

**Aim for the Top**



Advertise with us  
Call: 33438383

**P7 Community**  
ICAI Doha Chapter organises seminar on cybersecurity at Hotel Crowne Plaza – The Business Park.



**P16 Community**  
Urdu poets enthral audience during the 60th anniversary poetry symposium by Bazm-e-Urdu Qatar.

**The best newspaper is a nation's best asset**



To advertise here call: 33438383

**GULF TIMES**  **COMMUNITY**

Monday, September 30, 2019  
Safar 1, 1441 AH

Doha today: 32° - 37°




# Magic device

'Rapid DNA' promises breakthroughs in solving crimes. So why does it face a backlash? **P4-5**

## QUIZ

Gandhi's words resonate more today than ever before.

Page 10



## SHOWBIZ

It's a good time for actors, says Sonal.

Page 14





**PRAYER TIME**

Fajr	4.07am
Shorooq (sunrise)	5.25am
Zuhr (noon)	11.24am
Asr (afternoon)	2.49pm
Maghreb (sunset)	5.23pm
Isha (night)	6.53pm

**USEFUL NUMBERS**



Emergency	999
Worldwide Emergency Number	112
Kahramaa - Electricity and Water	991
Local Directory	180
International Calls Enquires	150
Hamad International Airport	40106666
Labor Department	44508111, 44406537
Mowasalat Taxi	44588888
Qatar Airways	44496000
Hamad Medical Corporation	44392222, 44393333
Qatar General Electricity and Water Corporation	44845555, 44845464
Primary Health Care Corporation	44593333
	44593363
Qatar Assistive Technology Centre	44594050
Qatar News Agency	44450205
	44450333
Q-Post - General Postal Corporation	44464444

**Humanitarian Services Office**

(Single window facility for the repatriation of bodies)

Ministry of Interior	40253371, 40253372, 40253369
Ministry of Health	40253370, 40253364
Hamad Medical Corporation	40253368, 40253365
Qatar Airways	40253374

**Quote Unquote**

"If you cannot do great things, do small things in a great way."

-Napoleon Hill

**Community Editor**  
 Kamran Rehmat  
**e-mail:** community@gulf-times.com  
**Telephone:** 44466405  
**Fax:** 44350474



*Cold Blood Legacy*

**DIRECTION:** Fredéic Petitjean

**CAST:** Jean Reno, Sarah Lind, Joe Anderson

**SYNOPSIS:** A hit-man lives isolated in a cabin at the

edge of a lake. One day, an injured woman arrives in front of his house.

To save her, he could well risk his own life.

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



*Abominable*

**DIRECTION:** Chloe Bennet, Albert Tsai, Tenzing Norgay Trainor

**CAST:** Sivakarthikeyan, Aishwarya Rajesh, Anu Emmanuel

**SYNOPSIS:** A magical Yeti must

return to his family. After discovering a Yeti on the roof of her apartment building, teenage Yi and her two friends embark on an epic quest to reunite the magical creature with his family.

But to do so, they must stay one step ahead of a wealthy financier and a determined zoologist who want to capture the beast for their own gain.

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





**Artistic Gymnastic Classes**

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



**Ballet Lessons**

**WHERE:** Music and Arts Atelier  
**WHEN:** Ongoing  
**TIME:** 4pm - 8pm  
 For more info e-mail at registration@atelierqatar.com or call on 33003839.



**After School Activities**

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

**Hobby Classes**

**WHERE:** Mamangam Performing Art Centre

**WHEN:** Saturday - Friday  
 Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults.

Mamangam has become the favourite centre for learning. We offer regular classes in the following disciplines like traditional classical and folk dance forms, art and

craft, drawing and painting, personality development and public speaking, Bollywood dance, contemporary, hip hop styles, music both vocals and instrumentals. To develop health consciousness, we train them karate, yoga with special sessions for kids and adults. Mamangam has also come up with chess and robotics in regular batches in an attempt to give a better learning experience, as they sharpen their minds and brains too.

For those who wish to register for more details, visit [www.mamangamqatar.in](http://www.mamangamqatar.in)



**Arabic Calligraphy Workshop**

**WHEN:** Saturday - Wednesday  
**TIME:** 6pm  
 Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.

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



**Dance and Instrument Classes**

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

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

**EVENTS**

**Ezdan Zoo at Ezdan Mall**

**WHERE:** Ezdan Mall  
**WHEN:** Ongoing till October 4  
**TIME:** 6pm - 9pm  
 Let's Get Wild! Hop on over to Ezdan Mall Little Animal Zoo and experience adventurous Safari tours.

**Qatar International Art Festival 2019**

**WHERE:** Katara Cultural Village  
**WHEN:** 30 October - 5 November  
**TIME:** 10am - 12pm  
 The festival offers other benefits to participants, including the promotion of their work, interaction with print, electronic, digital, and social media, interaction with selected art collectors, art investors, and potential buyers. QIAF, one of the largest art festivals in Qatar, is organised every year.



**Yoga Class**

**WHERE:** Lululemon, Mall of Qatar  
**WHEN:** Every Saturday  
**TIME:** 8:30am - 9:30am  
 Join the complimentary in-store yoga classes. No registration or mat is required. The class runs on first come first served basis.

**Career Guidance**

**WHERE:** Right Track Consultants, Al Sadd  
**WHEN:** Sunday - Thursday  
**TIME:** 6pm - 8pm  
 Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 55448835.



# In the fast lane

The printer-sized boxes can analyse a sample of blood, saliva or other biological matter in about 90 minutes, and they have a number of potential applications, writes **Maura Dolan**, of a device called 'Rapid DNA'



**THE DEVICE:** A DNA readout on a Thermo Fisher RapidHIT 200 Rapid DNA machine in Santa Ana.

**There is no question that getting faster DNA results is good for everyone in the criminal justice system. But we have to be sure that any technology is reliable**

– Lynn Garcia, general counsel of the Texas Forensic Science Commission

**F**or decades, scientists have used ever-improving DNA forensics to help solve crimes and detect suspects in cold cases such as the Golden State Killer. But it has never been quick work: Laboratory analyses of genetic evidence can take weeks, even months to complete.

That could all change, if private companies succeed in widely marketing a device called "Rapid DNA."

The printer-sized boxes — costing up to \$250,000 apiece — can analyse a sample of blood, saliva or other biological matter in about 90 minutes, and they have a number of potential applications. A machine developed by Colorado-based ANDE Corporation helped identify victims of the 2018 Paradise fire and the more recent Conception dive boat disaster.

But it is the prospective use of Rapid DNA in criminal investigations that is setting off alarm bells. Both privacy advocates and some forensic scientists fear police will abuse the technology to test people without their informed consent, or to mishandle evidence that could compromise prosecutions.

"There is no question that getting faster DNA results is good for everyone in the criminal justice system," said Lynn Garcia, general counsel of the Texas Forensic

Science Commission." But we have to be sure that any technology is ready for prime time and is reliable and that the people who are using it are trained."

Two companies dominate the US market for Rapid DNA, Colorado-based ANDE and Massachusetts-based Thermo Fisher Scientific. They stand to capitalise on the mushrooming demands for DNA analysis, and both are seeking to change state and federal laws so they can expand use of their machines.

In California, Contra Costa, Sacramento and Orange counties have acquired the devices, and both the Los Angeles Police Department and the Los Angeles County Sheriff's Department are trying to do so, as part of an FBI pilot project. Proponents say Rapid DNA would allow officers to more quickly identify a serial rapist or even a murderer, preventing suspects from slipping from their grasp.

In June, US Immigration and Customs Enforcement issued a \$5.2 million contract to one Rapid DNA company to determine familial relationships of migrants at the border and to deter fraud and human trafficking.

There is no question the devices work well on "single-source DNA," genetic material that comes from a single person. The problem comes when

there is a mixture of DNA from multiple individuals, said Vincent A Figarelli, superintendent of Arizona's Crime Laboratory System. In those situations, a trained forensic scientist is needed to interpret it.

"Mixture interpretation is the most difficult thing that crime laboratory analysts have to do by far," Figarelli said. "There's no way you want a Rapid DNA operator doing a mixture analysis."

Another concern is that police might consume an entire genetic sample while conducting a Rapid DNA test, leaving nothing for an accredited laboratory or the defence in future court proceedings.

In Kentucky — where it is a felony to completely consume a DNA crime scene sample — ANDE and Thermo Fisher last year approached state law enforcement, misrepresenting their products' immediate potential, said Laura Sudkamp, director of the state police forensic laboratory.

"I jumped all over them," Sudkamp said. "They were not telling the truth."

Ron O'Brien, a spokesman for Thermo Fisher, said the company was unaware of any employees improperly promoting the product in Kentucky. Jim Davis, chief federal officer for ANDE, said some laboratories feel imperilled by the new

technology and underestimate the abilities of law enforcement.

In Texas, the practices of ANDE prompted some to worry about a rushed rollout.

In May, the Texas Forensic Science Commission learned that ANDE and a Houston hospital had entered into an agreement to test rape kits with Rapid DNA, without the written consent of victims or knowledge of forensic scientists. The company claims the Houston Forensic Science Center knew about the project, a claim Peter Stout, who heads the science centre, disputed.

Also in Houston, police were found to be using Rapid DNA on a variety of crime scene evidence, without alerting the Houston science centre, according to Stout. After the Texas forensic commission learned of the practice, prosecutors decided they had to inform defence lawyers in about 80 cases that the DNA results had been obtained outside of a laboratory, potentially compromising the prosecutions.

The forensic commission in June told ANDE to stop all Texas projects that did not involve an accredited DNA laboratory. That prompted criticism from Davis, who said his company was being targeted by “a small number of entrenched labs, which frankly, are feeling threatened.”

Records show that ANDE has hired various lobbyists to promote Rapid DNA in Congress. Thermo Fisher has also contracted with several firms, including Gordon Thomas Honeywell Governmental Affairs.

The company announced in January it had hired ex-congressman Dave Reichert to work on “policy changes necessary so law enforcement can harness the power of Rapid DNA.” Reichert, a former county sheriff in Washington state, became nationally famous in 2001 when he used DNA analysis to help catch the Green River Killer.

DNA companies are pushing



**DEMO:** Robert Mestman, from left, assistant district attorney in charge of the Orange County district attorney’s science and technology unit; Tammy Spurgeon, a senior prosecutor; and Jody Hynds, OCDA senior forensic scientist, demonstrate the RapidHIT 200 machine.

for changes in state laws so police can more easily use Rapid DNA on suspects as soon as they are arrested.

Roughly 30 states allow immediate DNA testing of crime suspects – including California, which permits it for all felony arrestees. Several states have no such laws, or limit such testing to only the most serious felony cases.

Federal laws and regulations also limit the use of Rapid DNA. The FBI currently refuses to allow any profiles produced by the devices to be uploaded to the national

offender database. Five states, including California, are part of a pilot project to test the machines at booking stations, where genetic profiles of arrestees eventually will be uploaded to the national database for searches.

In a 2017 Swedish study, crime scene DNA was tested on a Thermo Fisher device and reportedly produced one inaccurate profile and posed risks of contamination and sample mix-up. A company spokesman declined to comment on the study.

Arizona’s Figarelli said the

devices work well if technicians are trained to operate them and if forensic scientists are on call to assist law enforcement.

“If you set up your program properly, you can use these instruments on crime scene samples – just not on all,” said Figarelli, adding that ANDE has been aggressively marketing the machines in Arizona.

Since Arizona validated Rapid DNA in 2014, about 400 cases have been run on the machines, and all the results have been replicated in the laboratory, Figarelli said.

The Orange County district attorney’s office has used a Rapid DNA instrument for about five years. The office runs crime scene samples against a database the office built from misdemeanor offenders who agreed to DNA testing as part of plea agreements. The database currently includes about 187,000 individual DNA profiles, and has been controversial among privacy advocates.

Prosecutors use two forensic scientists to review the genetic profiles produced by the device. They also limit testing to biological samples that are likely to have come from a single person, according to the district attorney’s office.

As of July 1, a device produced by a company that was later bought by Thermo Fisher had tested samples from 373 cases, and obtained 118 hits from profiles in the district attorney’s database. Prosecutors filed charges in 95 of those cases. Convictions were obtained in 75% of them, and 24% of the cases are pending, according to the district attorney’s office.

Meanwhile in Kentucky, Sudkamp has been testing an ANDE machine in the laboratory to match genetic profiles from new rape kits against a copy of the state’s offender database. She said the laboratory can remove most of a victim’s DNA, leaving only the profile of the attacker.

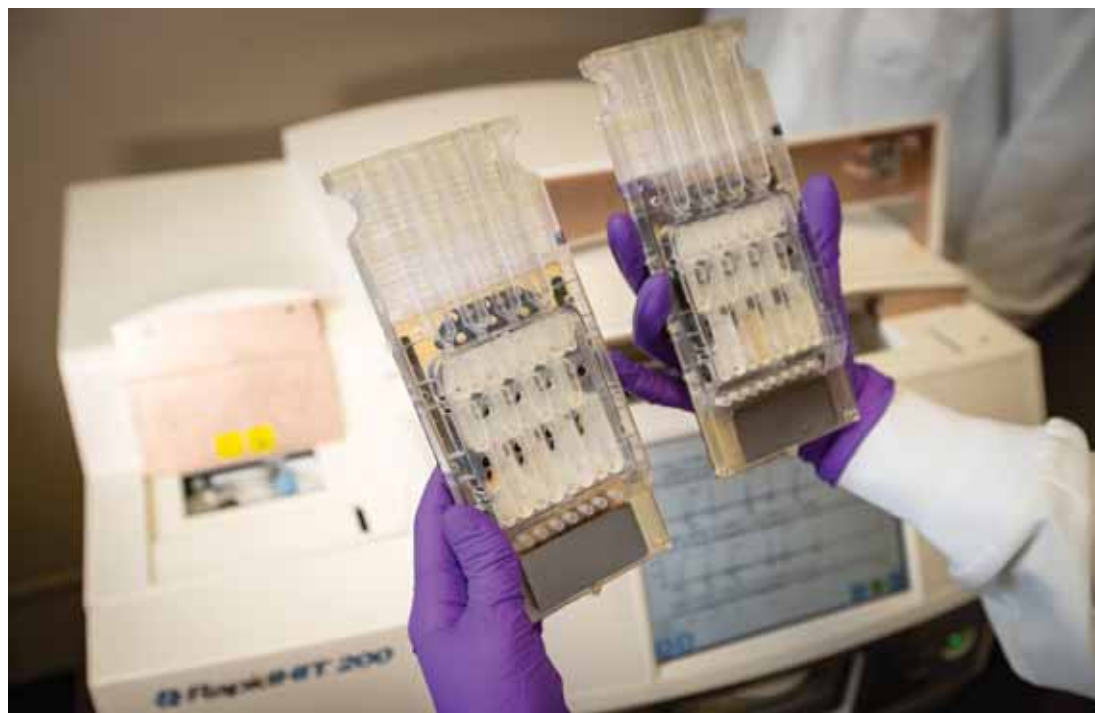
Sudkamp said the device has worked well so far, but she wants to ensure that others who use it in the future are trained and certified and protocols are in place.

“You have to make sure that it works before you let anything loose,” Sudkamp said.

—Los Angeles Times/TNS

**“Mixture interpretation is the most difficult thing that crime laboratory analysts have to do by far. There’s no way you want a Rapid DNA operator doing a mixture analysis”**

— Vincent A Figarelli, superintendent of Arizona’s Crime Laboratory System



**QUICK SCAN:** A senior forensic scientist demonstrates a Rapid DNA machine, in which genetic samples are placed for testing, producing an analysis in two hours.



## ISL Qatar marks new academic session as Year of Sustainability

As part of its commitment to sustainable development, International School of London Qatar (ISL Qatar) announced the academic year 2019-2020 to be the Year of Sustainability.

The whole community will take small steps to support the world we live in throughout the year.

Various projects have been developing in recent years at ISL Qatar to support sustainability such as the rooftop garden, which started out as a project presented in the Qatar Sustainability Competition. The initiative was honoured to win one of the prestigious ECO-Schools Programme awards from Doha Bank for the second year in a row.

ISL Qatar has recently launched a new initiative where single use plastic bottles are no longer being sold on campus.

Also, recycling bins have been placed around the school in line with the Ministry of Municipality & Environment's recycling initiative.

The school is also looking into how to reuse plastic in different ways.

Other projects include collecting old batteries to be sent for recycling as well as litter pickers have been requested by the Grade-III students who are keen to join the cause.

An on-going project that is also taking place at ISL Qatar is the solar power project.

It started in 2017 and the plan is to operate the reception area on solar power.



A mini model has been created and is in the works of getting presented to showcase the support for clean energy and sustainability. The

group also registered for the Young Innovator Competition where the idea will be presented later this year. Last year,

The Grade-III students made a colourful mat using plastic bags. Over the summer, the mat was brought and donated to a non-

governmental organisation in South Africa called Masithandane. The early childhood students were delighted to receive a mat for their classroom.



## SIS organises Nikon photography contest and exhibition

Shantiniketan Indian School (SIS), in association with Salam Studio, recently organised an inter-school photography contest and exhibition called 'Insights'. The creative insights of the students from SIS,

DPS Modern Indian School, Birla Public School, Bhavan's Public School, Noble International School, MES Indian School and Doha Modern Indian School were exhibited at the multipurpose activity hall.

The exhibition was inaugurated by K C

Abdul Latheef, President of SIS Management Committee. Arjun Chabra (DPS-MIS) was adjudicated the winner. The second place was secured by Sana Saleem (MES) and the third place was secured by Tawfiq Anwar Sadath (BPS). The winners were adjudicated by a panel of four professional judges.

Dr Subhash Nair, SIS Principal, appreciated the creativity and talents of photographers who showed deeper insights of their third eye and a creative mind.

## MES observes Go Green Day



With an objective to promote environmental awareness among students and inculcate a sense of responsibility towards sustainable development in the ecosystem, MES Indian School recently celebrated Go Green Day. In a special assembly conducted in connection with the Go Green Day celebration, the members of Campus Care Force of Boys', Girls' and Junior sections dressed up in thematic green to deliver speeches and to have role-plays highlighting the problems of environmental degradation and the ways to restore the nature. They also displayed different posters, pictures, and models of trees to spread awareness and emphasise students' social responsibilities in creating a clean and green environment, which is the motto of Go Green 2019.

To accentuate the importance of protecting greenery, more than 200 flowering plants and vegetable saplings were planted on the

campus by the members of Campus Care Force. A skit emphasising the message to grow more trees and make the world a better place to live was staged, which was followed by a dance performance on the theme Go Green by the students of the junior section. A pledge to 'protect our environment' was also taken by the students.

Speaking on the occasion, Hameeda Kadar, Principal of MES Indian School, called for collective responsibility and urged the students to refrain from any activity which is not eco-friendly, and encouraged them to plant as many saplings as they can to cherish the greenery, they are blessed with.

The teachers involved in co-ordinating the special assembly were namely: Jency George, Shaheena Nowshad, Dhanya Shibu, Bindu S K, Reshma V R, Fency Patrose, Rajani S N and Farhana Nazeer.

## ICAI Doha Chapter organises seminar on cybersecurity

Doha Chapter of the Institute of Chartered Accountants of India (ICAI) along with Ministry of Transport and Communications (MoTC) recently organised a seminar on the topic 'Cyber Security' at Hotel Crowne Plaza - The Business Park. Around 120 members of ICAI Doha Chapter, who are finance professionals in senior positions in various businesses and organisations attended the event. The MoTC team informed the audience about programmes and

initiatives across the digital ecosystem in Qatar through Digital Incubation Center, Digital Transformation of SMEs including TASMU Digital Valley for the Smart Qatar programme and also the largest digital conference and exhibition in Qatar - the Qitcom 2019 - which started is scheduled from October 29 till November 1. The theme for Qitcom 2019 is 'Safe Smart Cities' and will offer a platform for exhibition and conference to discuss and showcase solutions in the Safe

Smart Cities domain. There was discussion on the importance of cybersecurity for the central platform and sectorial platform initiatives as part of national digitisation programme in Qatar, including how digital security can be managed with right tools. Sangeetha Thomas from OISSG, GRC security lead, gave her expert comments on security frameworks, controls and regulatory compliance. Asaad Arabi, Country Manager

TrendMicro, talked about modern strategies to combat security issues. Rukkaiya Pachisa, Doha Chapter chairperson, in her opening remarks gave an update to the members on different activities and launched the theme of the 6th International Conference - 'Excellence through Innovation' - to be held at Hotel Hilton on November 14 and 15. She also summarised how cybersecurity is playing a crucial role in current times. Security of data is a huge

concern, whether it relates to government, military, corporate, financial or medical organisations. The vote of thanks was offered by Sandeep Chowdhury. The attendees highly appreciated Doha Chapter for organising the event on a relevant topic. Intense interest, enthusiastic participation, quality of the speaker, positive feedbacks and the insightful question and answer session was the hallmark of the event.



## AACE Qatar organises session on effective pre-contract cost management

AACE Qatar section organised a technical session with guest speaker Ramesh Palikila, CEO at Akhil International Management Solutions, to explain the importance of effective project management in today's competitive environment. AACE welcomed over 60 professionals from different construction and engineering fields to the event. The presentation focused on the following points:  
 -Project brief and development appraisal  
 -Cost management principles  
 -Design economics and cost planning process  
 -Preparation of BOQ with standard method of measurements  
 -Pre-tender estimate  
 -Tendering process and evaluation  
 -Tendering process as per FIDIC (The International Federation of

Consulting Engineers (commonly known as FIDIC)  
 -Finalisation of the contract award

Ramesh Palikila has over 20 years of experience in the construction industry in the UAE, Malaysia, and India. He has been involved with a wide variety of large scale mixed development construction projects such as marine projects, power plants, townships, industrial buildings, residential housing projects, civil engineering infrastructure works, hospitals, and airports. He has held senior management positions working with various contractors, consultants, and semi-government organisational clients. His experience includes implementation of best standard practices in procurement strategies, contracts management, cost



management and effective contract administration. AACE Qatar section is one of the

most active sections of AACE International. AACE Qatar section activities are managed on voluntary

basis, purely on the professional and service interests of the AACE's members.

## Toastmasters Division D conducts council training

Division D District 116 of Toastmasters International in Qatar successfully conducted its first council training recently. The purpose of the event was to equip the leaders of 18 active clubs with effective ways to train their officers. Besides, it was a part of the Division's responsibility to organise contests, conduct workshops, and trainings helping clubs and areas achieve distinguished goals. "This council training aimed to empower club leaders to conduct their responsibilities effectively, achieve club mission and fulfils their commitments to members," said Juttas Paul, Division D Director. He



added: "Through these gatherings with leaders we support clubs to achieve excellence and meet our

District mission for the term." The council training was attended by officers of clubs, areas, Divisions and

District. The programme included an education module on effective leadership, club growth plan,

distinguished club programme, and Oryx awards. The meeting was opened by Juttas Paul and sessions were led by Shyam Sunder, DTAC Chair; Mou Bera, Assistant Division Director for Programme Quality; Sunny Iype, Assistant Division Director for Club Growth; and Neshi Kumar, Oryx Award Chair. Thayalan K, District Programme Quality Director, was the chief guest of the programme. The programme was conducted by Azeez Mohamed, Division Administration Manager, and it was organised by Zacharia, Division Logistics Manager, and Pradip Sadiye, Division Events Manager.



# Would you recognise a gra

We think of an attack as a 'big bang', but the symptoms can build over hours or days – and even doctors can misinterpret them, writes **Amy Fleming**

In spring 2018, Tim Walker was working on a PhD in microbiology. Over the course of a week, he started feeling a little breathless during his morning commutes to University College London and had what felt like muscle aches around his upper back and shoulders. He put the symptoms down to a nasty virus. "I was 31," he says. "Why on earth would I suspect that I was having a heart attack?"

As the days passed, his symptoms grew more pronounced. Eventually, he woke on a Saturday morning to "the most intense pain I've ever experienced – an otherworldly, constant stabbing pressure in the collarbone area, neck and jaw, on both sides". He started coughing and vomiting, but there were no chest pains. "I'm not a religious man, but I remember praying at one point." After no more than 10 minutes, the symptoms went away, just as suddenly as they had appeared. He assumed it was a really nasty bug. Later, he became feverish and decided "to take a few days off uni to get my strength back".

It wasn't until he was sitting at his desk the following Thursday, more than a week after symptoms had begun, that he sought medical attention. "My left arm suddenly went cold and numb." He walked to the nearest A&E, where he was examined by a flurry of bemused doctors. Before the day was out, he had been diagnosed with a heart attack and undergone emergency surgery. An artery had been blocked and needed two stents to re-open it.

While Walker's age was an additional red herring (the British Heart Foundation estimates that the chance of a 31-year-old having a heart attack is 0.02%), the slow onset of these easily misinterpreted symptoms is surprisingly common – yet little known. A recent US study published in the *European Journal of Cardiovascular Nursing* found that, while 57% of patients reported an "abrupt symptom onset", the other 43% experienced "gradual symptom onset".

"Both are a medical emergency and require urgent help," said the study's author, Sahereh Mirzaei, from the University of Illinois. However, those with a gradual onset of symptoms experienced, on average, eight-hour delays in getting life-saving treatment.

The study highlights the need for greater public education, says Prof Sir Nilesh Samani, the



**SYMPTOMS:** Acute chest pains and sharp arm pain (usually in the left arm) are some of the symptoms of a heart attack.

medical director of the British Heart Foundation. But even people in the medical profession can be misled. "I know doctors who have put their own heart attacks down to indigestion and gone to bed for a while. Sometimes if you're having a heart attack you feel you want to be sick – they think it's all to do with what they might have eaten. These are features that sometimes delay diagnosis."

Walker's case is unusual not only because of his age, says Samani, who is also a consultant cardiologist at Glenfield hospital in Leicester, but because of the duration of his symptoms, even for a slow-onset attack. "Usually, it doesn't go on for a few days, but several hours, as opposed to a 'big bang' heart attack when within a few moments you know something has changed."

Sudden heart attacks occur because an artery is completely blocked. However, Samani says



**RISK:** Almost half of people who have a heart attack experience 'gradual symptom onset', according to one survey.



# Gradual-onset heart attack?



Type	Heart Attack Mechanism or Cause
1	<b>Type 1 Heart Attack</b> atherosclerotic plaque rupture or erosion with blood clot formation or hemorrhage into plaque
2	<b>Type 2 Heart Attack</b> mismatch between oxygen supply and demand without plaque disruption and blood clot formation being a clear feature
3	<b>Type 3 Heart Attack</b> sudden unexpected cardiac death before troponin can be measured with signs, symptoms, and/or EKG changes suggestive of myocardial ischemia or MI is detected by autopsy
4	<b>Type 4 Heart Attack</b> (4a) associated with percutaneous coronary intervention in which troponin rises > 5 times the 99 <sup>th</sup> percentile or (4b) due to stent thrombosis – the formation of blood clot around a placed stent, categorized based on whether it occurs within 24 hours to 1 year after stent placement <sup>1</sup> or (4c) restenosis (recurrent blockage) in a coronary artery where a stent had been previously placed <sup>1</sup> (new under fourth UDMI)
5	<b>Type 5 Heart Attack</b> related to coronary artery bypass surgery in which the troponin rises > 10 times the 99 <sup>th</sup> percentile

**FULLY RECOVERED:** Tim Walker after completing the 100 mile Ride London cycling event.

**“I know doctors who have put their own heart attacks down to indigestion and gone to bed for a while. Sometimes if you’re having a heart attack you feel you want to be sick - they think it’s all to do with what they might have eaten. These are features that sometimes delay diagnosis”**

– Prof Sir Nilesh Samani, medical director of the British Heart Foundation



this is one end of a spectrum of possibilities. “The reason you get a heart attack is that the inner lining of the artery breaks down, which exposes the underlying cholesterol plaque to the flowing blood, allowing a clot to form which blocks the artery.” In gradual heart attacks, he says, the artery is only partially blocked, “but then the clot might go downstream and block a smaller artery, so many can feel chest pain and then it settles as the clot breaks down and breaks away”. An ECG machine may not detect

anything wrong, further delaying treatment.

Apart from acute chest pains and sharp arm pain (usually in the left arm), symptoms include “chest tightness, tingling fingers, jaw pain, stomach or back pain, breathlessness and indigestion”, according to Philippa Hobson, a senior cardiac nurse at the British Heart Foundation. It may seem bizarre to feel pain in seemingly unrelated places, says Samani, but “the nerves that send heart pain to the brain also supply the jaw and the left arm and so on” – the

brain can’t distinguish where it is coming from. The advice is to call 999 or an ambulance. “Particularly as you get older, err on the side of caution,” Samani says.

However, even if you are armed with the symptom list, if you are not expecting a heart attack, you, or a doctor, will be likely to attribute experiencing any of them to another illness, or even a panic attack. The thing to look out for, Samani says, is something you have never felt before. Walker says that, when his arm went numb, “it was distinctive and felt alien.

We’ve all had our arm go to sleep now and then. It wasn’t like that. It felt as if I didn’t have an arm any more.”

However, even as he was being transferred to another hospital for surgery, having had an aspirin and some rest, he was surprised at how well he felt. “I was starting to feel embarrassed, expecting they were going to take me there with all this fanfare and it would just be indigestion,” he says. But if he

hadn’t visited A&E when he did, “I probably would have gone into cardiac arrest”.

Doctors still don’t know what caused Walker’s heart attack. He doesn’t smoke or take drugs, although his BMI at the time was just within the obese range. Since his recovery, he has lost 25kg (4st) and taken up cycling. He considers surviving his heart attack “the best thing that ever happened to me”.

– The Guardian



# Gandhi's words resonate more today than ever before

NUTTY'S  
INFOTAINMENT

yays!

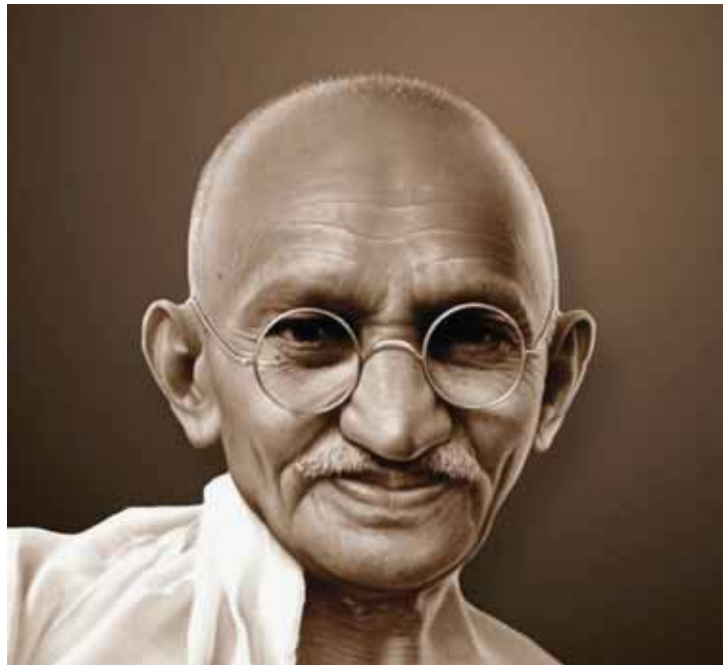
“Be the change you wish to see in the world.” That was the apostle of peace, Mahatma Gandhi. Every breath of his was an exemplar. ‘Bapu’ (father), as he is popularly known, did things that were inspirational, things that nobody thought he could do. He was the change he wished to see in the world.

Gandhi's famous hunger strikes and message of nonviolence inspired India to fight against colonial rule, ultimately leading to its independence from the British. Gandhi was the catalyst if not the initiator of three of the major revolutions of the 20th century: the movements against colonialism, racism, and violence. He was responsible for the Civil Rights movement in 4 continents and 12 countries.

Having a hard time finding work as a lawyer in India, Mohandas Karamchand Gandhi travelled to South Africa in 1893. Africa was to present to him challenges and opportunities that he could hardly have conceived. He was thrown off a train in Pietermaritzburg, for his refusal to move off of first class. In another incident he was beaten by a stage coach driver for not providing enough room for a European passenger. He was also ordered to remove his turban by a Magistrate in Durban court, which he promptly refused. Gandhi established a community called ‘Tolstoy Farm,’ near Johannesburg in 1910, which spread awareness about the policy of peaceful resistance.

Despite being famous for nonviolence and the Indian independence movement, Gandhi actually recruited Indians to fight for Britain during World War I. They had to carry wounded soldiers for miles to hospitals where ambulances can't travel. He along with 37 other Indians received Boer War Medal for their contribution.

Gandhi was much more than ahimsa. His causes included civil rights for women, the abolition of the caste system, and the fair treatment of all people regardless of religion. Gandhi demanded fair treatment for the untouchables, India's lowest caste, and he underwent several fasts to support the cause. He called



**SIGNIFICANT:** This October 2 has special significance. It is Mahatma Gandhi's 150th birth anniversary.

the untouchables harijans, which means “children of God.”

Gandhi denounced Gandhism and did not want to create a cult like following. He also conceded that he had “...nothing new to teach the world. Truth and nonviolence are as old as the hills.”

Mahatma Gandhi corresponded with a lot of people – Tolstoy, Einstein and Hitler were among the many. He wrote a letter to Hitler, addressing him as “Dear Friend,” and beseeched him to stop the war. Mahatma Gandhi never visited the US, but he had many American fans and followers. One of his more unusual admirers was Henry Ford. He sent him an autographed charkha (spinning wheel) through a journalist emissary. During the darkest days of the Second World War, Ford, who was struck by the charkha's “mechanical simplicity and high moral purpose,” would often spin on “the symbol of economic independence that

Gandhi had sent.

Gandhi was a walking enthusiast. Walking, he said, “is justly called the prince of exercises”. Mahatma Gandhi walked/travelled almost 18 kilometres a day throughout his lifetime which is enough to walk around the world twice over.

This man has been above all prizes! Gandhi was the man of peace, but ironically he never won the Nobel Peace Prize, although he was nominated 5 times for it. In 2006, the Secretary of Norwegian Nobel Committee, Geir Lundestad said “The greatest omission in our 106 year history is undoubtedly that Mahatma Gandhi never received the Nobel Peace Prize. In the year 1930, *Time Magazine* had named Gandhi as “Man of the Year.” They again named him among the “Top 25 Political Icons of All-Time,” in 2011. In honour of Gandhi's message of nonviolence, the United Nations declared October 2 to be ‘International Day of Nonviolence.’

Gandhi was assassinated on January 30, 1948. The epitaph on his memorial in New Delhi reads “Hey Ram” or “Oh God” which are purported to be his last words.

Despite his death, Gandhi has become immortalised in our psyche as a hero of human rights and synonymous with the act of peaceful protest. He continues to inspire nonviolent human rights movements all around the world and has influenced the leadership of contemporary heavyweights like Nelson Mandela, Cesar Chavez, the Dalai Lama, and Aung San Suu Kyi.

This October 2 has special significance. It is Mahatma Gandhi's 150th birth anniversary. As part of the celebration, world leaders recently inaugurated the Gandhi Solar Park at the UN headquarters in New York. It is a \$1 million -solar park that will produce 50 kilowatts of electricity from the roof of its conference building. India gifted 193 solar panels for the project – one panel each for every UN member state.

Any true tribute to the Mahatma, best known for his courage of conviction packed in his otherwise light frame, would be incomplete without drawing lessons from his life – the principles he lived and died for. Gandhi's words resonate more today than ever before. In words of one of his great admirer Albert Einstein, “Generations to come will scarcely believe that such a one as this walked the earth in flesh and blood.”

Welcome to another inspiring edition of Nutty's Infotainment. YAYS! The time starts NOW.

**During the very agonising period he experienced after being fired by the board of the company he co-founded, he changed his style of glasses to match the style of Gandhi. On returning from one of his visit to India he announced: “There is no one that embodies better what I want to become, other than Gandhi. He changed the world.” Name this business magnate, entrepreneur and investor.**

Steve Jobs. His round glasses were a tribute to his inspiration.

**Who gave the title of ‘Mahatma’ to Mohandas Karamchand Gandhi.**

Rabindranath Tagore, the first non-European to win the Nobel Prize in Literature.

**The December 31, 1999 issue of *Time* named Albert Einstein the “Person of the Century”. Franklin D Roosevelt was chosen as one of the runners-up. Who was the other?**

Mahatma Gandhi.

**What connects Mahatma**

**Gandhi to ‘Passive Resisters Soccer Club’?**

As the undisputed leader of nonviolent resistance to the apartheid regime of the time, Gandhi helped establish three football clubs at the beginning of the last century, in Durban, Pretoria and Johannesburg, all of which were called ‘Passive Resisters Soccer Club’.

**Who won the Noble Peace Prize in 1948?**

Following Mahatma Gandhi's death that year, the Nobel Committee declined to award the prize on the ground that “there was no suitable living candidate” that year.

**Name the first privately supported and funded spacecraft which was launched into space by SpaceXon September 28, 2008.**

Falcon 1.

**Since its early days as a casual pastime invented by English colonials in India in the 1800s, which sport has been referred to as Whiff Whaff, Flim Flam, and Gossima, among many other zany names.**

Table Tennis

**The inaugural event of the Russian Grand Prix was held in Sochi in 2014. Which team/constructor has won all five Russian Grands Prix to date (before 2019)?**

Mercedes.

**Baby Boomers, Generation X, Generation Y (or Millennials), Generation Z... what comes next?**

Generation Alpha. These are demographic cohorts used in consumer marketing. Generation Alpha applies to children born between 2011 and 2025. An estimated 2.5 million alphas are born globally every week.

**Identify the 13th century poet from his statue below in Izmir, Turkey. Born on September 30, 1207, his full name was originally Jalaluddin Muhammad Balkhi. He is most popularly known by an Arabic name which literally means “Roman”**



(Answer to last week's photo-quiz: Singapore Grand Prix.)

## Tribe NI.yays

**Which brand of luxury lifestyle hotels by Hyatt, the American multinational hospitality company, is also a Hindi word meaning “personal style”?**

Andaz.  
(Stephan Rodrigues, CIS, Doha)

**Klingon is the language of a member of a war-like humanoid alien species in which science fiction television series?**

Star Trek  
(Poonam Mathur, Mabane Company, Kuwait)

Do you have some interesting bytes to share? And, does yourvibe attract you to the ‘Tribe NI.yays!’ Every week two of your best questions will be featured here. Please do write to us at [ni.yays@zoho.com](mailto:ni.yays@zoho.com).

# Five easy ways to increase intake of fruits and vegetables in your diet

**M**ost people understand the importance of including a variety of fruits and vegetables into their diets, but finding inspiration and fresh ideas for incorporating them into everyday meals can be challenging.

Research shows that only 10 percent of people are meeting for daily intake of fruits and veggies, according to a survey.

As a rule of thumb, half the foods you eat for any given meal should be made up of fruits and veggies – preferably ones incorporating a range of different colours and nutrients. Daily meal planning is made easier if you turn to your freezer for a little help.

Balancing your plate with frozen meals and pizzas and adding fresh side dishes is a simple solution that can help make you feel good about what you're eating, even with a hectic schedule.

Choose your favourite frozen prepared foods and pizzas as the foundation, add side dishes made with fresh fruit and vegetables and you have a balanced meal that is both delicious and nutritious. Here are some quick and easy tips for including more fruits and veggies in your diet:

**Chop, eat, repeat:** Not into cooking? Simply buy whatever looks good, wash it, cut into slices and enjoy,

perhaps dipping it into salad dressing or a yogurt dip.

**Shop the frozen-food aisle:** Delicious and easy-to-prepare frozen foods, provide your family plenty of wholesome meals without requiring lengthy prep time. Simply pair with tasty side dishes made with fruits and vegetables for a balanced meal.

**Divide and conquer:** Each Sunday night mix your favourite veggies into a big salad bowl with a cover, combining Romaine and iceberg lettuce with darker green varieties and throwing in other tasty ingredients that will motivate you to want more; consider slices of grilled meat or shrimp, boiled eggs, or small amounts of nuts, cheeses, dried fruit, etc. Then divide the mix into individual plastic containers for the week's lunches.

**Top it off:** As soon as your favourite frozen pizza comes out of the oven, boost its nutrient punch by adding pieces of fresh tomato, basil, pineapple, spinach or arugula.

**Stir it in:** Add complementary veggies to your favourite comfort food. Suggested stir-ins: roasted broccoli, cauliflower, zucchini, carrots or butternut squash.



## **ARIES** March 21 – April 19

Enjoy the day today, Aries. Take control of the situation and make the most of whatever comes your way. Do it with a smile. There's a great deal of fun-loving, excited energy ready for you to draw upon. Get your ideas out to others. Communicate your thoughts. Attend a party or two. You're the epitome of the social butterfly. Make sure to wear your best attire.

## **CANCER** June 21 – July 22

People aren't going to want to be quite as intense as you require today, Cancer. Things are light and airy. You may find that no one is in the mood to delve as deeply as you want to go. Use the day to relax and release control for a while. Take deep breaths and long walks. Go for a bike ride or short road trip. Crazy, unexpected events may crop up throughout the day. Be prepared for surprises.

## **LIBRA** September 23 – October 22

Today is an excellent day for you, Libra. Events will flow quite smoothly. The only thing to be aware of is that your emotions may seem rather erratic and unwieldy. There's a great deal of power behind your words and people are sure to listen. They would be smart to do so. What you have to say will be right on target with today's energy.

## **CAPRICORN** December 22 – January 19

Exciting new developments make you upbeat about your career. Perhaps the Earth-shattering solution you've been searching for suddenly happens, or an enthusiastic potential partner appears on the scene. Either way, you're excited, and you can look forward to interesting projects and possible advancement. You could also make a new friend, someone who will around for a long time.

## **TAURUS** April 20 – May 20

Your flexible nature may get you in trouble today, Taurus. Personalities may clash when no one is willing to lead. Be aggressive without being manipulative. Keep it light. Don't try to pin anyone down. Your nature is open and expansive. Give other people the freedom they want. Unexpected events may dramatically change the course of the day, so don't be upset if things don't go as planned.

## **LEO** July 23 – August 22

It may be hard for you to make a decision about anything today, Leo. Things may seem wishy-washy and unclear. Don't worry about it. There is plenty of air to fuel your fire. Be aware that people may pop up from the past and unexpected events may disrupt the flow throughout the day. Best-laid plans are apt to be broken. Don't sweat it. Just go with the flow.

## **SCORPIO** October 23 – November 21

You may be indecisive today, Scorpio. You may not be able to find solutions you can live with. You don't need to finalise anything now. Use this day to lay low and gather data. People may seem rather insensitive and erratic. Go with the flow. You have a great deal of warmth and passion to share. You may find that a strong, unpredictable force is affecting your emotions.

## **AQUARIUS** January 20 – February 18

Today is an excellent day for you, Aquarius. You will receive some bursts of unexpected energy that help you accomplish whatever it is you wish to do. You should enjoy a favourable mood and good relations with others all day. Enjoy yourself and feel free to indulge in things that make you happy. Spend time with your family and let them share in your positive energy flow.

## **GEMINI** May 21 – June 20

Things will flow smoothly for you, Gemini. There's barely a reason for you to lift a finger. You have the good fortune of enjoying this day with very little effort on your part. Keep in mind that if you decide to get something done, you will be extremely successful and able to accomplish quite a bit. You're in sync with today's energy.

## **VIRGO** August 23 – September 22

Things probably aren't going to go exactly as you planned today, Virgo. Realise that people may act in erratic, powerful bursts, especially when it comes to emotional issues. Your feelings may be a bit distant, and you may find it hard to get in touch with what's really going on inside you. Do your best to maintain a positive attitude. That's all anyone can ask.

## **SAGITTARIUS** November 22 – December 21

There is plenty of air to fuel your fire today, Sagittarius. You're able to get quite a bit done. Multitasking is key to accomplishing what you want to do. An element of the unexpected is likely to add a surprising dimension to the day. You're able to communicate freely, and you will likely be on the same page with the people you meet.

## **PISCES** February 19 – March 20

Things may be moving a bit too quickly today for you to grab hold of anything, Pisces. There's an element of the unexpected entering into the equation. Be prepared. The mood of the day is especially light and perhaps a bit superficial. People may not be entirely reliable. If there's something you absolutely need to do, consider doing it by yourself.



### Wordsearch



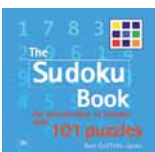
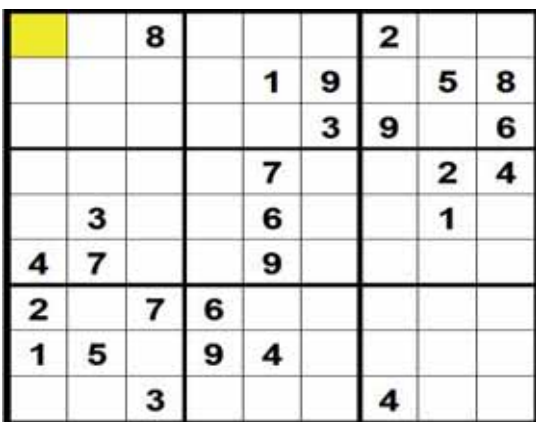
- |            |            |           |
|------------|------------|-----------|
| BELLOW     | MAILER     | WALKER    |
| LEWIS      | VIDAL      | HEMINGWAY |
| TWAIN      | FAULKNER   | ROTH      |
| DOS PASSOS | MELVILLE   | WELTY     |
| LONDON     | VONNEGUT   | JAMES     |
| UPDIKE     | FITZGERALD | SALINGER  |
| DREISER    | OATES      | WOLFE     |

### Codeword

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.



### Sudoku



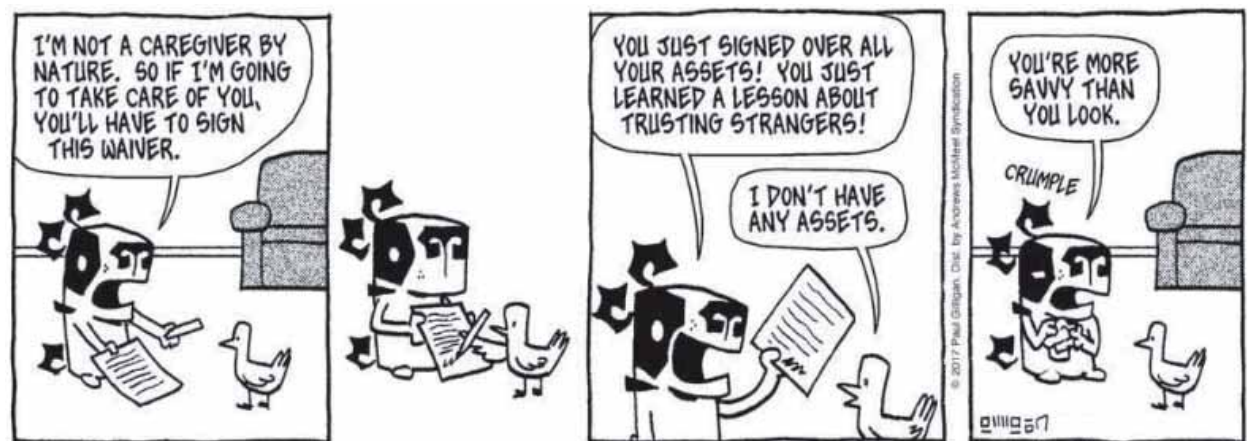
Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the numbers 1 through 9.



### Adam



### Pooch Cafe



### Garfield



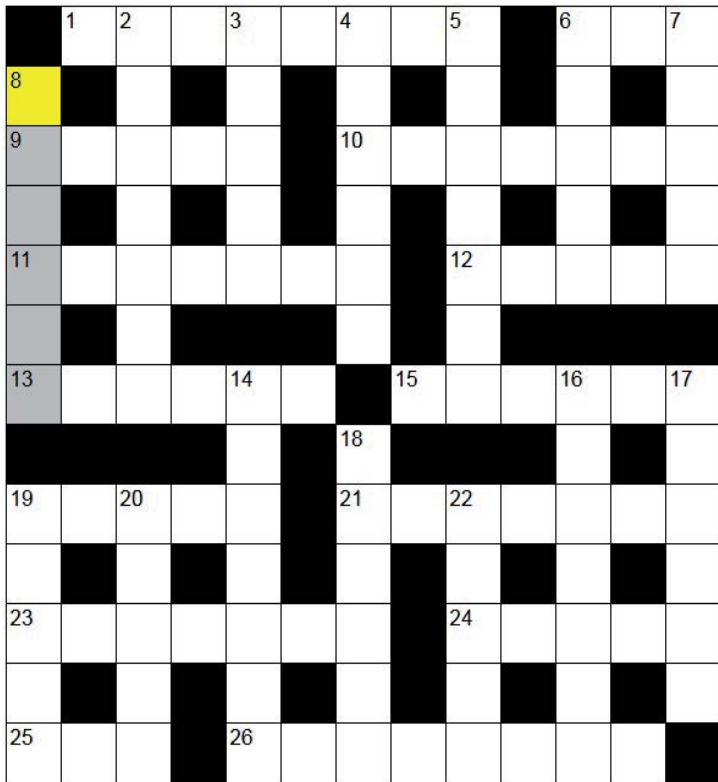
### Bound And Gagged



**PUZZLES**

**COMMUNITY** 

**Super Cryptic Clues**



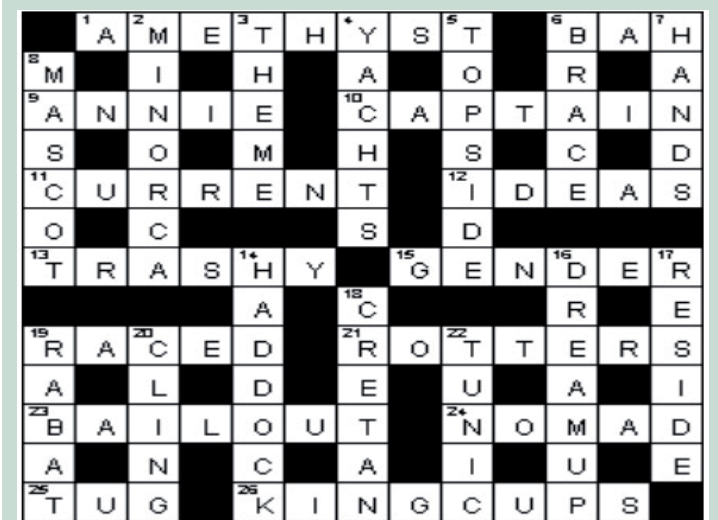
- |   |   |
|---|---|
| <p><b>Across</b><br/>                 1 Stone encountered in hasty scramble (8)<br/>                 6 Scrooge's comment before a holiday starts? (3)<br/>                 9 Musical heroine joining Laurie in a song (5)<br/>                 10 Old murderer holding suitable officer (7)<br/>                 11 Present flower (7)<br/>                 12 Roman date to take in Caesar's second thoughts (5)<br/>                 13 Worthless attempt to hug tree (6)<br/>                 15 Sex object in Germany briefly (6)<br/>                 19 Expert in garden centre didn't linger (5)<br/>                 21 Right animals? Wrong'uns! (7)<br/>                 23 Escape trouble during fight (4,3)<br/>                 24 No crazy wanderer (5)<br/>                 25 Boat from Portugal (3)<br/>                 26 Prize in college for flowers (8)</p> | <p><b>Down</b><br/>                 2 Child caught on a Spanish island (7)<br/>                 3 Subject of article -Simeon's heart (5)<br/>                 4 Cathy's new boats (6)<br/>                 5 Deposit collected for a cut of meat (7)<br/>                 6 Support for a couple (5)<br/>                 7 Crew members from Yarmouth and Sheringham (5)<br/>                 8 Lucky charm Mark found on racecourse (6)<br/>                 14 Fish a theologian steeped in wine (7)<br/>                 16 Conceive, having new pram due (5,2)<br/>                 17 Journey to get quarters in lodge (6)<br/>                 18 Nectar ordered for islander (6)<br/>                 19 Artist's club in African capital (5)<br/>                 20 Many fish hold on (5)<br/>                 22 Garment cut in pieces (5)</p> |
|---|---|

**Colouring**



**Answers**

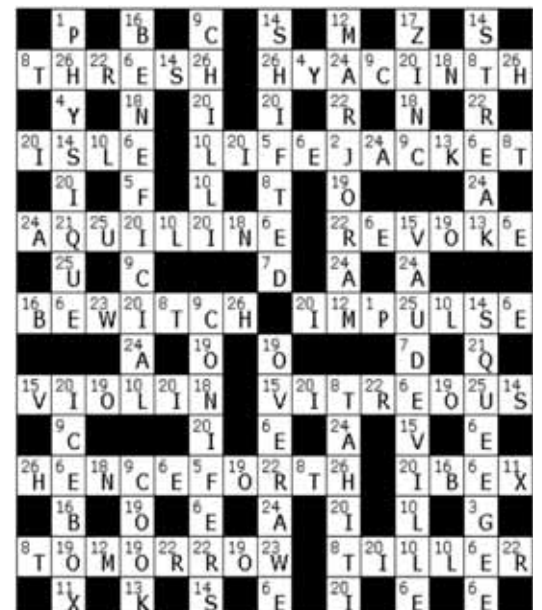
**Today's Solutions**



**Wordsearch**



**Codeword**





### Kalki planning water birth in Goa



Kalki Koechlin is pregnant with her first child. The 35-year-old actress, who is five months pregnant now, has her due date in December. She is planning to deliver her baby through water birthing in Goa.

The *Made in Heaven* actress is pregnant with her first child with boyfriend Guy Hershberg, who is an Israeli classical pianist, reported *HT*

**FOLLOWING SUIT:** Kalki Koechlin herself had a water birthing.

*Brunch*. Kalki is now spending time listening to Guy's music, going for walks with him and

doing yoga. She has also reduced the use of mobile phone. "I already feel the changes in the way I react to things. I am more deliberate, slower, more patient. When motherhood comes eventually, it brings with it a new consciousness to your sense of person. I still want to work but it is less about the rat race and more about nurturing oneself through one's work. It becomes about infusing concentration and energy inward," she said.

If reports are to be believed, Kalki herself was born through the process of water birthing and hence the decision to give birth to her little one in a similar way. The actress has also reportedly decided the name of her child. The name is such that it works for both male and female gender.

On the work front, Kalki's latest is the ZEE5 original web series *Bhram*. The actress, who recently made her Tamil film debut with *Nerkonda Paarvai*, is currently prepping for another web series. — IANS

### Bieber asks his fans to select wedding tuxedo

Pop singer Justin Bieber has asked his fans to choose his wedding tuxedo and has given some funny options to choose from.

Bieber and his model wife Hailey Bieber are reportedly set to tie the knot, once again, after their secret wedding in a courthouse last year. The *I'm The One* crooner shortlisted five tuxedos and requested his 119 million fans to choose the best one from the lot on Instagram.

He wrote: "Help me choose a tux for my wedding. It's between these three."

His first post was three colourful options — a pink suit and hat with a ruffled shirt, a rainbow-striped suit, and a muscle-fitted T-shirt and shorts tux.

He then shared some more photographs.

A bright blue suit with bananas prints, and a white suit splattered with red to look like blood.

According to *tmz.com* Bieber and Hailey are set to walk down the aisle again in South Carolina.

The two are hosting their second round of nuptials today at the Montage Palmetto Bluff — a private 20,000 acre estate that is nestled up against the May River and features tons of buildings, including two chapels.

There's a smaller one, called the May River Chapel, and a larger one dubbed the Sommerset Chapel, which can seat up to 185 guests. — IANS



# It's a good time for actors, says Sonal



**CONTENT:** Sonal Chauhan.

**A**ctress Sonal Chauhan says web world and films are going through a transition period which is really good. She sees this as an opportunity for actors as they have a lot more to do now.

After making her Bollywood debut in 2008 with *Jannat*, she went on to act in Telugu, Kannada, Tamil and more Hindi films. Like most Bollywood actors, she also entered the digital space this year.

"I won't say that the content is better on the web than Hindi films because there are some very amazing films that are being made. Now it is a very good time in the industry where there are fabulous shows being made for the web. I am happy that this is happening," Sonal said.

"It goes the same for films because we have some great movies being made."

According to her, a large credit goes to the audience as they have become "very intelligent and are accepting good content".

"It doesn't really matter if it has big stars or not, what matters is that the audience wants to see great content. Both web and films are going through a transition period, which is really good, even for actors there's a lot more to do now. It's a good time," said the Paltan actress.

As for her first digital project, *Skyfire*, she said: "The reason why I chose to be a part of *Skyfire* was because in that, throughout the show, I was with the boys. We were a team trying to crack something. We were doing it together and I loved that. Actresses are mostly offered roles that are just about looking pretty. Whether it's a movie or a show, when it gets too serious, they get a little bit of romance to make the audience feel lighter.

"But in *Skyfire*, I was one of the boys out there, helping them. I felt that the role was very strong and required a lot more from me than just looking pretty and being there?"

— IANS

# Salman gets a new abode in fresh *Big Boss* season

Celebrity contestants are ready to waltz their way into the *Bigg Boss* house. It's not just the contestants who will find a new abode here, but also the show's host Salman Khan.

What is popularly known as his chalet, this house is the star's private space built next to the set of the reality show.

Every year, art director Omung Kumar gives Salman's chalet a surreal look and this time, as you rest your eyes on the interiors, you will find generous wooden accents and Salman's portraits.

Adorned with colour tones of beige, off white and brown, the walls enhance the space and accentuates the warm atmosphere.

While the one side of the living room has wooden slats, panels and a life-size



**NEW LOOK:** The bedroom of Salman's chalet.

artwork of the superstar, the other half opens into a cozier kitchen space with captioned wall hangings.

The bedroom area has pastel tones coupled with wooden curations and

bespoke image portraits of Salman.

The actor has fondness for outdoor seating, hence the open expanse adjoining the house has been designed with more subtle tones.

A gazebo and a fountain have also been erected to complete the look.

All elements have been put together to give the chalet a contemporary feel and elegance. — IANS

A JOINT COLLABORATION OF

**GULF TIMES**  
**COMMUNITY**

&

**ISTITUTO**  
*di Moda*  
**BURGO**  
QATAR  
[www.imbqatar.com](http://www.imbqatar.com)



# Introducing The Judging Panel

**“A successful image resumes to one word - confidence”**

**Elisabete Reis**

**Image, Etiquette and Protocol Consultant**

Elisabete is a well-known Certified Fashion, Image, Etiquette and Protocol Consultant with many years of experience.

Elisabete is also the founder of Glam Your Image providing consulting services and training to individuals and corporate. At Glam Your Image, Elisabete aims to provide her clients with the tools to always look their best but also for their company and themselves to look like one, all going in the same direction, sharing and projecting the same goals. Glam Your Image guides the transformation with love, generosity, acceptance and compassion.



**Guidelines of the Contest:**

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

**Eligibility to Apply:**

1. Grade-X pass students.
2. Each participant is only allowed a submission of two designs.
3. Designs should be strictly hand sketched and coloured.
4. Strict plagiarism rules apply. Any inspired/ plagiarised design can lead to the disqualification of the contestant.
5. No digital designs would be accepted.

6. Each sketch should be submitted in standard A4 size, should be drawn with standard HB pencil/black marker and can be coloured in any medium. The sketch should include other details, including fabric options, colour options, trims options etc.

7. Any embroidery or other surface technique on T-shirt should be sketched separately along with the T-shirt design in order to understand the participant's concept.

**Judging criteria:**

The final judgement will be based on the following criteria. Each contains 25 marks.

1. **Concept**
2. **Creativity**
3. **Design Details**
4. **Product Feasibility**

**NOTE:** Following a good response from prespective candidates, we are extending the last date of subissions from September 30 to October 2, 2019.

**About the Mood Board:**

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



**For further details, and submissions, please scan the QR code above with your mobile phone camera or visit <https://gulftimescommunity.com/designyourdreamcareer/>**



# Urdu poets enthral audience



**GROUP:** Poets and organisers in a group photo during the 60th anniversary poetry symposium by Bazm-e-Urdu Qatar.

## By Mudassir Raja

**N**oted and budding Urdu poets from India, Pakistan and Qatar recently captivated a large gathering with their sweet and melodious rhymes during a mushaira held at DPS Modern Indian School (DPS-MIS) Al Wakrah.

The Urdu poetic symposium was organised by Bazm-e-Urdu Qatar (BUQ) in connection with its 60<sup>th</sup> anniversary as the literary group was founded in 1959 – the oldest in Qatar. The mushaira that continued late in the night entertained the audience, majority of them remained glued to their seats till the end of the symposium.

The hallmark of the event was the presence of Shatrughan Sinha, a noted Indian film actor and politician, who was warmly received by the audience. He was flanked by Pahlaj Nihalani, ex-chairman of Central Board of Film Certification India and a film producer; and Kamna Prasad, a noted personality promoting Urdu in India.

The poets in the symposium were namely; Prof. Minu Bakshi, from Delhi; Dr Amber Abid, Bhopal India; Hassan Kazmi, from Lucknow India; Aijaz Asad, from Indian Kashmir; Shadab Azmi, from Azamgarh India; Bismil Arifi from Delhi; Arif Ali Arif from Bhopal; Hashim Firozabadi, Firozabad India; Imran Aami from Rawalpindi Pakistan; Foziya Raba from Goa India; Sadia Usman, a social activist and worker from Aligarh India; and Mazen Alsabeti, a representative of Baladna Food Industries.

In his welcome speech, Muhammad Sabih Bukhari, Patron in Chief of BUQ, highlighted the contributions and love of the guests from India towards Urdu language. "I am very thankful to Shatrughan Sinha, Pahlaj Nihalani, Kamna Prasad and all the poets from India and Pakistan for coming to Qatar on our invitation. Presence of the noted guests, talented poets and audience in large numbers showed the circle of Urdu lovers continues to grow in Qatar with the passage of time.

"We have tried to bring in poets from different parts of India and from Pakistan to vindicate the diversity of people who love Urdu. It is a language that promotes love, tolerance and integration. Urdu is

**"There have been many Urdu intellectuals who have upheld higher degree of values and traditions. It is true that in historic perspective Urdu has been protecting our secular values. Urdu is in our blood"**

– Shatrughan Sinha

not confined to a particular religion, race, country or area. It is a language that brings people close."

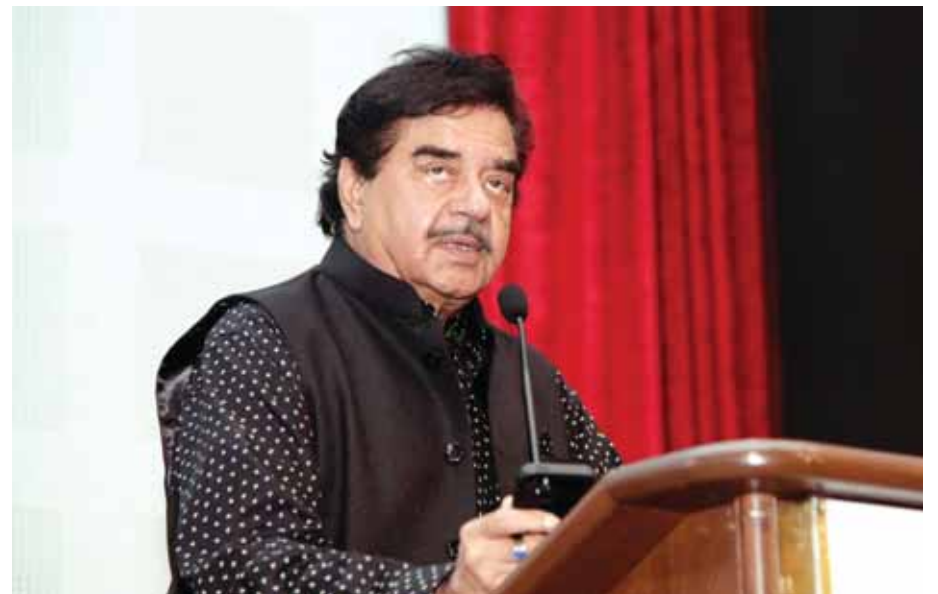
He added: "This mushaira is distinct in its nature in that it is presided over by a woman – Kamna Prasad – and is also hosted by a woman. It is also for the first time that Shatrughan Sinha is attending a mushaira in Qatar."

The organisers gave away mementos to the poets and the guests. The BUQ gave away awards to Sadia Usman and Mazen Alsabeti for their social works.

Speaking on the occasion, Shatrughan said: "First of all, with the attitude of gratitude I want to say thankyou to the organisers and the audience for having me here. I am thankful to Bukhari for inviting me to attend the poetic symposium and to listen to the noted poets.

"I really appreciate Kamna Prasad for learning and mastering Urdu language and poetry despite the fact that Urdu is not her mother tongue.

"World is a bouquet of beautiful languages and cultures. The most beautiful flower of the bouquet is Urdu. The love for the language has got me to Qatar. This mushaira is a celebration of our civilization. I acknowledge the recognition that BUQ has gained in the



**ADDRESS:** Muhammad Sabih Bukhari, Patron in Chief of BUQ, addresses the audience in his welcome speech.

last six decades as an organisation working for peace, love and harmony."

He added: "Urdu had its birth in India. A sweet and poetic language, Urdu is pride of my country. The Urdu culture and literature is like a torch that will never get extinguished. There have been many Urdu intellectuals who have upheld higher degree of values and traditions. It is true that in historic perspective Urdu has been protecting our secular values. Urdu is in our blood.

"Urdu has made great contribution in

promotion of Bollywood. The language has made the Indian film songs everlasting."

Kamna Prasad said: "The enthusiasm of the symposium showed the number of Urdu lovers continues to grow with every passing day. Urdu is getting popular all over the world. Qatar heads the list of the countries where Urdu has been witnessing popularity. Qatar's values and spirit of Urdu are identical as both are beautiful combinations of tradition and modernity. I congratulate BUQ on the occasion of its 60<sup>th</sup> anniversary."