteristics, including degree, centrality, clustering coefficient and number of triangles. The study showed a strong correlation between social network structures, heart rate, number of steps and level of activity.

According to the researchers, social network structure provided significant improvement in predicting one’s health and well-being compared to just looking at health behaviour data from the Fitbit alone.

For example, when social network structure is combined with the data derived from wearables, the machine learning model achieved a 65 per cent improvement in predicting happiness, 54 per cent improvement in predicting one’s self-assessed health prediction, 55 per cent improvement in predicting positive attitude, and 18 per cent improvement in predicting success. “This study asserts that without social network information, we only have an incomplete view of an individual’s wellness state, and to be fully predictive or to be able to derive interventions, it is critical to be aware of the social network structural features as well,” Chawla said. – IANS

**COMMUNITYLIFESTYLE/HOROSCOPE**

**Friend circle more predictive of your health than Fitbit**

The cosmos will ask you to make more of an effort, Libra. To do so means you will have to come back down to Earth and join the rest of us mere mortals. You may be cultivating your independence a bit too much. You seem to be pulling away from people. You should try to mix more and get involved in a cause that’s bigger than you. Accept working with others as a necessary component of your life.

For you, Aquarius, the next few weeks portend a period of tidiness. You will probably go out less, introduce yourself to fewer new people, and be less prone to showing off. But any relationships you do form will be much more intense than usual. The month ahead is quite promising, though you may have to readjust some of your attitudes.

**ARIES**
March 21 — April 19

You’re likely to enjoy a change in the rhythm and quality of life, beginning right now, Aries. Do you feel a need to take your friendships beyond superficiality? Perhaps you should re-establish contact with some past friends. After a hiatus, you may have some bonds to repair. You can expect another period devoted to sweeping the cobwebs out of your emotional life and letting in light and promise.

**TAURUS**
April 20 — May 20

Today you can expect to be more enterprising in your human relationships, Taurus. You may find new friends or enjoy quality time with old ones. It’s likely that your life will intensify. The next few weeks provide excellent resources for improving your emotional well-being. Take advantage of it.

**GEMINI**
May 21 — June 20

The past month has allowed you to affirm yourself, Gemini, and cement some aspects of your personality. You’re now entering a period of consolidation. It’s like you conceived a product, created it, and are now finally ready to put it on the market. The current period indicates that you will receive all of the rewards that your hard work has earned.

**CANCER**
June 21 — July 22

Today heralds the beginning of a very agreeable period. You will be especially happy, Cancer! You will project confidence, clarity, and charisma wherever you go. You used up a lot of your reserves during the last few months. You’ve made it to this stage just in time. Certainly you’ll agree that this is something to be celebrated!

**LEO**
July 23 — August 22

Leo, this would be a good moment to get rid of anything that still stands between you and achieving your goals. A certain obstacle might be sparking the impulse you have to blend into the background. Don’t forget that you’re an individual. This isn’t something to be overcome. It should be celebrated!

**VIRGO**
August 23 — September 22

The signs say that you can expect a very profitable few weeks ahead, Virgo. You’ve worked hard lately, and it’s only natural that you have finally arrived at this stage. You’re going to be able to measure the distance you’ve come and evaluate your power. Whatever you do, don’t think small!

**LIBRA**
September 23 — October 22

The cosmos will ask you to make more of an effort, Libra. To do so means you will have to come back down to Earth and join the rest of us mere mortals. You may be cultivating your independence a bit too much. You seem to be pulling away from people. You should try to mix more and get involved in a cause that’s bigger than you. Accept working with others as a necessary component of your life.

**SCORPIO**
October 23 — November 21

A quest is in store for you, Scorpio. You’re likely to engage in a search for physical or intellectual space. You may be asking yourself philosophical questions. Or perhaps you’re thinking of taking a long trip. Which will it be? Will you read philosophy or go to China? At this point, only the stars know.

**SAGITTARIUS**
November 22 — December 21

In navigating your emotional life, Sagittarius, you may feel you’ve made a great effort in the past month. You’ve been available and conciliatory, and done your best to maintain harmony. Your efforts have paid off. Now you feel a yen for more spontaneity. It seems that the enterprising and reckless you has returned! Go ahead – you deserve this release after all of your disciplined effort.

**CAPRICORN**
December 22 — January 19

Capricorn, the cosmic signs indicate that your emotional universe will once again glow with positive energy. You will meet more people, and your encounters are likely to be profoundly gratifying, emotionally and intellectually. All told, the coming month is wonderfully promising for you.

**AQUARIUS**
January 20 — February 18

For you, Aquarius, the next few weeks portend a period of tidiness. You will probably go out less, introduce yourself to fewer new people, and be less prone to showing off. But any relationships you do form will be much more intense than usual. The month ahead is quite promising, though you may have to readjust some of your attitudes.

**PISCES**
February 19 — March 20

You may have spent the past few weeks exploring other horizons, Pisces, meeting new people, going out more frequently, or taking short trips. But there’s a significant change of rhythm in the air. You will settle down and bask in the comfort of your home. You will find that you have just the incentive you need to stabilise yourself for a while. Expect some pleasurable moments in the domestic realm.
**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.

Aeschylus | Livy | Virgil
---|---|---
Suetonius | Caesar | Plautus
Apuleius | Ovid | Hesiod
Horace | Tacitus | Sappho
Sophocles | Catullus | Euripides
Aristophanes | Plato | Martial

**Codeword**

**Sudoku**

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 all of the digits from 1 to 9. No digit is repeated.

**Bound And Gagged**
Super Cryptic Clues

Across
1 Turning up in front of small hotel, one may see this on the door (4)
3 Military accommodation providing storage for bottles? (8)
9 Unpredictable boy holding sailor back (7)
10 Place for a bowler further on (5)
11 Vegetable found in dishes we detest (5)
12 Doctor gets Conservative backing to reveal decay (3,3)
14 Be in charge without beginning to live (6)
16 Scrape a beard off (6)
19 Cutter, dreadfully chesty (6)
21 Don, for example - lead-free motorist (5)
24 Duke gets inadequate return for flag (5)
25 “Serve duke!” I cry (4,3)
26 Dog talked about drink (8)
27 Hands hesitate, we hear (4)

Down
1 Entreaty certain to give satisfaction (8)
2 Small Indian rocks on mountain (5)
3 Shopping area - area raced around (6)
4 Willing to study on the Fourth of July (5)
5 Rome can appear in a new light as an Italian city (7)
6 Singular fuss about providing drink (4)
7 A nurse without time to be there (6)
8 City in Michigan removing old American debris (8)
9 Help mug to be heard (7)
10 Least sheltered area in French port (6)
11 It’s bound to be recorded! (5)
12 Instrument for girl (5)
13 Some antiquated Danish or Icelandic poems (4)

Answers

Yesterday’s Solution

Codeword

Wordsearch
Spotlight on #Metoo

By Muhammad Asad Ullah

Sana, who essayed the role of Khaani in the play, made her debut with drama serial Pyare Afzal in 2013, on premier entertainment channel ARY Digital. She ventured into cinema as well in 2017 film, Mein Brinjal V Liub U. Although Sana did rise to prominence with Khaani, but when I saw her as Mahnoor in Zara Yaad Kar (2016), on premier entertainment channel HUM TV, I knew this girl would go places. Zara Yaad Kar had an emotionally invested-intense script, and the way Sana handled it all together as the protagonist proved her acting prowess.

Sana is now all set to hit the television screens with this multi-layered message serial for the #Metoo era. Sana plays the victim of harassment at workplace. Talking about her character, Sana says, “My character’s name is Afreen who goes through harassment by her boss every time they come across. When she decides to even the score, she faces a lot of hurdles and eventually loses her respect and dignity. But the drama then shows how she continues to struggle for her right and ultimately the ball comes in her court.”

Putting herself in a real-time situation of going through harassment at work place. What does Sana take out of the character of a victim as a person herself. She tells, “I believe every character teaches me something and this strong role has encouraged me to speak for myself and to motivate people to do the same. Now, I can actually feel for the girls who go through this evil on daily basis and don’t have the power to retaliate.”

She added, “Darr Khuda Se can change the game for women who face harassment at work or in life. “The drama will definitely create an awareness. This project is like an aid for an hour of need and it is designed beautifully to deliver the sense of legitimacy that one deserves in all circumstances. The worst reality we see is that a girl has to face a lot if she takes a stand for herself but Darr Khuda Se also shows how the harasser’s life turns upside down when the law of nature does justice – conversely and miraculously,” she adds, “This drama has been planned in a way that it would make a difference in lives of girls in Pakistan and boost the confidence of victims to speak for themselves instead of ignoring an extremely important issue.”
**May excited for summer fun with fourth season of Bunk’d**

By Rick Bentley

Miranda May is excited about getting to spend another summer at camp. The 23-year-old Ohio native isn’t going to be making a leather wallet or learning to identify trees by their leaves in some rural location. Her camp days are done — she’s off to a lake that she built in the middle of a soundstage and I was in that lake, “May excited for summer fun with fourth season of Bunk’d.”

**Mental is sensitive towards mental illness: Ekta**

Ekta Kapoor, producer of Mental Hai Kya, says the film’s title doesn’t intend to offend or disregard anyone’s sentiments. Mental Hai Kya, which features Kangana Ranaut and Rajkummar Rao, was mired in controversy over its title as a section of Mental Hai Kya. The film in no way marginalises the mental health community and the title of our film doesn’t intend to offend or disregard anyone’s sentiments.

“It’s a film that makes a larger point and is sensitive towards the issue of mental illness. The film is a fictional thriller that encourages you to celebrate your uniqueness and embrace your individuality.”

In the poster, Kangana and Rajkummar, who earlier wooed the audience with the film’s title does not intend to offend or disregard anyone’s sentiments. With a cigar in his hand, Rajkummar looks dapper in a blue suit. And twinning with him in a blue dress, Kangana is reflecting her bold side in short curly hair.

The words “Trust no one” appear towards the end of the video clipping like a warning. Directed by Prakash Kovelamudi, Mental Hai Kya is scheduled to release on July 26. – IANS

**Lakshya clocks 15 years, Hrithik gets nostalgic**

As Lakshya clocked 15 years of its release on Tuesday, its lead actor Hrithik Roshan said the film resonated with his phase of self-discovery as an actor.

“A beautiful story of self-discovery that touched my life in many ways. Lakshya resonated with my phase of self-discovery as an actor. It gave me a friendship of a decade and half with Farhan (Akhtar) and Ritesh (Sidhwani),” Hrithik tweeted.

Calling it a special movie, Hrithik added: “It blessed me with the overwhelming love from my audience. Here’s to 15 years Of Lakshya, a film that will always be very special.”

Lakshya is a 2004 Indian romantic war drama, directed by Farhan and produced by Ritesh. It also stars Preity Zinta and Amitabh Bachchan.

Farhan also marked the occasion with a Twitter post: “Feels like yesterday.” Hrithik plays the role of Lieutenant (later acting Captain) Karan Shergill, who develops from an aimless young man into an army officer. It is a coming–of–age story set against a fictional and real backdrop of the 1999 Kargil War. – IANS

**COMEDIAN:** Miranda May at Nickelodeon’s 2019 Kids’ Choice Awards held at Galen Center in Los Angeles. A 10 as part of a comedy troupe and has been showcased at The Hollywood Improv, Brea Improv and Harrah’s Hotel in Las Vegas. It was good the inspiration from Ball came very early because May says that while her father is funny, his comedy is more “dad joke funny.”

No matter the inspiration, May has been on a one–track mission for most of her life. When she was 8, she and her family went on a trip to Florida. That’s where she made them buy her an expensive pink T-shirt with the big red words “Lead Actress in a Comedy Series” across the front. “That was all I ever wanted to be. If that little girl had only known what was going to happen,” May says.

What she would have told that youngster self is that the work done on Bunk’d would be an inspiration to a lot of young girls. May also gets told that a big reason the show has built such a following is that there are some many different types of people in the cast. That has made it easier for the viewers to relate to both the campers and those in charge.

The fourth season gives viewers three new Camp Kikiwaka members — Noah (an upbeat actor from Hollywood), Ava (a tenacious counsellor from the big city) and Gwen (who has spent her entire life living off the grid). Along with May, the cast of Bunk’d includes Raphael Alejandro, Will Bute Jr., Mallory James Mahoney, Shelby Simmons, Scarlett Estevez and Israel Johnson.

Look for the new episodes of Bunk’d to begin airing at 8pm June 20 on Disney Channel and DisneyNOW. – TNS
Empowerment coach who’s trying to make a difference

By Mudassir Raja

This is about the journey of a person who sought to follow her passion and connect with people. She started her career in PR and marketing in Doha 10 years ago. But later she chose to change her career and became an entrepreneur, consultant, coach and motivational speaker.

British expatriate Elizabeth Wood, an empowerment coach, values curiosity, connection and freedom. However, she is not limited to just these values. She wants to leave a legacy. She works to make a difference in other’s lives. Community recently spoke with the talented coach who runs her Inspire Me company at The Pearl-Qatar.

“I love to connect with other people deeply from all walks of life regardless of their differing opinions or even if from the outside we seemingly have nothing in common with one another, rapport can be built with the right intentions.”

Having done Bachelor of Arts in Public Relations, she had worked in the corporate space as well as communications and marketing for 10 years. “In 2017 I decided to take a professional leap and career change to tackle the realm of entrepreneurship. I took up an accredited course to study coaching and mentoring. As a result, I opened my own coaching and consultancy practise in Doha.”

This has been a journey of transformation for Elizabeth who is also a motivational speaker, TEDx Speaker and ‘people-pleaser’.

“PR and coaching are two very different areas. I found that the catalyst of becoming a coach and mentor naturally paves the way into the art of speaking to motivate and inspire others. I realised that in order to be a good coach and truly live up to my potential, motivational speaking is the route to go.”

“To be a TEDx speaker is no more than a fantastic opportunity to showcase one’s ability to inspire an audience under a reputable global brand. TEDx or any other well-known platform or speakers’ bureau is just a means to add credibility to a person’s name or message.”

“Working on my ‘people-pleaser’ attitude that I often speak about – often in jest – is mainly about my own journey with implementing healthy personal boundaries as well as the art of assertiveness. The last two years have been a great ride of introspection for me and learning how to say ‘no’ diplomatically is one of the things I share often in my group coaching workshops.

“I am now more aware and make the decision to say no to honour myself first. I am ever ready to reach out and help out others and please them. But, I will not please others by compromising my personal values and boundaries.”

Talking about Inspire Me, Elizabeth said: “Established in 2017, Inspire Me Education, Coaching and Consultancy is based on three core values – inspiration, communication and empowerment. Inspire Me supports corporate and individual clients to reach their full potential whether it be in career development, personal or social development en route to living a purposeful life taking action and goal-orientated.

Elizabeth has been enjoying living and working in Qatar. “I moved to Qatar in 2009. I was hired as a fresh graduate at the age of 23 to work for one of the largest companies in Doha. The activities I was involved in other than corporate work in the PR field, included exploring Qatar, meeting new friends from diverse backgrounds and enjoying life as a Muslim since I had the lovely opportunity to live upon the faith of my personal choice.”

– Elizabeth Wood, entrepreneur, consultant and coach

“I moved to Qatar in 2009. I was hired as a fresh graduate at the age of 23 to work for one of the largest companies in Doha. The activities I was involved in other than corporate work in the PR field, included exploring Qatar, meeting new friends from diverse backgrounds and enjoying life as a Muslim since I had the lovely opportunity to live upon the faith of my personal choice.”

– Elizabeth Wood, entrepreneur, consultant and coach

Although I do love to visualise the future, who knows what the future will bring. I am more of a ‘live in the present moment’ type of person and see what happens organically when the right time comes.”