Feds declare emergency as gray whale deaths reach highest level in nearly 20 years. P4-5

Bollywood Appalling I haven’t worked enough with women directors, says Dia. Page 14

Hollywood Geena Davis, three others to receive honorary Oscars. Page 15
PRAYER TIME

Fajr 3.13am
Shoroq (sunrise) 4.44am
Zuhr (noon) 11.34am
Asr (afternoon) 2.58pm
Maghreb (sunset) 6.23pm
Isha (night) 7.53pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquires 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Hamad Medical Corporation 44392222, 44393333
Qatar Airways 44496000
Mowasalat Taxi 44588888
Primary Health Care Corporation 44593333
Labor Department 44588888
Hamad Medical Corporation 44845555, 44845464
Qatar Airways 44496000
Ministry of Interior 40253371, 40253372,
(40253368, 40253364
44464444
Q-Post – General Postal
44593363
Qatar Assistive Technology
44593363
Centre
44404050
Qatar News Agency
44490205
44493333
Q-Post – General Postal
Corporation 44464444

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

Quote Unquote
“Adopt the pace of nature: her secret is patience.”
– Ralph Waldo Emerson

Community Editor
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Bharat

DIRECTION: Ali Abbas Zafar
CAST: Katrina Kaif, Salman Khan
SYNOPSIS: 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: The Mall, Landmark, Royal Plaza

The Mall Cinema (1): Aladdin (2D)
9:30am; Children’s Park (Malayalam)
11:45am; Chhalawa (Urdu)
3:30pm; Godzilla II: King of the Monsters
(2D) 7pm; Godzilla II: King of the Monsters
(2D) 9:15pm; Godzilla II: King of the Monsters
(2D) 11:30pm.
The Mall Cinema (2): Bharat (Hindi)
9:15am, X-Men: Dark Phoenix (2D)
12:15pm; X-Men: Dark Phoenix (2D)
2:15pm; X-Men: Dark Phoenix (2D)
4:15pm; X-Men: Dark Phoenix (2D)
6:15pm; Bharat (Hindi) 8:15pm, Bharat (Hindi)
11:15pm.
The Mall Cinema (3): Wrong No. 2 (Urdu)
10am, Aladdin (2D) 12:15pm, Children’s Park
(Malayalam) 2:30pm; Casablanca
(Arabic) 5:15pm, John Wick 3: Parabellum
(2D) 7:15pm; Casablanca (Arabic) 9:30pm,
John Wick 3: Parabellum (2D) 11:30pm.

Landmark Cinema (1): Chhalawa (Urdu)
10am; Children’s Park (Malayalam)
12:30pm; Godzilla II: King of the Monsters
(2D) 3:30pm; Godzilla II: King of the Monsters
(2D) 5pm; Godzilla II: King of the Monsters
(2D) 7:15pm; Godzilla II: King of the Monsters
(2D) 9:30pm, John Wick 3: Parabellum
(2D) 11:45pm.

Landmark Cinema (2): X-Men: Dark
Phoenix (2D) 10:30am, X-Men: Dark
Phoenix (2D) 12:45pm; Bharat (Hindi)
3pm; X-Men: Dark Phoenix (2D) 6pm,
Bharat (Hindi) 8:15pm, Casablanca (Arabic)
11:15pm.

Royal Plaza Cinema Palace (1): Bharat
(Hindi) 10am; X-Men: Dark Phoenix (3D)
1pm; Godzilla II: King of the Monsters
(2D) 3:30pm; Godzilla II: King of the Monsters
(2D) 5pm; Godzilla II: King of the Monsters
(2D) 7:15pm; Godzilla II: King of the Monsters
(2D) 9:30pm, John Wick 3: Parabellum
(2D) 11:45pm.

Landmark Cinema (2): Bharat (Hindi)
10am; Aladdin (2D) 1pm; Casablanca
(Arabic) 3:15pm, Aladdin (2D) 5:15pm,
Casablanca (Arabic) 7:30pm, John Wick 3:
Parabellum (2D) 9:30pm; Godzilla II: King
of the Monsters (2D) 11:45pm.

Royal Plaza Cinema Palace (2): Bharat
(Hindi) 10am; X-Men: Dark Phoenix (3D)
1pm; Godzilla II: King of the Monsters
(2D) 3:30pm; Godzilla II: King of the Monsters
(2D) 5pm; Godzilla II: King of the Monsters
(2D) 7:15pm; Godzilla II: King of the Monsters
(2D) 9:30pm, John Wick 3: Parabellum
(2D) 11:45pm.

Royal Plaza Cinema Palace (3): Children’s Park
(Malayalam) 9:30am; Aladdin (2D) 12:30pm;
X-Men: Dark Phoenix (2D) 2:45pm, Aladdin
(2D) 5pm; Casablanca (Arabic) 7:15pm, John Wick
3: Parabellum (2D) 9:15pm, John Wick 3:
Parabellum (2D) 11:30pm.

Wrong No. 2

DIRECTION: Yasir Nawaz
CAST: Neelam Munir, Sami Khan
SYNOPSIS: Neelum Munir stars as Zoya, a rich heiress
who falls in love with a man who is not as financially stable as
herself. When former love interests make an appearance, the
new lover face challenges.

THEATRE: The Mall
Qatar and India explore the rich and diverse Indian cultures, the exhibition takes one on a journey to promote mutual understanding, recognition and appreciation between Qatar and India. Composed of five main topics, including being, articulated through the myths, symbols and narratives of the world’s religions and philosophies. M. F. Husain: Horses of the Sun bears witness to a recurrent motif in his art, a personal symbol of self-renewal and vitality.

**EVENTS**

**MF Hussain: The Horses Of The Sun Exhibition**
WHERE: Mataf: Arab Museum of Modern Art
WHEN: Ongoing till July 31
TIME: 9am – 7pm
The exhibition presents Hussain’s pluralist approach to the divine and cosmic aspects of being, articulated through the myths, symbols and narratives of the world’s religions and philosophies. M. F. Husain: Horses of the Sun bears witness to a recurrent motif in his art, a personal symbol of self-renewal and vitality.

**Katara Drive Thru Festival**
WHERE: Katara -- the Cultural Village
TIME: 6pm – 4am
Join us at Katara -- the Cultural Village and enjoy the diverse cuisines at your car step! From first day of Ramadan until Eid holidays starting from 5pm till 2am.

**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.

**A Choral Kaleidoscope Concert**
WHERE: Swiss International School
WHEN: June 13
TIME: 7pm onwards
Featuring Qatar Youth Choir and Qatar Junior Choir – their last concert of the season. Qatar Youth Choir has recently returned from workshops and concerts with the Vienna Boys Choir in Austria. Qatar Junior Choir will perform their concert programme in September. Tickets are available from choir members or on the door for QR60.

**ISC Skiiing Rope Open Championship**
WHERE: Aishoka Hall, ICC
WHEN: June 15
TIME: 11.00 AM – 1:30 PM
Indian Sports Centre under the patronage of Embassy of India is organizing Third edition of ISC Skiiing Rope Open Championship - 2019 for Speed Hop and Speed Endurance competitions. Categories, include Under-12 (Boys and Girls), Under-18 (Boys and Girls) and Adults (Men and Women) - Above 18 years. Entry is free. Championship is open to all Indians and students of any nationality studying in Indian Schools. Last date of entry is June 11. For further details, yoga.iscdoha@gmail.com or 55824194/55956008.

**Artistic Gymnastics 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.

**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.

**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 5pm. For more information, contact registration@atelierqatar.com

**Dance and Instrument Classes**
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
TIME: 6pm – 8pm
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 66523871/31397609.

**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.

**Hobby Classes**
WHERE: Mamangam Performing Art Centre
WHEN: Wednesday – Monday
Mamangam Performing Art Centre, is a holistic performing arts institution and a one stop solution for adults as well as children looking to explore their talents in various art forms. We offer classes in contemporary, Bollywood, hip hop, Indian classical dance, music (Hindustani and Carnatic), arts and craft, karate, yoga, percussion (Chenda, Thimilia, Elathalam and Madhalam), violin, harmonium, public speaking.

**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.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change.
Wildlife emergency

So far this year, at least 70 gray whales have been found dead and stranded along the coasts of California, Oregon, Washington and Alaska — the most in nearly 20 years, writes Paul Rogers

We are seeing lots of live gray whales in unusual locations, clearly emaciated, trying to feed. Most whales, and especially emaciated whales, will tend to sink when dead. So the numbers that wash up represent a fraction of the total.

— John Calambokidis, research biologist

Alarmed by the high number of gray whales that have been washing up dead on West Coast beaches this spring, the US government last week declared the troubling trend a wildlife emergency.

The declaration by the National Oceanic and Atmospheric Administration — technically, the agency dubbed the deaths an “unusual mortality event” — kicks in a provision of federal law that provides funding for scientists to figure out the cause when such die-offs of marine mammals occur, from whales and dolphins in the Pacific or Atlantic to manatees off Florida.

So far this year, at least 70 gray whales have been found dead and stranded along the coasts of California, Oregon, Washington and Alaska — the most in nearly 20 years, scientists from NOAA said on Friday. In recent weeks, whales have washed up in Marin, San Francisco and San Mateo counties.

On average about 35 of the giant marine mammals wash up dead on the West Coast in a year, or around three per month. Last year, 45 were found. But the average number found dead for the first five months of the year on the West Coast is 15, so
this year is seeing five times the average rate. “There have been juveniles but adults as well. There have been more males and females. It’s been all across the board at this point,” said Justin Viezbicke, NOAA’s veterinarian and research collective coordinator. The last time this many gray whales were found dead off California, Oregon, Washington and Alaska was in 2000, when 83 had washed up by May 31. That year, 131 died. Scientists say they don’t yet know why the whales are dying, although many have been found malnourished, leading to theories that warmer ocean waters from climate change might be disrupting their food supply, particularly in the Arctic.

“We are seeing lots of live gray whales in unusual locations, clearly malnourished, trying to feed,” said John Calambokidis, a research biologist with the Cascadia Research Collective in Olympia, Washington. Among those unusual locations: San Francisco Bay, Los Angeles Harbour and Puget Sound, he said. Closer to shore, whales are more at risk from dying by being hit by freighters, oil tankers and other large commercial ships.

Another theory is that the West Coast gray whale population — which has grown to more than 27,000 animals in recent decades after whale hunting ended in the early 1970s — has reached a carrying capacity of sorts, and this year’s ocean conditions have meant there is not enough shrimp, krill and small fish in some places for them to eat. “We should be aware that in some years the environment is capable of supporting more whales than in other years,” said David Weller, a wildlife biologist with NOAA’s Southwest Fisheries Science Center in San Diego. Scientists will continue to collect information about the dead whales, including their age, sex, tissue samples and other data, and will study it, along with records of ocean conditions, fisheries patterns and other factors as part of the detective work aiming to find the killer. “It can take months to years to do the research,” said Deborah Fauquier, a veterinary medical officer with NOAA’s Office of Protected Resources in Silver Spring, Maryland. “There may be multiple causes.”

Gray whales are one of the West Coast’s iconic wildlife species. They can grow to 50 feet long, weigh 70,000 pounds and live 70 years. Every year, thousands swim 10,000 miles between Baja California in Mexico and Northern Alaska. They draw crowds of people to state parks, beaches and whale-watching tours.

Gray whales typically head south in December, swimming down the West Coast to sheltered lagoons in Mexico where they breed and give birth. That began swimming north up the California coast in mid-February toward feeding grounds in Alaska’s Bering and Chukchi seas and can be seen commonly from Big Sur to San Francisco during March and April because they stay closer to shore than any other species of whale.

Once hunted by whaling ships in the 1800s for their oil until there were only about 1,000 or 2,000 individuals left, gray whales were protected in 1972 when President Richard M. Nixon signed the Marine Mammal Protection Act. The last whaling company in the United States, the Del Monte Fishing Company, operated at Point Mola in Richmond. It made dog food out of whales that its crews shot with mechanised harpoon cannons. The company closed in December 1971 as the law was about to take effect.

After whaling was banned in the US, numbers of gray whales increased. By 1994, after they reached a healthy population, the Clinton administration removed them from the Endangered Species Act list in what is still considered one of the nation’s major wildlife success stories.

Scientists said because of the whales’ large population numbers, they should be able to bounce back and recover from this year’s die-off.

But the increase in deaths this year is sparking concern from marine biologists. That’s in part because the whales that wash up dead on the shore may represent only 10% of the whales that are dying in the open ocean off the West Coast.

“Most whales, and especially malnourished whales, will tend to sink when dead,” said Calambokidis. “So that’s why the ocean will represent a fraction of the total. The vast majority go unreported.” — The Mercury News (San Jose, California)

**Sharks hopping up all around Florida for summer beach season**

By Richard Tribou

There are sharks off Florida’s coast. That’s not news, but with Memorial Day weekend’s traditional summer season kickoff, there are now thousands more people venturing to Florida’s beaches, so that means more shark sightings.

That’s still no excuse to heed warnings, which are what lifeguards posted when a hammerhead shark hung around Noconis Beach near Venice off Florida’s Gulf Coast on Tuesday. The 8- to 12-foot shark kept swimmers out of the water for more than an hour, according to a story on WFTS.

About 100 miles north, another hammerhead shark was the star of a video put on the Pasco County Sheriff’s Office Facebook page.

Meanwhile, the nonprofit OCEARCH that tags sharks and tracks them on its website shows many of its nicknamed great white sharks spending time off Florida’s coast.

As of May 29, 10-foot, 2-inch Miss May is off the coast of Daytona Beach, 12-foot, 9-inch Caroline is off the Florida Keys, 12-foot, 5-inch Miss Costa is in the Florida Straits between the Keys and Cuba and 9-foot, 1-inch Hudson is in the Gulf of Mexico off the coast of Naples. The group also tracks other species and there are several tracked tiger sharks and bull sharks in Florida’s waters as well.

Most years, shark bites happen off popular spots more than anywhere else in the world, with Volusia County leading the way. That’s often due to surfers near Ponce Inlet getting hit in the stirred up waters near New Smyrna Beach. In April, a shark bit a teenager from Sanford on the calf while he was wading in waist-deep water in New Smyrna Beach, according to a Volusia County Beach Safety spokesman.

This year, too, there aren’t fatal though. According to the International Shark Attack File, for 2018, shark bites were down worldwide, with only 66 incidents recorded, down from 88 in 2017. The average over the last five years is 84 bites. Of the 66 in 2018, 32 happened in US waters. Only one of the 32 was fatal, off the coast of Massachusetts, and the first fatal shark attack in the US since 2015, although 2019 already has one fatal US shark attack, as a man was just killed off the coast of Hawaii.

Florida was home to half of the 32 attacks with 16 overall in 2018. Volusia County once again led with four, while Broward had three, Nassau and St. Lucie counties with two, and one bite each in Duval, Monroe, Palm Beach, Pinellas and St. Johns counties.

Historically, the International Shark Attack File notes that since 1882, Florida has had 827 unprovoked shark attacks, Volusia County is No. 1, by far with 103, while Brevard is No. 2 with 147 and Palm Beach County in third with 76.

The file also tracks the most dangerous months with data since 1926. So in the last 92 years, more than 70 attacks a month have been from July-October with 103 of the attacks coming in September.

The file offers the following tips for shark safety:

1. Always swim in a group.
2. Don’t wander too far from shore. Doing so isolates you and places you away from assistance.
3. Avoid the water at night, dawn, or dusk. Many sharks are most active at these times and are better able to find you than you are to see them.
4. Don’t enter the water if bleeding. Sharks can smell and taste blood, and trace it back to its source.
5. Don’t wear shiny jewellery. The reflected light looks like shining fish scales.
6. Don’t go into waters containing sewage. Sewage attracts bait fish, which in turn attract sharks.
7. Avoid waters being fished and those with lots of bait fish. Diving seabirds are good indicators of such activities.
8. Don’t enter the water if sharks are present. Leave immediately if sharks are seen.
9. Avoid an uneven tan and brightly coloured clothing. Sharks see contrast particularly well, so use extra caution when waters are cloudy.
10. Don’t splash a lot. Also, keep pets out of the water. Erratic movements can attract sharks.
11. Use care near sandbars or steep drop-offs. These are favourite hangouts for sharks.
12. Don’t relax just because porpoises are nearby. Sightings of porpoises do not indicate the absence of sharks. Both often eat the same foods.
13. Don’t try to touch a shark if you see one.
14. If spotted by a shark, the general rule is “Do whatever it takes to get away.” Some people have successfully chosen to be aggressive, others passive. Some yelled underwater, others blew bubbles. — The Orlando Sentinel (Orlando, Florida)/TNS
Mary Miller’s new charming and much complicated novel

In the blurbs, critics compare Miller’s work to Lorrie Moore, early Ann Beattie and (oddly) Ernest Hemingway, writes Laurie Hertzel

Her’s my advice: Don’t think too much about this book, just enjoy it. Biloxi, the fourth book by Mary Miller, is an entertaining, endearing story about a late-middle-aged, morose divorced guy who accidentally acquires a dog.

The dog changes his life (as dogs do). For good? For bad? For more complicated? For all those things.

The morose divorced guy is named Louis McDonald Jr., and he narrates the tale. He lives in Biloxi, Miss., in the same house he shared for years with his now-ex-wife, Ellen, and their daughter, Maxine. But Ellen has left him, Maxine has grown and gone, and Louis is feeling unmoored.

And what a pill Ellen was, at least in Louis’ memory. When a friend baked her cookies, Ellen refused to eat them, claiming “the cookies were meant to fatten her up, that they were cookies with bad intent.” As for his daughter, Louis is not estranged from her so much as he is indifferent to her, a far cry from Maxine’s childhood, when “she had loved me better than anybody in the world,” he says. “She’d reach for my hand, take it and hold it until I couldn’t bear it any longer and had to let go.”

This is a man who, clearly, is not comfortable with vulnerability.

Now 63, Louis has quit his job as an insurance salesman (a job I was ill-suited for and hated every single day) and spends his time drinking cola, watching reality TV and waiting for an inheritance that should be coming any day now from his father’s estate. But why won’t the lawyer return his calls? (You can guess why.)

He thinks, from time to time, about the gun he has stashed in his bedroom. Might he use it on himself? Would anyone care?

And then one morning on his way to pick up his diabetes medication at Walgreens, he finds himself in front of a house festooned with balloons and a sign announcing FREE DOGS.

The next thing he knows, he’s putting Layla into his car. She’s a border collie, black and white, a bit overweight and prone to gagging, which is why her owner is giving her away. Plus, the guy said, his new wife is allergic.

And the next thing that happens after that is that Louis finds himself singing nonsensical songs to Layla about how her belly smells like corn chips, and buying her too much stuff at PetSmart. Can such a whirlwind romance last?

Miller’s charming and funny novel grows complicated in a hilarious sort of way, a way that you don’t want to examine too closely with con men, minor story lines that go nowhere, and all kinds of implausible twists and turns.

But the ride is so much fun that you’d be a spoilsport for demanding that it all add up.

Entertaining: Biloxi, the fourth book by Mary Miller, is an entertaining, endearing story about a late-middle-aged, morose divorced guy who accidentally acquires a dog.

Louis is a mostly likable guy, although he does have some cringeworthy observations (which seem not out-and-out racist but probably pretty accurate for a late-middle-aged white guy in Biloxi), and he certainly watches TV too much. But after he takes in Layla, he gradually starts taking in other misfits, including the wife of Layla’s first owner (who, as it turns out, was not allergic) and the guy who changes his locks, and it’s clear to the reader, even if it’s not clear to Louis, that he is starting to open up to the world.

Is it possible to change late in life? Is it possible for the hopeless to regain hope? Apparently the answer is yes, if you get a dog.

In the blurbs, critics compare Miller’s work to Lorrie Moore, early Ann Beattie and (oddly) Ernest Hemingway. I’d tuck Biloxi somewhere between Stewart O’Nan, who writes so knowingly about the small details of a quiet life, and the comic novels of Jonathan Evison. But why compare it to anyone? Miller’s good all on her own. — Star Tribune (Minneapolis)/TNS

Complicated: The novel grows complicated in a hilarious sort of way, a way that you don’t want to examine too closely with con men, minor story lines that go nowhere, and all kinds of implausible twists and turns.
How to find your voice of authority

Judi Light Hopson, Emma H Hopson and Ted Hagen

give basic tips for discovering your ‘adult’ voice

Do you get upset a lot because you let other people run over you? Maybe you’re a young person working for a hateful boss. Or, maybe you’re a grandmother stressed about babysitting.

To fix your pain, it's necessary to voice limits and expectations with other people.

Here are some basic tips for discovering your ‘adult’ voice:

1- Practice speaking your emotions. This way, you’ll say what you mean without going overboard. For example, say, “I feel extremely angry about this situation.” Or say, “I'm going to draw a firm line in the sand. I cannot work overtime this week.”

2- Use a lot of “I” statements. Say, “I don’t like the way this is being handled.” Or say, “I know I’m right about this problem. I can’t give an inch on this decision.” Avoid using the word “you” when you’re upset, or you’ll sound like you’re attacking the other person.

3- State your desired outcome. Tell someone, “I want a better accounting system in place.” Don’t say, “Someone needs to fire the treasurer!”

4- Speak words you won’t have to retract. Pretend your ‘performance’ is being recorded when you must speak up boldly. Don’t use language you’ll be ashamed of later. For instance, say, “I am going to take the lead and ask for your resignation.” Don’t shout, “Fool, you must resign!”

No one ever polished their performance as an authority figure without taking on challenges.

That’s why you must be grateful for being in a few tight spots in life. Challenges allow you to practice your moves.

“Try to attack the problem instead of lumping a person,” says a psychologist we’ll call Jenny. “It’s much more effective to tell everyone the problem needs ironing out.” Jenny goes on to say that the moment you verbally slap a person, you’ll wind up in a personal fight. Avoid this by saying, “I am determined to correct this problem. Are you on board with me?”

Another important point to remember is this: People try to start an argument if they don’t wish to fix the problem.

For example, if your teenage son doesn’t want to be home by eleven, he’ll say, “Everyone else can stay out until midnight! Or, your boss may say, “Employees at my other store never complain! They work around the clock, if I ask them to.”

To gain authority over a situation, find out if someone cares how much it’s affecting you. If they don’t care, try another route. It’s okay to call in reinforcement.

For example, go to the manager above your boss, if you have to. Or, have your spouse tell your daughter-in-law, “We can’t have the grandkids here five nights a week.”

An executive we’ll call Dylan says he suffered for ten years before finding his voice of authority.

“I had to speak up to the CEO of my company about money disappearing, I was on sensitive ground, believe me.”

Dylan says he presented the information in a group meeting, so no one could lie about what he said to the main boss.

“I addressed the situation instead of attacking people,” Dylan reveals. “I said to the group, ‘There is something way out of kilter on these financial reports. If anyone would like to address this problem, I am asking for help from all of you.’”

– TNS
A wake-up call on data-collect

Sleep Number, one company that makes beds that can track heart rate, respiration and movement, said it collects more than 8 billion biometric data points every night, gathered each second and sent via an app through the Internet to the company’s servers, writes Julie Appleby.
privacy policy, it collects personal information, which can include names and information about a consumer’s age, weight, height and gender. If a consumer creates a user profile on the bed’s app, that personal information is expanded to include specifics about movement, positions, respiration and heart rate.

That is also true for children if parents create a user profile for them.

The policy also notes that personal data might be stored indefinitely, even “after you cancel or deactivate” user accounts.

The privacy policies of many devices that track and transmit personal information allow for the sharing of data that has been stripped of personal identifiers. But privacy experts have shown it’s not terribly difficult to use or combine such information to “re-identify” people.

“You are left with the impression that, ‘Don’t worry, no one will be able to point to you,’ but they don’t actually say that,” said Tien. “I don’t know how they actually could say that.”

Unlike personal data collected in a doctor’s office or a sleep clinic, the information gathered by sleep trackers is not protected by federal privacy rules.

Some sleep trackers or apps can connect with other ‘smart’ devices in your home, such as a thermostat or coffee maker. Nifty, for sure, because as you wake up, your heater can kick on and the coffee maker can start doing its thing. But it also can mean those devices are sharing your information. Sleep Number said its beds can import information from other devices but does not share customer information with them.

Still, the interconnectedness exposes more vulnerabilities.

“We connect all these devices to each other,” noted Kilic at Public Citizen. “If hackers want to get into the system, (they) can easily do so and collect all this info from you: How do you use your bed? This is very sensitive information.”

Privacy experts recommend encryption and the use of strong passwords and additional authentication whenever possible.

The goal of the data gathering, Sleep Number and other companies say, is helping sleep-deprived Americans do a better job at, well, sleeping.

But do consumers really need an app, or a bed that can cost thousands of dollars, to tell them how rested they feel in the morning?

Such tools are “great because it makes people more aware of sleep, but it’s a slippery slope,” said Dr Seema Khosla, a pulmonologist and medical director of the North Dakota Center for Sleep, a sleep study facility in Fargo. Khosla, who uses a few trackers herself, is also the lead author of the American Academy of Sleep Medicine’s position paper on sleep apps.

One unexpected consequence: Consumers so attuned to their data may experience anxiety – and an inability to sleep.

“We call it orthosomnia,” she said. “They get all this data and get upset about having a perfect number. We tell them to put it away for a couple of weeks.” – Kaiser Health news/TNS

**SCORE:** That data, along with goals each consumer sets for sleep, go into creating what the firm calls a Sleep IQ Score, a term devised to assess how well a consumer slept and is used heavily in the company’s marketing. Over time, the score can show if a person is deviating from their averages.

**TRACKING:** Some sleep apps and devices made by various firms in the world even use microphones to track snoring.

**MONITOR:** The French company Withings, makes the Sleep under-mattress monitor that can track movement, heart rate, snoring and other factors.
Rabies occurs in more than 150 countries and territories.

It is the #1 killer among all zoonotic diseases—diseases spread from animals to humans.

More than 59,000 deaths a year—more than 95% in Asia & Africa.

Almost 50% of rabies deaths are among children under the age of 15.
Get your summer basics right for fashionable outing

S

tep up your summer fashion game by experimenting with comfortable and stylish ensembles in white, pink, red, pastels and blue.

Tushar Ved, President Major Brands India Pvt. Ltd, for Charles & Keith, shares fashion tips for different occasions,

— Brunch look: A summer brunchcall for an outfit that makes you look fresh and classy.

You can choose to wear comfortable shoes for the brunch. Pastel colours and white shoes with the jeans and T-shirt are the perfect combo for a brunch outing.

— Dinner heels: Racing against deadlines and rushing for a dinner or brunch outing.

You're being called upon to make a commitment or promise, most likely relating to your life. Will you take that decisive step? That's the time to take a stand.

You may have noticed for some time now to what an extent your life is being controlled. If you aspire to live an ambitious life, but also one that remains in your dream world, even at the risk of feeling a little out of it? Who says that these two worlds are incompatible? If you look closely, you will see that you don't need to choose one or the other.

You're being called upon to make a commitment or promise, most likely relating to your life. Will you take that decisive step? That's the question today. Over the next few days you will doubtless have to prove what you're made of. The challenge most likely emanates from your relationships. There is no running away this time, Capricorn. It's time to take a stand.

The forecast today is stormy. You may have sensed that there was some tension clouding the conversation at home. Resentments were left unsaid and subtle power games were played without resolution.

Today, Pisces, it all becomes too unbearable for you. Regardless of the risks involved, you will take measures to clear things up.

LIFESTYLE/HOROSCOPE

COMMUNITY

ARIES
March 21 — April 19

The day is likely to be somewhat challenging, and it contains some disappointments. You’re liable to feel disappointed if you receive a lacklustre response from the world. Apparently, Aries, your performance has lost some of its ability to captivate an audience. Whether you accept this or try to shine up your act is the question of the day!

TAURUS
April 20 — May 20

Taurus, you can expect the day to be a bit bumpy. If you were an Olympic athlete, today you’d be standing at the starting line, wondering if you had trained enough for a top notch performance.

Cancer, today’s your chance to stand up to family members who want to exert too much control over your life. It’s time to bang your head and elbow of your right hand. Let it settle for 20 minutes as the top note settles and the true nature of the fragrance is revealed.

— IANS

CANCER
June 21 — July 22

Cancer, today’s your chance to stand up to family members who want to exert too much control over your life. It’s time to bang your head and elbow of your right hand. Let it settle for 20 minutes as the top note settles and the true nature of the fragrance is revealed.

— IANS

LEO
July 23 — August 22

It’s up to you to strut yourstuff Leo. As long as you’re bashful about showcasing your innate gifts, it will be difficult to find meaning in your life. Today’s planetary alignment gives you the challenge to take your talents more seriously. You could easily profit from them, provided you look deep inside to discover how.

GEMINI
May 21 — June 20

A planetary configuration like today’s often makes people afraid to start anything that challenges the status quo. This is true for you in your professional life. You should dare to take on more responsibility. The aspects speak of fear only, not of being incapable of succeeding.

The saying about fear being the only thing to fear is something you can take heart right now, Gemini.

SCORPIO
October 23 — November 21

Scorpio, do you feel caught between the desire to participate fully in the world and the equally strong desire to remain in your dream world, even at the risk of feeling a little out of it? Who says that these two worlds are incompatible? If you look closely, you will see that you don’t need to choose one or the other.

SAGITTARIUS
November 22 — December 21

You can expect to have to make a choice today related to your relationships. You may have become aware that something is missing, either in your partner or yourself.

Today you will act on that awareness, but it may not be easy. The root of the problem could be an issue of independence and self-sufficiency. Try to figure out the source of the problem before acting on it. Sagittarius.

CAPRICORN
December 22 — January 19

There are times in your life when you may feel somewhat inhibited, as though something is holding you back from total fulfillment. Perhaps the emotions overwhelm you or the idea of commitment frightens you. In any case, Aquarius, you’re well aware that your reluctance to take the plunge is detrimental to your relationship. The day will call on you to take a few more risks.

AQUARIUS
January 20 — February 18

There are times in your life when you may feel somewhat inhibited, as though something is holding you back from total fulfillment. Perhaps the emotions overwhelm you or the idea of commitment frightens you. In any case, Aquarius, you’re well aware that your reluctance to take the plunge is detrimental to your relationship. The day will call on you to take a few more risks.

PISCES
February 19 — March 20

The forecast today is stormy. You may have sensed that there was some tension clouding the conversation at home. Resentments were left unsaid and subtle power games were played without resolution.

Today, Pisces, it all becomes too unbearable for you. Regardless of the risks involved, you will take measures to clear things up.

LIBRA
September 23 — October 22

You may have noticed for some time now to what an extent your ambitions wear you out and to what point they have become outdated. If you aspire to live an ambitious life, but also one that is calmer and more balanced, the celestial energy is indicating the moment has come to make some important decisions, Libra.

VIRGO
August 23 — September 22

You don’t have to answer to society’s cultural values, Virgo. If most of your work is organised around an activity that’s considered fashionable, you will never succeed in feeling good about yourself or your creations.

You’re too motivated by meaningful activities to spend your time with frivolous ones. Today’s aspects will push you to take your talents more seriously. You could easily profit from them, provided you look deep inside to discover how.

TAURUS
April 20 — May 20

Taurus, you can expect the day to be a bit bumpy. If you were an Olympic athlete, today you’d be standing at the starting line, wondering if you had trained enough for a top notch performance.

 Whether you accept this or try to shine up your act is the question of the day!

— 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.

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Aisle: BEST MAN, CAKE
Church: FRIENDS, GROOM
Hymn: PHOTOS, Usher
Album: BLOSSOM, CARDS
Confetti: GIFTS, GUESTS
Limo: RECEPTION, VEIL
Bells: BOUQUET, CEREMONY
Family: GOWN, HONEYMOON
Parents: RING, VOWS

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 contain all the digits from 1 to 9.

Bound And Gagged

Puzzles courtesy: Puzzlechoice.com
Super Cryptic Clues

Across
1 Herd heard in port (5)
4 Award kept in De Niro's caravan? (5)
7 A party leader has little desire for food (8)
8 Panto character made to change (4)
9 A bird engaged in some activity (2,2)
10 Leader in dance is wrong to twist (7)
12 Urge able guy to give up sport? (5,6)
14 Traitor's initial motive for his crime (7)
16 Support for piano? (4)
19 Lincoln seen by daughter possibly sleeping (4)
20 English attribute that makes no difference (6)
21 Partly capturing Italian city (5)
22 US lawyer entertained by plaything now (5)

Down
1 Drink caught up with old man (5)
2 Crying as a result of little noise? (7)
3 Hide capital for Swiss family (4)
4 Joke about English passenger ship (3-5)
5 A trainee soldier acted strangely (5)
6 Self-reproach about TV detective (7)
7 Austrian dressed ornately (8)
10 Leader in dance is wrong to twist (7)
11 Does it count as a poisonous reptile? (5)
12 Trifling - like a naval officer? (5)
13 Only time for cask (4)

Answers

Yesterday's Solution

Wordsearch

Codeword
Appalling I haven’t worked enough with women directors, says Dia

By Simran Sethi

For actress Dia Mirza, who is also a film producer, it’s a thing to ponder that in a career of over 15 years, she has worked with women directors only twice.

“It is appalling that in my career of over 15 years, I did not get enough chances to work with women directors... it has been hardly one or two times. I did not intentionally choose not to work with women filmmakers. Unfortunately, there were hardly any women on the director’s chair till a few years ago,” Dia said over phone.

Dia had worked in Reema Kagti-directed Honeymoon Travels Pvt Ltd in 2007. And years after that, she is now under the direction of Sonam Nair in a web series titled Kaafi r.

The 38-year-old actress feels “a lot” has changed for women in the industry over the years.

“I am a huge supporter of women claiming their space and backing their voices because I think they have some very important things to say and stories to share.

“So, each time I see a woman achieve success on the merits of her thought and action, I am happy to cheer the loudest,” added Dia.

After acting and production, is direction next on her mind?

“I am definitely going to direct one day,” Dia said, with excitement reflecting in her tone.

“It’s just a matter of being certain about the story that I want to tell. Once that is clear to me, I will most certainly call ‘action’,” she said.

Dia is also making a foray in the digital medium as a producer. Dia and her husband Sahil Sangha, who run the banner Born Free Entertainment, have produced the upcoming web show Mind The Malhotras in collaboration with Applause Entertainment.

“Our experience as producers teaches us only one thing – give the narrative all that it deserves and requires in terms of budget, give your team even more love than they may desire and you will have a happy team with hopefully always a quality product,” she said.

Before the web show, Dia is credited as producer for films like Love Breakups Zindagi and Bobby Jasoos.

“As far as the economics go for a web show or a film, I think each story and its duration in terms of minutes delivered has its own basic cost, so there is no cost distinction per se,” Dia said.

But as an actor, she found it a different experience to work in a film vis-a-vis in a project for the web medium.

“The web medium gives more exposure to actors in terms of time one can invest on the characters. Web shows are like novels. You have to go deep into the characters to understand it. One gets more time to spend with the characters. It is a boon for actors,” she asserted.

Dia was a teenager when she won the Miss Asia Pacific title in 2000 and later rose to fame with Bollywood film Rehnuma Hai Zee Terre Dil Mein. She has not just worked as an actor but also invested herself in philanthropy.

As a UN Goodwill Ambassador for the environment since 2017, Dia has campaigned for the cause extensively.

She was recently appointed the UN Secretary-General’s Advocate of the United Nations Development Goals.

– IANS
Geena Davis, 3 others to receive honorary Oscars

By Josh Rottenberg

The Board of Governors of the Academy of Motion Picture Arts and Sciences announced Monday that it will present its annual honorary Governors Awards to director David Lynch, actor Wes Studi and director Lina Wertmüller, while actress Geena Davis will receive the Jean Hersholt Humanitarian Award.

The Governors Awards, which were once a part of the Oscar telecast and are now handed out in a separate ceremony, are given “to honour extraordinary distinction in lifetime achievement, exceptional contributions to the state of motion picture arts and sciences, or for outstanding service to the Academy.”

The Jean Hersholt Humanitarian Award is presented “to an individual in the motion picture arts and sciences whose humanitarian efforts have brought credit to the industry.”

Davis, who won an Oscar for her supporting performance in The Accidental Tourist and has starred in such films as Thelma & Louise, The Fly and A League of Their Own, is the founder and chair of the nonprofit Geena Davis Institute on Gender in Media, which is dedicated to eliminating gender bias and stereotypes in entertainment and boosting roles for women.

In 1976, Wertmüller became the first woman to receive an Academy Award nomination for directing the coming-of-age best picture nominee Love and Anarchy.

The project includes the rights to Jennifer Dunning’s biography Alvin Ailey: A Life in Dance.

Tina Fey has been tapped to host the ceremony, which will take place on November 14 at the Waldorf-Astoria in New York City.

RECOGNITION: Geena Davis at the UCLA Mattel Children's Hospital Gala in Los Angeles.

A librarian who gave James Holzhauer a run for his money on Jeopardy!

Warning: Spoilers ahead.

Emma Boettcher, a 27-year-old University of Chicago librarian, unseated Naperville native James Holzhauer as Jeopardy! champion Monday night in a match that was close to beating the $2.52 million Ken Jennings earned during his 2004 winning streak.

According to her LinkedIn profile, Boettcher has worked at the University of Chicago as a user experience resident librarian since August 2016. She focuses on faculty and student experiences with the university’s library services.

Boettcher, whose family hails from a community outside of Philadelphia, also worked as a library account manager at the University of North Carolina at Chapel Hill, where she said she received her master’s degree in information science in 2016. Her master’s paper for competitive Oscar. The Oklahoma-born, Cherokee American Studi is known for his portrayals of strong Native American characters. Since breaking out in 1990’s Dances With Wolves and as the fierce Huron warrior Magua in 1992’s Last of the Mohicans, he has earned acclaim for his work in the movies Geronimo: An American Legend, Heat, The New World, Aviator and Hostiles.

In 1976, Wertmüller became the first woman to receive an Academy Award nomination, for directing the picturesque film Seven Beauties, which also earned her an original screenplay nod. Known for tackling political and social issues, her other films include The Basilisks (1963), The Seduction of Mimi (1972), Love and Anarchy (1973) and Swept Away (1994).

Last year’s Governors Awards went to actress Cicely Tyson, composer Lalo Schifrin and publicist Marvin Levy, while producers Kathleen Kennedy and Frank Marshall received the Irving G. Thalberg Memorial Award.

This year’s awards are to be presented at the Governors Awards ceremony on October 27. – Los Angeles Times/TNS

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This year’s awards are to be presented at the Governors Awards ceremony on October 27. – Los Angeles Times/TNS
By Mudassir Raja

Everything is set for a heart-throbbing musical evening tomorrow when rising Bollywood music star Armaan Malik will perform for his Doha fans at Ali Bin Hamad Al Attiyah Arena from 7:30pm onwards.

“It is going to be a musical night full of fun in Doha. I am very happy to be in Doha. Lots of my fans have been asking me to come to Doha,” said Armaan Malik during a press conference and meet-up held at Ali Bin Hamad Al Attiyah Arena on Monday evening.

He said: “I am very glad to collaborate with Doha Waves as they are going to have their 100th show in Doha. They have done shows of very good artists in the past. The most special thing about my show is that it coincides with Eid. It is very auspicious time for all of us.”

Armaan, who is just 23, promised his fans that it is going to be a fun night. “I am just hoping that everyone in Doha, who loves music and Bollywood, comes together and has a fun night with me. I guarantee you that it is going to be an amazing night.”

The seemingly enthusiastic Armaan showed great energy in responding to different questions and comments from the media persons.

When asked about the name of an actor for who he loves the singing most, Armaan said: “I have sung for numerous actors. I did my singing debut for sir Salman [Khan] in the movie Jai Ho. [Smiling] I was bit scared at that time because I was only 18 years old. I asked Salman sir if my voice will match his character and he said that he would reduce some of his wait to look younger. It was great for me to sing for such an amazing actor in the beginning of my career. ”

“My favourite in the young generation is Varun Dhawan. I have sung a song Theher Ja for him in the movie called October. I am hoping to sing more songs for him. I feel my voice matches with that of Tiger Shroff a lot. I did the song Sab Tera for the film Baaghi. Even today, Tiger comes to me and tells me that he feels as if he is singing instead of me.”

In response to a question about singing in languages other than Hindi, he said: “I am proud to be not only a Bollywood singer but also an Indian singer. I also sing in South Indian movies. I sing in Bengali movies. I sing in Gujarati, Marathi, and almost all Indian languages.”

Armaan also said: “I am not interested in acting as I do not know how to act. I have to learn it before I go for it.”

Muhammed Thoyyib, Chairman Doha Waves Events, said: “Doha Waves has organised many of international events including Bollywood concerts like Shreya Ghoshal Live Qatar and Udit Narayan Live in concert which were a tremendous success.”

He added: “Armaan Malik is known as ‘The Prince of Romance’ in his followers. He has sung playback in so many movies in different languages including Hindi, Malayalam, Tamil, Telugu, Kannada, Bengali, Assamese, Marathi and Urdu. He has sung more than 500 movies. Some of his famous songs are Boldo Nu Zara, Huwa Hai Aaj Pehali Baar, Tere Mere, Kaun Tuje, Dil mein Chupaloonga et.”

“It has been nominated 15 times for best Playback Singer-Male and he won 11 awards from various organisations like Filmfare, Global Indian Music Academy, South Indian International Movie, Stardust and Mirchi Awards for best Playback Singer-Male from 2015 onwards. For his show, we are expecting a crowd of over 8000 fans.”

The tickets categories are: Royal (QR 1000), VIP (QR 500), VIP for family (QR 1200-admit 3), Platinum (QR 200), Gold (QR 150) and Silver (QR 75). Online Tickets are available at Q-Tickets and direct sale in Lulu Hypermarkets Outlets, Tea Time all outlets, Safari Mall outlets, Grand Mall – and all leading restaurants. The main sponsor of the programme is Argon Global and Brought you by Mumbai Spices. Event manager is Media Plus.

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“It is going to be a musical night full of fun in Doha. I am very excited to be here as this is going to be my first performance in Qatar”

— Armaan Malik