MES Indian School student wins Irsim Competition

The Enrichment Programs at WCM-Q offers promising students an opportunity to study at WCM-Q for two weeks, attending lectures, speaking to faculty and medical students, experiencing healthcare lessons and finding out whether a career in medicine would be for them or not.

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CNA-Q students host annual ‘Crest Ceremony’

Sheikh Dr Mohammed Hamad Al Thani, Director of Public Health at the Ministry of Public Health, was the keynote speaker at the College of the North Atlantic - Qatar’s (CNA-Q) fourth annual Crest Ceremony.

The Crest Ceremony is an event hosted by CNA-Q’s School of Health Sciences, to officially welcome its first-year students, and celebrate their choice to enter the allied healthcare field.

Sheikh Dr Mohammed Hamad Al Thani shared words of wisdom with the new students, emphasising the importance of hard work for a successful future.

He said: “This is your first step on an enjoyable journey. I am confident in your ability to meet the challenges of being allied healthcare professionals. CNA-Q’s School of Health Sciences has impacted the standard of care, the quality and safety here in the State of Qatar, through the high the level of education and training offered students.” This year, 89 students received a crest to display proudly on their white lab coats and personal protective equipment, as a symbol of professionalism and commitment to their chosen field of study.

CNA-Q Class of 2008 graduate, Fatima Kamel Al Otoum, also spoke to the new students, sharing her insight as a practicing allied healthcare professional. She is now Senior Supervisor for Health Inspection at the Ministry of Public Health. “The quality of education at CNA-Q is exceptional. The education here is different. It does not just rely on memorising. The competencies I learned at the College, I apply right now to my work,” she said. “The instructors are also your friends – they guided me, listened to me, encouraged me.”

“This ceremony is about making our students feel welcome – to CNA-Q, and to the wonderful world of healthcare. It is a special event that celebrates the beginning of a long and successful career in Qatar’s healthcare sector, which is developing at a rapid pace,” said Irene O’Brien, Dean, School of Health Sciences.

CNA-Q offers nine healthcare diploma programs, tailored to the needs of Qatar’s growing healthcare sector: Advanced Care Paramedicine, Dental Hygiene, Environmental Health, Health Education: Diabetes, Health and Wellness Promotion, Occupational Health and Safety, Medical Radiography Technology, Pharmacy Technician and Respiratory Therapy.

Can you help increase children’s intelligence?

Environmental intervention can increase a child’s general intelligence, but the effects are unlikely to be permanent, new research has found. The findings suggest that intelligence can adapt to meet increased environmental demands but when those demands are no longer present, it returns to its previous level. “While both IQ scores and general intelligence can be raised through targeted environmental interventions, any gains are not permanent and fade over time,” said researcher John Protzko from University of California Santa Barbara, US.

Protzko reviewed the results of a study, Infant Health and Development Program, involving 985 school children, all of whom experienced an intense and cognitively demanding environment.

One theory regarding the development of intelligence suggests that the trait can be correlated between two ages because there is a causal connection: Intelligence at one age causes intelligence at another age. “However, my analysis starts to bring evidence to the idea that intelligence may not be the causal factor we suppose it to be from the correlation work – at least not in children,” Protzko explained.
Choosing a career is not easy, but high school students across Qatar have a better understanding of what life would be like as a doctor thanks to the programmes run by Weill Cornell Medicine-Qatar (WCM-Q).

The Enrichment Programs at WCM-Q have been running since 2008 and offer promising high school students in years 9, 10, 11 and 12 an opportunity to study at WCM-Q for two weeks, attending lectures, speaking to faculty and medical students, experiencing healthcare lessons and finding out whether a career in medicine would be for them or not.

All 23 students joined this year’s Qatar Medical Explorer Winter Program (QMEP), one of WCM-Q’s Enrichment Programs, were Qataris.

All the participants were nominated by their schools based on their academic performance and career interests. Noha Saleh, Director of Student Recruitment and Outreach at WCM-Q, said QMEP is a wonderful opportunity to learn more about what life as a medical student is like, along with learning about the academic requirements.

“It can be intimidating for young people to have to choose a subject to study at university while they are still at a relatively younger age. These decisions have a huge impact on their lives so it is vital that they understand the implications of any career choice and ensure that they are going to enjoy their work.”

Dr Rachid Bendriss, Assistant Dean of Student Recruitment, Outreach and Foundation Programs, who handed the students their certificates of completion said, “After their full engagement in this program, these students have a greater understanding about the life of a medical student and doctor and I'm sure they all now realise how much work, study and dedication is needed. However, I also hope that they all realise how fulfilling it is to be able to cure people and help them in their hour of need.”

Dr Bendriss added, “We are also extremely grateful to all the students, faculty, and staff who volunteered their time and effort to make this programme a resounding success.”

This year, the high school students have been introduced to the basics of research and gained experience with driving simulators, visited Qatar Science and Technology Park to learn more about robotic surgery, taken hands-on classes in the biology laboratories, learned about surgical techniques, and taken part in student debates, among many other activities.
Noof Ali Al Mazrooei said: “The interactive QMEP programme held at WCM-Q is very beneficial for students who are trying to figure out whether medicine at WCM-Q is the right path or not. This two–week programme not only gives you great insight into the student life of WCM-Q but also clears any mixed emotions you have towards medicine. Personally, this programme me strengthened my motivation towards pursuing medicine as a career.”

Sara Abdulla Al Mulla said: “I enjoyed every moment there, particularly as I got to know new people and become more social. I was a very shy person, but this programme helped me become bold and talk to new people. It also helped me to see what university feels like and this will come in useful when I graduate from high school.”

The QMEP also offers two distinguished achievement awards; the first is the Excellence Award that is presented to students who demonstrate excellence, leadership and motivation throughout the programme. This year’s Excellence Award went to Noof Ali Al Mazrooei from the Academic Bridge Program and Nawaf Ahmed Al Muhannadi from Qatar Academy Doha School.

The second award is the JO Achievement Award, which is named after Dr Jehan Al Rayahi and Dr Osama Al Saied, graduates of WCM-Q’s Class of 2008 who initiated the first Summer Explorer Program back in 2008.

The award is given to the students who show the most marked improvement during their participation in the programme.

The JO award went this year to Lolwa Sanim Bahzad from Al Maha Academy for Girls, Ghaya Nasser Al Suwaidi from Michael De Bakey High School, and Isa Waleed Al Mannai and Sultan Abdulla Al-Raban from the Academic Bridge Program.


Along with the winter edition of QMEP, WCM-Q also runs a summer programme. Any high school student interested in participating should submit an application. Forms will be available on the WCM-Q website early March.
Indian Sports Centre marks launch

Indian Sports Centre, an apex body under the Embassy of India, in Doha, organised various games and tournaments on National Sport Day as well as on February 17 to mark its launching ceremony across Qatar. It started with a 'Walkathon' from the Sheraton park on the Corniche led by Indian Ambassador, P Kumaran, Padmashri Zafar Iqbal, former captain of Indian hockey team.

The Winner of Kabaddi was ‘Tulu Koota’ and runners up was Markhiya. Winner of Kho Kho was ‘Mangalore Cricket Club’ and runners up was ‘Tulu Koota’. In Tug of War for female, ‘Doha Friends’ came first and runners up was MES. In tug of war for Men, QIA was the winner and Mr. Gym was the runners up. An exhibition football match was organised in Doha Sports Stadium between local Indian and Philippines team resulting India winning over from Philippines by 4 – 0.

The launching ceremony was concluded by organising one day volleyball tournament at Al Saad Sports club stadium. The tournament was inaugurated by M K Ragavan, MP. The winner of A division was INCAS and runners up was QIA whereas Winner of B division was Mix Max and runners-up was Magic Land. The closing ceremony along with the Prize distribution was done by Kumaran, Zafar Iqbal and Thani Zaraa, Board member of Qatar Table Tennis Association.

Holiday Villa Doha celebrates National Sport Day

Rain or shine, Holiday Villa Hotel & Residence Doha was one with the country by hosting a day full of exciting and challenging activities with its guests and employees for the Qatar National Sport Day. The successful event promoted good health, and exemplified camaraderie and teamwork among all its participants.

The sport activities were under the initiative of the hotel management and encouraged its employees and guests to live out a healthy lifestyle and to enjoy its good benefits. In his opening remarks, on behalf of General Manager, Joey Chen, Operations Manager, Ruban Jack, said, “Today we rally towards loving our lives by being active and putting health as top priority. This holiday has given us to fight against laziness, obesity and poor health living. We do this for the welfare of our families back home, for the growth of our company, strength of the community we belong in and, most especially, for ourselves.”

True to its committed values for its employees and guests, Holiday Villa Doha promises to support the country in its holistic approach to having an active and healthy community. It further promotes the good cause with its National Sports Day special offers: Healthy buffet, Sports Day free access to the hotel gym, 50% off on hotel gym day pass for the month of February and Get Fit room package.

Holiday Villa Hotel & Residence Doha offers 356 lavishly designed hotel rooms and 396 fully furnished serviced apartments. Activa Fitness Club features professional trainers and offers personalised training and consultation. For inquiries, call us at + 974 4408 4888 /4086. Visit www.holidayvilladoha.com
MES Indian School student wins Irsim Competition

Matthew Joseph, a Class II student of MES Indian School, emerged as the winner by securing first position in the “Irsim Competition”, an art and painting competition conducted on February 15 for all expatriate schools. His art work was adjudged as the best among 1500 entries. The art and painting competition was organised by the Museum of Islamic Art, as part of its mission to inspire new creative talents in Qatar and provide them an initial platform to launch their creative abilities.

ACS Doha empowering students with complete education

ACS Doha is one of the leading international schools in Qatar offering a strong core curriculum built on the International Baccalaureate (IB) Middle Years and Diploma Programmes, and a US High School Diploma.

The school has quickly grown into one of the largest IB World Schools in Qatar, enrolling over 900 local and global students from over 70 countries.

Central to ACS Doha’s success is the breadth and depth of its High School academic and college counselling programmes. Together they offer every ACS student the expert educational guidance and support required to achieve their personal goals, and attend the university of their choice, anywhere in the world.

High School Principal, Dale Taylor, is clear on the key academic merit of the school’s approach, saying “Our students benefit from a dynamic ACS Doha curriculum that offers genuine academic choice between a rigorous American High School Diploma and the renowned International Baccalaureate Diploma Programme. As a young school that only opened in 2011, we are proud to have developed and grown into our first Senior Class Graduation Ceremony in 2016, with students winning places at universities in Canada, the United States, England, Wales, Qatar, United Arab Emirates, Hong Kong, Sweden, South Africa, and Malaysia.”

ACS Doha delivers achievement through a highly personal and comprehensive academic and college counselling programme that begins when students are 14 years of age.

Combining research into professions with self-exploration, students become empowered to identify potential careers, courses of study, and the universities that are best able to deliver their personal goals.

The school begins exploring career options in Grade 9 using excellent tools such as Strengths Explorer, Career Key, and Career Interest Profiler. Freshmen create a four-year plan of study that is reviewed and updated each year.

The advantage of this plan is that it enables students to carefully and progressively narrow down their focus on possible careers and university majors. Taylor adds “As possible careers and majors become clearer, students find they are better placed to make good decisions on which path to follow in Grades 11 and 12 – specifically whether to pursue the IB Diploma or the American High School Diploma, and which courses to study in each.”

The school ensures all Grade 10 students, and their parents, receive the expert individual help and counselling they need in order to find the right university. Throughout Grades 11 and 12 students have open access to academic guidance from both the College Counsellor and the IB Diploma Programme Coordinator.

Over 13 percent of the schoolgoing children in India have turned myopic, an AIIMS study has revealed, adding that the number has doubled in the last decade due to excess usage of electronic gadgets. According to the Rajendra Prasad Center for Ophthalmic Sciences at AIIMS, the statistics for the disorder a decade ago was only 7 percent. Among the other nations which follow the increase in the problem among its children are China, Singapore and Thailand. Myopia is a condition of the eye where the light that comes in does not directly focus on the retina but in front of it, causing the image that one sees when looking at a distant object to be out of focus. It does not affect focus when looking at a close object.

“Very less studies have been done in India on the eye related problems and the myopia one is one of them. We are also conducting a national survey to find out the other eye related problems among the children,” said Atul Kumar, head of the RP center, the apex eye center of India. The announcements were part of the 49th Foundation Day of the R. P. Center for Ophthalmologic Sciences, during which Kumar also announced several other new studies being carried out to figure out the existing eye related problems in the country.
Singing to babies benefits mothers too

Unlike other forms of caregiving, mothers singing to their babies is a universal behaviour, and new research shows that the act could be mutually beneficial for both the mother and the child. While the songs provide the babies much-needed sensory stimulation that can focus their attention, the act of singing can help mothers bond with their babies and also fight postpartum depression, the study said.

Mothers experience a much-needed distraction from the negative emotions and thoughts associated with depression, while also feeling empowered as a parent. The study, published in the Journal of Music Therapy, also explored the acoustic parameters in the singing voices of mothers with post-partum depression.

“The extraction and analysis of vocal data revealed that mothers with post-partum depression may lack sensitivity and emotional expression in their singing,” said study author Shannon de l’Etoile, Professor of Music Therapy at University of Miami Frost School of Music in the US. “Although the infants were still engaged during the interaction, the tempo did not change and was somewhat robotic,” de l’Etoile said.

But the lack of sensitivity and emotional expression seemed to matter less to the infants as long as they were listening to their mothers.

“Mothers around the world sing to their infants in remarkably similar ways, and infants prefer these specialized songs,” de l’Etoile said. “The tempo and key certainly don’t need to be perfect or professional for mothers and infants to interact through song. In fact, infants may be drawn to the personalised tempo and pitch of their mother, which encourage them to direct their gaze toward and ultimately communicate through this gaze,” she added.

Hitler’s phone sells for $243,000

Adolf Hitler’s personal telephone, which the Fuehrer used to dictate many of his deadly World War II commands, sold at auction on Sunday for $243,000, the US house selling it announced.

Originally a black Bakelite phone, later painted crimson and engraved with Hitler’s name, the relic was found in the Nazi leader’s Berlin bunker in 1945 following the regime’s defeat.

The auction house Alexander Historical Auctions, which did not reveal the winning bidder’s identity, had estimated its worth between $200,000 and $300,000. The starting bid was set at $100,000.

The Maryland company auctioned off more than a thousand items including the phone and a porcelain sculpture of an Alsatian dog for $243,300. Both winners bid by telephone.

More than 70 years old, the Siemens rotary telephone is embossed with a swastika and the eagle symbolic of the Third Reich.

Alexander House dubbed the phone — which Hitler received from the Wehrmacht, Nazi Germany’s armed forces — as “arguably the most destructive ‘weapon’ of all time, which sent millions to their deaths.”

It said Hitler used it to give most of his orders during the last two years of World War II. Russian officers gave the device to British Brigadier Sir Ralph Rayner during a tour of the bunker shortly after Germany’s surrender.

Rayner’s son, who inherited the phone, put it up for sale. Its paint now peeling to reveal the original synthetic black resin surface. Andreas Kornfeld of Alexander House told AFP its estimates were based on a number of factors, including “rarity and uniqueness.” “It would be impossible to find a more impactful relic than the primary tool used by the most evil man in history,” the auction house said in a statement. “This was not a staid office telephone.”

Choose night cream smartly

Night time is when one’s skin gets the maximum rest, repair and time to rejuvenate. So always remember to wash and deep cleanse your face before you apply your night time moisturiser for the best results. But how do you decide what constitutes a good moisturiser?

Divya Mehta, co-founder of skincare brand Epique, shares tips to keep in mind when deciding on a good night cream:

* It doesn’t need to have the word ‘night’ to describe it: The difference between a night cream and any other is that it doesn’t have UV protection or any sunscreen ingredients in it. Hence you don’t necessarily need to use a cream that uses the word ‘night’ to define it.

* High concentration of active ingredients: Look for components such as boswellia serrata, coffee bean extract, centella asiatica, andrographis, liquorice, coleus forskolin, horse chestnut, oils, vitamins like E and C and other antioxidants to name a few (in your night creme).

* Deep penetrating and light weight in texture: Ensure the cream texture is light, penetrates deeply and is comfortable for your skin.

* Choose a night cream that is compatible with your skin type: This step may require some trial and error. Whether your skin is oily, dry or combination, there is a perfect solution for you out there. Find a moisturizer that is compatible with your specific skin type.
I appreciate any winter dish that offers big flavours in a relatively spare profile, and this one fits the bill. A schnitzel is characterised by thin meat, a crunchy coating and pan-frying. In this riff, you’ll opt out of the last and bake instead - a choice that eliminates some fat but mostly helps its mustard-based, herby pretzel exterior stay in place. No flour and egg steps here, which saves time and simplifies the typical schnitzel method.

While the meat is in the oven - beef, in this case - you’ll boil the egg noodles, toast caraway seeds and saute an onion. Their happy union provides a soft and aromatic counterpoint.

**Pretzel-Crusted Schnitzel With Caraway Onion Noodles**

3 or 4 servings

In addition to the beef tenderloin, we also tested this with flap steak, a less expensive cut of beef that comes from the bottom sirloin; that schnitzel was only slightly chewier, so we think it’d be a fine alternative. Because it’s a thinner cut to begin with, you may not need to pound it.

Serve with a green salad.

Based on a recipe from CertifiedAngusBeef.com.

**Ingredients**

- Leaves from 4 stems flat-leaf parsley
- Leaves from 3 stems thyme
- 6 ounces salted pretzel sticks or mini pretzels
- Kosher salt
- Freshly ground black pepper
- 1-pound piece beef tenderloin or filet mignon (may substitute flap steak; see headnote)
- 1/4 cup Dijon mustard
- 6 ounces dried wide egg noodles
- 1 medium yellow onion
- 2 teaspoons caraway seed
- 2 tablespoons unsalted butter
- 1/2 cup low-sodium beef broth

**Steps**

Preheat the oven to 375 degrees. Line a rimmed baking sheet with parchment paper or aluminum foil.

Finely chop the parsley and thyme leaves, placing them in a shallow container or plate. You should have about 3 tablespoons total. Place the pretzels in a food processor and pulse until they’re reduced to pebbly crumbs but are not powdery (or simply place in a quart-size zip-top bag and crush them). You should have about 1 1/2 cups. Add to the parsley and thyme leaves; season lightly with salt and pepper, then stir to incorporate.

Trim away any excess fat from the tenderloin. Cut the meat into 1/4-inch round slices, placing them at least an inch apart on a large piece of plastic wrap on the counter. Cover with another large piece of plastic wrap. Use a heavy pan or meat pounder to flatten the slices evenly thin (about half as thick as they were). Remove the top plastic wrap, then use a spoon to place a dollop of mustard on top of each flattened piece of beef. Use the back of the spoon to spread it evenly over each piece. Working with one at a time, press the pieces to the pretzel mixture, mustard sides down, and press gently so the crumbs adhere; transfer the pieces, crumbed sides down, to the baking sheet. Repeat the dollop-and-spread with the remaining mustard on the uncoated sides of the beef, then press handfuls of the remaining pretzel crumb mixture so the mustard is completely covered. Generously grease the top side of each piece of schnitzel with cooking oil spray. Bake (middle rack) for 12 to 15 minutes, until lightly golden brown. The meat should be cooked just through.

Meanwhile, bring a pot of water to a boil over medium-high heat. Add a generous pinch of salt, then the egg noodles. Cook according to the package directions (to al dente).

While the noodles are cooking, cut the onion in half, then into very thin slices. Toast the caraway seed in a large nonstick saute pan or skillet over medium heat for a minute or two, just until fragrant. Transfer to a small plate.

Return the pan to medium heat. Add the butter; once it has melted, stir in the onion. Cook for about 6 minutes, stirring often, until the onion has just softened. Add the broth, and season lightly with salt and pepper.

Drain the noodles and immediately add them to the pan along with the toasted caraway seed, stirring to incorporate.

Divide among individual wide, shallow bowls, including some of the broth. Top each portion with some schnitzel. Serve warm.

**Nutrition** | Per serving (based on 4): 560 calories, 36 g protein, 69 g carbohydrates, 16 g fat, 7 g saturated fat, 120 mg cholesterol, 770 mg sodium, 3 g dietary fiber, 2g sugar.
Infants need 5 times more nutrition

IANS

I nfants need five times more nutrition than adults during the first 1,000 days after birth which, if lacking, may lead to impaired cognition which is irreversible in nature, doctors here said.

They said iron is one of the critical elements, not just for production of haemoglobin but also for brain development. It is important for mothers to know that while infants are born with iron stores, their rapid growth rates may not satisfy the need and it becomes essential to supplement through other sources. “Undernourished children catch infections more easily and have a harder time recovering because their immune systems are impaired. Right nutrition introduced early in an infant’s diet builds lifelong immunity and good health,” said Satish Saluja, Neonatologist at Sir Ganga Ram Hospital. Saluja said babies need five times more nutrition than adults at this stage. Right nutrition and care during this period goes a long way in determining their development and also their ability to learn and perform in the future.

Government statistics say that as many as 34 births registered in India every minute. The number goes up to 2,062 births per hour and up to 49,481 births per day. A large chunk of the total new borns remain undernourished, largely due to poverty.

The doctors have also urged the mothers of the newborns to have well planned diet, including carbohydrates as a main source of energy.

“Proteins are essential for growth, mother’s knowledge of the requirement of micronutrients (vitamins and minerals) is very limited, which needs to be improved,” said Saluja. Medical Sciences say review of feeding patterns reveal that most of the mothers give less than required vitamins and minerals needed for optimum development of children.

Chewing gum may adversely affect digestive system

IANS

C hronic exposure to a common food additive found in everything from chewing gum to bread can decrease the ability of small intestine cells to absorb nutrients and act as a barrier to pathogens, warns a study. Ingestion of the compound, known as titanium dioxide, is nearly unavoidable.

It can enter the digestive system through toothpastes, as titanium dioxide is used to create abrasion needed for cleaning. The oxide is also used in some chocolates to give it a smooth texture.

“Titanium oxide is a common food additive and people have been eating a lot of it for a long time -- don’t worry, it won’t kill you! -- but we were interested in some of the subtle effects, and we think people should know about them,” said one of the authors of the study, Gretchen Mahler, Assistant Professor at Binghamton University, State University of New York. For the study, the researchers exposed a small intestinal cell culture model to the physiological equivalent of a meal’s worth of titanium oxide nanoparticles -- 30 nanometers across -- over four hours (acute exposure), or three meal’s worth over five days.

Acute exposures did not have much effect, but chronic exposure diminished the absorptive projections on the surface of intestinal cells.

6 cups of coffee a day may cut multiple sclerosis risk

E xcessive intake of coffee is likely to reduce the risk of multiple sclerosis (MS), an autoimmune condition affecting the nerve cells, finds a study. The findings, which add to the growing evidence of health benefits of coffee, showed that the higher the quantity of coffee consumed in a day, the lower is the risk of multiple sclerosis.

More than 900ml or about six cups, a day can reduce the risk of MS. The risk of MS is higher among those drinking fewer cups of coffee each day, even after taking account of potentially important influential factors, such as smoking during the teenage years, said Elaine Kingwell from the University of British Columbia in Canada. The animal studies of MS have pointed out the evidence in favour of caffeine’s protective effects against the neurodegenerative diseases such as Alzheimer’s and Parkinson’s. Caffeine, a central nervous system stimulant, has neuroprotective properties and can suppress the production of chemicals involved in the inflammatory response.
Maneka Gandhi to host special screening of ‘Lion’

IANS

Union Women and Child Development Minister Maneka Gandhi will host a special screening of the Oscar-nominated film “Lion” here. The invite list includes Prime Minister Narendra Modi, the movie’s distributor has said.

Cabinet ministers and other dignitaries will be invited for the screening later this week before the film’s release on Friday, read a statement. “We are glad that a person of such repute such as Maneka Gandhi has expressed her desire to host a screening of ‘Lion’. It’s for a wise cause and thought and currently we are in process of setting up the screening in the coming week in Delhi,” Avinaash Jumani, CEO at Pictureworks (film’s distributor in India), said in a statement.

Gandhi, an animal rights activist and environmentalist, recently achieved success in tracking down 100 children and she is going to reunite them with their parents next month.

The fact that it finds resonance with the story of “Lion” -- about an Indian boy who when separated from his biological family, is adopted by an Australian couple in Australia and then years later, he finds his lost family using Google Earth — makes it apt for Gandhi to host the screening.

Even the makers of “Lion” had started The +LIONHEART Campaign for helping street children, by joining hands with India-based NGO Magic Bus, Childline and Railway Children. Directed by Garth Davis, the movie is based on Saroo Brierley’s bestselling autobiography “A Long Way Home”.

No controversy in new script, says Rahul Dholakia

IANS

After “Raees”, which was banned in Pakistan due to its “objectionable content” of showing Muslims in a negative light, director Rahul Dholakia says he has registered a new script devoid of controversial, political and communal elements.

“Concept registered. Now to write the new script. No controversy. No politics. No communal shit. Thrilling,” Dholakia tweeted on Monday. Prodded about more details of the new project at hand, Dholakia told IANS: “Not at the moment -- too early -- but it’s in development -- exciting.”

He said it’s a yet untitled project. The writer-director has also been working on this script eagerly. His last directorial “Raees”, featuring Bollywood superstar Shah Rukh Khan and Pakistani actress Mahira Khan, is about a Muslim bootlegger in Gujarat.

Karan Johar unveils ‘Anaarkali of Aarah’ poster

Filmmaker Karan Johar yesterday unveiled the poster of Swara Bhaskar-starrer “Anaarkali of Aarah” with Swara in a very different avatar. Directed by Avinash Das, the film is scheduled to release on March 24. In the colourful poster, shared by Karan on his Twitter handle, Swara is seen in a lehenga choli in a dancer’s avatar. “Here is the scintillating poster of ‘Anaarkali of Aarah’. Swara Bhaskar you go girl. Congrats Avinash... Releases March 24, 2017,” he captioned the poster.

“Well done Swara for constantly breaking ground. March 24 is the date guys for this new world and engaging film. Presenting Swara in and as the feisty,” he added. In the past, Swara has worked in films like “Tanu Weds Manu”, “Raanjhanaa” and “Nil Battey Sannata”. “Anarkali of Aarah” revolves around an erotic singer (Swara) from Arrah in Bihar, who sings double meaning songs.

Expecting ‘Rangoon’ to be film of the year: Kareena

Actress Kareena Kapoor Khan is expecting “Rangoon”, which features her husband Saif Ali Khan, to become one of the best films of this year.

Kareena, who attended the screening of the Vishal Bhardwaj directorial here on Sunday, said: “I am expecting ‘Rangoon’ to be the film of the year because it is directed by one of my favourite directors, Vishal Bhardwaj. I have worked in ‘Omkaara’ with him. I think people are also expecting a lot from this film.”

“I am also excited about Saif because he was so good as Langda Tyagi (in ‘Omkaara’). It is one of his iconic roles. In ‘Rangoon’, his character is very striking. For the first time, he is playing a Parsi film producer.” Kareena, 36, said she normally doesn’t like to attend a film’s screening. “Saif was surprised to see that I am going to the trial. I had to come because it is an emotional film because of Saif, Vishal and Sajid (Nadiadwala) with whom I have worked previously,” she added.
‘Moonlight’ & ‘Arrival’ bag WGAs for best screenplay

Barry Jenkins’s script for “Moonlight” won the Writers Guild Awards (WGA) for Best Original Screenplay and Eric Heisserer’s script for science-fiction saga “Arrival” won for Best Adapted Screenplay.

The awards were announced on February 19 at concurrent ceremonies at the Beverly Hilton in Los Angeles and the Edison Ballroom in New York.


“Arrival” -- focusing on non-verbal aliens arriving on the planet Earth -- was based on “Story of Your Life” by Ted Chiang.

It topped Rhett Reese and Paul Wernick’s script for “Deadpool”, August Wilson’s “Fences”, Allison Schroeder and Theodore Melli’s “Hidden Figures”, and Tom Ford’s “Nocturnal Animals”. “This confirms a long-held suspicion of mine that you all are sci-fi nerds,” Heisserer said in his acceptance in Beverly Hills.

I should’t win Grammys for rap: Drake

Rapper-singer Drake has questioned the Recording Academys decision to classify “Hotline bling” under the rap category at the 2017 Grammy awards. The 30-year-old recently appeared on an episode of a radio show for an interview that highlighted his struggles to be taken seriously as a black Canadian artist covering multiple genres, reports ew.com.

“I won two awards (Grammys this year), but I don’t even want them because it just feels weird for some reason. It just doesn’t feel right to me. I feel almost alienated, or (like they’re) trying to purposely alienate me by making me win rap awards or pacify me by handing me something and putting me in that category because it’s the only place where you can figure out where to put me,” he said.

“I ever feel like an outsider, it’s usually because I’m not American. That’s when I feel like people are against me,” he said.

“I guess maybe it has something to do with the fact that I have quite an eclectic make-up. I am mixed. I am Jewish... at the end of the day, when it comes to everything else, I’m black.”

“Hotline bling”, which won Grammys earlier this month, is not a rap song, reports ew.com.

“I am referred to as a black artist, like at (the Grammys). I’m a black artist... I’m apparently a rapper, even though ‘Hotline bling’ is not a rap song. The only category they can manage to fit me in is in a rap category, maybe because I’ve rapped in the past or because I’m black. I can’t figure out why.”

Though he did voice support for Chance the Rapper’s victory among the Best New Artist set, Drake also pondered the omission of his 2016 hit “One dance” from the crop of Record of the Year nominees.

“That’s pop obligations they have, and I fluked out. I fluked out and got one of the biggest songs of the year that is a pop song and I’m proud of that. I love the rap world and I love the rap community... I write pop songs for a reason. I want to be like Michael Jackson.”

It’s not just Trump, but system, says Oliver Stone

Filmmaker Oliver Stone, said its “fashionable” now to take shots at US President Donald Trump. But he strongly feels the issue is not just about one leader. Like at most of the awards ceremonies this year, the Writers Guild Awards (WGA) ceremony was being fairly Trump-heavy. “It’s fashionable now to take shots at Republicans and Trump and avoid the Obamas and Clintons. But remember this: In the 13 wars we have started over the last 30 years and the $14 trillion we’ve spent, and the hundreds of thousands of lives that have perished from this earth, remember that it wasn’t one leader, but a system, both Republican and Democrat.”
China’s new supercomputer will be 10 times faster

IANS

C hina has started to build a new-generation supercomputer that is expected to be 10 times faster than the current world champion, a media report said.

This year, China is aiming for breakthroughs in high-performance processors and other key technologies to build the world’s first prototype exascale supercomputer, the Tianhe-3, said Meng Xiangfei, the director of application at the National Super Computer Tianjin Centre, on Monday.

The prototype is expected to be completed by 2018, the China Daily reported. “Exascale” means it will be capable of making a quintillion (1 followed by 18 zeros) calculations per second. That is at least 10 times faster than the world’s current speed champ, the Sunway Taihu-Light, China’s first supercomputer to use domestically designed processors. That computer has a peak speed of 125 quadrillion (1 followed by 15 zeros) calculations per second, he said.

“Its computing power is on the next level, cementing China as the world leader in supercomputer hardware,” Meng said.

It would be available for public use and “help us tackle some of the world’s toughest scientific challenges with greater speed, precision and scope”, he added. Tianhe-3 will be made entirely in China, from processors to operating system. It will be stationed in Tianjin and fully operational by 2020, earlier than the US plan for its exascale supercomputer, he said. Tianhe-1, China’s first quadrillion-level supercomputer developed in 2009, is now working at full capacity, undertaking more than 1,400 assignments each day, solving problems “from stars to cells”.

Six-legged robots can run faster

R esearchers discovered a patch of land in an ancient valley near Mars’ equator that appears to have been flooded by water in the not-too-distant past. The scientists believe that the findings, published in the journal Geophysical Research Letters, offer a prime target to begin searching for past life forms on the Red Planet.

“On Earth, desert dunefields are periodically flooded by water in areas of fluctuating groundwater, and where lakes, rivers and coasts are found in proximity. These periodic floods leave tell-tale patterns behind them,” said one of the researchers Mary Bourke from Trinity College Dublin in Ireland.

“You can imagine our excitement when we scanned satellite images of an area on Mars and saw this same patterned calling card, suggesting that water had been present in the relatively recent past,” Bourke said. The researchers had previously noted these patterns -- ‘arcuate striations’ -- on the surface between migrating sand dunes.

E ffecting a breakthrough in making insect-inspired robots run faster, Swiss researchers, led by an Indian-origin scientist, have found a new way by which six-legged insects increase their walking speed.

Six-legged insects run fastest using a three-legged, or ‘tripod’ gait where they have three legs on the ground at all times -- two on one side of their body and one on the other. Researchers at University of Lausanne and École Polytechnique Fédérale de Lausanne in Switzerland revealed that there was a faster way for six-legged robots to locomote on flat ground, provided they don’t have the adhesive pads used by insects to climb walls and ceilings.

In the findings, published in Nature Communications, the designers of insect-inspired robots broke away with the tripod-gait paradigm and consider “bipod” gait as other possibility of locomotor strategy.

“We wanted to determine why insects use a tripod gait and identify whether it is, indeed, the fastest way for six-legged animals and robots to walk,” said Pavan Ramdya, co-lead and corresponding author of the study.

The scientists carried out a host of computer simulations, tests on robots and experiments on Drosophila melanogaster -- the most commonly studied insect in biology. They found that the common insect tripod gait did emerge when they optimised their insect model to climb vertical surfaces with adhesion on the tips of its legs.

By contrast, simulations of ground-walking without the adhesiveness of insects’ legs revealed that bipod gaits, where only two legs are on the ground at any given time, are faster and more efficient -- although in nature no insects actually walk this way. “Our findings support the idea that insects use a tripod gait to most effectively walk on surfaces in three dimensions and also because their legs have adhesive properties,” said Ramdya. The researchers then built a six-legged robot capable of employing either the tripod or bipod gait and found that the bipod gait was faster, corroborating the simulation algorithms’ results.
A mysterious bomb blast in a business tycoon’s factory prompts the state CM to hire an NIA officer. He meets an ex-army man seeking revenge for his dead daughter and a journalist demanding justice for her slain boyfriend.
**CROSSWORD**

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<thead>
<tr>
<th>28</th>
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<th>32</th>
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<th>33</th>
<th>Bobby of hockey</th>
<th>34</th>
<th>Amorphous mass</th>
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<th>Music booster</th>
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<th>Goat’s plain plaint</th>
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<td>123 Cruising</td>
<td>124 Tiny bit</td>
<td>125 Sea filler</td>
<td>126 Barrett or Jaffa</td>
<td>127 Mast</td>
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Yesterday’s answer: 2-23

**CONCEPTIS SUDOKU**

By Dave Green

Concepts Sudoku: Concepts Sudoku is a number-placement 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.

<table>
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Difficulty Level: **1/5**

Yesterday’s answer: 2-23

**ALL IN THE MIND**


**ALJAZEERA**


King Features Syndicate, Inc.

2-23

CRYPTOQUIP

D X C S M M Q B Y O’ K H O Y R Z Y R
K Z C Q N S H C K Z Y U C Z S O B - Z C M B
K C O O D U D K C N U D N O Y K S
X S J H C K U D O C K D U K

Yesterday’s Cryptopix: STRANGELY, MY TEN-SPEED BIKES keep trying to bang into everybody. IT MUST BE A VIOLENT CYCLE.

Today’s Cryptopix: Clue: Ζ equals H
WIN

Mercedes Benz
GLC 300

Spend Qr. 50 And Get A Raffle Coupon To Win 2 Mercedes Benz GLC 300

اربح
مرسيدس
GLC 300

اشتري بقيمة 50 ريال واحصل على كوبون السحب للفوز بمرسيدس GLC 300

مدة الصلاحية من 13/10/2016 إلى 12/03/2017

Promotion will be valid from 13/10/2016 To 12/03/2017 Draw Date 13/03/2017