Cover Story

Uzbek music conductor Aziz Shokhakimov on what makes him fly and the need to learn from the maestros. P4-5
**PRAYER TIME**

<table>
<thead>
<tr>
<th>Prayer</th>
<th>Time</th>
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<tbody>
<tr>
<td>Fajr</td>
<td>4.02am</td>
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<tr>
<td>Shoroq (sunrise)</td>
<td>5.21am</td>
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<td>Zuhr (noon)</td>
<td>11.31am</td>
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<td>Azr (afternoon)</td>
<td>2.59pm</td>
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<td>Maghreb (sunset)</td>
<td>5.40pm</td>
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<tr>
<td>Isha (night)</td>
<td>7.10pm</td>
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**USEFUL NUMBERS**

Emergency: 999
Worldwide Emergency Number: 112
Kahramaa – Electricity and Water: 991
Local Directory: 180
International Calls Enquiries: 150
Hamad International Airport: 40106666
Labor Department: 44508111, 44406557
Mowasalat Taxi: 44588888
Qatar Airways: 44496000
Hamad Medical Corporation: 44392222, 44393333
Qatar General Electricity and Water Corporation: 44845555, 44845464
Primary Health Care Corporation: 44933333, 44933363
Qatar Assistive Technology Centre: 44594050
Qatar News Agency: 44450205, 44450333
Q-Post – General Postal Corporation: 44464444

**Humanitarian Services Office**
(Single window facility for the repatriation of bodies)
Ministry of Interior: 40253372, 40253372, 40253369
Ministry of Health: 40253370, 40253364
Hamad Medical Corporation: 40253364, 40253365
Qatar Airways: 40253374

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**Quote Unquote**

“Obstacles are things a person sees when he takes his eyes off his goal.”

— E. Joseph Cossman

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**Community Editor**

Kamran Rehmat

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Love Action Drama

**DIRECTION:** Dhyun Sreenivasan

**CAST:** Nivin Pauly, Nayanthara, Aju Varghese

**SYNOPSIS:** A man goes through all kinds of action to impress the girl he is in love with in a hope to marry her.

**THEATRES:** Landmark, Royal Plaza, The Mall

Dream Girl

**DIRECTION:** Raaj Shaandilyaa

**CAST:** Ayushmann Khurrana, Nushrat Bharucha, Annu Kapoor

**SYNOPSIS:** Desperate to find employment, Karam picks up a job as ‘Pooja’ at a call centre for chats, keeping most people in his life in the dark about the nature of his work. How long can he keep it up before everyone including his love interest and father find out?

**THEATRES:** Landmark, The Mall, Royal Plaza

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**Dream Girl**

For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com
Zumba Class at The Gate Mall  
WHERE: The Gate Mall  
WHEN: September 20  
TIME: 7pm – 8pm  
As a participant in the World Wellness Weekend, there is free Zumba class that is open to the entire public. Wear blue and come with your family and friends!

HEC Paris International EMBA Info Session:  
WHERE: 14th Floor, Tornado Tower, West Bay  
WHEN: September 18  
TIME: 4:45pm – 6:15pm  
HEC Paris invites you to the next information session for its International Executive MBA. Learn more about this world-class executive programme. Discover the international diversity of participants, blended learning and international mobility options. Find out how it will help you transform yourself and your career.

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

Painting Class  
WHERE: Qatar National Library  
WHEN: September 22  
TIME: 11am – 12pm  
The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

Artistic Gymnastic Classes  
WHERE: Qatar Academy Msheireb  
WHEN: Ongoing  
TIME: 3:15pm – 4:15pm  
The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

Painting Class  
WHERE: Qatar National Library  
WHEN: September 22  
TIME: 11am – 12pm  
Paint with a rolling ball, or a rolling car, or just stomp and drag your fingers, hands and feet! Little children will explore colour and motion using different media in this fun, hands-on activity. Please dress your little ones accordingly.

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.

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.

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WHEN: September 22  
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After School Activities  
WHERE: Atelier  
WHEN: Ongoing  
Music and arts activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

Career Guidance  
WHERE: Right Track Consultants, Al Sadd  
WHEN: Sunday – Thursday  
TIME: 6pm – 8pm  
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 55448835.
Orchestral music is classic European music that is often called as intellectual or philosophical music. The genre has been welcomed with open arms in Doha. Thanks to Qatar Philharmonic Orchestra (QPO), established in 2007, lovers of orchestral music have been able to quench their thirst for the last 12 years. The QPO has not only been successful in pulling crowds of music lovers in Doha but also bringing some extraordinary musicians and instrumentalists from other countries.

The orchestra organised its first concert of the 2019-2020 season recently at Qatar National Convention Centre (QNCC). The orchestral concert was led by Aziz Shokhakimov, a young and talented conductor from Uzbekistan. Aziz Shokhakimov, the conductor, had a lot to say about Qatar's philharmonic music scene:

“I am very happy that Qatar has such a popular and successful orchestra. It is also great to see that you have people here to support the orchestra.”

Aziz Shokhakimov, Uzbek music conductor

By Mudassir Raja

“The classical European music is at another level of intellectualism” — Aziz Shokhakimov, Uzbek music conductor
"Aspiring conductors need to know what the music is about and what emotions the music depicts. Sometimes I see my colleagues cannot even read what is written in the choir."

— Aziz Shokhakimov

Uzbekistan. The conductor, who is based in Germany, is leading the orchestra for the entertainment and satisfaction of the elite audience that included Qatari dignitaries and members of international diplomatic community.

Community sat down with young Aziz to discern his journey as a musician, love for orchestral music and tips for aspiring conductors.

Sharing his early life and career, Aziz said: “I was born in Tashkent in 1988 and began studying at the Uspeensky Music School for musically gifted children at the age of six. I first studied violin and viola, followed by conducting with noted musicians.

Aziz burst on the international scene at the age of just 21 by astounding audiences in Bamberg. “Next to my symphonic career, I am also active in the field of opera.” In 2013-14, I directed Tchaikovsky’s Eugene Onegin at the Teatro Comunale di Bologna. At Deutsche Oper am Rhein, I conducted a revival of Carmen, an opera in four acts, after which I was engaged as Kapellmeister, starting in 2015-16.”

Having been selected from amongst more than 100 candidates for the finals weekend with the Camerata Salzburg, Austrian chamber orchestra, Aziz went on to win the prestigous Salzburg Festival Young Conductors Award in August 2016. “I returned to the Salzburg Festival in August 2017 for my concert with RSO, enthusing the audience.”

In 2018-19, Aziz returned to Deutsche Kammerphilharmonie Bremen, Düsseldorf Symphoniker, RAI Torino and to a new production of plaque Dame at the Deutsche Oper am Rhein. “Debuts include Toronto Symphony, Orchestre national de Lyon, Antwerp Symphony, MDR Leipzig and Bolshoi Theatre in Moscow.”

It all has not been a smooth sailing for the conductor, who first conducted an orchestra when he was only 14. “I faced a lot of difficulty just being with musicians who had over 30 years of experience. As I had to convince them, I read a lot about music. Now, it has been about 20 years that I have been conducting different orchestras.”

Aziz sees his long musical journey as a process of constant learning. “Each year, I see myself as how stupid I was the previous year! I am happy to tell you that I am conducting better than what I did last season (laughs). I hope I will say the same about the next season.

“I am not satisfied with what I have been doing. This is life. We have to learn. It is like how philosophical people say ‘nobody is your friend and nobody is your enemy but everybody is your teacher! I always try to learn something new’

Aziz has set no future goals as far as orchestral music is concerned. “I have no fix plans. However, I want to pursue the music pieces that I want to conduct and some solo piece that I want to sing. Every season, I have had to conduct 60-70 concerts for the last six years. Only once or twice did the orchestra do what I actually wanted them to do (laughs). I have big expectations when it comes to my interpretations (of a music piece). It is not easy. You have to interpret. You have to convince other people.”

The Uzbek likes to perform at American orchestra, they are on the beat. “I also like Toronto Symphony Orchestra. As far music, I like compositions of Beethoven the most. Of course, I also love many other composers.”

Aziz likes the overall music of an orchestra but he prefers some instruments over others. “In orchestra, I like horn the most. In general, I will say, I like piano. It is the only instrument which can create the sound of an orchestra.”

The conductor says that every country has different kinds of orchestras. “For instance, in Germany, they play orchestra after the beat. It is not precisely on the beat but after the beat. The orchestra waits for the conductor. When you compare it with American orchestra, they are on the beat. I think the conductor has to be very sensitive about such kind of things — for example, how to forge a relationship with the orchestra. Different orchestras have different styles. The professionalism of a conductor is how he or she conducts it.”

In response to a question about how an orchestra maintains a relationship with the audience, he said: “Sometimes, you have very good performance with the orchestra but the audience is not very enthusiastic. At other times, the orchestra may not be satisfied with the result but the public gets very enthusiastic. You never know. It has happened with me.”

Aziz is optimistic about the future of classical orchestral music. “I hope the music has a bright future. This is very intellectual music. This is very spiritual music. I respect all genres of the music but the classical European music is at another level of intellectualism. This music has more colours, harmony and emotions. You have everything in classical music. I am very happy that Qatar has such a popular and successful orchestra. This is a very strong orchestra. It is also great to see that you have people here to support the orchestra.”

Aziz urges young conductors to learn more about classical orchestral music. “There are some professional musicians who do not know much about classic music. Aspiring conductors need to know what the music is about and what emotions the music depicts. Sometimes, I see my colleagues cannot even read what is written in the choir.

“For beginners, it is important to start playing some famous master pieces. It will help them build their interest in the music. It is also important to read about the life and other works of a composer.”

CENTRE STAGE Aziz Shokhakimov leading the Qatar Philharmonic Orchestra at QNCC. 

PHOTO: Shemeer Rasheed
NFDAQ conducts second convention

National Folk and Duet Academy - Qatar Branch (NFDAQ) recently conducted second convention at Laligurash restaurant. TB Karki, former vice president of Non Resident Nepalese Association International Co-ordination Committee (NRNA ICC), and Sanita Bhandari, former female vice president of NRNA NCC, were the guests of honour. The event was attended by over 150 Nepali expatriates, including prominent community leaders and artists. The event featured a cultural programme and musical performances. The event kicked off with a performance by artists from Nepali Cultural Family (NCF) Qatar, which was followed by a performance by Nainu Ghale, local Nepali artiste, and Krishna Dhakal, Nepali singer.

NFDAQ also elected its new working committee on the occasion. The new office bearers include Sakti Chhetri, President; Shiva Ram Dhakal, First Vice President; Iman Singh Thakuri, Second Vice President; Nainu Ghale, Female Vice President; Tilu Sharma, General Secretary; Raqu Nath Sharma, Secretary; Sandhya Aryal, Female Secretary; Leknath Rimal, Treasurer; and Ridhisha Chapagain, Co-Treasurer. Other members of NFDAQ, includes Menuka Khatiwada, Laxmi Giri, Krishna Prasad Dhakal, Prem Bahadur Gurung, Bikash Lamichane, Damodar Khanal, Gyaneshwar Tiwari and Dependra Sunar.

— Text and photo by Usha Wagle Gautam

IIS all set to organise educational trip to Nasa

Ideal Indian School (IIS) is all set to organise an educational trip for its students to National Aeronautics and Space Administration (Nasa), USA. One hundred and twenty eight students along with 13 teachers will be travelling on two different days. The students will be attending a three-day Space Training programme at the Kennedy Space Centre, Nasa, Orlando. Students will also visit New York, Washington D.C, New Jersey, Niagara Falls, Universal Studios and Disney land during their trip.

MES conducts ELT workshop

MES Indian School recently organised a workshop on English Language Teaching (ELT) for the teachers of English Department. Maryann Vaisoha, a consultant for the British Council's English Partnership Programme, a CELTA certified language trainer and accredited examiner for IELTS, conducted the workshop. The activity-oriented session focused on various skills, including listening, comprehending, memorising, recalling along with grammatical accuracy and fluency. Conversation development, verbal and written communication enhancement in the English language was part of the workshop. Maryann also discussed ways to enhance the problem-solving skills of the students of all levels to increase their learning output. Hameeda Kadar, Principal of MES, inaugurated the session. The workshop was co-ordinated by Jijo Mathew, Head of the Department of English.
Students of NU-Q to travel to The Carter Centre

Two students from Northwestern University in Qatar (NU-Q), a Qatar Foundation (QF) partner university, including Maryam al-Badr and Mohamed Saad Ejaz have been selected to be student scholars of the Rosalynn Carter Fellowship for Mental Health Journalism Programme. The students will travel to The Carter Centre in Atlanta, Georgia, to join established journalists from around the world for a series of workshops and presentations, which will be overseen by Rosalynn Carter, former first lady of the United States. During their visit to The Carter Centre, the students will also be guests at a special event where they will have the opportunity to put questions to former President, Jimmy Carter and his wife. The mental health journalism programme was launched in 1996 to provide training and support to professional journalists writing about mental health. In 2018, and as part of an ongoing partnership, the World Innovation Summit for Health (WISH) – an initiative of QF – worked with The Carter Centre to develop a new track within the main programme designed to train students at universities in Qatar on how to report ethically and accurately on topics related to mental health and mental illness, in preparation for their professional careers. The two selected NU-Q journalism students will follow in the footsteps of the inaugural 2018 cohort, Ayilah Chaudhary (NU-Q) and Asma al-Jehani (Georgetown University in Qatar – also a QF partner university). Following the meeting in Atlanta, which runs from September 16–18, the students will be expected to undertake journalism projects throughout the academic year that shine a spotlight on mental health. The students will work closely with their professors and established journalists in both the US and Qatar, in order to gain the skills and knowledge that will enable them to produce balanced and accurate reports on mental health issues, in their areas of interest. Specifically, Maryam plans to focus on the mental health challenges of women in the region, balancing cultural expectations, tradition, and modernisation, while Saad intends to examine the mental health implications of growing up in a conflict zone. Nick Bradshaw, Director of Partnerships and Outreach at WISH, said, “WISH’s partnership with The Carter Centre underscores both organisations’ longstanding commitment to raising awareness of issues around mental health. The student programme we’ve developed together provides participants with an opportunity to fast-track their understanding of the importance of sensitive and accurate reporting around mental health. Our fervent hope is that the students are encouraged to become valuable media advocates for people dealing with mental health issues once they embark on their professional careers.”

Mary Dedinsky, Director of the Journalism Programme at NU-Q, said, “This is a huge honour for our two students, who have worked hard on writing about health and mental health issues, and who recognise the power of the media to shed light on the subject and to help people dealing with sensitive and difficult mental health issues. Their knowledge and their efforts will be reinforced and enhanced with this great opportunity.” Kari Cobham, Senior Associate Director of the Rosalynn Carter Fellowships for Mental Health Journalism and Media at The Carter Centre, said, “We are excited to work with the student scholars on their mental health projects and hope they will pave the way for future reporting on such an important topic. Their training and work will have a huge impact on their careers as well as on their communities.”

MES organises session on scrabble

Sasi Nair, a project management professional in Qatar, recently conducted a session on scrabble for the students of Grade VI-VII of MES Indian School. Sasi Nair is a recipient of the runner-up trophy in the International Mind Sports Championship besides winning the first place in Qatar Open Championship for three consecutive years. Sasi introduced students to the world of words through his demonstration of scrabble techniques and acquainted the students with the rules of the game. Hameeda Kadar, Principal of MES, also attended the session and felicitated Sasi with a memento. Annamma Shammy, Head of Girls Section, and Mohamed Ilias, Head of Boys Session, also attended the session.
Rows of bungalows on stilts are stacked up a slope. Some are painted a pale terracotta colour; others are clad in wood. Sliding glass doors open onto balconies that overlook a wide, sandy beach. Clumps of grass sprout from the bungalows' flat roofs. Spotlit in the early evening light, the geometric buildings of Noah Surf House are as incongruous as they are striking, as if someone has airlifted a Californian beach resort and accidentally placed it in an unremarkable Portuguese town.

The Portuguese coast is dotted with surf hostels and hotels, many of them between Lisbon and Figueira da Foz, a 300km stretch of shore that draws everyone from world record-breaking big wave riders to beginners dipping their toes in the sport for the first time, writes Isabel Choat.

**INSTANT HIT:** Noah Surf House became an instant hit when it opened here in July last year, particularly among families in search of an active beach holiday.

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The Portuguese coast is dotted with surf hostels and hotels, many of them between Lisbon and Figueira da Foz, a 300km stretch of shore that draws everyone from world record-breaking big wave riders to beginners dipping their toes in the sport for the first time.

In the middle of this surf mecca is the little town of Santa Cruz, a summer escape for Lisbonites – it’s often a good few degrees cooler than the city – but usually bypassed by foreign visitors, who make a beeline for the surf towns of Ericeira to the south and Peniche to the north. Lacking the cobbled-street charm, food scene and chic boutiques found in the more famous surf towns, Santa Cruz seems an odd choice of location for a designer surf hotel. Yet Noah Surf House became an instant hit when it opened here in July last year, particularly among families in search of an active beach holiday. It’s also a prime example of the government’s new tourism strategy.

“Our goal is to spread tourism all over the country and all through the year,” secretary of state for tourism Ana Mendes Godinho told me when I met her in Lisbon after our stay. Godinho’s mission is the holy grail of tourism – encouraging more tourists spending more money while acknowledging that overcrowding, most notably in Lisbon but increasingly in Porto too, is a problem she can’t ignore. “We grew too fast and we weren’t prepared for it,” she said.

The government’s response is a €100mn programme aimed at encouraging tourism developments outside the hotspots of Lisbon, Porto and the Algarve. Since it launched two years ago, more than 600 public and private projects have received support, ranging from wellness retreats to literary, surf and religious breaks, heritage sites to river beaches.

Santa Cruz is one such project – a series of events, including the Pro Santa Cruz surf competition, are putting the town and the surrounding beaches on the map. It was this investment that encouraged the couple behind the nearby luxury hideaway Areias do Seixo to open Noah Surf House. It doesn’t matter that sleepy Santa Cruz only comes alive for July and August. There are 11 beaches to explore and surf year-round. That’s if you ever leave this excellent accommodation.

My immediate thought the first time we climb the Noah Surf House’s spiral staircase up to the funky open-plan reception and restaurant, was wow, immediately followed by, “I’m going to have a job persuading my son, nine, to do anything other than hang out here.” He’d never seen anywhere like it: walls and ceiling hung with an old fishing boat, nets and octopus traps; a giant TV screen playing big wave surf videos on a loop; a rack of surf boards standing by the reception desk; an infinity pool overlooking the beach; a skatepark; a table tennis room; a hot tub; a garden with chickens – basically a very cool playground with, best of all, loads of children his age to play with. He loved the hanging bunk in our bungalow room, too.

Noah received EU funding for its commitment to sustainability. The entire hotel is kitted out in recycled or upcycled materials; the buildings are insulated with cork and don’t have aircon; solar panels generate 70% of the hot water; metal water bottles are handed out for the duration of your stay; rainwater is collected to water the garden and flush toilets; food waste is composted in the small garden.

Before the Surf House came the Noah Beach House restaurant (more distressed wood and artfully arranged fishing paraphernalia and driftwood), which offers surprisingly reasonable lunches (£3.50 sandwiches and a substantial...
You can’t come to Noah and not surf. Or so I thought. My partner was happy reading a book by the pool and, as predicted, my son was reluctant to leave his gang of new friends; and so it was just me who joined a few other guests for a lesson. The waves on the nearby beaches were too strong for our group of novices so our instructor, Nuno, drove us up to Peniche, telling us how he had left a good job working for a construction company to teach surfing and “found his tribe”. Once we were on the beach, Nuno explained how to find our centre of balance on the board, which made perfect sense when I was practising on a stationary board on the sand. In the water, the theory washed away. I couldn’t stay on the board while lying down let alone standing up; nonetheless, an hour and a half of paddling into the waves, waiting for the right one and attempting to ride back into shore without falling off was both exhilarating and calming as my mind emptied of all thoughts other than what the sea was doing and how I should respond to it.

Back at the hotel we sat on the terrace looking out at the hazy expanse of sand. “Santa Cruz is my paradise!” said Godinho when we met a couple of days later. “It was where I holidayed growing up.” I wonder if she ever imagined the role she would be playing in its transformation when she played on the beach as a child.

– The Guardian
The Pearl-Qatar is a man-made island that quickly became the epitome of luxury in the country. The yachts, high-end stores and beautifully constructed villas give you an interesting insight into how the well-off class lives here.

Even though it is considered an expensive area, it has proved to be a popular dining spot for many people because of the large array of cafes and restaurants lined along its waterfront promenades that cater to every taste.

Popularly called the "Arabian Riviera", the Pearl-Qatar welcomes a large numbers of tourists that flock each year to enjoy the haute cuisine, high class entertainment and premium lifestyle.

We recently visited the place and had a great experience!

— Text and photos by Shahid Kazhunkil Hussain
**Drink tea to boost your brain function: Study**

Researchers have found that regular tea drinkers have better organised brain regions and this is associated with healthy cognitive function as compared to non-tea drinkers.

“Our results offer the first evidence of positive contribution of tea drinking to brain structure, and suggest that drinking tea regularly has a protective effect against age-related decline in brain organisation,” according to a study authored by Feng Lei, Assistant Professor from the National University of Singapore.

Previous researchers have demonstrated that tea intake is beneficial to human health and the positive effects include mood improvement and cardiovascular disease prevention.

For the study published in the journal Aging, the research team recruited 36 adults aged 60 and above and gathered data about their health, lifestyle and psychological well-being.

The elderly participants also had to undergo neuropsychological tests and magnetic resonance imaging (MRI).

The study was carried out from 2015 to 2018.

Upon analysing the participants’ cognitive performance and imaging results, the research team found that individuals who consumed either green tea, oolong tea, or black tea at least four times a week for about 25 years had brain regions that were interconnected in a more efficient way.

“We have shown in our previous studies that tea drinkers had better cognitive function as compared to non-tea drinkers,” Lei said.

“Our current results relating to brain network indirectly support our previous findings by showing that the positive effects of regular tea drinking are the result of improved brain organisation brought about by preventing disruption to interregional connections,” he added. – IANS

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**COMMUNITY HOROSCOPE**

**Aries**
March 21 – April 19

Your self-confidence will get you out of any sort of pickle you might be in today, Aries. Try not to get too emotional about any issue. Make sure that you keep things light and energetic. If you seem to be stuck in the mud, don’t just sit there calling for help. Take the initiative to dig yourself out and move to higher ground.

**Cancer**
June 21 – July 22

As much as you try to explain things, Cancer, others simply aren’t going to see them with your same intensity and do-or-die urgency. Be careful that you don’t contrive a series of far-out stories that only partially reflect the truth. Make sure the picture you paint is accurate or else others may lose faith in your judgment.

**Libra**
September 23 – October 22

Your enthusiasm is contagious, Libra, and you should do what you can to share this feeling with others. In matters of the heart, have confidence that you know exactly where you stand. You also have the map of the surrounding area and beyond. You have the ability to get to any place you want to go. Accept the power that comes from strong connections in you and with people around you.

**Capricorn**
December 22 – January 19

Be open and communicative about your feelings today, Capricorn. Most people find it easy to share facts or concrete information. The challenge is to share something from your heart. Don’t think that feelings always need to be kept secret. Just the opposite is true. Make sure you leave the channels open for emotional expression.

**Taurus**
April 20 – May 20

Try not to get too worked up over other people’s actions that don’t concern you, Taurus. Recent events may have triggered responses from others that now have a serious effect on you. Take some time to really think about what part you wish to play in this drama. Is it in your best interests to get involved? It’s undoubtedly time to distance yourself from the situation.

**Leo**
July 23 – August 22

Feel free to ignite your passion with the help of the people around you, Leo. Join with those who share similar dreams and make a plan for accomplishing whatever you choose. The more creative you can be with your planning, data collecting, and execution, the better off you will be. The white-hot fire within you is ready to blaze.

**Virgo**
August 23 – September 22

You may get caught up in gossip if you aren’t careful, Virgo, and people may find this off-putting. The maturity level of the conversation is apt to drop significantly if you insist on talking about others like they’re soap opera characters. Build your self-confidence so you’re comfortable and don’t need to use other people’s lives as topics of discussion.

**Scorpio**
October 23 – November 21

You may be at a high point right now and feeling very excited about things to come, Scorpio. You probably anticipate but have only a vague notion of what’s just over the horizon. You may have a strong desire to rise high so you can see farther. In fact, you probably think that any place is better than your current spot. Have confidence in your future. It looks extremely bright.

**Sagittarius**
November 22 – December 21

Let your heart be the reassuring force in your life today if difficult emotional issues come to the surface, Sagittarius. Your feelings are apt to be at a climactic point in your month. Your general sensitivity toward the world is heightened. Try not to get too weighed down by these inner stirrings.

**Aquarius**
January 20 – February 18

When you enter a room, Aquarius, the dynamic suddenly changes. Your presence has a powerful impact on other people. Don’t take it lightly. People may hang on your words like they’re listening to the queen address to her kingdom. Make sure the content of your speech reflects the gravity of the situation. Make every word count.

**Pisces**
February 19 – March 20

When it comes to issues of love and romance, you’re likely to be in a tough situation, Pisces. The problem is that it may seem like there’s an element of detachment developing. Your partner may be moving away from you instead of toward you. Either that, or you feel that he or she simply isn’t relating to you as intimately as you’d like.
**Wordsearch**

- A ~ D
- E ~ H
- I ~ L
- M ~ P
- Q ~ R
- S ~ T
- U ~ Z

**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.

**Sudoku**

<table>
<thead>
<tr>
<th>5</th>
<th>7</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>4</td>
<td>9</td>
</tr>
<tr>
<td>5</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>1</td>
</tr>
<tr>
<td>1</td>
<td>7</td>
<td>9</td>
</tr>
<tr>
<td>6</td>
<td>1</td>
<td>4</td>
</tr>
</tbody>
</table>

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of values and you must fill the grid so that every column, every row, and every 3x3 box contains all the values from 1 to 9, with no numbers repeats.

**Codeword solution**

- ARNOLD
- ELIOT
- GASKELL
- ROSSETTI
- BROWNING
- RUSKIN
- BRUNEL
- GLADSTONE
- TENNYSON
- MILLAIS
- THACKERAY
- COLLINS
- MORRIS
- TROLLOPE
- DICKENS
- DISRAELI
- PATER

**Wordsearch puzzle**

```
G N I N W O R B Y P L V R S D
D T O I L E D L T P L P D F C
I T R O L L O P E E E P L D V
S P E O R N M S C G K G O U Y
R H D M S T Y N Y N S F N A P
A D L W I S E Q O H A R R D M
E S I M W W E S S R G E A O G
L I W C M O Y T U U K Y R L C
I A B A K H N H S T C L R A D A
R L N D N E K V A I I D B A R
M L E T I N H N S S S E L L
G I T R N T T S Y T Y C R W Y
P M L O O M P L O B R U N E L
C O L L I N S N V R E T A P E
D V E C E V E S L P T D H M P
```

**Puzzles courtesy: Puzzlechoice.com**

**Sudoku puzzle**

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

**Codeword solution**

- ARNOLD
- ELIOT
- THACKERAY
- GASKELL
- MILLAIS
- RUSKIN
- BRUNEL
- GLADSTONE
- TENNYSON
- MILLAIS
- DICKENS
- THACKERAY
- COLLINS
- MORRIS
- TROLLOPE
- DICKENS
- DISRAELI
- PATER
**Super Cryptic Clues**

**Across**
1 Short cut that’s taken by copper (5)
4 Before noon I leave pal (5)
7 Rebuke salesman with fish (8)
8 Exel Open University student leaders (4)
9 Queen of Carthage swindled by love (4)
10 Red with plenty of money followed by Miliband (7)
12 Oddly one mole sees another (7,4)
14 Broadcaster’s position in society? (7)
16 Couple sounding trim (4)
19 Fish cleaner (4)
20 Lefty ordered to wash up (8)
21 The sort of alloy that’s true (5)
22 Wander off but don’t go across river (5)

**Down**
1 Money that’s made by baker (5)
2 Bedroom capers resulting in tedium (7)
3 Last pieces of Henry Moore and Barbara Hepworth? Sure! (4)
4 Experts going over high ground to find Greek hero (8)
5 Images in solid form (5)
6 Disgusting old boy with part in play (7)
7 Huge deficit in mine output (8)
9 Bag some prizes at Chelsea (7)
10 Hide in cubbyhole at hermitage (7)
11 Name a material used for bathrobes (5)
12 Willing to study on the Fourth of July (5)
13 Scoundrels swear endlessly (4)

**Solution**

**Wordsearch**

**Codeword**

[Image of a puzzle grid with letters and numbers]
### Ileana claims that she sleepwalks, wakes up with bruises

Ileana D’Cruz is “almost convinced” that she walks while sleeping at night. The actress further claims she is unable to understand why she wakes up with “mysterious bumps and bruises” on her legs if she is not a sleepwalker.

Ileana took to Twitter to share her concern with her fans yesterday and wrote: “I’m almost entirely convinced that I sleep... Almost. Maybe. Probably. There’s no other way to explain how I wake up with mysterious bumps and bruises on my legs.”

Fans got worried after reading such a post from the Bollywood hottie. While one fan advised her to install a video camera in her bedroom, another fan assumes that the actress is haunted.

Commenting on the actress’ post, a user wrote: “Well did you wake up at some other place or on your bed itself where you slept, if it’s a different place, then it is sleepwalking, otherwise you might be haunted.”

Another user wrote: “Could be demon possession conjuring.”

A fan advised the actress to check her mattress and the corners of her bed properly before going to sleep.

Ileana’s tweet has left her fans speculating whether the actress is really going through some trouble or is just hinting at a horror film which she has probably signed. On the work front, Ileana will be seen in Annes Bazmee’s Pagalpanti where she stars alongside John Abraham, Anil Kapoor, Krithi Kharbanda and Urvashi Rautela. – IANS

### Adele files for divorce from husband Konecki

British superstar Adele has filed for divorce from husband Simon Konecki after more than seven years as a couple, all but guaranteeing more heartbreak ballads for any and all upcoming albums.

The singer, 31, filed a divorce petition in Los Angeles Superior Court on Thursday, The Times has confirmed. Her family court filing comes a few months after the couple announced that they had split.

“Adele and her partner have separated,” her representatives told the Associated Press in April. “They are committed to raising their son together lovingly. As always they ask for privacy. There will be no further comment.”

The fiercely private pair must now determine how they’ll handle custody of their 6-year-old son, Angelo, and how they’ll divvy up their finances. (Konecki also has a daughter from a previous marriage.)

According to several reports, Adele and Konecki, an investment banker-turned-philanthropist, might not have had a prenuptial agreement in place when they wed. And because the singer filed her petition in California, where they own property and Konecki’s business also operates, he could be entitled to half her earnings since they wed, People reported.

On the work front, Adele and Konecki met as her 2011 album 21 was gaining mainstream attention. The couple welcomed their son in 2012. The two reportedly wed in 2016, but Adele only confirmed the union during her 2017 Grammy Awards acceptance speech, when she referred to Konecki as her husband.

Earlier this year, the Oscar winner seemingly addressed the split on Instagram, posting a meme about getting emotional. In a post on her 31st birthday in May, the hit-maker also reflected on her trying year and teased to new music about it.

“I’m owning it and trying my hardest to lean in to it all. No matter how long we’re here for life is constant and complicated at times,” she wrote. “I’ve changed drastically in all. No matter how long we’re here for life is constant and complicated at times,” she wrote. “I’ve changed drastically in all. No matter how long we’re here for life is constant and complicated at times,” she wrote.

“Be kind to yourself people. We’re only human, go slow, put your phone down and laugh out loud at every opportunity. Learning to REALLY truly love yourself is it, and I’ve only just realised that that is more than enough.”

– Los Angeles Times/TNS

### Advent of web entertainment is path-breaking, says Ravi

Actor Ravi Dubey, who is garnering accolades for his first digital show Jamai Raja 2.0, says the boom of digital world is the most path-breaking thing to have happened to the entertainment industry.

“The advent of web is probably the most path-breaking thing that has happened to the entertainment industry in recent times. I feel happy to have made my digital debut this year,” Ravi said.

“Performance is performance, whether it happens on web, TV, film or any other platform. One has to put one’s best foot forward irrespective of the platform. However, one key difference between TV and OTT would be deadlines. TV is largely based on a daily telecast format whereas for a web series you shoot the entire season at a go. So, there is more time to invest per scene. Both mediums are great and have a loyal audience base and both are mediums of creative expression for an actor and a storyteller,” he added.

Jamai 2.0 is the sequel of the popular TV show Jamai Raja that was on air between 2014 and 2016. The new version of the show is billed as being bold and edgy, and it aims to cater to fans of digital content.

“It’s my first web show and I am full of gratitude with the response... But this new journey has just begun. I need my fans love by my side at every moment,” he said.

Talking about the response to the show, the actor said: “We make a show for the audience and their love is our victory. We are thrilled with the audience response. Getting this kind of rating on IMDb is extremely encouraging and positive reviews are pouring in from all over. The team attempted an out and out Bollywoodish Masala entertainer which has been received very well.” – IANS

### Nyong’o, Danai get together for Americanah

Oscar-winning actress Lupita Nyong’o has roped in for the series Americanah, which will tell story of a Nigerian woman on a journey of self-discovery in the US.

Danai Gurira, who worked with Nyong’o in Black Panther, will serve as show-runner of the limited series on the upcoming video-on-demand service HBO Max, reports hollywoodreporter.com.

Americanah is based on the bestselling novel by Chimamanda Ngozi Adichie. The 10-episode series tells the story of a woman (Nyong’o) born in Nigeria. She leaves for America and it chronicles her extraordinary experiences with love, heartache, adversity and self-discovery.

Nyong’o is going to be a big ol’ year and I’m going to spend it all on myself. For the first time in a decade I’m ready to feel the world around me and look up for once.

Americanah, Nyong’o said. Gurira feels honored to adapt the book.

“Through Americanah, Chimamanda brought the African female voice into mainstream consciousness in an unprecedented way,” said Gurira.

“It is intellectually incisive, indicting, yet full of humour, and riddled with humanity. She makes unheard voices familiar, universal and yet palpably specific. I am honoured to bring her incredible novel to life on the screen. I’m thrilled to collaborate once again with Lupita, who brings her astounding ability as a performer and producer shepherding this project,” she added.

Gurira and Nyong’o will executive produce the series along with Plan B Entertainment, Andrea Calderwood for Potboiler Television, Didli Raa and Danielle Del for D2 Productions and Nancy Won. – IANS
A JOINT COLLABORATION OF

GULF TIMES
COMMUNITY

GUIDELINES OF THE CONTEST:

Following the given mood board/theme board, participants need to design any two unisex sample of a T-shirt for a sporting event.

ELIGIBILITY TO APPLY:

1. Grade-XII pass students.
2. Each participant is only allowed a submission of two designs.
3. Designs should be strictly hand sketched and coloured.
4. Strict plagiarism rules apply. Any inspired/plagiarised design can lead to the disqualification of the contestant.
5. No digital designs would be accepted.
6. Each sketch should be submitted in standard A4 size, should be drawn with standard HB pencil/black marker and can be coloured in any medium. The sketch should include other details, including fabric options, colour options, trims options etc.
7. Any embroidery or other surface technique on T-shirt should be sketched separately along with the T-shirt design in order to understand the participant’s concept.

JUDGING CRITERIA:

The final judgement will be based on the following criteria.
Each contains 25 marks.
1. Concept
2. Creativity
3. Design Details
4. Product Feasibility

ABOUT THE MOOD BOARD:

From historic era to the present day fashion trends, the visuals in the theme board highlights Qatar’s architecture to its glitz-glam ever changing fashion trends and colours. What’s new? What’s classic? And is everything collaborating and coming back together? We leave it to you, to your perception and view of fashion in Qatar.

FASHION ENTREPRENEURSHIP

Design innovation and new business models act as a catalyst for any fashion entrepreneur to push the global fashion industry forward. The distinct stages of a business’ evolution, from launch and early traction, to business pivots and the challenge of scaling a global business is what an entrepreneur deals with. Be it building an independent brand or launching a fashion tech business, entrepreneurs’ stories exemplify the motivation and perseverance required for success in today’s competitive fashion market.

Gaining insight into how the different parts of the fashion value chain work together, and getting an idea of which area you might like to work in – any fashion entrepreneurship course or programme in a fashion university helps one develop an entrepreneurial mind-set to evaluate opportunities for new businesses in the fashion industry. One can explore ways to investigate the viability of these opportunities by undertaking an industry analysis, understanding key competitive factors that drive the creation of new fashion ventures, while taking into consideration new business models and customer value. You will also network with entrepreneurs across a range of different industries to develop your potential capacity as a fashion entrepreneur.

BENEFITS OF STUDYING FASHION ENTREPRENEURSHIP

1. Research and creatively solve problems, demonstrating expert judgment and ethical responsibility relating to professional practice in fashion entrepreneurship.
2. Critically analyse, synthesise and reflect on complex theories and recent developments, both local and international, at a micro and macro level, to extend and challenge knowledge and practice in fashion entrepreneurship.
3. Professionally communicate propositions, processes and outcomes to address specialist and non-specialist audiences while working with cultural differences in an appropriate manner.
4. Provide strategic leadership to effectively plan and manage the implementation of new directions and strategies within your professional field and environment, as well as effectively collaborate with others.

For further details and submissions, please scan the QR code above with your mobile phone camera or visit https://gulftimescommunity.com/designyourdreamcareer/
‘Face everything in life with your chin up’

Malik Nasir Nawaz, a motivational speaker and leadership trainer, says it is important to enjoy every moment of your life

By Mudassir Raja

Life is not a bed of roses. It is up to you how you face the hardships of life. You can either face it with your chin up or chin down.

This was the crux of a talk that Community recently had with an inspirational and motivational speaker, who has been training and coaching professionals and work forces of noted companies around the world.

Malik Nasir Nawaz, a Pakistani expatriate who recently moved to Qatar, is the CEO of MN Learning Solutions. He is a motivation trainer, business etiquette developer, stress/anger management and time management trainer.

Starting his professional career from Bank of America in United States, he worked in different financial institutions before joining Toyota Capital Motors as the general manager sales in Pakistan in 1996. He remained associated with hospitality industry in Pakistan for 14 years in different capacities. He is a core member of Industry Advisory Group of National Vocational and Technical Education Commission Pakistan (NAVTEC).

Nasir’s wife is a doctor and expert in public health. “I moved to Qatar after my wife got an opportunity to work with the Ministry of Public Health in Qatar. I am very happy to be here. I have been training the personnel of different local and international companies in Doha.”

The motivational speaker, who has two twin teenage sons, has gone through thick and thin in his life. “I had to return to Karachi from US, where I was having the best time of my life, after a family tragedy. I had to suffer a fatal liver disease that even left my doctors hopeless. My wife had to suffer a fatal liver disease that even left my doctors hopeless. My wife had some medical problems when the twins were born. I went through all this with perseverance and resilience only because of my strong faith in Allah. I always thought all of this is from Him and I have to experience it with my chin up!”

Nasir provided trainings to different companies in Pakistan, mainly in the hospitality sector. Working with a well-known chain of five star hotels, he visited different countries to train executive managers. “I am among the few civilians who have trained the personnel of the Pakistan army in different areas. Later in 2014, I decided to form my own company. I started offering programmes such as leadership skills, stress management, leader versus manager, communication skills, work-life balance, team building and basics of customer services. “The difference between me and a typical training company is that I customise the training courses accordingly. I interact with the top executive of a company about what they actually want and then I customise the course.”

Nasir also entertains individuals who approach him to address their personal issues. “People come to me. I advise them through my experience about how they should manage their stress or anger. One such example is that some six months ago, I received an e-mail from a woman in Lahore. She was the only bread earner of her family, three sisters and a mother. She had to quit her job because of harassment at workplace. Through counseling, I convinced her that she took the right decision to quit the job. I pulled her up and she got her confidence back and said to me that she would face the challenge with courage.”

Nasir has been in Qatar for over a year. He has been going back to Pakistan to trained companies. “Soon I will go to train staff of Shaukat Khanum Memorial Cancer Hospital Peshawar. It is my bread and butter place. I have found Qataris the most friendly and educated people in the Gulf region. The good part that I liked the most about Qatar is that they are very much focused on women empowerment. It is very good for the next generation.”

“Whatever your job or business is, just love it and enjoy it. That will make you keep going. Enjoy every moment of your life in the best possible way”

— Malik Nasir Nawaz

Areas of training expertise

- Motivation Training – Motivating Workforce
- Business Etiquette Development
- Negotiating for Results
- Soft Skills for Professionals
- Stress / Anger Management
- Time Management Training
- Team Building – Developing High Performance Teams
- The Magic of Strategic Selling
- The Magic of Customer Service
- Business Leadership – Becoming Management Material
- Excelling as a Manager or Team Leader
- Performance Management
- Managing Employee Performance
- Hospitality Skills (Theory & Practical)

“As for Qatar, it is a happening place. I have found Qataris the most friendly and educated people in the Gulf region. The good part that I liked the most about Qatar is that they are very much focused on women empowerment. It is very good for the next generation.”

The motivational speaker urged the people to love whatever they do. “Whatever your job or business is, just love it and enjoy it. That will make you keep going. Enjoy every moment of your life in the best possible way!”