Having an off day at the gym? Listen to your body and lay off. Two methods — biofeedback and rate of perceived exertion — can make a difference.
Scaffolding Training

Glorious Years

Enertech Qatar
Safety Training Centre

4401 0888
Fax: +974 4401 0889
Email: sales@enertechqatar.com
admin@enertechqatar.com

Website: www.enertechqatar.com
Facebook: www.facebook.com/EnertechQatar

Jasna Stamenkova
M: +974 5519 7028
E: jasna@enertechqatar.com

Nada Rashid
M: +974 5535 7998
E: nada@enertechqatar.com

Ana Maria
M: +974 5336 3973
E: ana@enertechqatar.com

Bojan Hristovski
M: +974 4603 7951
E: bojan@enertechqatar.com

Maribed Bon.
M: +974 3999 7992
E: maribed@enertechqatar.com

Shariz Aziz
M: +974 5374 8156
E: shariz@enertechqatar.com

Abigail Sta. Maria
M: +974 3999 8114
E: abigail@enertechqatar.com

Mukes Murali
M: +974 3999 8066
E: mukes@enertechqatar.com

Jinky Y. Lamata
M: +974 5583 3467
E: jinky@enertechqatar.com

Lineesh Nalakkudi
M: +974 3919 2252
E: sales@enertechqatar.com
DeBakey faculty attends iEARN workshop

DeBakey High School – Qatar faculty attended the iEARN Professional Development workshop conducted by ROTA in association with Qatar Foundation on November 10. Ahmed Al Sawafiri, teacher and ROTA’s Life Time Achievement Awardee from Palestine also attended the workshop as one of our esteemed guests.

iEARN empowers teachers and young people to work together online using the Internet and other new communications technologies. Over 2,000,000 students each day are engaged in collaborative project work worldwide. Since 1988, iEARN has pioneered on-line school linkages to enable students to engage in meaningful educational projects with peers in their countries and around the world.

Al Jazeera Academy raises QR47,158 for Qatar Cancer Society

Al Jazeera Academy was awarded on Sunday in recognition as the school that raised the highest amount of money for Qatar Cancer Society during October. A number of activities ranging from cake-decoration to a cultural evening and a sponsored walk brought students together and allowed them to raise QR47,158.

Douglas Jackson, Head of Humanities at Al Jazeera Academy, said that he was proud of achievements and paid tribute to the hard work that the combined Year 11 and 12 Girls’ teams did in order to facilitate the month’s charity events.

An AJA learner demonstrates leadership and Islamic values. These values was clearly evident in the fundraising activities shown by our students.
Listen to your body when you are tired at the gym

Mike Plunkett
The Washington Post

You’re at the gym for a weightlifting session. But something feels off. You’re not a beginner and want to get your workout in for the day, but your body isn’t responding positively to the movement.

Or you’re an experienced runner, and your body can’t keep up with the pace at which you started while on a training run. You want to achieve a high level of exertion and are unsure how fast or slow you should go.

How do you make sense of what your body is telling you?

Autoregulation can help.

Writer and coach Nia Shanks (niashanks.com) said autoregulation “is listening to your body and adjusting accordingly on any given training day. “Feel amazing? Take advantage. Feeling weak? Do what you can but don’t push too hard, and come back stronger next time. A certain exercise not feeling good? Swap it out for a different one.” Shanks wrote.

Autoregulation can mean different things to different people. However, methods such as biofeedback and rates of perceived exertion (RPE) are effective ways to quantify your body’s response for consistency, regardless of how you’re working out.

Biofeedback measures the body’s functions in order to control how it responds to stimuli. Doctors, for example, use biofeedback therapy in alleviating anxiety or post-traumatic stress disorder.

With athletic training, biofeedback tests how the body responds to exercise movements. David Dellanave, a trainer and owner of the Minneapolis gym Movement, said the point of exercise is to create a net effect on your body, but not all effects are the same. Doing an exercise may have a positive effect one day but a negative effect the next. “The goal with biofeedback is to quantify what that effect is in real time and make decisions based on it,” Dellanave said. “So you can pick, how does a squat affect me today? Is it good or is it bad? If it’s bad, what can I do that will give me a good response?” Several biofeedback tests are effective for athletes, such as heart-rate variability (HRV), which measures the intervals between heartbeats. HRV testing is good for runners who want to autoregulate their training runs.

For strength training, Dellanave uses a range of motion tests, such as grip strength and toe touch. The toe-touch test is simple to do. First, before starting your workout, bend at the waist and try to touch your toes. Stop at the first point of tension, which becomes your base for the day. The idea is to gauge what your fullest range of motion will be for the day, not to test your flexibility.

Then, perform the movement you want to do without weights. So, if you are deadlifting, perform a traditional deadlift. After one to two lifts, bend and stretch again. If you were able to get more range than at your first touch, your body responded positively to the traditional deadlift. If not, practice another deadlift, such as the sumo or Jefferson. Then test again. Keep testing until you get a clear sense of what exercise your body will most respond to during that workout. Stephanie Fowler Shaklee, a teacher and coach from Oklahoma, learned biofeedback from Dellanave’s wife, Jen Sinkler, but didn’t incorporate it into her routine until she started a new training programme.

“The programme called for a conventional deadlift, and that version wasn’t gelling for me,” Shaklee wrote via email. “Out of the blue, I began to throw in some biofeedback, and I navigated my deadlifts with the ‘answer’ that my body gave to me. Biofeedback allowed me to perform the specific lift, but with a slightly different movement variation.”
Shaklee now regularly uses biofeedback and said she has not experienced pain from lifting and doesn’t feel as if she’s forcing her training. “We all, as a whole, tend to follow the rules and push through pain in a valiant effort to follow a specific training programme. But once we truly solicit feedback from our body, biofeedback can be an additional resource that we can use to tune in to how our body is operating or feeling in the moment,” Shaklee said.

The Borg scale, invented by Gunnar Borg, helps rate the level of intensity for a physical activity, or perceived exertion. The RPE scale quantifies how one felt instead of whether an exercise was easy or hard. If you go to a gym class, odds are you already use a variation of the Borg scale when the instructor asks for a “7” effort on a 1-10 scale. Michael Tuchscherer, the founder of Reactive Training Systems and a gold medallist in powerlifting at the 2009 World Games, said via email that RPE helps rate the athlete’s overall performance instead of one’s emotions. “The biggest thing is to have a system in place that helps you value your body’s feedback but not overvalue your emotions of the moment,” Tuchscherer said. “If you ignore your body’s feedback, then you miss out on one of the most critical tools to long-term success. If you misunderstand or misrepresent your body’s feedback as emotions, then you also miss out on the work that is required to see major improvements.”

Tuchscherer teaches his strength-training clients to use a 6-10 RPE scale. A 6 RPE is the equivalent of a fast bar speed while lifting with moderate effort, and a 10 RPE is maximum effort. Tuchscherer says the scale focuses on performance while one is doing a set and not just the weight lifted.

Kristine Becker, a trainer from Minneapolis, teaches RPE to her clients and uses it in her own training. She wrote via email that training with RPE is useful in her trail-running efforts, where measuring consistent pace is much harder to do than on roads. Becker wrote that RPE training gives her confidence that her overall effort is what she wants it to be, regardless of training conditions.

“If I haven’t got a lot of sleep or am stressed about other things, a 7/10 might result in a different pace, distance or volume of weight lifted, but it’s still my 7/10 for that day,” Becker said. “Using RPE helps me focus on doing what I can with what I have where I am, which keeps me on track and not constricted by the bounds of objective data, which may be harder to hit on rough days.”

Incorporating biofeedback and RPE takes practice. Shanks recommends that trainees follow their programme for about six months, noting how they’re feeling in relation to their workouts. Once trainees understand how their body responds, autoregulation will be effective in optimal training.

“Like anything else, listening to your body takes practice, but it’s worth the effort,” Shanks said.
HIQ Champions Trophy 2016 starts this weekend

HIQ Group (Hyderabadis in Qatar Group) is conducting HIQ Champions Trophy 2016 wherein eight Indian expat teams will fight out to win the Trophy in the knock-out format. As per Syed, the organiser and admin of HIQ Group, the tournament will begin on November 25.

HIQ Champions Trophy tournament is sponsored by Sangeet Hyderabadis Restaurant which is headed by Yawar Hussain. On November 18, a pre-launch party was organised at Sangeet Hyderabadis Restaurant wherein all the 8 participating teams were invited for dinner. The tournament will be played at Barwa City grounds.

The teams are divided into two groups and will play matches on knockout basis. Finals will be played on December 2 at Barwa City grounds.

As per Syed, the motive behind conducting the tournament is to bring in the synergy between Indian communities and to have fun-filled atmosphere with ready to win attitude.

Telugu Kala Samithi organises cultural event

Telugu Kala Samithi (TKS) Qatar has organized a wonderful celebrations for the Telugu people at the ICC (Ashoka Hall) on November 11.

TKS has organised the Teluginti Veduka event depicting the very essence of the Telugu language and culture not only in its programme but also tried to recreate an atmosphere of a Telugu house hold in a village. They tried to present before the audience by decorating the stage with beautiful painting depicting typical village scenes.

The event was mainly organised to remember and recapitulate the greatness of The Telugu language by having various programmes lined up with the introduction to the greatness of the Telugu language, Annamacharya keerthana, Ekapanthrabhinayam to name a few.

This was followed by various cultural dances. The kids and couples too did their share by doing dance numbers to the yesteryear hit songs of the legends of the Tollywood.
The Gipsy’s return to Doha stage for the New Year

Hilton Doha once again will be the venue of the live performance of the Gipsy’s on the New Year’s Eve party and New Year’s day celebrations at Trader Vic’s.

Welcome the New Year with a New Year’s Eve dinner party from 8pm onwards featuring the sumptuous signature dishes of Trader Vic’s and unlimited cocktails and bubbly for QR 850 and live performance from the Gipsy’s. Live entertainment is provided all night from resident Cuban band and the Gipsy’s will let you dance until the strike of the New Year. Entry only package for QR350 inclusive of 2 drinks is available.

 Trader Vic’s Doha restaurant, famous for its great cuisine, lively environment and always accompanied with amazing sounds of a live music is located at Hilton Doha beach, along West Bay, Doha. For any inquiries or reservation, please call Trader Vic’s +974 44233118/ 4423 3333 or visit www.doha.restaurants@hilton.com

Vodafone promotes digital literacy among parents

More than 250 families to date have participated in the Vodafone AmanTECH Treasure Hunt taking place at Dahl El Hammam park that informs parents about how to keep their children safe in the digital world which involves a number of fun puzzles about the digital world that parents need to solve in collaboration with their children to win prizes.

This activity comes under the banner of AmanTECH, Vodafone’s aid programme for online child safety which aims at promoting digital parenting among parents and improving children’s digital safety. The treasure hunt kicked off on November 10 and will take place every Thursday and Friday from 4pm to 7pm until December 9 at Dahl El Hamam Public Park. The event is open for all the public.

Vodafone’s first Treasure Hunt took place in March this year at Ezdan Mall which more than 1,500 people enjoyed. This activity’s proven success with families will now be rolled out across various locations to engage more members of the community in the important subject of children’s safety online.

Dana Haidan, Head of Corporate Social Responsibility at Vodafone Qatar, said: “We are delighted that so many families are enjoying but more importantly are benefitting from Vodafone’s digital awareness activity. Protecting children in their digital world might sometimes feel like a long and complicated journey. But it doesn’t have to. When we launched AmanTECH, we made a solid commitment to ensure that this programme is a long-term initiative that will provide people in Qatar with everything they need to know and do for their children in today’s ever-expanding digital world. We encourage more families to visit us at Dahl El Hamam to learn more and take part in our fun learning activity.”

Since the launch of AmanTECH in late 2014, Vodafone has held a number of digital parenting activities including most recently their Connected Families workshop series which teaches families digital parenting skills.

In 2017, AmanTECH will continue to reach out to parents and children aged between the ages of 5 and 15. The programme will adopt a three-pronged approach with a focus on awareness, education and technical support. This will entail ongoing parental workshops, an online source for information and tips for parents, online magazines, in addition to the digital parenting guide available in Vodafone’s stores and online at www.vodafone.qa/AmanTECH.
Los Angeles chef and restaurateur Suzanne Goin’s slow-cooked kale has everything an excellent side dish needs: portability, simplicity and the unexpected heat of dried chiles de árbol, bold enough to pierce through the meal’s butter and cream, yet not so strong that it is overpowering. The dish also caters to just about every dietary restriction out there.

The recipe shatters many of the clichés about cooking kale: It isn’t massaged with olive oil or sautéed with beef bacon. It doesn’t taste healthful, an important trait for those avoiding anything virtuous. Just don’t tell them it’s vegan.

Goin’s recipe, originally published in “The A.O.C. Cookbook” and adapted over the years by the likes of Food52 and Bon Appétit, is cooked low and slow until the greens have turned the dark color cooks are usually taught to avoid. The rosemary offers a taste of the familiar, while the golden onions mellow out the spice.

The result is the sort of side dish that plays nicely with any maid dish.

MAKE AHEAD: The finished dish can be refrigerated for 2 or 3 days in advance; reheat, covered, in a 300-degree oven. Adapted from a Suzanne Goin recipe on Food52.com.

**Ingredients**

- 1 tablespoon plus 2 3/4 teaspoons salt
- 3 pounds Tuscan kale (cavolo nero; stems removed), rinsed well
- 1/2 cup extra-virgin olive oil
- 3 sprigs fresh rosemary
- 2 or 3 dried arbol peppers, stemmed, seeded and each cut in half
- 2 1/4 cups sliced onions (from 2 large onions)
- 1/2 teaspoon freshly ground black pepper
- 6 cloves garlic, thinly sliced

**Steps**

Bring a large pot of water with 1 tablespoon of the salt to a boil over high heat. Working in batches, blanch the kale in the rapidly boiling water for 2 minutes. Drain and cool, then squeeze out as much moisture as possible. Coarsely chop.

Heat the oil in a large pot or Dutch oven over medium heat. Once the oil shimmers, add the rosemary sprigs and dried arbol chilies (to taste). Let them sizzle in the oil for a few minutes. Reduce the heat to medium-low and add the onions, 2 teaspoons of the salt and the black pepper. Cook for 2 minutes, stirring often, and stir in the sliced garlic. Cook for about 15 minutes, stirring often with a wooden spoon, until the onions start to pick up color.

Add the kale, tossing to coat. Season with the remaining 3/4 teaspoon salt; reduce the heat to low and cook for 30 to 40 minutes, stirring often, until the greens turn a dark, almost black, color and get slightly crispy on the edges.

Discard the rosemary sprigs and the arbol chilies before serving.

**Nutrition | Per serving:** 150 calories, 5 g protein, 13 g carbohydrates, 10 g fat, 2 g saturated fat, 0 mg cholesterol, 880 mg sodium, 5 g dietary fiber, 3 g sugar
Drug combo reversed plaque buildup in heart patients’ arteries

Ariana Eunjung Cha
The Washington Post

Statins are one of the biggest success stories of modern medicine, credited with transforming cardiac care. Millions of people take them based on scientific evidence that it reduces their risk of heart attack and stroke, but the drugs are not for everyone. There has been considerable debate about the balance of potential risk and benefit, and a significant percentage of those who take statins have complained of side effects such as muscle pain and cognitive effects like fuzzy memory.

And so the search has been on for a new - and better - class of cholesterol-busting medication.

In recent years, there has been a lot of hope about Amgen’s Repatha (evolocumab) and other PCSK9 drugs (named for proprotein convertase subtilisin/kexin type 9 inhibitors), which were approved by the Food and Drug Administration last year. But uptake of the drugs has been slow because of the expense and because statins seem to have worked so well for so many for such a long time. Insurance coverage has also been an issue, with many patients complaining of lengthy pre-authorization requirements.

The results of one of the first significant trials of a PCSK9 drug were presented at a meeting of the American Heart Association, providing evidence to back some of the promise that has surrounded the medications.

The study involved 968 patients in academic and community hospitals in North America, Europe, South America and Asia who have coronary disease and were already being treated with statins.

In this double-blind, randomized trial, they were given either an injection of evolocumab or a placebo for 76 weeks. Researchers found that not only did the evolocumab group attain very low low-density lipoprotein or “bad” cholesterol levels – the lowest average level in a major trial of cholesterol drugs - the combination also appeared to somehow reverse the amount of plaque in their coronary artery walls.

The authors of the paper noted that the trial has several limitations, with one being its size. Another is that the patients involved already had heart disease and it’s unclear whether there would be a similar effect for those without symptoms taking statins as a preventive measure, like many people do. They also pointed out that patient retention in the trial was at 87 percent which is pretty good but that this may have affected the results. Lastly, the study looked at the volume of plaque rather than other characteristics of coronary artery hardening.

The study, directed by Steve Nissen of the Cleveland Clinic and Stephen Nicholls of the Australian Health and Medical Research Institute, was funded by Amgen.

The top-line results of a much larger study, known as Fourier or the Further Cardiovascular Outcomes Research With PCSK9 Inhibition in Subjects with Elevated Risk, on an estimated 27,500 patients at high risk are expected to be released in early 2017.

Eyes can reveal onset of Alzheimer’s disease

In a breakthrough research, US scientists have identified that early signs of Alzheimer’s disease can be detected by looking at the back of patients’ eyes.

The researchers found that the retina tissue shows evidence of toxic tau and inflammation -- crucial for the onset of the neurodegenerative disease.

“Using the retina for detecting Alzheimer’s disease and other neurodegenerative diseases would be non-invasive, inexpensive and could become a part of a normal screening done at patient checkups,” said lead author Ashley Nilson, graduate student at The University of Texas Medical Branch at Galveston.

The study demonstrated that the toxic tau, which spreads between connected brain regions, may initiate inflammation in brain regions.

In Alzheimer’s, the tau protein changes into a toxic form called tau oligomers and begins clumping into neurofibrillary tangles, which can lead to the eventual death of the brain cells.

“Our findings suggest that the degeneration of nerve cells due to chronic inflammation induced by the tau oligomers may be combated through the combination of anti-tau oligomer and anti-inflammatory therapeutics for the treatment of Alzheimer’s and related diseases,” added Rakez Kayed, Associate Professor at The University of Texas Medical Branch.

This situation can create a cycle of toxic tau, inflammation and cell death throughout the brain over time.

For the study, the team performed a systematic analyses of brain and retina samples from people with Alzheimer’s and a mouse model of Alzheimer’s.

“Early detection of Alzheimer’s warning signs would allow for early intervention and prevention of neurodegeneration before major brain cell loss and cognitive decline occurs,” Nilson said.

Beyond determining eye health and corrective lens prescriptions, having an eye exam can alert health care professionals of several different health conditions including diabetic complications, high cholesterol and high blood pressure, the researchers suggested, in the paper in the Journal of Alzheimer’s Disease.
sometimes, there is such a thing as being too popular, Tommy Hilfiger says, explaining that after his label’s crazy romp in the 1990s, he had to reinvent the brand.

Decked out in red trousers and a white shirt with blue stripes, and white sneakers -- poster boy for his brand’s red, white and blue staples -- the 65-year-old designer chatted with AFP about the evolution of his label, and his memoir “American Dreamer,” at the Miami Book Fair International on Sunday.

Popular with famous hip hop artists
In the early 90s, I started doing this athletic type of clothing, with big numbers, big logos. I went very bold with the logos. And the street kids started wearing it, and then the hip hop kids started wearing it. And then Snoop Dogg, Puff Daddy and Jay Z, all them started wearing my clothes and it spread like crazy. The business became very big in the 90s, too big.

When everybody is wearing the same thing, the first adopters usually say “I don’t want to wear it anymore, because I’ve seen it every-

what to do with my life. I liked rock music, I liked the clothes they were wearing and I opened a small shop with $150 I earned from working at a gas station.

I started with 20 pairs of jeans in a small shop. And then I started expanding on college campuses with very cool clothes.

I opened it in 1969, when the fashion-music revolution was taking place. It was the summer of Woodstock, Jimmy Hendrix and The Who, and all of these incredible musicians that were wearing the most amazing clothes: low bottoms, headbands, beads, the hippie type fashion. It was really a movement with the young people and I wanted to be part of that movement.

From hippie to preppy
I evolved away from this hippie style in the early 80s, because I wanted to make clothes that were clothes that everyone could wear. And I knew that if I redesigned American classics, and made classics new again, it would be a great business and at the same time it would be a lot of fun to do.

So I took this preppy look I grew up with... button-down shirts and chino pants, sort of sporty, casual. So I redesigned everything. I wanted to make everything new, unique, fresh and fun.

A unique brand
Calvin Klein is very minimalist. His number one color is black. His number two color is black. And his number three colour is black. Ralph Lauren is very aristocratic. British looking.

I’m in red, white, blue, all-American, fun preppy sporty. And at the same time, we do fashion on the runway that is more trendy, but the base of the business is about the American classics that are wearable, affordable, but still fun.

The billboard that made him
I didn’t really have any money for advertising. But I met this guy George Louis, a genius. He said: “If you advertise the way other people in fashion advertise, it’s going to take you 20 years to build a brand. You have to do something really different and disruptive, out of the box.” Then he showed me his idea. His idea was to compare me, Tommy Hilfiger, an unknown, to the biggest designers -- Ralph Lauren, Calvin Klein and Perry Ellis.

And when the ad went up in Times Square, New York City, it said “The four great American designers” and I was the fourth of them. At that time those were the biggest American designers and my name was with theirs. So everybody said “Who is this guy?” “Who does he think he is?” “And by the way, what do his clothes look like?” So everybody was looking at the clothes.

You have to be disruptive, you have to do something different, you can’t do the same as everybody else. That’s how you’re going to succeed.

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You have to be disruptive, you have to do something different, you can’t do the same as everybody else. That’s how you’re going to succeed.
Bollywood actor Aamir Khan on Sunday attended the wedding ceremony of international wrestler Geeta Phogat in her ancestral village near this Haryana town and termed his upcoming film “Dangal”, based on her and her family’s life, his wedding gift to her.

"‘Dangal’ is my wedding gift to Geeta," Aamir said, adding that he would have gifted her the bridal gown but for “traditional reasons”.

“It is traditionally given by the maternal uncle,” he said.

Sporting a red colour Haryanvi turban and a half jacket, Aamir, who plays the role of Mahavir Singh Phogat, the father of medal-winning athletes Geeta and her sister Babita, in his next film “Dangal”, arrived in the Balali village to wish Geeta and her family.

Meanwhile, Geeta, who married fellow wrestler Pawan Kumar, took an extra eighth ‘phera’, which she dedicated to the “Beti Bachao, Beti Padhao” initiative, intended to curb the incidence of female foeticide in the country, which has led to a skewed sex ratio. Haryana is one of the worst-affected.

A recently-released song of “Dangal” showcases the prolonged training sessions undergone by Geeta and her sister Babita, who is shown to be extremely strict with them in their training.

“Aamir at Geeta Phogat’s marriage, dubs ‘Dangal’ his wedding gift

Aamir Khan, Kiran Rao & Siddharth Roy Kapur under Disney and Aamir Khan Productions, is directed by Nitesh Tiwari and is slated to release on December 23.

Akshay’s evil look in ‘2.0’ wows celebs

amazing, awesome and fabulous are some of the words used by a few Bollywood celebrities to praise actor Akshay Kumar’s evil look in the upcoming Tamil science-fiction actioner “2.0”.

A sequel to the 2010 Tamil blockbuster “Enthiran”, the film is being made on a lavish budget of Rs 350 crore. Akshay will be essaying the prime antagonist in the film as an eccentric scientist called Richard, while megastar Rajinikanth returns as scientist Vaseegaran.

Here is what some of the celebrities tweeted about Akshay’s look in the film:

Prakash Jha: Eyes on everything! No escape from the Devil.
Riteish Deshmukh: What an amazing first look Sundi.
Sidharth Malhotra: What an Awesome! Evil look brother.
Ritesh Sidhwani: What a fabulous first look. Can’t wait to watch this one.
Sajid Khan: Outstanding Sundi! This is going to be epic entertainment: Two superstars versus each other.

Rajnikanth and you. Shankar’s biggest yet.
Bhumi Pednekar: Oh my God, Akshay Kumar this right away gave me the creeps. Evil definitely has a new face and it’s brilliant. Super excited.
Maniesh Paul: This is next level boss! Akshay Kumar sir! Wish you all the luck.

The film, which is directed by S Shankar, also features Amy Jackson, Sudhanshu Pandey and Adil Hussain.

“2.0” is scheduled to release on Diwali next year.

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Rajnikanth and you. Shankar’s biggest yet.
Bhumi Pednekar: Oh my God, Akshay Kumar this right away gave me the creeps. Evil definitely has a new face and it’s brilliant. Super excited.
Maniesh Paul: This is next level boss! Akshay Kumar sir! Wish you all the luck.

The film, which is directed by S Shankar, also features Amy Jackson, Sudhanshu Pandey and Adil Hussain.

“2.0” is scheduled to release on Diwali next year.

Aamir at Geeta Phogat’s marriage, dubs ‘Dangal’ his wedding gift

Aamir Khan on Sunday attended the wedding ceremony of international wrestler Geeta Phogat in her ancestral village near this Haryana town and termed his upcoming film “Dangal”, based on her and her family’s life, his wedding gift to her.

“‘Dangal’ is my wedding gift to Geeta,” Aamir said, adding that he would have gifted her the bridal gown but for “traditional reasons”.

“It is traditionally given by the maternal uncle,” he said.

Sporting a red colour Haryanvi turban and a half jacket, Aamir, who plays the role of Mahavir Singh Phogat, the father of medal-winning athletes Geeta and her sister Babita, in his next film “Dangal”, arrived in the Balali village to wish Geeta and her family.

Meanwhile, Geeta, who married fellow wrestler Pawan Kumar, took an extra eighth ‘phera’, which she dedicated to the “Beti Bachao, Beti Padhao” initiative, intended to curb the incidence of female foeticide in the country, which has led to a skewed sex ratio. Haryana is one of the worst-affected.

A recently-released song of “Dangal” showcases the prolonged training sessions undergone by Geeta and her sister on the behest of their father, who is shown to be extremely strict with them in their training.

“Aamir at Geeta Phogat’s marriage, dubs ‘Dangal’ his wedding gift

Aamir Khan, Kiran Rao & Siddharth Roy Kapur under Disney and Aamir Khan Productions, is directed by Nitesh Tiwari and is slated to release on December 23.

Akshay’s evil look in ‘2.0’ wows celebs

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Amzing, awesome and fabulous are some of the words used by a few Bollywood celebrities to praise actor Akshay Kumar’s evil look in the upcoming Tamil science-fiction actioner “2.0”.

A sequel to the 2010 Tamil blockbuster “Enthiran”, the film is being made on a lavish budget of Rs 350 crore. Akshay will be essaying the prime antagonist in the film as an eccentric scientist called Richard, while megastar Rajinikanth returns as scientist Vaseegaran.

Here is what some of the celebrities tweeted about Akshay’s look in the film:

Prakash Jha: Eyes on everything! No escape from the Devil.
Riteish Deshmukh: What an amazing first look Sundi.
Sidharth Malhotra: What an Awesome! Evil look brother.
Ritesh Sidhwani: What a fabulous first look. Can’t wait to watch this one.
Sajid Khan: Outstanding Sundi! This is going to be epic entertainment: Two superstars versus each other.

Rajnikanth and you. Shankar’s biggest yet.
Bhumi Pednekar: Oh my God, Akshay Kumar this right away gave me the creeps. Evil definitely has a new face and it’s brilliant. Super excited.
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The 2016 American Music Awards featured a number of pop stars strumming their guitars. Drake making a rare awards show appearance, an emotional speech from Selena Gomez and political moments about President-elect Donald Trump.

Drake, who has skipped his fair share of awards shows in recent years, was the big winner with four awards and debuted a new commercial for Apple Music.

“For our genre, I just like to keep things excited and keep making music. Shout out to everybody that’s trying to do the same thing,” said Drake, who broke Michael Jackson’s record for most AMA nominations after scoring 13 nominations.

Bieber, who performed from his tour in Zurich, Switzerland, also won four awards.

Gomez, who lost artist of the year to Ariana Grande but won favorite female artist — pop/rock, gave a heartfelt speech onstage that earned a loud applause from the audience at the Microsoft Theater in Los Angeles.

“I think it’s safe to say that most of you know a lot of my life whether I liked it or not, and I had to stop, ‘cause I had everything, and I was absolutely broken inside. And I kept it all together to where I never let you down. But I kept it too much together where I let myself down,” said 24-year-old Gomez, who recently took time off to treat depression and anxiety.

“I don’t want to see your bodies on Instagram. I want to see what’s in here,” she added, pointing to her heart. “And I have to say thank you so much to my fans because you guys are so damn loyal, and I don’t know what I did to deserve you. If you are broken, you don’t have to stay broken.”

Grande was shaking onstage as she collected artist of the year at the fan-voted show that aired live on ABC, beating Adele, Rihanna, Carrie Underwood and Bieber. “With or without this, I love you from the bottom of my heart,” she said to her fans.

Green Day was one of many big-named acts promoting new albums at the AMAs, including Bruno Mars, the Weeknd, Lady Gaga, Sting, John Legend and The Chainsmokers. But Green Day got political during their performance of “Bang Bang” as band leader Billie Joe Armstrong sang “No KKK, no fascist USA, no Trump” during the show.

The show’s hosts — former “Saturday Night Live” comic Jay Pharoah and model Gigi Hadid — also mentioned the Trump family when telling jokes: After Pharoah impersonated Jay Z, Hadid acted like Melania Trump.

“I love my husband, President Barack Obama, and our children, Sasha and Malia,” she said, scrunching up her face.

Strumming guitars while singing was one of the night’s themes. One Direction’s Niall Horan slowed things down for his acoustic-folk solo single, “This Town”: James Bay sang his smoky single, “Let It Go”; and Shawn Mendes performed his hit “Treat You Better” and switched to piano for the aching “Mercy.”

But the best singer-guitarist was Gaga, who beautifully belted the lyrics to her latest single, “Million Reasons.” She earned a rousing applause from the audience.

Sting also impressed, who performed “Message In A Bottle,” “Every Breathe You Take” and his new single, “I Can’t Stop Thinking About You.” He received the American Music Award of Merit, which was presented to him by Robert Downey Jr.

“American music lit the musical spark in my young mind,” the English singer said after his performance. “My musical soul is all American!”

Other highlights included double winners twenty one pilots and Mars, who kicked off the AMAs with his groovy hit, “24K Magic,” backed by his band who matched his slick, upbeat dance moves.

Grande and Nicki Minaj got steamy during their performance of the reggae-tinged “Side to Side.” Grande’s background dancers danced closely on her, and one male dancer even pulled up her skirt, while Minaj, who rapped from a chair, spread her legs widely.

Other performers included Maroon 5 with Kendrick Lamar; DJ Khaled with Minaj, Future, Rick Ross and August Alsina; and Fifth Harmony, who won collaboration of the year for “Work from Home” with Ty Dolla Sign.

Prince’s 1984 “Purple Rain” album, which gained new attention after his death in April, won top soundtrack. His sister, Tyka Nelson, collected his trophy onstage and cried as she spoke to the audience.

“We’ll keep this for you at Paisley Park until we see you again,” she said weeping and nailing her siblings. “This is for you.”

Other winners included Tim McGraw, the Chainsmokers and Florida Georgia Line. Rihanna, who didn’t attend, won three awards. Adele and Beyoncé were also absent but both won an award.

Zayn, who has won a handful of AMAs with his One Direction bandmates, took home new artist of the year. “Wow. This one just has my name on it, right?” he said. “This has been a crazy year ... I didn’t expect anyone to vote for me, so thank you for voting for me.”
The Royal Shakespeare Company has joined forces with Intel and The Imaginarium Studios to create a groundbreaking new production of “The Tempest,” one of Shakespeare’s most imaginative plays. The performance uses the latest, cutting-edge technology to bring a new experience to seasoned theatre-goers and new audiences alike.

The technology developed by The Imaginarium Studios, which is powered by Intel’s processors, takes audiences on a never-seen-before journey where performance capture technology renders a digital character -- Ariel the sprite -- live on the Royal Shakespeare Theatre stage. This rendering of an entire digital environment -- in this case an avatar in real-time format -- eliminates the need to produce it in advance and project it on stage. At the same time, it enhances the spontaneous atmosphere of a live performance.

The technology works by capturing the actor’s movements and facial expressions to ensure that the actor’s full performance is translated into the digital character. It has most famously been used in films and gaming. The RSC, Intel and The Imaginarium Studios have undertaken more than a year of research to bring digital avatars to life on stage in real-time, interacting with live actors.

Directed by RSC artistic director Gregory Doran, with RSC associate artist Simon Russell Beale as Prospero, and designed by RSC director of design Stephen Brimson Lewis, this partnership will see the RSC’s skills at theatre-making come together with The Imaginarium’s digital innovation and the expertise of Intel in pushing technical boundaries to create a production for a new generation.

Penny Baldwin, vice president of Global Marketing and Communications Group and general manager of Brand, Reputation and Partner Marketing at Intel, said: “At Intel we are excited to use our technology to add an extra dimension to such a rich cultural tradition as the theatre. Throughout this collaboration with the RSC and The Imaginarium Studios, we are bringing together the best of live theatre with cutting-edge technology to deliver an amazing experience to the audience.

“Together we have created a human-digital interaction that feels ‘alive,’ immersing the audience in a live environment, with a theatre company which has always been at the forefront of radical experiment.”

Gregory Doran, RSC artistic director, said: “I was inspired by the very latest stage machinery and lighting effects employed in the Jacobean masques of the 1600s, and started to think about the kind of theatre Shakespeare might have wanted to create if he were alive today. Thanks to the extraordinary innovation and imagination of the teams at the RSC, Intel and The Imaginarium Studios, we believe we have created a unique theatre experience, which marries our distinctive theatre skills with cutting-edge technology, to give our audiences something out of the ordinary to mark the conclusion of Shakespeare’s 400th anniversary year and bring his work to a whole new generation.”

Ben Lumsden, head of studio at The Imaginarium Studios, said: “I’m absolutely thrilled that we’re working with Greg and the RSC, along with Intel. We share the same values of performance, text and story being the heart of what we do. This production of ‘The Tempest’ is unlike anything ever done in theatre before.”
The inspirational story of World Champion Boxer Vinny Pazienza who, after a near fatal car crash, which left him not knowing if he’d ever walk again, made one of sports most incredible comebacks.
Conceptis Sudoku: Conceptis Sudoku is a number-placing puzzle based on a 9×9 grid. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3×3 box contains the same number only once.

Afghani, aurak, baht, bani, cent, centai, centimes, dinar, dirham, dollar, dram, euro, forint, franc, haleru, jiao, koruna, krona, kroner, kronur, lira, manat, paisa, para, peso, pound, quindarka, rand, ringgit, riyal, rouble, rupee, rupiah, santimi, shekel, shilling, stotinki, taka, tugrik, won, yen, yuan.
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