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GULF TIMES  **COMMUNITY**

Wednesday, December 19, 2018
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Doha today: 18° - 26°




Fitness goals

The perfect ways to get fit in all of 20 seconds, an hour or six months. **P4-5**

GLITZ & GLAM

Round up: Actors who ruled screens in 2018.

Page 14



SHOWBIZ

Sushant elated with audience response to *Kedarnath*.

Page 15





PRAYER TIME

Fajr	4.52am
Shorooq (sunrise)	6.14am
Zuhr (noon)	11.31am
Asr (afternoon)	2.28pm
Maghreb (sunset)	4.50pm
Isha (night)	6.20pm

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
Mowasalat Taxi	44588888
Qatar Airways	44496000
Hamad Medical Corporation	44392222, 44393333
Qatar General Electricity and Water Corporation	44845555, 44845464
Primary Health Care Corporation	44593333
Qatar Assistive Technology Centre	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	40253371, 40253372, 40253369
Ministry of Health	40253370, 40253364
Hamad Medical Corporation	40253368, 40253365
Qatar Airways	40253374



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Spider-Man: Into the Spider-Verse
DIRECTION: Bob Persichetti, Peter Ramsey
CAST: Shameik Moore, Jake Johnson, Hailee Steinfeld
SYNOPSIS: Bitten by a radioactive spider in the subway, Brooklyn teenager Miles Morales suddenly develops mysterious powers that transform him into the one and only Spider-Man.

When he meets Peter Parker, he soon realises that there are many others who share his special, high-flying talents. Miles must now use his newfound skills to battle the evil Kingpin, a hulking madman who can open portals to other universes and pull different versions of Spider-Man into our world.
THEATRES: The Mall, Landmark, Royal Plaza



Joseph
DIRECTION: M Padmakumar
CAST: Joju George, Aathmiya, Dileesh Pothan
SYNOPSIS: The story develops through the life of four

retired policemen. It has the tone of a thriller investigation. An issue affecting the life of Joseph, the central character, and his family is being investigated.
THEATRES: The Mall, Landmark, Royal Plaza

<p>The Mall Cinema (1): <i>Aquaman</i> (2D) 2:15pm; <i>Spider-Man: Into The Spider-Verse</i> (2D) 4:45pm; <i>Spider-Man: Into The Spider-Verse</i> (2D) 7pm; <i>The Bombing</i> (2D) 9:15pm; <i>Oru Kupra Sidha Payyan</i> (Malayalam) 11pm.</p> <p>The Mall Cinema (2): <i>Spider-Man: Into The Spider-Verse</i> (2D) 3pm; <i>Aquaman</i> (2D) 5:30pm; <i>Aquaman</i> (2D) 8:15pm; <i>Aquaman</i> (2D) 11pm.</p> <p>The Mall Cinema (3): <i>Joseph</i> (Malayalam) 2:30pm; <i>Cats</i> (2D) 5pm; <i>Aquaman</i> (2D) 6:45pm; <i>Second Act</i> (2D) 9:15pm;</p>	<p>cinema</p> <p><i>Kedarnath</i> (Hindi) 11:15pm.</p> <p>Landmark Cinema (1): <i>Spider-Man: Into The Spider-Verse</i> (2D) 2:30pm; <i>Spider-Man: Into The Spider-Verse</i> (Arabic) 4:45pm; <i>Spider-Man: Into The Spider-Verse</i> (2D) 6:15pm; <i>Joseph</i> (Malayalam) 8:30pm; <i>Joseph</i> (Malayalam) 11pm.</p> <p>Landmark Cinema (2): <i>Aquaman</i> (2D) 2:30pm; <i>Aquaman</i> (2D) 5:15pm; <i>Aquaman</i> (2D) 8pm; <i>Aquaman</i> (2D) 10:45pm.</p>	<p>Landmark Cinema (3): <i>Johnny</i> (Tamil) 3pm; <i>Aquaman</i> (2D) 6:15pm; <i>Johnny</i> (Tamil) 8:45pm; <i>Johnny</i> (Tamil) 11pm.</p> <p>Royal Plaza Cinema Palace (1): <i>Spider-Man: Into The Spider-Verse</i> (Arabic) 3pm; <i>Aquaman</i> (3D) 5:15pm; <i>Aquaman</i> (3D) 8:15pm; <i>Aquaman</i> (2D) 11pm.</p> <p>Royal Plaza Cinema Palace (2): <i>Elliot The Littlest Reindeer</i> (2D) 2:30pm; <i>Aquaman</i> (2D) 4:15pm; <i>Spider-Man: Into The Spider-Verse</i> (2D) 6:45pm; <i>Fahrenheit 11/9</i> (2D) 9pm; <i>Joseph</i> (Malayalam) 11:15pm.</p>
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Heritage Library's Permanent Exhibition

WHERE: Qatar National Library
WHEN: Ongoing till December 31
TIME: 9am - 8pm

The exhibition displays around 400 items from the QNL Heritage Library collection that illustrate the spread and evolution of ideas throughout the Arab and Islamic world, as well as document interactions between Arabs and the West over the past several centuries. The exhibition features books, manuscripts, historical photographs maps, globes and travellers' instruments that tell the story of Qatar, along with the history of science, literature, writing, travel in the region, and much more.



unstoppable. Soar to new heights in the all-new Super Zone and suit up in gear fit for only the most super of heroes as you collect your medal at the Finish Line! 2019 will also include the Foam Zone. Gates will open at 7am on January 26, with our first Color Runners setting off at 8.30am.

Arabic Calligraphy Workshop

WHEN: Saturday - Wednesday
TIME: 6pm

Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.

The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com



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.

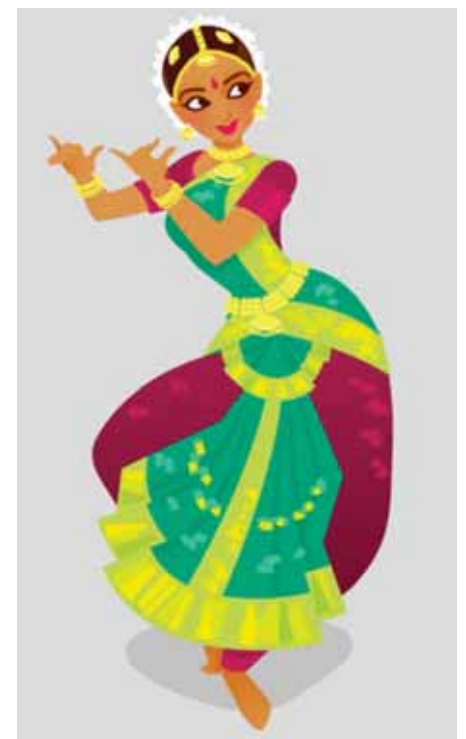


Hobby Classes

WHERE: Mystic Arts Centre behind Al Hilal Focus Medical Centre

WHEN: Wednesday - Monday

Mystic 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 Carnatic Music, Hindustani Music, Karate, Yoga, Zumba, Classical Dance, Salsa, Hip Hop, contemporary and Bollywood dance forms. For details, call 33897609.



Dance and Instrument Classes

WHERE: TCA Campus, Behind Gulf Times Building

WHEN: Wednesday - Monday

Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/ 31326749.

EVENTS

Qatar National Day 2018 airshow

WHERE: Katara
WHEN: Today
TIME: Evening

As part of Qatar National Day celebrations 500 drones will take to the sky to put up a unique air show on December 17 and 19. The airshow will be held at the waterfront of Katara.

Darb Al Saai

WHERE: Darb Al Saai
WHEN: Ongoing till tomorrow
TIME: 9am - 11pm

Qatar Foundation have a tent set up with many activities for the kids and adults. Al Shaqab offers a horse-riding simulator, Qatar Biobank provides free health checks to visitors and Qatar Career Development Centre is hosting games to help children learn about different careers. The event is open to public.

Acting Classes

WHERE: Retaj Al Rayyan, West Bay
WHEN: Ongoing till tomorrow
TIME: 3pm - 7:30pm

The Talent Factory is having an acting monthly course for kids and adults. Gentë Retkoceri Rrahmani, Teaching artist and actor, will take care to create an amazingly entertaining and socialising class for kids and adults. Both programmes are specifically designed to fit different ages with the main purpose to develop the participant's self-esteem, especially when in front of audiences. Kids course fee is QR600 and adult course fee is QR800. For further details, e-mail at actingclassesdoha@gmail.com



Katara Beach - School Students

WHERE: Katara
WHEN: Ongoing
TIME: 9am - 12pm

By participating in the programme of 'Our culture is a school', Katara Beach emphasises the Qatari marine tradition and introduces to students the meaning of Dasha, Al Qafal and various type of pearls. The students will discover all details of the Fath Al-Khair journey.



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.



Cycling: Losail Circuit Sports Club

WHERE: Losail Circuit
WHEN: Ongoing
TIME: 5pm

Losail Circuit Sports Club, in association with Qatar Sports For All Federation, invites all cyclists, runners and walkers to train under the floodlights of Losail International Circuit every Wednesdays.

The Colour Run

WHERE: QNCC
WHEN: January 26
TIME: 8:30am

Celebrate the hero in you in a realm where nothing is impossible and you are



Fitness for one and all

Making time for exercise can be difficult because of work, family commitments or cost. **Poppy Noor** shows how to squeeze it in, whatever your schedule



Some people think if they can't fit in a 60-minute gym routine, there's no point. There's nothing to stop you from picking up dumbbells and going for a walk

— Steve Kamb,
fitness instructor

Twenty seconds
“Some people think if they can't fit in a 60-minute gym routine, there's no point,” says Steve Kamb, a fitness instructor and the founder of the training website NerdFitness. But, for many people, it takes a lot of courage just to get through the door to go for that first run. Giving yourself 20 seconds to be brave is a great stepping stone. Use it to Google a workout plan, or even just to walk into the gym and straight back out again, suggests Kamb. “It doesn't matter if you finish the task just yet. Sometimes getting into the gym in the first place is the victory.”

Thirty seconds
Planking engages a number of

muscles in the shoulders, back and stomach. Achieving a non-stop 30-second plank is harder than it looks, but planking helps to build a stronger core and improve posture and even flexibility. Muscle burns more calories than fat, so planking can help you to burn more calories even when you are not working out.

A couple of BuzzFeed writers who resolved to plank every day for 30 days, building up to a plank of two minutes, saw improvements in muscle definition by the end of their trial.

One minute

Sprinting for as little as a minute each day can reduce body fat, build muscle and increase the rate at which your body burns calories while resting. Marathon runners

regularly incorporate short bursts of sprinting into training, as in the Swedish technique fartlek, because it drastically improves speed and cardiovascular fitness so that people can exercise longer. Sprints should be broken into 20-second bursts, so that you are working flat out. One study of obese men showed that they improved leg power and oxygen uptake in only two weeks.

Another found that one minute of sprint interval training, three times a week, had the same health benefits as 50 minutes of continuous moderate exercise, despite a five-fold lower time commitment (when taking into account the warm-up and cool-down). It is also one of the best abdominal workouts you can do — raising your leg at the 45-degree angle required for a proper sprint is equivalent to doing a crunch, and sprinters repeat this movement about 60 times in a 100-metre sprint.

Three minutes

If your goal is to one day do a pull up, starting with your grip strength could be an idea, because it is what determines whether you fall off the bar. “There’s nothing to stop you from picking up dumbbells and going for a walk,” says Kamb. He suggests carrying them like suitcases at your side, an exercise known as “the farmer carry”. Each week your grip strength will get a little better.

Four minutes

A four-minute workout could help you to silence the voice in your head that says: “I don’t want to work out.” Tabata workouts are made up of 20-second intervals of intense exercise followed by 10 seconds of rest, repeated eight times, totalling four minutes. “Often when people miss one workout, they feel they’ve lost all their gains. Tabata keeps up momentum and will sustain your muscle growth even when you can’t make it to the gym,” says Kamb.

Five minutes

Get ready for tomorrow’s workout tonight. “Put your alarm clock against the other side of the room, a glass of water by your bed, sleep in your gym kit and put your shoes by your bed,” says Kamb. His reasoning? Everyone wants to be as lazy as possible when it comes to exercising — if you are already in your workout clothes when you wake up, you have eliminated a major hurdle.

Ten minutes

Take the stairs — it is great for you. Research shows that stair-climbing improves cardiovascular health and fitness, reduces “bad” cholesterol and can result in moderate weight loss. “You are raising your weight against gravity. Even going slowly, it’s as intense as jogging,” says Dr Frank Eves, a senior research fellow in sport, exercise and rehabilitation sciences at the University of Birmingham. “Climbing four flights of stairs will get your heart rate working at up to 80% of its maximum capacity. When you’re feeling breathless,



ADVICE: Avoid getting hungry and you’ll stand a better chance at eating healthily.

surprisingly, it’s because your muscles just got a little bit fitter. Do that regularly and you’ll start to see bigger increases.”

But make sure you walk up — not down, he says: “We did a study where we put signs up saying ‘Take the stairs’ — but people just walked down. That defeats the point — climbing stairs is two to three times more strenuous.” Research has shown the health benefits for sedentary people of climbing 13 floors a day. Eves suggests spreading them throughout the day, at home or in coffee breaks at work.

Thirty minutes

Get off the bus or train a stop

early and walk home. Researchers from Sheffield Hallam university looked into the benefits of walking for 30 minutes a day in three 10-minute bursts, compared with people fitting in the often recommended 10,000 steps a day. The 3,000-step walkers fared better. The researchers put this down to the intensity of the walks — so make sure your walk home is a brisk one.

Forty-five minutes

“Low-intensity steady state” cardio exercise (LISS) is essentially the opposite of high-intensity interval training (HIIT). It has cardiovascular benefits, as well as

increasing and strengthening the legs. The advantage over HIIT is that you can do it for longer.

One hour

Health is as much about what you put in your mouth as it is how you move. Batch-cook your lunches for the coming week if you want to get ahead — when you are not hungry or rushed you will make healthier choices.

Nine weeks

This is enough time to complete the NHS’s Couch to 5K programme for absolute beginner runners. The programme builds up from walking to running 3.1 miles through three

structured commitments a week and comes with a great podcast to keep you going.

Sixty-six days

It is often said it takes 21 days to form a habit. In fact, researchers at University College London who studied habit formation found that the average time for behaviour to become automatic was 66 days. If you want to improve your health, whether by drinking more water or eating a piece of fruit at lunch, try to stick with it for more than two months.

Sixteen weeks

If you can run 5km fairly easily, that is a good base to start training for a half-marathon. Training programmes tend to focus on building up to 13 miles over 12 to 16 weeks. Cancer Research UK has published various training timetables, starting with 20-minute runs. The developers of the Couch to 5K app have also created an app for first-time marathon runners called 26.2 Marathon Trainer.

Six months to one year

If applicable, quit smoking. Your lung capacity is a key part of exercising, as is your heart function and the transportation of oxygen through your blood — all of which are affected by smoking. It may take time — some research says quitters try an average of 30 times before stopping successfully — but it will be worth it. The risk of heart disease halves after a year without smoking and your lung function will improve, too.

— The Guardian



“A lot of times people look at the negative side of what they feel they can’t do. I always look on the positive side of what I can do.”

— Chuck Norris



Students of SIS visit Turkey

Twenty-five students of Shantiniketan Indian School (SIS) recently visited Turkey on a five-day tour as part of Annual Educational Tour Programme-2018. The students got an insight into the cultural, social and political life of Turkey straddling Eastern Europe and Western Asia. The students also observed the cultural connections of Turkey to ancient Greek, Persian, Roman, Byzantine

and Ottoman empires. The students visited the places, including Mount Uludağ, Hagia Sophia, Blue Mosque and Topkapı Palace. The students also went on a cruise on the Bosphorus Strait. Dr Subhash Nair, Principal of SIS, along with Shihabudeen Pulath, Vice Principal of SIS, appreciated the students for observing discipline during the trip.



BPS commemorates Qatar National Day

Birla Public School (BPS) recently celebrated Qatar National Day. The celebrations kicked off with a parade with a solemn salute by the management of BPS, including C V Rappai, Director of BPS; Maria Thomas, Proxy Director at BPS; and A P Sharma, Principal of BPS. While addressing the gathering, C V Rappai said, "We are privileged to live in this beautiful country as we consider this as our mother land and are grateful to the citizens and His Highness the Amir Sheikh Tamim bin

Hamad al-Thani. I do not think that there is any other place in the world where expatriate people can lead their life with such international standards. We feel very safe and comfortable to live, work, and study in this very hospitable country." Some 500 students of BPS participated in the parade showcasing the culture of Qatar and India. The students were dressed in traditional Arabic and Indian wardrobes. The event was compered by Larissa, Teacher at Junior Section BPS.



ACS Doha celebrates Qatar National Day

ACS Doha recently celebrated Qatar National Day and hosted its 8th International Fair 'International Mindedness'. The event kicked off with Qatar National Anthem and traditional songs. The event also featured traditional Qatari food. Robert Cody, Head of School at ACS Doha, said, "At ACS we welcome people of all cultures from around the world to create a powerful, shared experience that shapes the way we teach and learn, and actively defines our international character. Events like our International Fair and Qatar National Day celebrations help us to do this. By highlighting cultures from around the world we aim to promote open-mindedness and tolerance of difference among all our students. And it's very important to us that we integrate our internationalism with the vibrant local traditions, culture and history of Qatar."



IIS celebrates Qatar National Day



Ideal Indian School (IIS) recently celebrated Qatar National Day. While addressing the gathering, Syed Shoukath Ali, Principal of IIS, congratulated His Highness the Amir Sheikh Tamim bin Hamad al-Thani and all the people of Qatar. He commended the vision of His Highness the Amir Sheikh Tamim bin Hamad al-Thani and the Qatar Government for development, progress and prosperity. Students of sections, including Kindergarten, Junior, Girls' and Boys' Section presented a performance featuring the rich cultural heritage of Qatar. Padma Ramaswamy, Vice Principal of Girls Section, proposed a vote of thanks.



LIS celebrates 4th Annual Day

Loyola International School (LIS) recently celebrated its 4th Annual Day 'Jazba - The passion'. Dr R Seetharaman, CEO of Doha Bank, was the chief guest and Milan Arun, President of Indian Cultural Centre, the guest of honour. The event was attended by notable personalities, including Anup Chakravarthy and Sarat Koduru, Directors of LIS; Prasad Koduru, Member of Advisory Committee; and PKV Prasad, Principal of LIS. The event kicked off with the lighting of the ceremonial lamp by Sangeetha Seetharaman, Vani Koduru and Amulya Ranganeni. PKV Prasad welcomed the gathering and presented the annual report, which was followed by a

prize distribution ceremony for the high achievers of LIS. The students were awarded with trophies and certificates. Best projects of 'Reflections' were also recognised at the event. While addressing the gathering, Dr R Seetharaman, said, "Today's education system is getting redefined. Loyola shows its interest in building a strong connectivity between teachers and students." Milan Arun, said, "We all are Indians and we are the ambassadors of our country in Qatar. It's our duty to showcase our rich cultural heritage through our education and events." Sarat Koduru proposed a vote of thanks.





DPS-MIS marks Qatar National Day

DPS-Modern Indian School (DPS-MIS) recently organised an event to mark the Qatar National Day celebrations. Special assemblies were conducted to highlight the rich cultural heritage of Qatar and express the institution's solidarity, allegiance and unwavering support to the country. A parade highlighting Qatar's preparation for 2022, its mega projects and its economic growth was also part of the event. The students of Grade I-II performed a skit highlighting about

Sheikh Jassim bin Mohamed bin Thani, founder of unified Qatar. A colouring activity was conducted for the students of Nursery Wing. The students coloured the worksheet with the image of Qatar's Flag. While addressing the gathering, Asna Nafees, Principal of DPS-MIS, appreciated the role played by Qatar in giving all expats security and protection, and making it one of the best places to live.



Sandwich Station opens new branch at Markhiya

According to a press release, Sandwich Station Company, a restaurant known for Lebanese inspired food, including shawarma and mixed grills, recently marked the official opening of its newest restaurant at Markhiya area next to Al Aker Sweet. The opening event was attended by notable personalities, including the owners of Sandwich Station and media representatives.

The customer-friendly ambiance inside is poised to be a place where a customer can shop selected Lebanese products from several areas in Lebanon while enjoying the succulent food at the most reasonable price. At the newest outlet, customers can now relish the diverse menu and appreciate good food, freshly baked bread, and cakes as well the fast delivery service.



SIFQ holds workshop for teachers

Science India Forum Qatar (SIFQ) recently conducted a workshop for the teachers of Indian expatriate schools. The topic for the workshop was "How to guide students to plan and create science projects for the NCSC and how to make science teaching fun and exciting." The workshop was conducted by Dr Brajesh Pandey, Associate Professor in Physics at the Symbiosis Institute of Technology, Pune. Around 50 teachers participated in the workshop.



Frankfurt music project for refugees gives new meaning to integration

A project in Frankfurt is bringing together Germans and refugees from abroad to play together in groups, creating new and different sounds as they learn from one another

By Eva Krafczyk

What do you get when you mix classical, jazz, Western, African and oriental music? Something completely new and different, according to participants in the Bridges music project in the central German city of Frankfurt.

"I've always loved learning about the music of other cultures," says flautist Johanna-Leonore Dahlhoff, one of the two leaders of the project, which was launched in 2016 to bring together German musicians and refugees from other countries.

"This is integration on an equal footing," says cultural manager Anke Karen Meyer about the organisation's work. That's because when they rehearse and perform with German musicians, refugees are not just receiving help from their hosts but also giving something valuable in return to those with a passion for music from other cultures.

It's one of the reasons the project was recently chosen to receive a Special Impact Award from Germany's KfW Stiftung foundation, worth 45,000 euros (52,000 dollars) and given to projects that support the integration of refugees.

"The award supports entrepreneurial projects that provide solutions to pressing societal challenges," says Bernd Siegfried, Executive Director of the foundation.

The KfW Stiftung is especially keen to support projects that are transferable to other parts of Germany. It also looks for initiatives that benefit Germans as well as refugees – a key part of the Bridges project.

Making music together is a learning process for everyone involved, the organisers say, even though most of the participants are highly qualified musicians or at least high-level amateurs. "She's learnt to play quarter tones," says Pejman Jamipناه, smiling at Dahlhoff as he tugs at the strings of his Persian lute. Quarter tones, though they play an important role in oriental music, are almost completely unfamiliar to Western ears.

Bringing different styles together creates something new that "wouldn't exist otherwise," says Dahlhoff of the Bridges project. The project supports nine ensembles



MUSIC MIX: According to participants in the Bridges music project in the central German city of Frankfurt, something completely new and different is formed when you mix jazz, Western, African and oriental music.

in total, each of them made up of "Germans, refugees and Germans with a migration background – just like Frankfurt," according to Dahlhoff.

She plays in a trio with Jamipناه and percussionist Mirweis Neda, whose parents came to Germany in the 1980s from Afghanistan. Neda first became involved with the Bridges project when he was asked to act as an interpreter for another Afghan musician. That musician didn't turn up for his appointment, but Neda happened to have brought a drum along with him, so he was able to jump in. His musical heritage comes not only from Afghanistan, but also from his upbringing in Germany, "I played the recorder in school," he says.

Jamipناه was working as a technician for the public broadcaster Hessischer Rundfunk when he found out the Bridges project was looking for musicians.

"Whether we are German, Iranian or African, music is our language," he says. "We are breaking new musical ground." Those without any formal musical training can also take part, at monthly workshops at different locations around Frankfurt where people are encouraged to bring along an instrument and improvise. The project has even started a choir. "In the long term, we would love to get a small orchestra going," says Dahlhoff. – DPA



ACKNOWLEDGED: The project was recently chosen to receive a Special Impact Award from Germany's KfW Stiftung foundation, worth 45,000 euros (52,000 dollars).



MYTHS & FACTS
about **MENTAL HEALTH**



Myth

Children don't experience mental health problems



Fact

Even very young children may show warning signs of mental health concerns. Early support can help a child before mental problems interfere with other developmental needs

Myth

People with mental health problems are violent and unpredictable



Fact

The majority of people with mental health problems are no more likely to be violent than anyone else. In fact, many people with mental health problems are highly active and productive members of their communities

Myth

Personality weakness or character flaws cause mental health problems



Fact

Mental health problems have nothing to do with being lazy or weak. Many factors may contribute, including:

- Physical illness, injury, or brain chemistry
- Life experiences (trauma or abuse)
- Family history of mental health problems

Myth

I can't do anything for a person with a mental health problem



Fact

Friends and loved ones can help by:

- Learning and sharing the facts about mental health
- Reaching out and helping them access mental health services
- Treating them with respect
- Refusing to define them by their diagnosis or using labels like "crazy"

Mental health problems can affect anyone

1 in 5



Americans will be affected by a mental health problem in their lifetime

With the appropriate help many people **get better** and recover completely



Sufficient sleep in childhood may lead to healthy BMI later

Is your child facing trouble in sleeping? If so, parents take note. Regular and sufficient sleep from early childhood may be important for gaining healthy body weight in adolescence, suggests a new study.

The study revealed that those who had no bedtime routine at age nine had shorter self-reported sleep duration and higher body mass index (BMI) at age 15, when compared to those children with age-appropriate bedtimes.

"We think sleep affects physical and mental health, and the ability to learn," said Orfeu Buxton, Professor from the University of Pennsylvania in the US.

"Parenting practices in childhood affect physical health and BMI in the teenage years. Developing a proper routine in childhood is crucial for the future health of the child," Buxton added.



Previous studies have shown that poor sleep can affect academic performance, as well as contribute to death and cases of heart disease and stroke.

For the study, researchers analysed 2,196 children.

The findings, published in the journal *SLEEP*, showed that one-third of children consistently adhered to age-appropriate bedtimes for ages five to nine.

Bedtime should provide enough of a "window" for the child to get an appropriate amount of sleep, even if the child does not fall asleep right away, said Buxton.

Future family interventions may need to include parental education about sleep health, particularly focusing on parents with low income and low education, Lee said, adding the need for research in childhood sleep behaviour and weight in later life. — IANS

ARIES March 21 – April 19

Your greatest quality is generosity, Aries. Your nature isn't to give to others in order to get something back but for the pleasure of giving. This is how you get power and light. Think of all the people in the world who give of themselves without expecting anything in return. You don't have to make much effort to be one of those people - just give it a try.

CANCER June 21 – July 22

You may feel a little weary today, Cancer. It's a good time to take stock of your life. You may have gotten some news about someone that has caused you some pain. This is a good time to rely on the support of your relationship in order to reenergise yourself. Take the time to let others take care of you.

LIBRA September 23 – October 22

is most important to you. But despite your independence, there are days when you have the sudden, sinking feeling that you could wind up alone in this world. Today you should really begin to think about what the word "commitment" means to you. Is it really so scary?

CAPRICORN December 22 – January 19

Today's planetary configuration has you wondering about an aspect of your life that causes you a good deal of hardship, Capricorn. Maybe your friend is often away and this is particularly hard on you. You'd like your friend to be there through thick and thin. This may be causing some tension in your relationship. Have you talked to your friend about your feelings? If not, you really should.

TAURUS April 20 – May 20

It's important to take a hard look at yourself and know where you're going, Taurus. A little self-analysis never hurt anyone, especially when you feel like you aren't getting anywhere. But you have a tendency to go a little overboard with self-criticism. Take today to try and ignore that little voice in your head, or even prove it wrong!

LEO July 23 – August 22

You have the gift of being able to get your great ideas across to others. In your family, you may be the one who teaches your children about life and its responsibilities. Today someone might teach you something you didn't know. You should never forget that education means communication, and communication is the exchange of ideas.

SCORPIO October 23 – November 21

Scorpio, life around you today almost seems like a (bad) dream. It's almost as if people are talking, but nothing intelligible is coming out of their mouths. Perhaps two people close to you are having problems getting along. You feel like stepping in and telling them to calm down and really listen to each other. Days like these are when people need you the most.

AQUARIUS January 20 – February 18

Aquarius, you may have been a little difficult to be around lately. You like to treat yourself to a little moodiness from time to time, but the people around you might appreciate a little co-operation. There are days when you don't want to grow up, when it's time to play. Do you get enough time to play? Think about it.

GEMINI May 21 – June 20

Gemini, you have a tendency to run away from confrontation, but today you might not be able to avoid it. Your partner or a family member may be putting pressure on you. It's possible you've already worked out a solution to this problem. Tell your partner what he or she wants to hear so you can do what you want later.

VIRGO August 23 – September 22

There may be tension in the air as you go about your day, Virgo. The leftover fatigue from the past few days is starting to wear on you. You may have managed to get into an argument with someone close to you, but there might be a reason for this. Take advantage of the situation to clear the air with your friend. You don't live your life by society's rules, Libra. Your freedom is what

SAGITTARIUS November 22 – December 21

You can't spend all your time running from one activity to the next, Sagittarius. You need to take a break from time to time. You have all the energy you need, but you should think about relaxing yourself as a whole. Your body may need its batteries recharged. Pretty soon you will be in the thick of the action and you will need all the energy you can get.

PISCES February 19 – March 20

One thing is for sure, Pisces, you'd rather be in bed with a good book than out in the stressful world. But you may be feeling like you're missing out on some of the good things in life. How much time do you spend with other people? Why not try to find someone who shares your taste for good books and bed? Think about it!



COMMUNITY

CARTOONS/PUZZLES

Wordsearch

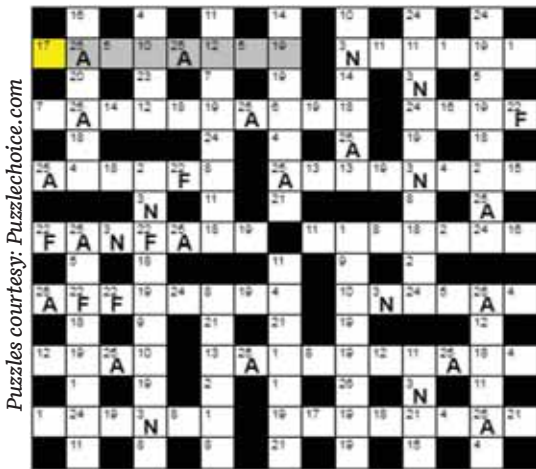


Insects

- | | | |
|-----------|----------|------------|
| APHIS | GREENFLY | MOTH |
| BEEBLE | HORNET | SAWFLY |
| BUG | HORNTAIL | SPRINGTAIL |
| BUTTERFLY | LACEWING | TERMITE |
| CICADA | LOCUST | THRIPS |
| CRICKET | MANTIS | WASP |
| DRAGONFLY | MAYFLY | WEEVIL |
| EARWIG | MIDGE | |
| GNAT | MOSQUITO | |

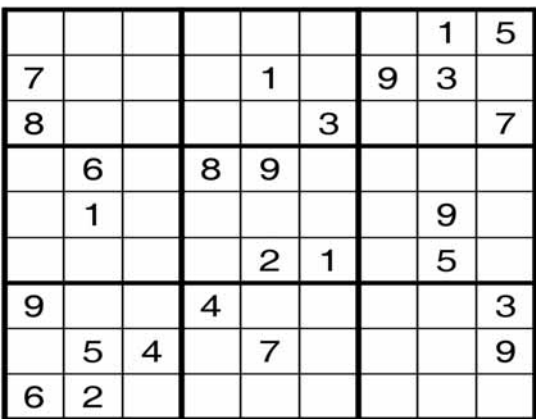
Codeword

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.



Puzzles courtesy: Puzzlechoice.com

Sudoku



Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row is repeated.



Adam



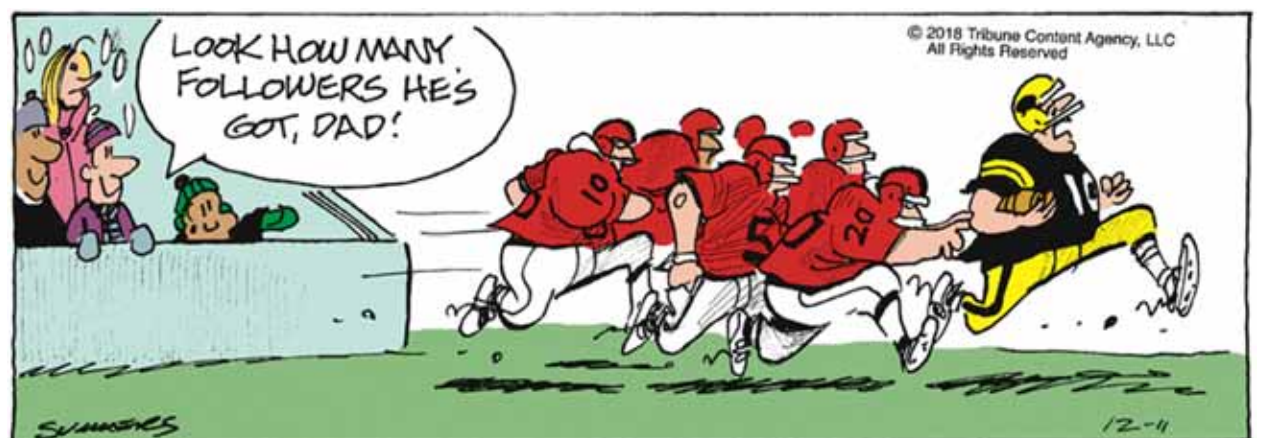
Pooch Cafe



Garfield



Bound And Gagged



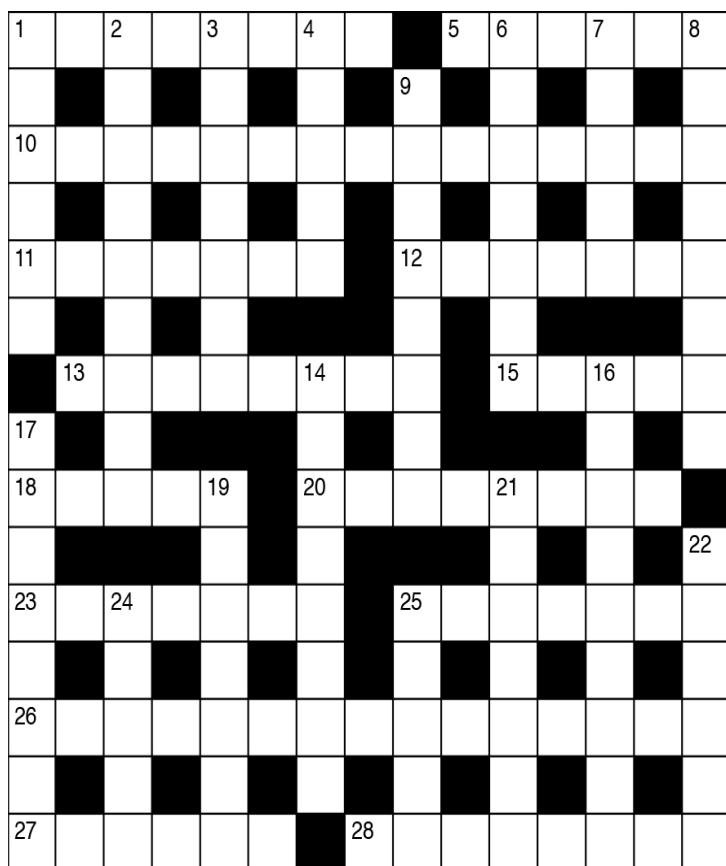
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PUZZLES

COMMUNITY



Super Cryptic Clues



Across

1. Er... if you could just write a report (8)
5. Is not exclusive, one concedes (6)
10. Get muddled up, as the mother of identical twins might (7,3,5)
11. Hangs about to see I get the remainder sorted out (7)
12. Guided by fate to take the dappled wrapper (7)
13. Not a sitter, but a girl of ability (8)
15. Come back again, followed by a dog (5)
18. Jobs unpopular with schoolchildren (5)
20. Gave a second helping to the shy (8)
23. As a performer in the top turn, I boob (7)
25. Scolds one for including an animal among the insects (7)
26. You can't blame them for not being stay-at-homes (9,6)
27. What one's putting on for lunch? (6)
28. Does try to get into debates (8)

Down

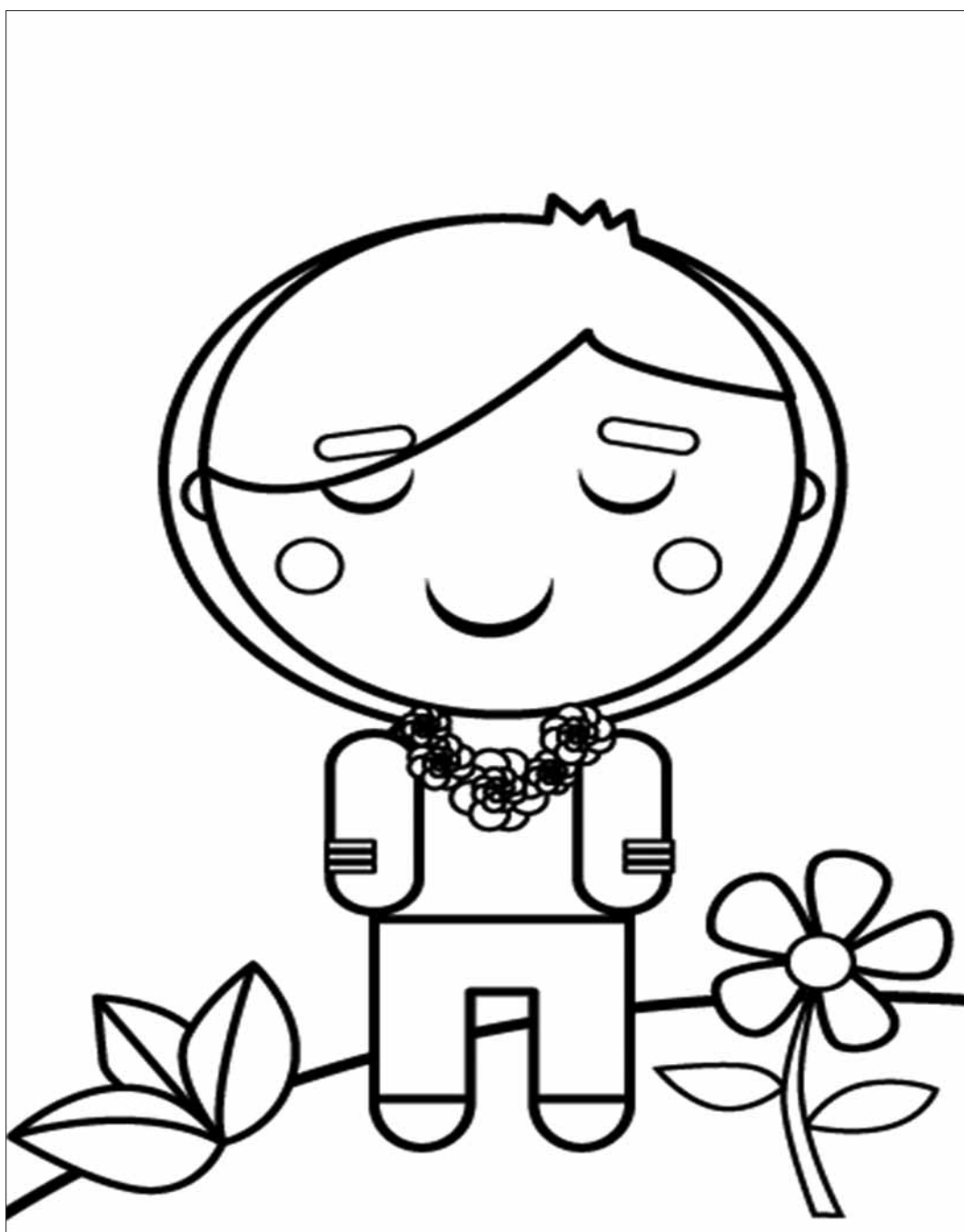
1. Double up for fastening (6)
2. Provision made by the state (9)
3. Musicians - and noisy old musicians they are! (7)
4. What do you associate with fishermen? That's right, fish (5)
6. He's trying to get well, but he's made sicker by the doctor (7)
7. What the little picture in the fashionable hairdressing magazine shows? (5)
8. Stop-press, loosely about people helping inflation (8)
9. Garlands for the little women's partners? (8)
14. Does his voice have an Apulian sound to it? (8)
16. They're original garments designed for Act One, sir (9)
17. Item about overcharging you took from the newspaper? (8)
19. An old fighter with money taking a car in for repairs (7)
21. Underdone piece of cheese on toast? (7)
22. Whispers stupidly, 'Die, fool!' having come out (6)
24. He stood in previously for the holder (5)
25. Not the lingo for a singer! (5)

Yesterday's Solutions

Across: 1 Dorothea 5 Spared 9 Belonged 10 Vellum 12 Strain 13 Bakewell 15 Annual return 18 April showers 23 Dossiers 24 Manage 26 Laid up 27 Fishwife 28 Yonder 29 Prospect.

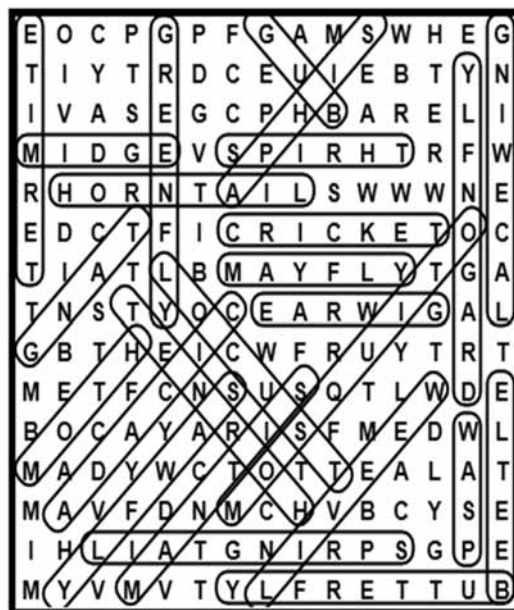
Down: 1 Debase 2 Rulers 3 Tension 4 Even 6 Precede 7 Rolled up 8 Dumpling 11 Wallows 14 Pushers 16 Mandalay 17 Prussian 19 Leisure 20 Reaches 21 Facile 22 Repent 25 Tier.

Colouring



Answers

Wordsearch



Codeword





Round up: Actors who ruled screens in 2018

It's hard to give a good performance in a drama serial; especially when it involves some location without any modern facilities and the long scheduled shoot hours, but it may be even harder to get all this hard work noticed on the television screens. Much great acting takes place in drama serials that actually aren't all that good, in terms of budget I mean. Over the period of time Pakistan entertainment industry has realised that it's not the star power that brings the good rating and fame to any serial but the substantial content and characters.

This year, some relatively new faces swayed us, along with established names. Unfortunately, some of the roles were either dark or disturbing but nevertheless it's about showing some love for the scads of performances that you'll be sorry to have had missed, if you have. Here's a selection of the very best.

Iqra Aziz in *Suno Chanda*

The 20-year-old had a very

successful year with hit television dramas, including *Khaamoshi* (2018), *Tabeer* (2018) and the massively popular *Suno Chanda* (2018), all on HUM TV. She already has six years of experience and 15 television dramas under her belt. But, Iqra Aziz became a household name in 2018 after her performance as a chirpy and happy-go-lucky Jiya in *Suno Chanda*. Designers are making a beeline for featuring her in their fashion shoots and it's easy to see why! No?

Feroze Khan in *Khaani*

Sometimes you're stereotyped with certain sort of characters. Many actors are heedful to the concept and try in every real sense to defy such titles. But, Feroze Khan understands his charm way too well, that all those fierce eyes and expressions are 'it' and they sell big time. Although he has played such intense characters before, like in *Gul-e-Rana* (2015), on premier entertainment channel HUM TV, but his spell as Mir Hadi in *Khaani* (2018), on entertainment

channel Geo, has to be the best till date. So before the year ends, watch *Khaani*.

Imran Ashraf in *Alif Allah Aur Insaan*

2018 has been a year of new talent taking over the television screens, and Imran Ashraf is one such individual who made us realise his acting prowess with the character of Shabbo in *Alif Allah Aur Insaan* (2018), on HUM TV, where he played the role of a transgender. Where many actors, even established actors, would not have taken the risk with such a challenging role, Imran outdid it with perfection. From body language, to expressions and intonations in the voice – non parallel detailing and observation!

Sajal Aly in *Yaqeen Ka Safar*

This year has proved to be quite a memorable one for Sajal Aly; She appeared in two much-discussed drama serials: *Yaqeen Ka Safar* and *O Rangreza*, both on premier entertainment channel HUM TV, and won two nominations at the

prestigious Lux Style Awards 2018 for Best Actress category and bagged three Best Female Actress Awards at HUM Awards. Her role in *Yaqeen Ka Safar* although was a simple character of a girl that ends up finding peace with nursing profession at a hospital in the suburbs of northern areas of Pakistan, but the transformation of the rebellious and a minx girl caught up the attention of the viewers and critiques alike.

Ahad Raza Mir in *Yaqeen Ka Safar*

Ahad is a very fine addition to the entertainment fraternity. We've seen him put his acting skills well to use and make audiences sway with him as he performed the emotional father-son duo scenes in *Yaqeen Ka Safar*. His good look gushed the viewers to fall in love with the serial and the on-screen couple: Sajal and Ahad. When you're acting opposite to an experienced actor like Sajal, you might get a little intimidated. Was Ahad intimidated? Doesn't seem like it!

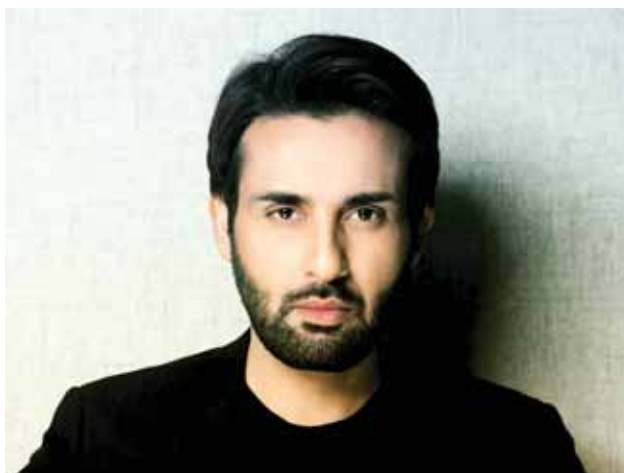


Affan Waheed in *Beydardi*

Although he has been in the industry and on television screens since a decade now, but, 2018 was a lucky year for him. You know how? He recently starred opposite to Aiman Khan and Iqra Aziz in *Beydardi* (2018), on entertainment channel ARY Digital, and premier entertainment channel HUM TV's *Khaamoshi* (2018), respectively. And the serials released just simultaneously, one after another. *Beydardi* was a tragic love story, hit by the Aids, but the portrayal of the characters was raw. The aim of the serial was to create awareness against the disease and with all those high-rise ratings, it definitely did.



Imran Ashraf



Affan Waheed



Sajal Aly



Iqra Aziz



Ahad Raza Mir



Feroze Khan

I would love to do Bollywood: *Fantastic Beasts* star

Actress Claudia Kim says she would love to crossover and explore the world of Bollywood one day.

"I have lots of friends working in the industry. I would love to do Bollywood films... Who knows where life will take you," Kim said.

"I really feel that there are no boundaries anymore. I have friends like Zhu Zhu from China who did an Indian film (*Tubelight*). Bollywood is a huge industry that I am dreaming of. And crossover is for everybody," she added.

Kim has been part of big films like *Avengers: Age of Ultron*, *The Dark Tower* and Warner Bros Pictures' project *Fantastic Beasts: The Crimes of Grindelwald*.

The actress doesn't believe in planning her life.

"Planning is good but in life you can't plan anything. I spent three years just thinking about whether I can do this (acting) for life. And what is my life goal and plan? And I came to a conclusion that nobody can decide on that." - IANS



KEEN: Claudia Kim says Bollywood is a huge industry that she is dreaming of.

Grant Gustin marries LA Thoma

The Flash star Grant Gustin and LA Thoma are now married.

They walked down the aisle on Saturday at Valentine DTLA, a sprawling 9,000-square-foot venue erected in the 1920s, reports eonline.com

Their guest list featured plenty of actors like Melissa Benoist, RJ Brown, Daveed Diggs, Jared Loftin, Leela Rothenberg, Taylor Trench and Chris Wood.

Talent manager Robert Stein took a picture with the couple in a photo booth and shared it on Instagram.

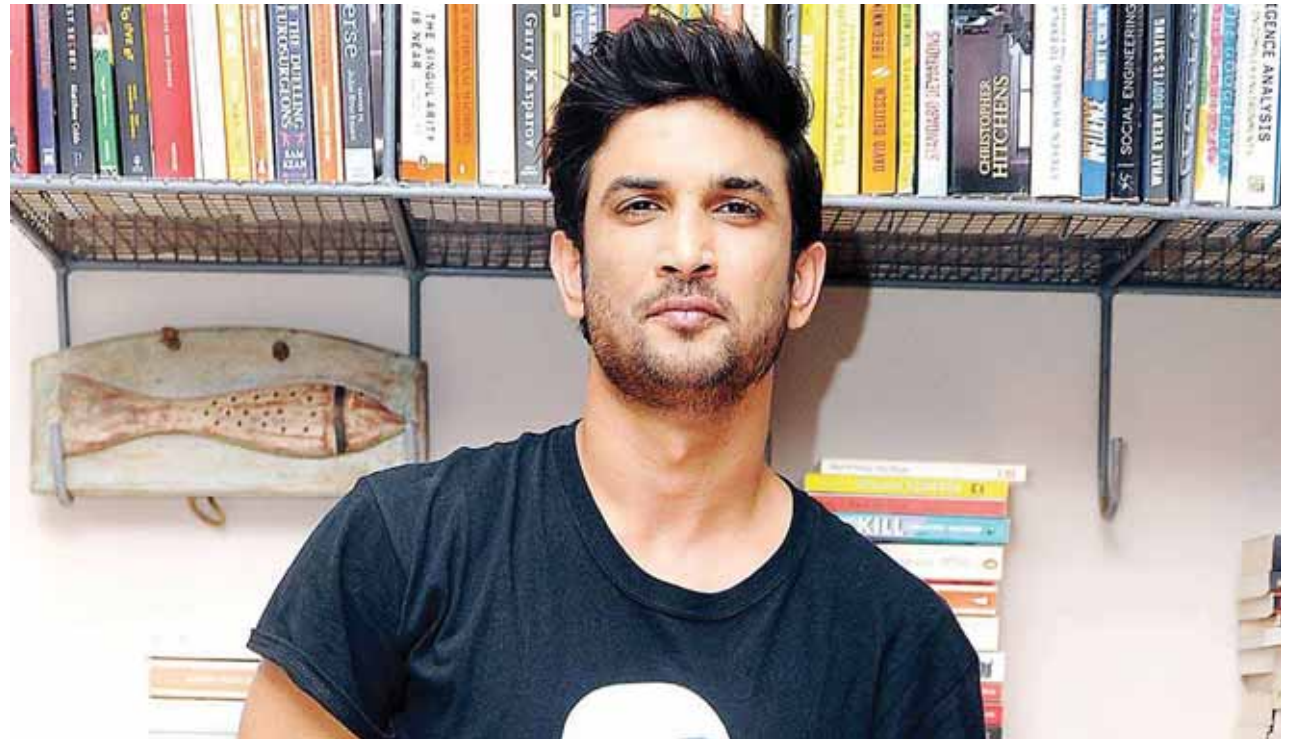
"What heartfelt joy it was to watch Grant and LA, surrounded by their family and friends, come together for a loving union. Wishing them both a lifetime of love and happiness," Stein wrote.

"They are so blessed to have one another to spend the rest of their lives together.

Gustin proposed to Thoma in April 2017. - IANS



COUPLE: Grant Gustin, right, with LA Thoma.



ENCOURAGED: Sushant Singh Rajput says when an audience appreciates a movie, it encourages an actor to do better.

Sushant elated with audience response to *Kedarnath*

Actor Sushant Singh Rajput has said that he was really happy with the audience response to his recently released film *Kedarnath* because whenever an audience appreciates a movie, then it encourages an actor to do better.

Sushant was interacting with the media at Star Screen Awards 2018 on Sunday.

Director Abhishek Kapoor's romance-drama *Kedarnath* features the actor opposite debutant Sara Ali Khan. It set against the backdrop of the disastrous 2013 Uttarakhand floods.

The movie has managed to collect a total of Rs42 crore after the end of its first week.

Talking about the film's success, Sushant said: "I am really happy with the audience response to the film. When an actor's work gets appreciated then it feels

good because through that he gets an encouragement.

"The kind of minute detail we have shown in the film, they are getting connected to it and appreciating it. As an actor or as a filmmaker, all we want is that whatever we wanted to say should reach towards the audience without any obstacle."

Sushant's former girlfriend of six years Ankita Lokhande is also gearing up for her Bollywood debut in *Manikarnika: The Queen Of Jhansi*.

Last week, casting director Mukesh Chhabra shared her first look from the film on his Instagram and captioned it: "Here is the official look of actress Ankita Lokhande as Jhalkari Bai in her debut film - *Manikarnika*'a. A woman soldier in Rani Laxmibai's army, Jhalkari Bai eventually rose to the position of an adviser to the Queen."

Sushant commented on the post:

"It looks absolutely great Ankita. I am extremely happy to see this. May God bless you with lots of success and happiness."

Ankita replied "Thank you Sushant. I wish you the same."

Talking about the incident, Sushant said on Sunday: "I saw the picture and I really liked it. I wanted to congratulate her on that so, I did it."

When asked Sushant whether he congratulated Ankita personally on her Hindi film debut, he said, "I am the same person on digital platform and in my real life so, whatever comment I made on that post was not to show off for people but I really wanted to congratulate her. She also replied to my comment then, I feel there wasn't need for any separate conversation."

Sushant will be seen in Tarun Mansukhani's *Drive* and Abhishek Chaubey's *Son Chiriya*. - IANS

Saaho to release on Independence Day, 2019

Baahubali star Prabhas' new film *Saaho* will hit the screens on the Independence Day on August 15 next year.

The release date was announced via a statement.

The film, also starring Shraddha Kapoor, is being shot in Hindi, Tamil and Telugu simultaneously. It promises to provide a pan-India appeal.

On Prabhas' birthday earlier this year, the makers had shared a glimpse of the Abu Dhabi schedule titled *Shades of Saaho* from the action-heavy film, raising the excitement of the audience.

Action stunts have

been choreographed by international action master Kenny Bates.

Saaho also has an ensemble cast of Jackie Shroff, Neil Nitin Mukesh, Mandira Bedi, Chunky Pandey, Mahesh Manjrekar, Arun Vijay and Murali Sharma, amongst others.

It has music by Shankar-Ehsaan-Loy and lyrics by Amitabh Bhattacharya. Director of photography Madhie has lent his creativity to the film, with veteran Sreekar Prasad as the editor and Sabu Cyril as the production designer.

A UV Creations production, the film will be presented by T-Series and its Hindi distribution is being taken care of by AA Films. - IANS



NEW PROJECT: Prabhas to star in *Saaho*.



Pakistani community marks Qatar National Day with passion at TNG



CHIEF GUEST: Commodore Irfan Taj, Defence Attache at the Embassy of Pakistan to Qatar.



HOMAGE: Audience standing for national anthems of Qatar and Pakistan.



PERFORMANCE: Young students performing on a song.



DRILL: Students in military uniform showing solidarity with Qatar.

Photos supplied

By Mudassir Raja

The Next Generation (TNG) School recently organised Qatar National Day Educational Fiesta with different colourful cultural and social awareness activities at its Ain Khaled campus. The mammoth event received active engagement from the school staff, students, families, Pakistani community and different departments of government of Qatar.

The six-hour-long fiesta really engrossed the gathering. In the beginning, the audience stood up in respect for the national anthems of Qatar and Pakistan. The students performed on Arabic and Urdu songs. The girl guides and boy scouts earned applause for their performances.

There were many stalls set up by different government departments on the occasion to raise awareness among the participants about different social and health issues. Hamad Medical Corporation had three stalls one each for blood donation, organ donation and Kulluna – workshop on child passenger safety. Further, Ministry of

Interior's staff provided information about community policing. The Drug Enforcement Department presented different gifts to the participants. Members of Qatar Red Crescent presented a demonstration about first aid and CPR on the stage.

British Council provided the interested student with information about IELTS (International English Language Testing System) examination. Tebyan Education Services showcased 3D printer and 3Doodler. STEM explorer offered slime activity for the children. SFQ Sport Academy arranged a soft play area and Lego robotics activity for the young children. Cando offered free activities such as balloon twisting and art activities. Molecular Science offered home science kits. Hexis Trading had a bookstall. McDonalds arranged free kids activities and mascot appearance, henna designing, games and face painting. Different outlets had their food stalls also placed at the school campus.

Riyaz Ahmed Bakali, TNG Director, speaking on the occasion, said, "Everyone is celebrating Qatar's national day. We are celebrating the day within our domain at the campus. Poets recite poetry, singers sing songs, and sports person attend different

sport events. As an educational institute, we have organised the education fiesta. Education is a strategy of Qatar. Education is core element of Qatar's 2030 vision.

"We have set up different stalls mostly related to education. We are committed towards the quality education. We also want our students to be aware of their national identity as well as their close association with Qatar. We are celebrating the occasion to express our love and bond with Qatar. We have arranged an array of activities to inform, educate and entertain the participants. We have also highlighted cultures of Qatar and Pakistan through different stage performances."

Commodore Irfan Taj, Defence Attache at the Embassy of Pakistan to Qatar, was the chief guest on the occasion. Talking to *Community*, he said, "I appreciate TNG for organising such a mega festival on the eve of Qatar National Day. I also appreciate the role of the school in promoting education in Qatar. The school has been catering the students not only from Pakistani community but also from other communities in Qatar. All credit goes to the children who took part in different programmes and the organisers who put

together different stalls.

There are many opportunities in Qatar to obtain quality education. There are many world-renowned universities in Qatar. The government has put its best efforts in promoting education in Qatar. Education is the future of our children. We need to have best utilisation of the education facilities in Qatar.

"As residents of Qatar, it is our duty to express solidarity with the host nation on their national day. To celebrate the occasion with young students has its particular significance. The young minds need to be aware of the Qatar's history, culture and way of life."

Anwar Ali Rana, Chairman Sohni Dharti, organisation of Pakistani community living in Al Khor, said, "I particularly enjoyed the stage performances of Qatari and Pakistani songs presented by the young students. The participation of the community was overwhelming.

"It is very necessary to celebrate the national day of the host country. It is our duty to take part in the celebrations. I am encouraged to see the great enthusiasm and interest shown by the Pakistani community."