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# Back from the brink

An expatriate opens up on depression with a personal story that chips away at its pitfalls, giving hope to patients under the weather. **P4-5**

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**PRAYER TIME**

Fajr	3.16am
Shorooq (sunrise)	4.46am
Zuhr (noon)	11.37am
Asr (afternoon)	3.00pm
Maghreb (sunset)	6.30pm
Isha (night)	8.00pm

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**Quote Unquote**

There is no friendship, no love, like that of the parent for the child.  
– Henry Ward Beecher

**Community Editor**

Kamran Rehmat

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Telephone: 44466405

Fax: 44350474

*Incredibles 2***DIRECTION:** Brad Bird**CAST:** Holly Hunter, Craig T. Nelson, Sarah Vowell, Huck Milner, Samuel L. Jackson**SYNOPSIS:** Everyone's favourite family of superheroes is back in *Incredibles 2* – but this time Helen is in the spotlight, leaving Bob at home with Violet and Dash to navigate the

day-to-day heroics of "normal" life. It's a tough transition for everyone, made tougher by the fact that the family is still unaware of baby Jack-Jack's emerging superpowers. When a new villain hatches a brilliant and dangerous plot, the family and Frozone must find a way to work together again—which is easier said than done, even when they're all Incredibles.

**THEATRES:** The Mall, Landmark, Royal Plaza*Adrift***DIRECTION:** Baltasar Kormákur**CAST:** Shailene Woodley, Sam Claflin**SYNOPSIS:** From the director of *Everest* and based on the true story of survival, a young couple's chance

encounter leads them to first love and then on the adventure of a lifetime. Tami Oldham (Shailene Woodley) and Richard Sharp (Sam Claflin) couldn't anticipate that they would be sailing directly into one of the most catastrophic hurricanes in recorded history. In the aftermath of

the storm, Tami awakens to find Richard badly injured and their boat in ruins. With no hope of rescue, Tami must now find the strength and determination to save herself and the only man she has ever loved.

**THEATRES:** The Mall, Royal Plaza**The Mall Cinema (1): Abraham's Santhathikal** (Malayalam)

2:30pm; *7 Din Mohabbat* In (Urdu) 5pm; *Abla Tamtam* (Arabic) 7:30pm; *Jurrasic World: Fallen Kingdom* (2D) 9:15pm; *Tik:Tik:Tik* (Tamil) 11:30pm.

**The Mall Cinema (2): The Incredibles 2** (2D) 2pm; *The Incredibles 2* (3D) 4:15pm; *The Incredibles 2* (2D) 6:30pm; *Abraham's Santhathikal* (Malayalam) 8:45pm; *Race 3* (Hindi) 11:15pm.

**The Mall Cinema (3): Tik:Tik:Tik** (Tamil) 2pm; *Jurrasic World: Fallen Kingdom* (2D) 4:15pm; *Beirut* (2D) 6:30pm; *A Woman In The Time Of Blockade* (Qatari) 8:15pm; *Adrift* (2D) 9:45pm; *Abraham's Santhathikal* (Malayalam) 11:30pm.

**Landmark Cinema (1): Abraham's Santhathikal** (Malayalam) 2:15pm; *A Woman In The Time Of Blockade* (Qatari) 4:30pm; *Tik:Tik:Tik* (Tamil) 6:15pm; *Abraham's Santhathikal* (Malayalam) 8:45pm; *Abraham's Santhathikal* (Malayalam) 11:15pm.

**Landmark Cinema (2): The Incredibles 2** (2D) 2:30pm; *The Incredibles 2* (2D) 4:45pm; *The Incredibles 2* (2D) 7pm; *Adrift* (2D) 9:15pm; *Race 3* (Hindi) 11pm.

**Landmark Cinema (3): Race 3** (Hindi) 2:15pm; *Abraham's Santhathikal* (Malayalam) 5pm; *A Woman In The Time Of*

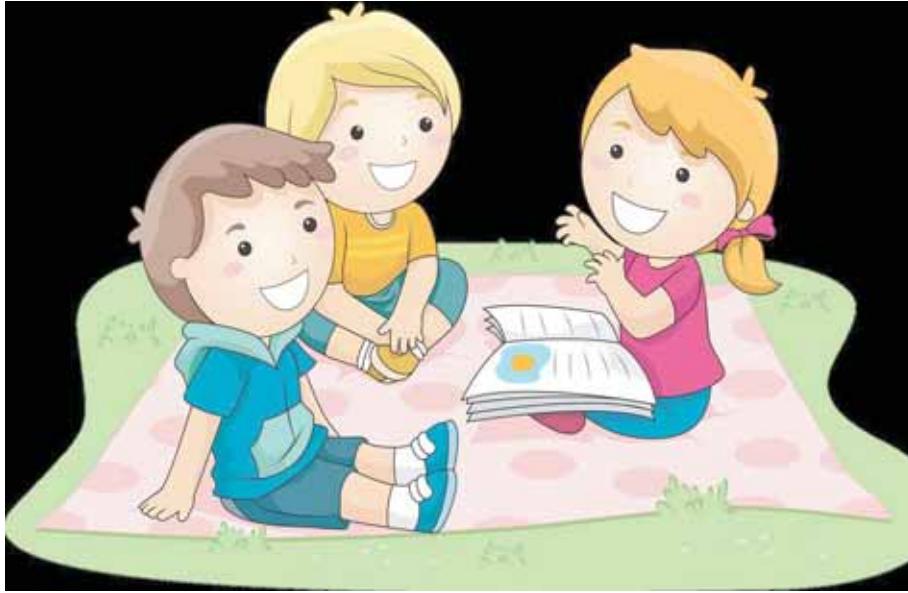
*Blockade* (Qatari) 7:30pm; *Beirut* (2D) 9:30pm; *Tik:Tik:Tik* (Tamil) 11:30pm.

**Royal Plaza Cinema Palace (1): The Incredibles 2** (3D) 2pm; *The Incredibles 2* (2D) 4:30pm; *The Incredibles 2* (3D) 6:45pm; *Adrift* (2D) 9pm; *Race 3* (Hindi) 10:45pm.

**Royal Plaza Cinema Palace (2): Abraham's Santhathikal** (Malayalam) 2pm; *Maya: The Bee 2* (2D) 4:15pm; *Abraham's Santhathikal* (Malayalam) 6pm; *A Woman In The Time Of Blockade* (Qatari) 9pm; *Abraham's Santhathikal* (Malayalam) 11pm.

**Royal Plaza Cinema Palace (3): Tik:Tik:Tik** (Tamil) 2:15pm; *Jurrasic World: Fallen Kingdom* (2D) 4:45pm; *Beirut* (2D) 7pm; *Leilet Hana Wa Srour* (Arabic) 9pm; *Tik:Tik:Tik* (Tamil) 11pm.

## ROUND &amp; ABOUT

COMMUNITY | **EVENTS****HEC Paris Executive MBA (EMBA) Info Session**

**WHERE:** 14th Floor, Tornado Tower, West Bay

**WHEN:** July 2

**TIME:** 4:30pm – 6pm

HEC Paris is organising the next information session for Executive MBA to give an insight about the executive programme of next entry of February 2019 whilst discovering the international diversity of participants, blended learning and international mobility options. The session will help transform and grow the career opportunities ahead.

**Choreography Lessons – Brazilian Zouk**

**WHERE:** Music and Arts Atelier near MOI

**WHEN:** July 7 to September 15

Brazilian zouk is characterised by the dancers' undulating bodies and the girls' flowing hair. Dancer or not, depending on the style of Brazilian zouk, you'll be to choose connection; embrace and long graceful steps. The final performance is scheduled to be on 15 September as a flashmob.

**Special Needs Summer Camp**

**WHERE:** HOPE Qatar Center for Special Needs

**WHEN:** July 16 to August 15

**TIME:** 8:30am – 12:30pm

HOPE Qatar center for special needs is organising a very unique summer camp bringing together children with and without special needs in a fun and entertainment filled programme from 16 July to 15 August. This camp led by a multinational team will enhance empathy, teamwork, and friendships between the differently abled children and other children aged 4 – 18. Camp will run for 5 days a week from 8:30am to 12:30pm for one month and include various edutainment activities. For further details, call 55751754 / 55385687

**Summer Camp**

**WHERE:** Music Lounge

**WHEN:** July 1 to August 30

**TIME:** 9am to 12pm

This summer camp is designed to give every camper the skill to create music through special training in musical instruments piano, guitar & drums, to visualise child's limitless imagination and bring it to creative visuals through

art & craft. This camp will develop their communication skills through training in public speaking along with hip hop dance, warm up exercises, karate and yoga.

**Summer Camps**

**WHERE:** Mamangam Performing Art Centre, Al Hilal

**WHEN:** July 4 to August 31

**TIME:** 8am – 12:30pm

Mamangam Performing Art Centre will be holding Summer Camps in its Al Hilal branch for two batches of age groups from 4yrs to 18 yrs. The summer camps will include Yoga, Karate, Art & Craft, Music, Hip-hop, Bollywood, Indian Classical and Contemporary dance. For further details, call 33897609.

**Summer Camps**

**WHERE:** TCA

**WHEN:** Ongoing

**TIME:** 8:30am – 1pm

The TCA will be holding Summer Camps in its branch for all students, starting from June 24. Every two weeks, a new batch will begin for every child to join and learn new forms of art. The summer camps will include Abacus, Drawing and Painting, Calligraphy, keyboard and dance. The camp will run for 10 days a week from, 8.30am to 1pm. You will be able to see the activities and schedules that will be upheld for every week and register your kid. For further details, call 974 44373259.

**Summer Camp for Kids**

**WHEN:** Ongoing till Aug 31

**TIME:** 7:30am – 2:30pm

**WHERE:** Music and Arts Atelier, Villa 57 Bin Omran

Doha's Kids Summer Camp where artists are made! The A to Z of kid's summer camp – from artworks, dance and music lessons and PLAY in between. For ages 5 years and up. For registration, contact: registration@atelierqatar.com and/or mobile 33003839.

**Soccer Festival**

**WHERE:** The St. Regis Doha

**WHEN:** Ongoing till July 15

**TIME:** 2pm – 12am

The St. Regis Doha has announced plans to celebrate the month-long soccer festival and screen all matches to the delight of football lovers, to be held till Sunday July 15, 2018. Sarab Lounge and Vine Restaurant will transform their terraces into football lounges for football lovers to enjoy watching every angle of their favourite game, with giant screens to broadcast the games daily from 2 pm till 12am.

**TCA Chess Challenge 2018**

**WHERE:** TCA Campus, Villa number 5

**WHEN:** June 29

**TIME:** 9am

Be a part of the TCA Chess Challenge 2018. The challenge is open for all dynamic students of Qatar from all nationalities. The last date for registration is June 27. Registration fees is QR30. For further details contact, 66523871/31326749/44373259.

**Summer Entertainment City 2018**

**WHERE:** DECC

**WHEN:** Ongoing till August 31

**TIME:** 12pm

An amazing range of local shopping stalls will feature products from all over the world on the Eid. The Summer Shopping Souq has started from June 14 till August 31. Colour your summer at Doha Exhibition and Conventional Centre – West Bay during Summer Entertainment City 2018 with over 75 activities and games, more than 40 food and 132 retail outlets and amazing live performances. Get set for an exciting and eventful summer in 2018.

**Explore your talent with us**

**WHERE:** Mystic Arts Centre behind Al Hilal Focus Medical Centre

**WHEN:** Wednesday to 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. Personalised lessons, efficient mentoring and exposure to stage helps our learner to walk out as a confident performer at the end of their course. For further details, call 44723680/33897609.

**Dance and instrument classes**

**WHERE:** TCA Campus, Behind Gulf Times Building

**WHEN:** Wednesday-Monday

Come and 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. Classes will run on a regular basis on weekends and weekdays. For details contact 66523871/ 31326749.

**Outdoor and five-a-side football pitches**

**WHERE:** Aspire Zone

**WHEN:** Daily

**TIME:** 7pm-11pm

Aspire Zone's five-a-side football outdoor pitches opposite Al Waab Street are available every day from 7pm until 11pm from Sundays to Thursdays, and on Fridays and Saturdays from 7am-11pm.

**Arab and German Tales Exhibition**

**WHERE:** Qatar National Library

**WHEN:** Ongoing till August 18

The exhibition is organised within the framework of Qatar-Germany Year of Culture and provides an insight into the history of Arabic and German fairy and folk tales, and how the two traditions influenced each other. It aims to show the transcultural value of narrative traditions as a shared intangible cultural heritage and highlight mutual influences, shared ideas and cultural transfer between the Arab world and Germany through storytelling and tales.



# You are not alone... because I'm with you!

**Shehar Bano Rizvi** lifts the lid on a subject – depression – that is often kept under wraps for fear that those who suffer from it may be pitied by the society at large, leading to all sorts of negative consequences. In an inspiring personal account, she pushes for openness as a stepping stone for going back to living normal lives



This month has seen a number of suicides, including the famous designer Kate Spade, Chef Anthony Bourdain and two other men who committed suicide in the Holy Mosque of Kaaba. These suicides make one thing abundantly clear – that depression has nothing to do with wealth, success or faith (or the lack of it).

After the most unexpected celebrity suicides, social media

exploded with posts and messages, pushing for people to "Check in on your stronger friends" and peppy messages like "You are NOT alone". But still fewer have come forward to say, "You are NOT alone... because I am WITH you!"

People may want to show their support, but fewer still want to come out in public and admit they suffer from depression, too.

Well, that's why I am doing this today – I am going to tell my story of dealing with depression. It may

come as a shock to a lot of people because my 'perfect' life on social media is contrary to what I am going to narrate today. But yes, there is always another side of the story that we hardly see on the social media.

#### What is depression?

Depression is a very common and serious medical illness, which is largely still a taboo in our society. It affects how you feel, the way you think and how you act. It's a mood disorder that can make

doing the most mundane and basic day-to-day activities look daunting to the one suffering from it. Depression can lead to even more severe complications when left undiagnosed or untreated such as self-harm or attempted suicide.

And I can say that because I have been there myself.

#### How I figured out I have depression and what it felt like

I never knew it could happen to me until I left Karachi, the

southern port city and financial hub of Pakistan, some 14 years ago. I got married and moved to Doha, which on paper looks like a good change and it was – but it came at a price. It changed everything in my life. I left my family, my job and my country to move to a new place, with no friends and no career.

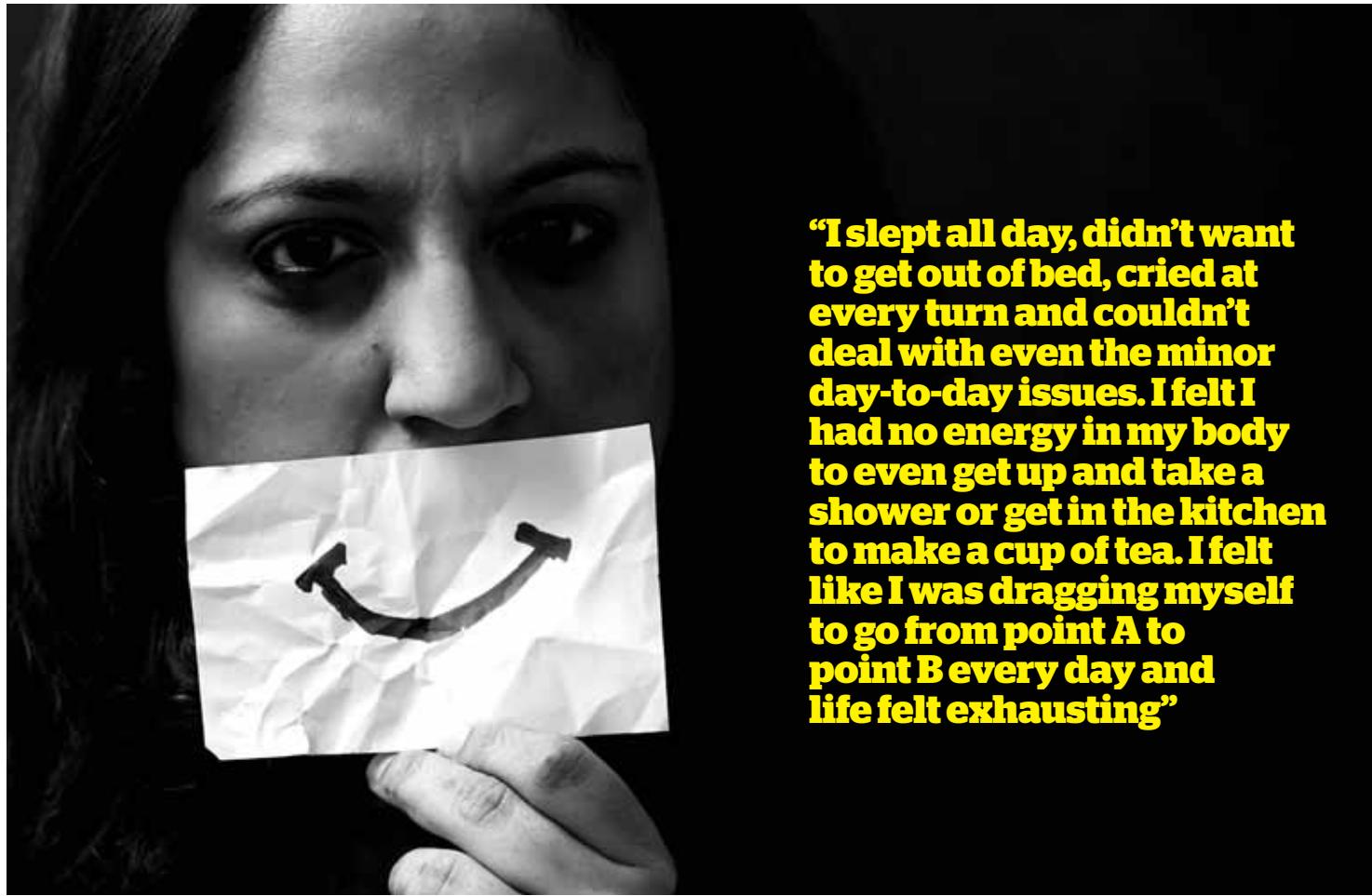
Like every newly married woman, I enjoyed that break for about six months. Setting up our own place, together with my wonderful companion and exploring the new country and making lots of wonderful memories. Everything was perfect, but then sadness started to creep in. I didn't want to go out; getting out of bed every morning seemed like a daunting task and even I couldn't figure out what was wrong with me!

To be sure, I was happy in my marriage; I had everything I going for me and yet there was a cloud of sadness hovering over me. My husband figured out that I missed my work and so pushed me to restart my career, which helped me jump back at life.

But then, sadness hit me again when I was dealing with infertility and going through its emotionally exhausting treatment. It was one of the most difficult times of my life and people around me didn't help (intentionally or unintentionally). Questions, comments and remarks like....When will we have a baby? Why don't I stop working and focus on starting a family continued to mock me! It was a tough time for both of us, but I was the one who failed to cope with it.

I slept all day, didn't want to get out of bed, cried at every turn and couldn't deal with even the minor day-to-day issues. I felt I had no energy in my body to even get up and take a shower or get in the kitchen to make a cup of tea. I felt like I was dragging myself to go from point A to point B every day and life felt exhausting.

Many a time I thought about ending the misery by ending my life. I had suicidal thoughts and that's when my husband reached the conclusion that it wasn't something



that I could deal with myself or he could talk me out of. I really needed professional help.

Reluctantly, I went with him to my first appointment and I can clearly recall how difficult that was. I was in a state of denial, trying to fight the notion that I was a 'mental' patient. Sitting at the psychiatrist's office and looking around I felt ashamed – What if someone I know saw me here? What would they think of me? Why am I sitting in the office of a psychiatrist? All these questions affected me, and on an impulse, I just wanted to leave – go back home, get behind my closed doors, in my bed, and weep all day!

But my husband made sure I didn't. I had the most difficult conversation of my life in that room. For the very first time, I was telling a stranger how I felt, with tears rolling down my cheeks uncontrollably, as I confessed about my darkest and deepest thoughts and fears. The psychiatrist immediately knew I needed help and put me on medication.

#### Medication for depression

Medication for depression? There was an immediate rejection from within.

"I can't take these. I am NOT mentally sick. I am just sad and troubled"...my inner voice told me. I feared that taking the medication would get me labelled a mental patient and that scared me to death. I tried to ask him if I could have therapy and talk it out, but he insisted that I needed them as I had a moderate/severe case of depression and I won't be able to talk it out until the clouds above my head, cleared up a bit. He started me on Prozac and reluctantly, I gave in.

In as little as two weeks' time, I started to see a difference. Moving my body from point A to B didn't feel that exhausting. I was able to get out of bed and go out. I was able to function and it got better and better with time.

Taking the medication has been life-changing for me. I have been able to cope with so many difficult

situations without breaking down. The quality of my life has improved drastically.

Antidepressants work by balancing chemicals in your brain called neurotransmitters that affect mood and emotions. These depression medicines can help improve your mood, help you sleep better, and increase your appetite and concentration.

How long you need to take them totally depends on your situation and condition. I have a genetic factor involved (my dad suffered from anxiety) which means I need it for longer, but that's not the case always and the medications can be tapered off as well. There is a possibility that you might not need the medication at all and can only be treated with psychotherapy, but your doctor is the best judge of your treatment, so professional help is instructive.

#### What can you do to help yourself?

Exercise can do wonders for your brain health. A single

workout increases the levels of neurotransmitter like serotonin in the brain and uplifts your mood almost immediately.

Diet can also have an impact on your brain health. For example, leafy greens like kale, avocado, berries, bananas, walnuts etc. are considered good for your brain health.

(Disclaimer: These are good for your brain, but not a treatment for serious depression. It's best to seek professional help)

#### Other reasons for depression like symptoms

Another thing that I want to talk about is that there can be depression-like symptoms, but these can be totally related to some other issue. For example, I also suffer from hypothyroidism and Vitamin D deficiency, and both of them have depression and lethargy as their symptoms, too (and very common, especially among women). I was treated for them first before my doctor started me on antidepressants, so one

**"Taking the medication has been life-changing for me. In as little as two weeks' time, I started to see a difference. Moving my body from point A to B didn't feel that exhausting. I was able to get out of bed and go out. I was able to function and it got better and better with time"**



should get his/herself checked by a medical professional if one has any of the symptoms to get the correct diagnosis.

#### Living with someone with depression

Dealing with depression is not only difficult for the person, who is depressed, but can be extremely exhausting for the family, too. I know how frustrating and exhausting it was for my husband to see me like that and trying to help change my mood. It's extremely important for you and your loved ones that you get proper treatment and help.

#### Support for depression in Qatar

HMC has excellent Mental Health services where you can seek professional help as depression is the second most common mental health condition in Qatar, according to HMC experts.

There are a number of other community groups that provide support (like Qatar Mental Health Community, Doha Mums Post Natal Depression Support Group and many more).

#### Understanding depression

Depression is REAL. It's a disorder which is due to a chemical imbalance in the brain.

It has NOTHING to do with how strong (or weak) your faith is; how fulfilling and blessed your life is, or how ungrateful you are for sulking and not being thankful to God for all the blessings in life.

Don't ask people when they tell you about being depressed by counteracting "Why do you feel depressed or have depression?". Because it is likely that there is NO reason for it. It's a chemical imbalance in the brain. Do we ask someone with cancer, "why do you have cancer?"

'Advising' people who suffer from depression to "try to be happy" won't help them, because it is NOT in their control. They need professional help.

#### The need to talk about depression

Depression or anxiety (which go hand in hand) or any other mental disorder is a malfunctioning of the human body like any other disease... say hypothyroidism, hypertension, heart disease or even cancer. When we don't feel the shame in talking about these disorders of the body or shy away from getting treatment for the same, why do we feel the shame if it's associated with mental health?

We need to talk about it more so that people who suffer in silence can feel comfortable talking about it and, in turn, seek help.

We may save lives if we talk about own struggles. Let's break this taboo. And this is exactly why I have chosen to tell my story to the world.

• The author is a certified Project Management Professional (PMP) and a Software Engineer by profession. A Pakistani expatriate, she has been living in Doha for more than 14 years, and blogs about her life, parenting and more by the name 'Diary of a PMP Mom' – @thepmpmom



## Nepali Mongols observe 2<sup>nd</sup> death anniversary of leader

Qatar chapter of Mongol National Organisation (MNO) recently observed the second death anniversary of its former president Dr Gopal Gurung. Dr Gurung died on June 10, 2016. Guests paid tributes and talked about the contributions of Dr Gurung towards the ethnic and identity politics of Nepal. Speaking on the occasion as the chief guest, Til Bikram Thebe highlighted the ideology of Dr Gurung as the bedrock of MNO to work towards political, economic and cultural uplift of ethnic and indigenous communities of Nepal. The guests also delved into his book *Hidden Facts in Nepali Politics*. On the occasion, the MNO team announced that their fifth national convention would soon be held in Nepal. The organisation has overseas chapters in more than 20 countries. The programme was chaired by Sanjay Angdambe, MNO president.

— Text and photo by Usha Wagle Gautam



**GATHERING:** The participants of the programme.

## DPS-MIS organises donation drive

DPS-Modern Indian School (DPS-MIS) recently organised a donation drive for the less privileged in the society. The students donated food items and other utility products. The students from Nursery to Grade-XII voluntarily participated in the drive.

The drive was launched in association with Indian Community Benevolent Forum (ICBF). The proceeds were donated to the labour camp and the detention centre. The project was aimed at inculcating the spirit of sharing in the students.



## QPL cricket tournament to start from June 29

Qatar Premier League (QPL) knock-out cricket tournament, sponsored by Bawarchi Restaurant, was recently inaugurated in presence of the captains of all the 14 teams. Siraj Ansari, founder of QPL, said that the tournament, conducted every year, would include teams of expatriates from India, Pakistan, Sri Lanka, Bangladesh and Nepal. The matches will start from June 29 at Barwa City grounds. The inauguration ceremony was attended by QPL representatives namely, Qamar Qureshi, Chairman; Mir Sohail, President; Sridhar Abbagouni, a board member; Akbar Khan, Vice President; and others.



# Toastmasters nominate leaders for newly formed Qatar district



**DIRECTOR:** Sundaresan Rajeswar

**T**he toastmasters' fraternity in Qatar is gearing up to welcome a watershed moment in their movement. Qatar will start functioning as a provisional district from July 1, 2018. It has been over 20 years

since the first club of toastmasters was chartered in Qatar. Since then, the toastmaster's movement has grown steadily, serving the mission of Toastmasters International. Today, there are over 60 clubs and 1,500 members in Qatar. As many as 30 members have so far achieved

the highest educational award of 'Distinguished Toastmaster'.

Board of Directors of Toastmasters International, having headquarters in Colorado, USA, passed a resolution in March 2018 to form a new provisional district (116P) comprising the four divisions in Qatar. The decision was made keeping in mind the prolific growth of clubs and members in the country as well as other logistic reasons. Currently, Qatar is part of District 20 along with Kuwait and another neighbouring country. Toastmasters in the Middle East region have a history of over 50 years from single to currently six districts.

Qatar will be conferred with the honour of being a regular district once it sustainably meets the norms set by Toastmasters International regarding the number of clubs, members and active participation in 'Distinguished Clubs Program'.

Qatar becoming a district by itself means more leadership opportunities for its members. Moreover, the district champion of 'International Speech Contest' will now qualify directly to take part in regional and global semi-finals and thus be able to reach the finals of the annual 'World Championship of Public Speaking'. It has been five years since a member from Qatar became a district champion and took part at global levels.

In the recent District (20)

Toastmasters Annual Conference (DTAC) held in Kuwait, Tabish Khan from Oryx Communicators, corporate club of Qatar Airways, emerged as the champion in the table topics contest, Deepak Shivanker from Doha Club remained the first runner-up in humorous category and Abhisekh Chattopadhyay of Talking Matters remained the second runner-up in evaluation category.

The district leaders met on the sidelines of DTAC to select the leaders of the new district. Rajeswar Sundaresan was elected unopposed as District 116P Director for the term 2018-19. Raghavan Menon and Thayalan Kailayapillai were elected as Program Quality Director and Club Growth Director respectively. Girish Jain (Division A), Sunita Saini (Division B), Sudhir Gujar (Division C) and Rajesh VC, (Division D) were elected as directors of their respective divisions. The new area directors, club officers, and other supporting functionaries are also in place and ready to take charge from July 1, 2018.

"Qatar as a separate district was expected as an organic progression of the toastmasters movement that focuses on high value, experiential communication, and leadership development. The fast-forward of independent district resulted in renewed vigour and enthusiasm

with optimism for the beneficial transition. The strong bedrock of expertise within Qatar, well-drafted manuals, governing documents integrated with stringent adherence to core values and ethics will ensure the toastmasters' brand fly high as a contributor to the society," said Rajeswar, who will lead the new district.

Rajeswar has been with the toastmasters for 18 years and is a distinguished toastmaster. He is the current District 20 Program Quality Director. He was District Finance Manager for 2016-17 and had previously been Realignment Committee Chair, DTAC Education chair. He is also a director in the board of Institute of Internal Auditors Qatar. He is past chairman of Doha chapter of Institute of Chartered Accountants of India.

The other nominated office-bearers are namely, Manzoor Moideen, Raja Gopalakrishnan, Joseph Stanley, Ravi Kumar, Aala Alffy, Venkatesan, Virendra Nath, Safeer Azeez and George Thomas. Prominent toastmasters from Qatar, including Manoj Megchiani, Sonny Varghese and Vicky Ferrer will be in the advisory committee. The district executive committee is scheduled to have its first meeting on June 29. The division and area directors will receive advanced leadership training during the meeting.



**GROUP:** Officer-bearers for newly formed toastmasters' district of Qatar in a group photo.



# School students learn app developing at Texas A&M

Twenty one students of Grades VII, VIII, IX and X from the schools around Qatar designed their own Android mobile app game as part of a recent two-day workshop on mobile app development.

The workshop was organised and offered by Dr Eman A Fituri from the Qatar Computing Research Institute in Texas A&M University at Qatar's STEM Hub, a joint initiative of Texas A&M at Qatar and the Qatar National Research Fund (QNRF) that aims to support science, technology, engineering and mathematics (STEM) learning in students across Qatar.

Four teachers also attended the workshop, during which participants learned the basics of mobile app development, including how to design an interface, how to place a button and how to play with images. After mastering the basics, the students designed and developed their own games in which they try to shoot a dragon with arrows as the dragon moves across the screen. At the end of the workshop, students demonstrated their apps and shared their inventions with family and friends.

"There are so many elements the students incorporated into their games," said Fituri, who is the director of educational initiatives



at QCRI. "They kept track of the score and some of them even implemented different levels of difficulty. It was exciting to work with the students to see the different ways they approached the problem."

Fituri continued, "We want to kind of change the mindset of children. They use technology all the time but we want to teach them

how to create technology, not just consume it."

The STEM Hub innovation laboratory aims to promote creative applications of engineering and science toward innovative thinking and original design in Qatar's young students. The STEM Hub contains equipment and teaching tools for K-12 students to enrich their learning by integrating

science, mathematics and technology toward real-world problems. The facility has cutting-edge technologies that enable students to imagine, invent and innovate solutions to Qatar's grand challenges through hands-on learning.

The facility is a central part of Texas A&M at Qatar's STEM outreach programmes, which

are designed to spark interest in science and engineering in students to motivate them to choose educational pathways for careers in fields related to science, technology, engineering and mathematics (STEM). It is a crucial link for building human capital and capacity for the technical workforce needed to achieve the goals of Qatar National Vision 2030, said QNRF's Dr Aisha Al-Obaidly.

"Qatar Computing Research Institute (QCRI) organised this workshop for school students," al-Obaidly said. "In fact, the workshop is considered an important initiative that will support us to develop the capabilities of Qatar's people, which is one of the Qatar National Vision 2030 goals. We aim to create a platform for young researchers and scientists, who will be our future science ambassadors in international events such as Intel ISEF and FameLab finalist. The workshop will enable them to present science-related projects."

Al-Obaidly continued, "Furthermore, such initiatives will make science more relevant to young people and will raise their interest to develop their skills. Workshops dedicated to young learners are important in order to ensure the commitment and success of Qatar's next generation of leading scientists."

## DC awards 8 Duke of Edinburgh achievers

Eight Doha College (DC) students were recently recognised for their outstanding completion of the prestigious gold Duke of Edinburgh's International Award – a globally recognised programme that helps to develop young people for life and work. The programme allows students to experience new and different skills and opportunities, as well as provides challenges to build life skills and qualities such as confidence, teamwork, patience and commitment.

Achieving the gold award takes huge levels of dedication from the students. They must complete over 1,200 hours of purposeful activity, including 400 hours of physical recreation, skill work and service, as well as 32 days of residential projects and a six day expedition. Due to the intense commitment of the scheme, many students continue their award after school, but eight of our illustrious students managed to succeed in completing the remarkable undertaking before graduating from Doha College.

The students completed their physical and skill components through a variety of activities that allowed them the experience

of something new. For their service element, the local community benefited greatly with projects such as volunteering at Hamad Hospital, teaching drama in the Doha College Primary School, working as teaching assistants, volunteering with a local compound maintenance team, and coaching with Evolution Sports.

To complete the residential project requirement, the students eagerly participated in an array of fascinating activities including a sports skills development course in the UK, performing at the Edinburgh Fringe festival with a theatre group, visiting schools in Uganda with the Develop with Dignity project, and staying with a Spanish teacher and her family in Barcelona.

The value added to these students' life is indeed the determination, perseverance and resilience they developed, but also the enhanced employability deriving from such a distinction, as the award truly is a passport to a brighter future, highly valued by employers and universities.

To find out more about the Duke of Edinburgh programme at Doha College, visit [www.dohacollege.com](http://www.dohacollege.com)



**RECOGNITION:** The award winners and award co-ordinators with Doha college principal, centre of front row.



**POPULAR:** A woman sings in a karaoke booth in Beijing, China. Booths for a maximum of two people are increasingly popular in the country.



**SINGER:** A woman sings in a karaoke booth in Beijing.

# Karaoke booths in China, haven for introverts

Not all karaoke fans want to sing in front of a big crowd. In China, booths designed for a maximum of two people are doing a roaring trade – offering singers the chance to let rip with no fear of judgement. **By Jan Grueschow**

It looks like a sci-fi telephone booth. But instead of talking on a phone, the person inside it is supposed to sing – alone or with a partner. This is a Chinese karaoke booth, an example of a booming trend in the country's shopping centres and gaming halls.

A black lacquered steel frame holds the glass walls together and a curtain shields the visitor off from the outside world. Entering the small room, one finds two monitors, two microphones and two barstools. In other words, no room for a crowd.

Students Li Jingya and Duan Huimin are sitting in one booth, headphones on, crooning Chinese pop songs. The two young ladies are able to choose from Japanese, Korean and English texts, including international hits like Adele's *Someone Like You* and Celine Dion's *My Heart Will Go On*.

The two friends say the karaoke booth principle is both practical and entertaining. "When you are out shopping and things start to get boring, you can simply go into the booth and sing something," 22-year-old Duan says.

An Internet connection makes the karaoke booth experience even more special. Smartphone users who install the Chinese app WeChat can use their phones to select the songs and record their performances. They can then share their recordings with friends via social media – or even through a live transmission.

But it's not only about songs. People also use the booths to recite Chinese poems, including the patriotic *Snow* by Chinese communist revolutionary Mao Zedong.

In it, the former chairman of the Communist Party of China evokes the country's beautiful landscape, its heroes

and of the inadequacies of emperors past. *For truly great men/Look to this age alone*, he concludes.

Air conditioning and dimmable overhead lighting help the singers feel as cozy as possible. There is, of course, a charging point for phones. But even with these added comforts, will the booths ever replace the conventional karaoke?

"I still prefer the open areas," Li says. "Inside here it feels a bit cramped."

But not everyone feels that way. Particularly for introverted music lovers, the booths are perfect. There's Wei Shuhang, 24, for example.

"In the booth I simply feel safer and enjoy singing by myself," she says. She prefers the atmosphere of the booth, because she finds Chinese karaoke open places to be chaotic.

Whereas in western restaurants karaoke

is often sung in front of a large audience, Chinese inns usually employ many separate rooms. That means you never know who is celebrating in the room next door and who might be able to hear your croonings.

Wei says: "I simply like the surroundings of the booth better. I don't have to worry about my safety. But it is a bit expensive." Half an hour in a booth costs 57 yuan (about 8.75 dollars).

First introduced in 2013, the karaoke booths are booming. By 2016, around 20,000 had been installed throughout China, and the figure is now estimated at over 30,000.

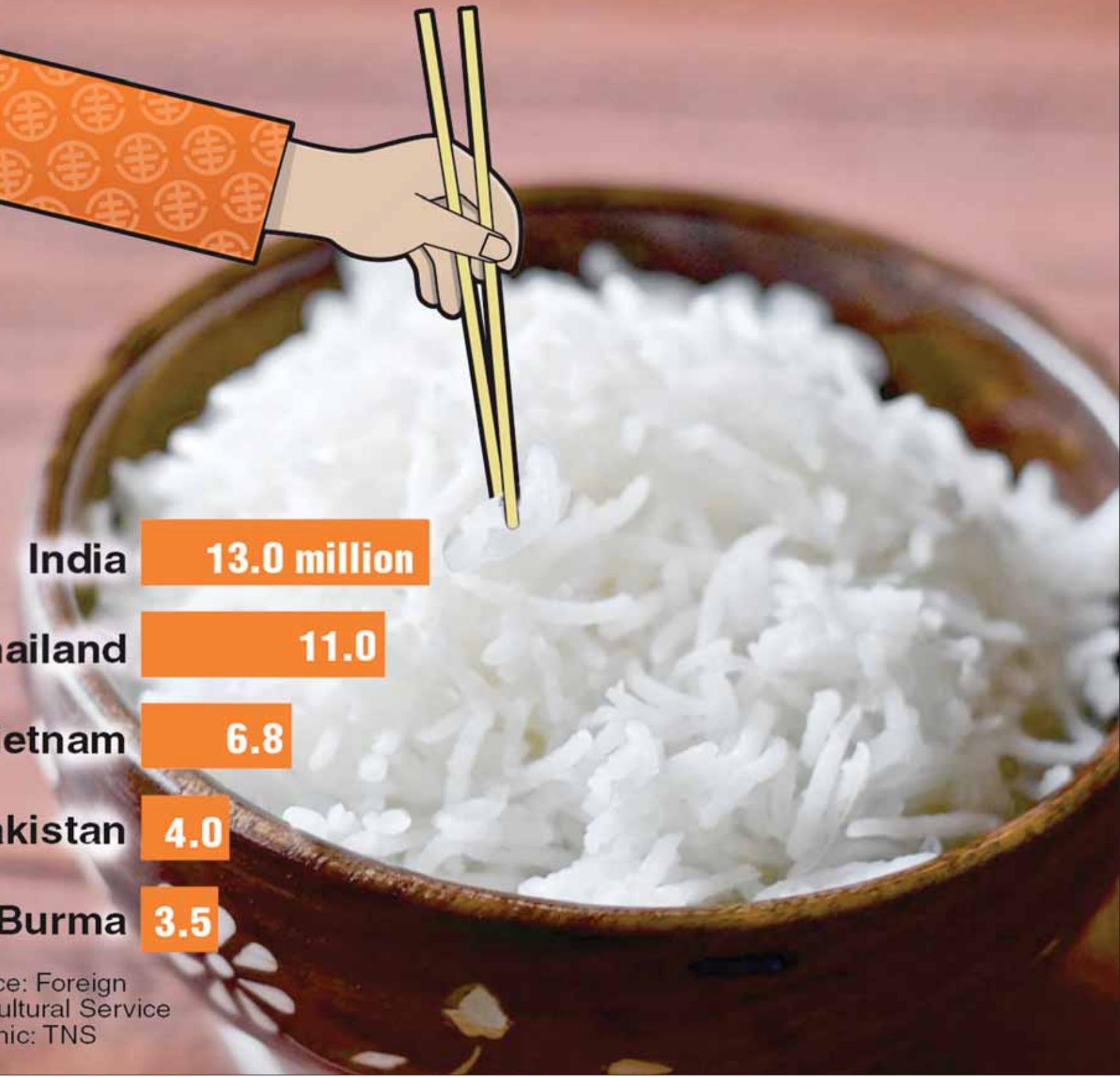
Market analysts foresee the numbers rising further and one day reaching 200,000. A booth costs between 20,000 and 30,000 yuan (3,080-4,615 dollars). The investment can be recouped in about half a year, the analysts say. – DPA



## BizFact

# Rice

*Top rice exporters, 2018 season,  
in estimated metric tons*



# Patterns and prints for men that can never go wrong

**M**en often go with solid colours to stay safe on the fashion barometer, but there are designs and patterns like checks and stripes that they can never go wrong with, suggest experts.

Sunil Mehra, Founder and Designer at Sunil Mehra, and Prem Dewan, Retail Head, OSL Luxury Collections Pvt Ltd- Corneliani, have listed a few prints and patterns to make your life easier:

- Checks and stripes have been one of the most dominant patterns when it comes to menswear. The modern day designers are providing new uses and iterations in these patterns. The vertical, horizontal, diagonal, pinstripe and dashed designs can be mixed and matched with check patterns like windowpane, tartan and gingham, which would add texture to the most basic pieces.

The white windowpane check pattern on black suit is one classic ensemble that fits best from formal to casual meets.

- Florals are fun, frolic and scream the summery vibe. Tropical florals are picking up the trend and are considered as one of the best option

for vacations. Invest in floral t-shirts and shorts and if you love your suits a lot then try dabbling with the floral tie.

- Paisley print is identical to floral but varies in terms of motifs. It is mostly a teardrop shaped design that stems back to ancient era. It's perfect for men who want subtle embellishments to their wardrobe. Step outside your comfort zone and experiment with different coloured paisley T-shirts or even ties giving a break to mundane fashion.

- Polka dots have a long and noted history in fashion and over the years it has become a dominant pattern in men's accessories. Be it ties, pocket squares, socks or simply scarves, this timeless pattern adds a fancy attitude to any look.

Shirts with micro polka dots work best as a formal wear option. Go for large and colourful polka-dotted tees, hoodies, bottoms for a bold and playful look.

- Conversation prints convey your sense of humour and style in ways that most patterns cannot. It encompasses a wide range of themes, symbols, animal, fruits and what not. — IANS



## **ARIES**

March 21 – April 19

Worries over money could have you edgier than usual, Aries. While you may be doing well, you still could be insecure and think your funds might not stretch far enough. Try to consider the situation objectively. You'll probably be relieved by what you find. Others' demands on your time might irritate you more than usual. The best way to escape this kind of tension is to go for a workout or walk.

## **CANCER**

June 21 – July 22

You tend to enjoy solitude, Cancer, and today you might feel more reclusive than usual. You could be invited to go out with friends but not feel like accepting. You might even feel a little irritated by them. This is a great day to go for a workout or throw yourself into projects of your own. Physical activity will get rid of stress and help your concentration. Go to it.

## **LIBRA**

September 23 – October 22

Confusion over money matters might come up for you today, Libra. You may need to check your records in order to shed light on some past transactions. Don't panic. All should be well. You just need to ascertain the facts. You might have some rather intense dreams tonight. Write them down. You'll want to remember them later, as they could reveal a lot about your current situation. They might also inspire future projects.

## **CAPRICORN**

December 22 – January 19

You probably aren't going to feel much like socialising today, Capricorn, though friends might want you to go out. Your patience has worn a bit thin and you could get annoyed at incidents that normally wouldn't bother you. Therefore, this isn't a good day for group activities or partying. It might be best to have a good workout and then rest. You'll probably feel much better after you're done.

## **TAURUS**

April 20 – May 20

You probably crave solitude, Taurus. Even though you may have committed to attending a party or two, now you find the idea irritating. You could have some tasks of your own that you'd rather work on, or you might simply want to go for a workout and burn off some tension. The latter idea is a good one. Perhaps if you exercise early, you'll feel more like going out later.

## **LEO**

July 23 – August 22

Today there might be tension in the air with no discernible cause, Leo. Family members could seem preoccupied with problems they can't quite define. Your natural inclination might be to try to cheer them up, but it probably won't work. Don't be too annoyed if they don't respond to your efforts. It isn't them. It's the planets. This is a great day to jog, do aerobics, or otherwise work off tension.

## **SCORPIO**

October 23 – November 21

Someone close to you might seem more preoccupied than usual, Scorpio, and perhaps a bit difficult to deal with. Don't take this personally. It has little if anything to do with you. He or she doesn't want to share their troubles. You might be feeling a bit tense and jumpy, but this is nothing to worry about. Take a brisk walk or go for a workout. This should bring some relief.

## **AQUARIUS**

January 20 – February 18

Uptight is the word for today, Aquarius. At some point you might find yourself the centre of attention. While you normally might not mind, now it could make you a bit nervous. When you find everyone looking at you and expecting you to say something, say it, keep it short, and then withdraw. You aren't in the mood. Go to the library and read about subjects that interest you to relieve the stress.

## **GEMINI**

May 21 – June 20

Although you're normally a sociable person who feels most comfortable in the company of others, Gemini, today you might rather be alone. You could feel a little under the weather or be stressed from job-related worries. You probably need some rest, but you also could benefit from taking a brisk walk. That will work off some tension, get the endorphins going, and have you feeling yourself again.

## **VIRGO**

August 23 – September 22

You could get some mysterious phone calls today, Virgo, like wrong numbers or hang-ups. Other people might seem less communicative than usual, Virgo, and you're likely to be preoccupied with your own thoughts. You might feel a bit more nervous than usual, but that should go away if you take a brisk walk or get some other exercise. If you've been thinking about doing some writing, this is the day to start.

## **SAGITTARIUS**

November 22 – December 21

Today you might be feeling a bit tense, Sagittarius, and you probably won't understand why. The secret? It's the planets. You might tend to jump at unexpected noises or take offence where none is intended. Relations with others could be a little strained, necessitating some communication about how you're feeling. Try to work off the tension by taking a brisk walk or perhaps working out at the gym.

## **PISCES**

February 19 – March 20

You're likely to want to be left alone with your own thoughts today. Relaxing with a good book might be at the top of your agenda, Pisces, and you aren't liable to want to be interrupted. Noise and requests that don't usually bother you might tick you off, so it's best to try to spend some time alone. Also make an effort to be your usual considerate self. To release tension, take a walk.



## Wordsearch



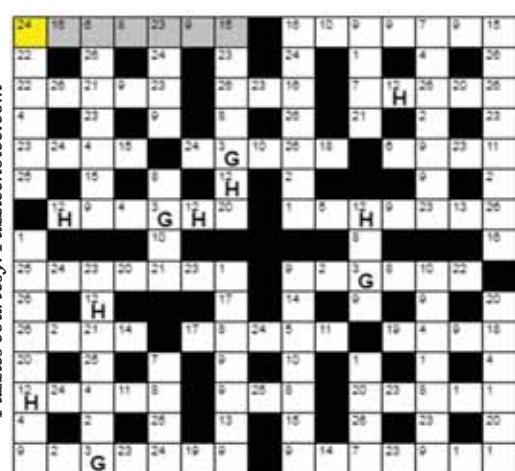
## Classics

AESCHYLUS	HESIOD
APULEIUS	HOMER
ARISTOPHANES	HORACE
CAESAR	LIVY
CATULLUS	MARTIAL
CICERO	OVID
EURIPIDES	PLATO

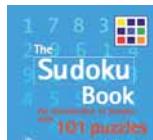
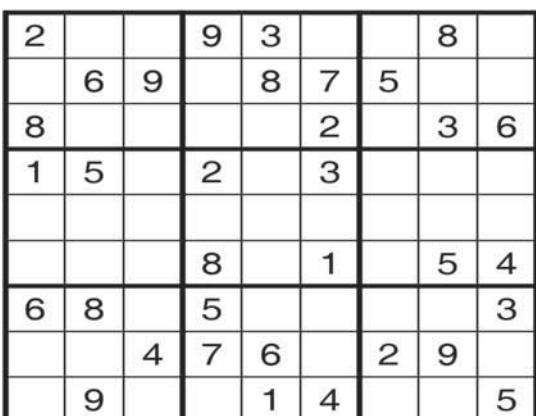
PLAUTUS
SAPPHO
SENECA
SOPHOCLES
SUETONIUS
TACITUS
VIRGIL

## 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.

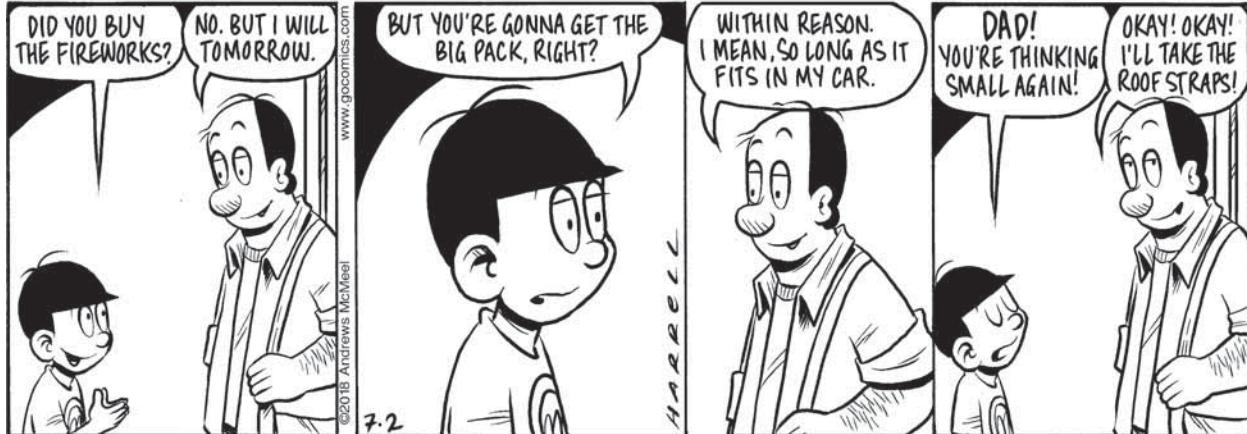
Puzzles courtesy: [Puzzlechoice.com](http://Puzzlechoice.com)

## 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 and every 3x3 box contains all of the digits 1 through 9.

## Adam



## Pooch Cafe



## Garfield



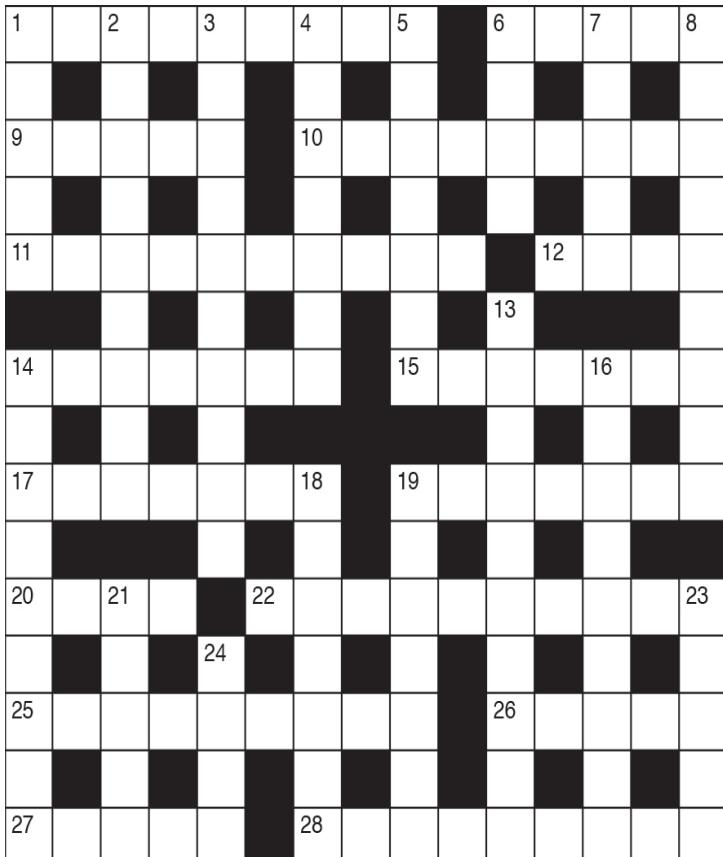
## Bound And Gagged



## PUZZLES

COMMUNITY | 

## Super Cryptic Clues



## ACROSS

- Down Roger! That's wrong! Bad boy! (9)
- Before the return of the music master, she appears (5)
- She's swallowing the second neat, drunkenly (5)
- Taking a chance and getting ready to serve (7,2)
- Car from abroad, it seems, but not Madeira! (5,5)
- Used to be a quarter to, before (4)
- Makes sure you see the home's occupied by a Continental (7)
- Do get 550 pigs out (7)
- What made the paddler lose his balance completely? (7)
- In America, calmed across (7)
- Not the whole of Bird Island (4)
- The men from the second rows (5,5)
- The candidate gives a gasp about the cut that's made (9)
- Note the money is not English (5)
- Polish people in the heart of Sweden (5)
- So there's a ruse to break in, my friend! (9)

## Yesterday's Solutions

**Across:** 1 Sample; 4 Scoffers; 10 Madeira; 11 Enlarge; 12 Wail; 13 Wrapping up; 16 Austin; 17 Growers; 20 Fan-mail; 21 Stewed; 24 Tenderfoot; 25 Free; 27 Pannier; 29 Presage; 30 Peerless; 31 Intent.

## DOWN

- Drinks with one in quarters (5)
- Inflexible, isn't prepared to be a cover, anyway (9)
- One's informant at the zoo? (5-5)
- Beats with twin love duets in a new arrangement (7)
- The consequences of taking breaks round about mid-July (7)
- Send for protection (4)
- Kick oneself about the attempt to reform the scoundrel (5)
- Catch and take in (9)
- Ned and I got the cellar tidied up for the poor girl (10)
- Make a converted bar into a cafe, it might be (9)
- It set off to be a list, one observed on looking back (9)
- Take back to the time Jimmy was on the ascendant (7)
- The tie's got crumpled a little in it, my dear (7)
- Manage to stick the point in the wood (5)
- Stop on board, which pleases one greatly (5)
- News and part of the weather forecast? (4)

## Colouring



## Answers

## Wordsearch



## Codeword





# Rekha transcends her legacy with performance at 19th IIFA

From *Pyaar Kiya To Darna Kya* to *Salam-E-Ishq Meri Jaan*, veteran actress Rekha left everyone smitten with her grand finale performance at the 19th edition of IIFA.

Known for her elegance and twinkle toes, Rekha, 63, looked stunning in a powder pink Anarkali bedazzled with silver zari work as she performed live on stage after two decades.

She brought alive the 1981 film *Umrao Jaan* as she swayed effortlessly on numbers like *Dil Cheez Kya Hai* and *In Aankhon Ki Masti*.

She also danced on numbers from the 1960 film *Mughal-E-Azam* like *Pyaar Kiya Toh Darna Kya* and *Thare Rahiyo* from *Pakeezah*.

After the *Khoobsoorat* actress finished with her 20 minutes performance, the audience and celebrities were left asking for more.

Actors like Varun Dhawan, Arjun Kapoor, Shraddha Kapoor and Kartik Aaryan went on stage to do an encore of *Salam-E-Ishq* with her.

After her performance, Rekha said, "after sharing stage space with these great actors today, I feel I have become a better actor and a better person".

"I have become a better actor and a better performer after the star dust has rubbed on me," she added.

Held at the 2,000-seat Siam Niramit, Rekha received a standing ovation from her fans.

Co-hosted by Riteish Deshmukh and Karan Johar, the 19th edition of the International Indian Films Academy (IIFA) Weekends and Awards saw a spectacular gala. -IANS



PLAUDITS: Held at the 2,000-seat Siam Niramit, Rekha received a standing ovation from her fans.



HONOURED: Irrfan Khan took over Twitter to thank audience for being a part of his journey.

## Irrfan Khan receives award for *Hindi Medium*

Actor Irrfan Khan acknowledged the IIFA Best Actor in a leading role Award that he has received for his performance in *Hindi Medium*, and has thanked the audience for being a part of his journey.

Irrfan, who is undergoing treatment in London for a neuroendocrine tumour, tweeted, "Thank you to IIFA and our audience who have been part for my journey."

The International Indian Film Academy (IIFA) Awards ceremony was held recently in Bangkok. Irrfan was lauded for his performance as a concerned father in a story

which points out how the ability to speak fluent English is ignorantly considered a yardstick to measure sophistication and elitism, starring opposite Pakistani actress, Saba Qamar.

The actor had earlier this month penned a heartfelt letter about how life-changing the disease has been for him, and how it has made him realise "how you are just a cork floating in the ocean with unpredictable currents".

His colleagues and friends from the industry have been sending him good wishes and praying for his well-being.

Irrfan's next movie, *Karwaan* is scheduled to release on August 3. -IANS

## Badhiya captures the era of retro music in *Sanju*

Bollywood playback singer Sunidhi Chauhan says the *Main badhiya tu bhi badhiya* song for *Sanju* captures the era of retro music, and that it was tough for her to get the tone right. Its composers Rohan-Rohan say actor Ranbir Kapoor was quite involved in the making of the song.

Sunidhi said, "My voice is different. I do not have that nasal voice. So I found it little difficult to sing, but that was the challenge I took."

Composers Rohan-Rohan, comprising Rohan Gokhale and Rohan Pradhan, who have worked in the Marathi film industry, have made their Bollywood debut with the song *Badhiya*. While working for director Rajkumar Hirani was a dream come true for them, they were impressed by the movie's lead actor Ranbir's involvement.

"He used to be with us during the studio session at times, just to hear the song and how it is growing. If we were changing anything of the lyrics

or a tune, he would listen to it and respond. He was quite involved and liked the song," Rohan Gokhale said.

Gokhale said when Pradhan and he got a call for the song for *Sanju* - a film on the life of actor Sanjay Dutt, they were silent for 30 seconds as the fact that they were to work for Hirani didn't sink in.

"Who does not want to work with a legend like him? It is such a huge film and the song that we composed is very different. We got a chance to try something different," he said.

The brief was that a song is playing in cafe while the lead character is lip-syncing the song to prove to his father that he knows how to do it.

"We did our research work to find out, what kind of songs used to play in that era. Yes, it was retro, but what kind of retro song, how the sound should be. We followed the work of Sachin Dev Barman, Shankar Jaikishan and Jaidevji among others. So, we wanted the song to have that old world charm and little quirk," Gokhale said.

Rohan-Rohan have earlier composed songs for National Award



TOUGH CALL: Sunidhi Chauhan says it was challenging for her to sing for *Badhiya* song since she does not have a voice for retro genre.

winning film *Ventilator*, which was produced by Bollywood star Priyanka Chopra. They also composed songs for Madhuri Dixit's first Marathi movie *Bucket List*.

"I think we are fortunate to meet right people at the right time... People who liked our music and took us to the next level. The fact is, music connects people. As composers, if what we are creating touches people, we are doing it right," he said. - IANS

## Retrospective of Tabu's works at Jagran Film Festival

A retrospective of the best of actress Tabu's works will be showcased at the forthcoming ninth edition of the Jagran Film Festival (JFF).

JFF will pay homage to Tabu by screening some of her most revered films where she really immersed herself into the characters, read a statement from the organisers.

With a National Award and a diverse range of films in her portfolio, she continues to enamour directors and film enthusiasts with her talent.

The gala will screen movies which speak for Tabu's versatility.

Whether it was her role in *Maqbool* or *Maachis* or Tamil hits *Iruvar* and *Kandukondain Kandukondain*, these movies will be screened apart from poignant movies like *Astitva* and *Cheeni Kum*.

Mira Nair's *The Namesake*, Madhur Bhandarkar's *Chandni Bar* and Nishikant Kamat's *Drishyam* will also be screened at the gala.

JFF will travel to 18 cities. It will begin in the capital on Friday when Tabu will engage in a master talk with Festival Director Mayank Shekhar on her life in cinema. - IANS

# James Bond star finally gets on Hollywood Walk Of Fame



**HONOUR:** The 50-year-old Daniel Craig will join the likes of Anne Hathaway and screen legend Robert De Niro in receiving the honour.

## Madonna may headline Glastonbury 2019

Actress/Singer Madonna is in talks to headline Glastonbury 2019.

The iconic music festival was criticised last year for its lack of female headliners. Now, organiser Michael Eavis is aiming for the very best ahead of the 2019 festival, reports [thesun.co.uk](https://www.thesun.co.uk).

Madonna is being lined up to perform at the event, which kicks off a year from now.

"Preparations are already well underway after they have taken

this year off, and Michael and his daughter Emily Eavis want to make it better than ever. They have always been massive fans of Madonna and know she would put on an unforgettable show.

"It was really important that they had a diverse line-up for the 2019 festival after criticism of previous ones," said a source.

The source added: "And with this being a fallow year they want to secure a really big name to drive ticket sales. Thanks to all her huge hits, they are convinced that she would be a real crowd pleaser on the Pyramid Stage." - IANS



**IN DEMAND:** Considering the massive fan following of the singer, the organisers of iconic music festival fancy their chances of lining up Madonna.

## Heather Locklear arrested for punching police officer

Heather Locklear was arrested again recently for an incident where she punched a police officer and kicked an EMT, authorities said.

Police were called to the 'Melrose Place' star's Southern California home after she got into a dispute with family and friends there, an official with the Ventura County Sheriff's office confirmed to the Daily News.

Authorities reported Locklear was heavily intoxicated and said she punched an officer who tried to intervene during the dispute. The officer was not punched in the face and did not sustain any injuries.

Police then called for an ambulance to take Locklear to the hospital, and as the actress was being placed onto a gurney, she kicked an EMT in the chest, police said. She was later taken to jail after getting checked out of the hospital.

Locklear, 56, was charged with battery on a police officer and on an emergency personnel and remains in police custody on \$20,000 bail, records show. She has a court date scheduled for Tuesday afternoon.

The arrest comes four months after Locklear was booked on suspicion of domestic violence, as well as three counts of battery on emergency personnel, following an incident at her home where police said she kicked and pushed officers who had responded to the scene of a domestic dispute.

Earlier this month, Locklear was hospitalised for a psych evaluation after a family member told police the actress was searching for a gun to shoot herself with, TMZ reported, but did not have access to a firearm. - *New York Daily News/TNS*

Actor, Daniel Craig is set to receive a star on the Hollywood Walk of Fame alongside actors Robert De Niro and Anne Hathaway.

The 50-year-old *James Bond* star, who has played the titular secret agent since 2006's *Casino Royale*, will join the likes of *Ocean's 8* actress Anne Hathaway and screen legend Robert De Niro in receiving the honour.

The official *James Bond* Twitter wrote, 'Congratulations to Daniel Craig who has been selected as one of the recipients of a star on the Hollywood Walk of Fame in 2019.'

Chairman of the Walk of Fame Vin Di Bona said, "The Walk of Fame Selection Committee is pleased to announce our newest honourees to the Hollywood Walk of Fame, reports [dailymail.co.uk](https://www.dailymail.co.uk).

"The committee always tries to select a group of talented honourees that appeal in various genres of the entertainment world. I feel the committee has outdone themselves and I know the fans, tourists and the Hollywood community will be pleased with our selections. We are excited to see each and every honouree face as they unveil that majestic star on Hollywood's most famous walkway!"

Also in the Motion Pictures category is *The Shape of Water* director Guillermo del Toro and *Black Panther* star Lupita Nyong'o.

The Recording category sees the likes of Michael Bublé, Pink and Cypress Hill, as well as Dolly Parton, Linda Ronstadt and Emmylou Harris selected.

R&B legend Jackie Wilson, who died in 1984 at the age of 49, will be awarded a posthumous honour.

Those who have been chosen will have up to two years to pick a date for their star-unveiling ceremony. Craig's Hollywood Walk of Fame honour comes as he prepares to play 007 one last time in 2019, in the Danny-Boyle directed *Bond 25*. - IANS



**UNDER THE WEATHER:** The arrest comes four months after Locklear was booked on suspicion of domestic violence.



**FILMING:** The actress is shooting in Qatar for her upcoming film *Ram Kahani*, scheduled to release on September 7.

# Nepali actress covets filming in Doha again



By Usha Wagle Gautam

**T**he Nepali actress, who made her cinematic debut with *Three Lovers* (2016) and later shot into prominence with *Prem Geet* (2016), one of the movies with the highest collection in Nepali film industry, seems is raring to give another smash hit as she films for her upcoming, *Ram Kahani*.

For the last two years, Pooja Sharma has been staging works that are bold, experimental, spiky, genre-binding and above all, wildly imaginative and entertaining, most of the time touching the soul with well thought out romance on cinema screen.

Before Pooja found her calling, she was a teenaged wannabe actress from Kathmandu, Nepal and later moved to Canada for a degree in tourism, and education in acting. She was featured in a couple of music videos before landing an unabridged role for a film.

Nothing seems to faze the young actress, as she turns producer, eyeing a change in perception about the Nepali film industry.

Making it straight between shots from her shoot of *Ram Kahani* that is being filmed in Doha, Community recently sat down with her to discern her successful journey.

**Can you tell us about your upcoming film being shot in Qatar?**

Scheduled to release on September 7, *Ram Kahani* is a romantic/comedy genre that follows

the struggles of an adult, who returns from the Gulf to Nepal in maintaining his love life. We couldn't really shoot much of Doha for the film, but it features that part of the story where the guy is living in a Gulf country.

My previous movie was screened in Doha five times and the response was exceptional. So Qatar remains very special to me.

**Tell us something about your successful journey and how did you make it to the film industry?**

I was interested in acting since my childhood and was always a part of school theatre. I got featured in a music video when I was in Grade-X by Sugam Pokharel, a Nepali pop singer and music composer. After that many offers started pouring in and I did go for a number of other music videos as well.

But since education has always been a priority, I went to Canada for further studies. After graduation, I took formal education in acting. When I landed for a role in *Three Lovers*, although it wasn't the lead, my role won critical acclaim.

**How much setback do female artistes face from the idea of having a male protagonist actor in Nepali film industry? Is the trend changing?**

Most of the movies in the past were dominated by male actors, but now it's totally different. There's a definite shift. Viewers now prefer a strong script and that is what defines the role. Being a producer, now a good script is what matters to me. Things are definitely changing.

**Any guidelines you'd like to set up for upcoming talent?**

Hard work and dedication are key, it is all that matters. I put equal stress on education. An actress can reach the heights of success, if she's determined enough and can create a line between good and bad.

**Qatar hosts around 500,000 Nepali expatriates. How do you target the market?**

The Gulf region is a huge market for our cinema. But we really need help from our government. We can screen movies here with an affordable tax structure. We need to work along on these lines.

**As an actress and producer, how do you create good content?**

Nepali movies are now progressing. The market is also huge. We do our research on how we can take our movies at international forums. To be on the map of world cinema, we need to work immensely on our script. We have to promote our own elements, both cultural and social, to strike a difference.

**How do you see your experience of shooting in Doha?**

Qatar is a beautiful country. I hope to shoot my future projects here. The Pearl and Katara are beautiful places. There are other locations in Qatar also that take your breath away. We hope the audience would love the country more after watching our film in cinemas.

**CANDID:** "My previous movie was screened in Doha five times and the response was exceptional. So Qatar remains very special to me," says Pooja Sharma.