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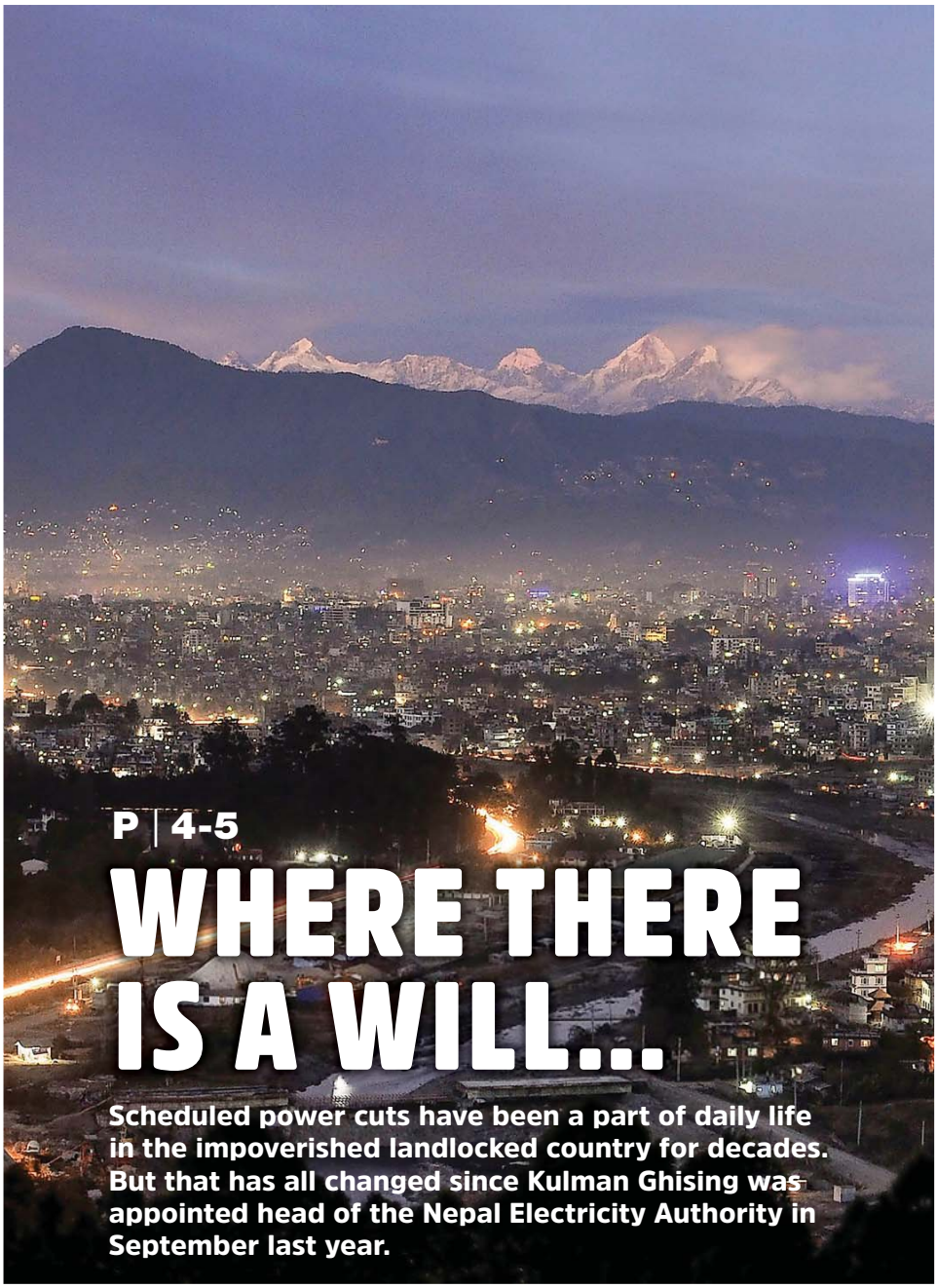
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WHERE THERE IS A WILL...

Scheduled power cuts have been a part of daily life in the impoverished landlocked country for decades. But that has all changed since Kulman Ghising was appointed head of the Nepal Electricity Authority in September last year.



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OIS students back less use of paper

A team of Grade 5 students from Olive International School (OIS), successfully completed a project titled "Reduce the Wastage of Paper to Save Trees" as part of the 'Science Project'organised by The Department of Scientific Research at the Ministry of Education and Higher Education (MOEHE).

The team, comprising of Mohammed Jiyad, Mritika Karthigeyan and Neha John, completed the project under the supervision of Anupama Sajith.

The project focused on various areas whereby the usage of paper can be reduced. It highlighted the fact that paper is made from trees and in order to produce paper, trees are cut thus causing direct damage to the environment. The team ensured to create awareness of the importance of reducing the use of paper via interesting posters as well as class to class campaigning. As a result of this campaign, all school teachers assured their total support towards reducing use of papers by sending student worksheets online.

OIS Principal, Jacob KM, assured them of processing most of the school circulars online and also taking up the task of processing admissions entirely online in the near future. The team conducted campaigns supported by a message from Vincent Van Gogh saying "great things are done by a series of small things brought together."



Qatar University to organise 'Graduation Open Day'



Qatar University (QU) will organise the 'Graduate Open Day' event on March 1 at the University's Research Complex.

The event aims to provide information to prospective graduate students on the vast number of diverse graduate programmes offered at QU and to familiarise prospective students on admission requirements and registration procedures.

Visitors will have the opportunity to meet with programme faculty, graduate staff, and current graduate students to learn about graduate programmes and graduate life at QU.

The Graduate Open Day event will feature information and activities spanning 34 graduate programmes, comprising of four diploma programmes in education, 25 master's degree programmes, 1 PharmD programme, and 4 PhD programmes with 15 areas of concentration. Visitors will also have the opportunity to learn about the many research centres that are associated with graduate study and graduate research at QU. Additionally, visitors will be able to network with current QU faculty and researchers, industry specialists from various sectors (i.e. Health, Energy, Social Sciences, Information Technology, etc.) and other prospective graduate students.

Commenting on the event, QU VP for Research and Graduate Studies Prof Mariam Al Maadeed said: "The Graduate Studies Office at Qatar University aims to provide support to all prospective graduate students. It is also committed to helping citizens and residents alike to achieve their academic and professional ambitions right here in Qatar as well as providing financial support to graduate students on a competitive basis." She added: "QU is committed to providing high-quality graduate education in areas of national priority. The University offers the widest range of graduate programs in Qatar tailored to meet the needs of Qatari society. Qatar University has been successful in high-caliber graduate education and research initiatives which can be provided at the largest national university in Qatar."



The man who turned the lights on in energy-starved Nepal



AFP

The continuous whirl of hair dryers is a novel sound at the Blush Beauty Point parlour in Nepal's capital Kathmandu, which until just five months ago had to close at regular intervals because of power cuts.

Scheduled power cuts -- known as load-shedding -- have been a part of daily life in the impoverished landlocked country for decades, forcing small businesses to rely on expensive generators or simply close when the lights went out.

"We had to run our business according to the load-shedding schedule. Clients would call and check if there was light," the salon's owner Anita Shrestha said.

But that has all changed since Kulman Ghising was appointed head of the Nepal Electricity Authority in September last year.

Load-shedding -- previously up to 16 hours a day in the winter dry season -- has all but ended in the country's three largest cities and in other major towns been reduced to around two hours on alternate days.

"When I was appointed I set the goal that I would at least make Kathmandu load-shedding free," Ghising said.

"But at that time I felt that whatever I said I could manage more than that."

Demand for electricity has long outstripped supply in Nepal, with energy production severely depressed by chronic under-investment and inefficiencies in the power network.

The result has been crippling for domestic industry and deterred foreign investment, while crucial infrastructure development has flagged in the years of political paralysis that followed the end of the Maoist insurgency in 2006 and the overthrow of the monarchy two years later. Ghising's formula to end the power cuts involved tackling some basic inefficiencies.

He overhauled the hydropower generation system -- storing water at times of low demand so more could be generated at peak hours. He also ended a policy that provided electricity round the clock to certain industries.

The policy was meant to give 24-hour power to around 20 big employers, but had expanded after decades of mission creep -- and backhanders.

"Before there was some mismanagement that some industries get 24 hours (of power), some industries get 12 hours, some industries get only 8 hours. There was unequal distribution of electricity that was not as per the rules of NEA," said Ghising.





In addition, he brought online some power plants that had been sitting idle due to poor maintenance, and launched a public awareness campaign to encourage people to avoid electricity-guzzling activities -- like ironing and pumping water -- in the evenings when demand for power is at its highest.

But arguably the single greatest weapon Ghising has is the backing of the prime minister and the energy and finance ministers.

For one of the first times in Nepal's short history as a parliamentary democracy, all four are members of the Maoist party and that political alignment is bearing fruit. The country is due to hold its first local elections in nearly two decades later this year and the Maoists need to show results to boost their chances at the polls.

But while Ghising might have turned on the lights for much of Nepal, the country will need to harness its huge hydropower potential to keep the electricity flowing.

"It's cautious optimism because we are known to squander opportunities," said Sujeev Shakya, founder of the Kathmandu-based Nepal Economic Forum, of the recent drop in load-shedding.

He added: "Now at (the) NEA you have a good guy and he may try to reform, but the system is designed to take care of the interests of few."

Nepal with its mountain river system should be an energy-producing powerhouse.

Experts say it could be generating 83,000 megawatts of power, but its total installed generation capacity currently stands at less than two percent of that.

Construction on two long mooted projects is finally expected to begin later this year.

It will take around seven years before they come online, but even one would double Nepal's current generation capacity, eventually transforming it into an energy exporter.



That would be a game changer for the Himalayan nation, which currently relies on India for electricity in the winter dry season.

But with the average tenure of governments in Nepal at around seven months, many are concerned that another change at the top could reverse the recent gains.

"Development of hydro energy infrastructure requires a long-term view. And with these short-term governments it's very difficult to believe they can have a long-term view," said Shakya.

And on the now lit streets of Kathmandu, suspicion darkens the mood.

"I don't know the details, but I feel like Nepalis were kept in the dark for too long," said Shrestha as she styled a client's hair into cascading curls.

"There is a tension that there will be power cuts again if the government changes."

Maserati Qatar is official car sponsor of DWJE

Alfardan Sports Motors, the official dealer of Maserati Qatar, announced its exclusive partnership with The Doha Watches & Jewellery Exhibition (DWJE) as the exhibition's official car sponsor.

Maserati's partnership marks the first time that The DWJE has appointed an official car brand to represent the exclusivity and elegance of the exhibition.

The sponsorship confirms Maserati's unchallenged place among the most luxurious and stylish cars in the world, which sets it apart as the car of choice for luxury events like the DWJE in Qatar.

Alfardan Sports Motors, will provide a fleet of eight Quattroporte and Ghibli as designated VIP vehicles to serve the exhibition. Guests and officials of the DWJE will enjoy the performance, timeless Italian style, bespoke interiors and the signature sound that Maseratis are renowned for. In addition, visitors will have the opportunity to see the new Maserati Quattroporte - that was recently launched in Doha - which will be on display during the exhibition and explore its innovation excellence.



Commenting on the event, Charly Dagher, General Manager of Maserati Qatar at Alfardan Sports Motors said: "We are delighted to partner with the Doha Watches & Jewellery Exhibition and take on the role as the official car sponsor. This exhibition, which is being hosted for the 14th year here in Qatar, will draw an elite group of visitors who are true connoisseurs of luxury. The invited VIPs will be arriving in Maserati's flagship, the Quattroporte and Maserati's sports executive sedan, the Ghibli over the entire exhibition period; because we want them to experience the sheer beauty and thrill that only a Maserati can deliver".

Sheraton Doha offers exclusive dining experience



Sheraton Grand Doha Resort & Convention Hotel, welcomes Qatar's residents to try an exclusive dining experience pertinent to the region — a Qatari Food Festival in collaboration with national Qatari food icon, Sheikha Ahmad Almeer.

Guest Chef, Sheikha Ahmad Almeer, the first Qatari to publish a book dedicated to the region's food (The Art of Qatari Cuisine), will present a wide selection of delicious regional heritage dishes, cuisine that promises to bring comforting nostalgia to locals and cultural enrichment to those who are new to the country.

The Qatari Food Festival will begin on Friday with lunch and continues with two days of decadent buffets (Feb 26 - 27) at the iconic hotel's Al Hubara restaurant.

Lasting for three days, the festival gives Doha's diners a delicious taste of national culinary traditions, offering guests an extensive array of dishes, and new and familiar flavours.

The wide variety of dishes on offer at Friday lunch include specialties such as Meat Harees, Chicken Madrouba (a rice dish cooked with milk, butter and cardamom) Hammour Majbous, Fish Salona, Shrimp Jerish amongst others. Sunday and Monday's dinner menu includes highlights such as Shrimp Mamoush, Meat Kimiyah, amongst others.

Guest Chef, Sheikha Ahmad Almeer, said: "The Qatari Food Festival presents an interesting opportunity to experience the region's favourite dishes, and discover our heritage and culture through food. I'm excited to bring diners a delicious banquet that brings back fond memories of family occasions and gatherings and share the roots of Qatar's cuisine with our culturally-diverse community." Al Hubara Restaurant, Sheraton Grand Doha Resort & Convention Hotelhas gained a reputation for bringing new experiences to Qatar's foodies, hosting a variety of theme nights which allow diners get a flavor of another country's cuisine.

The Qatari Food Festival is open for brunch on Friday from 12 noon to 3 pm and Sunday and Monday (Feb 26, 27) for dinner from 7pm to 11:30pm. Guests can enjoy the Qatari Food Festival brunch for QAR315 per person including soft beverages and dinner for QAR235 per person.

DeBakey-Qatar students visit Qatar Prime Dental Care

After studying dental concepts, DeBakey-Qatar students visited Qatar Prime Dental Care. They were able to observe Dr Johnny and his team operating over patients using dental equipment and instruments.

They were allowed to practice restorative procedures using models, mixing dental material for impressions, and taking dental radiographs by panoramic X-ray machine. It was a great opportunity to have hands on experience and move their practical knowledge one step further.



DPS-MIS organises sport activities

DPS-MIS recently conducted a series of sport activities in line with the Qatar government's goal of creating a healthy community at both physical and psychological levels.

There were events for all age groups, starting from Nursery to Grade 12. It was a chance for our children to showcase their sporting prowess, learn important lessons about competition and enjoy a happy, healthy dose of fresh air in the company of friends. While the tiny tots enjoyed participating in various drills, ball race and obstacle race, the older ones enjoyed athletics and team sports.

We at DPS-MIS recognise and acknowledge the utility of sports in a child's life. They not only provide relaxation and recreation but also infuse team spirit and discipline. Sports and games are the right avenues to channelise the energy and vitality of students and make their leisure hours worthwhile. We appreciate the efforts made by the Qatar government to make its community active and healthy.









Living in present boosts productivity at workplace too

Living in the moment not only improves your overall health and mood but also enhances productivity at the workplace, new research has revealed, suggesting that firms the world over must look into conducting mindfulness sessions for employees.

Mindfulness is often viewed as a valuable management tool that can lift an entire workplace. Injecting a corporate culture of mindfulness not only improves focus but also boosts the ability to manage stress and how employees work together, the team noted.

The approach can improve a range of workplace functions and appears to positively impact overall human functioning.

"Historically, companies have been reticent to offer mindfulness training because it was seen as something fluffy, esoteric and spiritual but that's changing," said Christopher Lyddy from the School of Management at Case Western Reserve University in the US.

"When you are mindful, you can have a greater consciousness in the present that's vital for any executive or manager, who, at any given moment, may be barraged with various problems that call for decisions under stress," Lyddy added.

Organisations such as search engine giant Google, global health care companies like Aetna and Mayo Clinic and the United States Marine Corps. are already using mindfulness training to improve workplace functioning, said the study published in the Journal of Management. The team considered 4,000 scientific papers on various aspects of mindfulness, distilling the information into an accessible guide documenting the impact mindfulness has on how people think, feel, act, and perform.

A small but growing body of work in the management area suggests mindfulness is linked to



better workplace functioning. The study provides an evidence that mindfulness improves attention, cognition, emotions, behaviour and physiology.

Mindfulness or being in present has been shown to improve three qualities of attention -- stability, control and efficiency. Individuals who completed mindfulness training remained vigilant longer on both visual and listening tasks.

Although mindfulness is an individual quality, initial evidence suggests that it affects interpersonal behaviour and workgroup relationships, the researchers noted.

Armoured mammals were gigantic armadillos

IANS

Huge, armoured mammals that went extinct in the Americas at the end of the last Ice Age likely originated less than 35 million years ago from ancestors within lineages leading directly to one of the modern armadillo families, researchers reveal.

The team found that the closest relatives of glyptodonts -- some species of which may have weighed two tonnes or more -- include not only the giant armadillo which can weigh up to 25 pounds but also the four-ounce pink fairy armadillo or pichiciego.

With the assistance of South American colleagues and Ross MacPhee, a curator in the American Museum of Natural History's Department of Mammalogy, researchers received ancient DNA sample from undetermined species of Doedicurus - a gigantic glyptodont that lived until about 10,000



years ago. Using a novel approach to recover genetic information from ancient specimens, the team successfully assembled the complete mitochondrial genome of Doedicurus. "Ancient DNA has the potential to solve a number of evolutionary questions. In this case, we used a technical trick that allowed us to selectively enrich our Doedicurus DNA extract so that we had enough endogenous genetic material to work with," said MacPhee.

Two molecular phylogeneticists -- Frederic Delsuc from University of Montpellier (France) and Hendrik Poinar of McMaster University (Canada) - then developed a set of computer-reconstructed ancestral sequences to reconstruct the complete mitogenome of this glyptodont.

The researchers found that glyptodonts likely had a much later origin - from ancestors within lineages leading to the modern armadillo family Chlamyphoridae. "Contrary to what is generally assumed about the distinctiveness of glyptodonts, our analyses indicate that they originated only some 35 million years ago, well within the armadillo radiation," Delsuc noted. "Taxonomically, they should be regarded as no more than another subfamily of armadillos, which we can call Glyptodontinae," he explained in a paper reported in the Cell Press journal Current Biology. The authors also point out that they were unable to identify any morphological features that confirm the close relationship of relatively enormous glyptodonts and much smaller living armadillos.

Can your nachos top this?



Bonnie S Benwick
The Washington Post

Salty, creamy, crunchy and bright: Those are the tastes a good pile of nachos should bring to the party. "Buenos Nachos" author Gina Hamadey says this Super Bowl snack favourite is all about the cheese, but those of us who have experienced congealed cheddars and soggy-gloppy, stuck-together chips realise it's also about the good distribution and harmony of the components.

Where to start? Right here. With a little finesse applied to each part, you can present a winning platter on Game Day.

El Rey Nachos:

8 to 10 servings

Here, the flavoured cheese sauce coats but does not cool to a firm, congealed state, which makes it perfect for those who appreciate good nacho coverage and for those occasions where guests can build their individual portions.

A sturdy corn tortilla chip is highly recommended; to make your own, see the NOTES below.

MAKE AHEAD: The poblano peppers can be roasted, peeled and refrigerated a day or two in advance. The sauce can be refrigerated for up to 3 days; reheat over medium-low heat or, for a party, in a slow cooker on the warm setting.

Based on a recipe from Carmen Nuñez, the chef at El Rey Taqueria and Mexican Beer Garden in D.C.

Ingredients

For the sauce

1 1/2 pounds poblano peppers, roasted (see NOTES; may substitute 4 jarred, roasted red peppers)

1 cup water

1 1/2 cups heavy cream

1 pound American cheese

Kosher salt (optional)

For the nachos

One 25-ounce package 6-inch fresh corn tortillas, cut into quarters and fried

1 bunch scallions, chopped (white and light-green parts)

2 1/2 cups cooked black beans and/or cooked, chopped chicken

Pickled onion slivers and/or pickled jalapeño slices (see NOTES)

Steps

For the sauce: Combine the roasted peppers and water in a blender (not a food processor) on high speed, making sure not to include any seeds; puree until smooth. The yield is just under 2 cups. Heat the heavy cream in a non-stick saute pan over medium-low heat. Add the cheese and cook for about 10 minutes, stirring occasionally, until the cheese has melted and the mixture is creamy. Reduce the heat to low to keep it warm.

Stir in the poblano puree; taste, and add salt as needed. (If the chips you're using are salted, you may want to skip adding salt to the sauce.) The yield is about 4 cups.

To assemble the nachos, line individual wide, shallow bowls or baskets with wax paper or coated paper liners. Place two or three handfuls of chips in each one. Ladle the sauce over each portion of chips, then scatter equal amounts of the scallions, beans or cooked meat and the pickled onion on top.

Serve right away

NOTES: Roast the peppers on a baking sheet in a 425-degree oven for about 20 minutes, until they begin to deflate and the skin looks loosened. Transfer to a zip-top bag and seal to steam for about 10 minutes, then discard the skins, stems and seeds.

To make your own corn tortilla chips, fry the quartered fresh corn tortillas in batches in 350-degree canola or vegetable oil just until golden. Drain on a rack over paper towels; if you wish to salt them, do so right away. To bake them instead, spread in a simengle layer on a rimmed baking sheet and spray with cooking oil spray, seasoning lightly with salt, if you'd like; toast in a 375-degree oven till lightly browned and crisped.

To quick-pickle the onion, toss together 1 red or white onion cut into thin half-moon slices, 2 tablespoons of sugar and a generous sprinkling of salt in a medium bowl; let it sit for 5 to 8 minutes, so the onion wilts a bit. Stir in 1/2 cup of vinegar; let it sit for about 15 minutes, so the vinegar infuses the onions and the sugar and salt dissolve. Nutrition | Per serving (using store-bought unsalted chips, no-salt-added black beans and 1/4 cup pickled jalapeño slices): 720 calories, 22 g protein, 60 g carbohydrates, 44 g fat, 20 g saturated fat, 95 mg cholesterol, 680 mg sodium, 9 g dietary fiber, 2 g sugar.



Novel substance promises nerve pain treatment

IANS

Offering a glimmer of hope for people suffering from chronic nerve pains, researchers have found that a novel substance inhibits the pain effectively and is well tolerated.

The standard treatment for this chronic nerve pain, known as trigeminal neuralgia, a condition that can lead to acute pain in the teeth or facial area, is associated with burdening side effects.

In this study, published in the journal Lancet Neurology, the substance, BIIB074, was found to reduce the pain to a tolerable level.

"Unlike conventional drugs, which often cause tiredness and concentration problems, BIIB074 was not only effective, but also very well tolerated," said one of the researchers, Dominik Ettlin, a dental specialist at University of Zurich in Switzerland. "We will now test the new substance in a lot more subjects during the next study phase, which will reveal whether the new hope for more effective pain relief is justified," he added.

Bouts of pain in people with trigeminal neuralgia can be triggered by touch, such as shaving, putting on make-up, showering, talking and tooth brushing, or even a gust of wind.

The cause is usually an irritation of the trigeminal nerve, the cranial nerve responsible for the sensory innervation of the facial area, parts of the scalp, and the oral cavity. Pain signals reach the brain via the activation of sodium channels located in the membranes of nerve cells.

The sodium channel "1.7" is frequently expressed on pain-conducting nerves and higher pain intensity is linked to higher channel activity. Blocking this sodium channel inhibits the pain.



In trigeminal neuralgia, the nerve damage is presumed to be at the base of the skull. However, this region is hard to reach by local injections and therefore requires drug treatment.

Eating almonds daily can boost your overall health

Eating moderate amount of almonds daily right from the childhood days can drastically improve health later in life, a study has found.

"If a parent is able to incorporate almonds or different healthy snacks into a child's diet, it's more likely that the child will choose those snacks later on in life," said lead researcher Alyssa Burns from University of Florida.



To reach the conclusion, researchers studied the effect that the addition of almonds can have on a person's diet quality. For a 14-week study, data was collected from 28 pairs of parents and children.

The parents were instructed to eat 42.52 grams of almonds each day and the children were encouraged to eat 14.17 grams of almonds or an equivalent amount of almond butter each day.

The findings, published in the Journal of Nutrition Research, showed that after the almond intervention, the average "Healthy Eating Index" score for parents and children increased.

The results suggest that whole food approaches, like adding almonds to one's diet, may be an achievable way to improve overall public health.

"Adding a variety of fruits, vegetables and nuts to your diet can improve your overall diet quality,"

Burns added, suggesting parents and children to replace salty and processed snacks with almonds.

Emotionally abused kids prone to migraine attacks

Children who are emotionally abused are more likely to experience migraines as they mature, says a study.

The study showed that the link between migraine and abuse was stronger for emotional abuse than for physical or sexual abuse.

"Emotional abuse showed the strongest link to increased risk of migraine," said lead study author Gretchen Tietjen from University of Toledo in Ohio. The researchers investigated data from 14,484 people aged 24 to 32. Nearly 14 percent reported that they had been diagnosed with migraines.

Among those who experienced abuse, 55 percent were more likely to experience migraine than those who were never abused after accounting for factors like age, income, race and sex. Those who underwent emotional abuse were 52 percent more likely to have migraine than those who were not abused, after accounting for other types of abuse as well as age, income, race and sex.

Those who were abused were not significantly more likely to have migraine than people who were not abused.

'Ittefaq' shoot begins with SRK on set

The shoot of Sidharth Malhotra and Sonakshi Sinha starrer "Ittefaq' -- a recreation of the late Yash Chopra's eponymous 1969 directorial -- began in Mumbai, with superstar Shah Rukh Khan giving his creative inputs on the set.

Shah Rukh's Red Chillies Entertainment is co-producing the movie along with Dharma Productions and B R Films. It is being directed by the late B R Chopra's grandson Abhay.

"Great day one of 'Ittefaq'. Thank you SRK sir. This one will be special," Sidharth shared on Instagram, with a photograph featuring the team with the movie's clapboard. Sidharth, who sported bruises on his face for his role in the murder mystery, was enthusiastic about the shoot. "It was great to have Shah Rukh sir visit us on the sets. He gave us tips and creative suggestions on our roles. I am really excited to create this film with Dharma and Red Chillies," Sidharth said in a statement.

Sharing her excitement, Sonakshi tweeted: "Thank YOU SRK, Karan Johar and of B.R. Films. Was an amazing first day on set today with you all! Great start to our 'Ittefaq' journey."The two actors won't be seen as a romantic couple in the film, and instead have strong lead roles to themselves, While SRK said the original "Ittefaq", which featured Rajesh Khanna, Nanda and Bindu, is one of his "favourite films by Yashji", Karan said the team was "excited to recreate the magic".

"My favourite films by Yashji, 'Ittefaq' is being recreated by Abhay. Thanks Sidharth Malhotra, Sonakshi Sinha, Akshaye. Also, B.R. and Dharma Films tie up with RCE," Shah Rukh tweeted. Karan thanked Shah Rukh for his support, and said Sidharth and Sonakshi make a "smashing pair".



Shruti Haasan resumes 'Katamarayudu' shoot

Actress Shruti Haasan yesterday said she has returned to the sets of Pawan Kalyan-starrer upcoming Telugu actioner "Katamarayudu" after a brief hiatus.

"Hello Hyderabad! Back for the shoot of 'Katamarayudu' and looking forward to some super duper work today," Shruti tweeted.

The project marks her reunion with Pawan Kalyan after five years. The duo had previously worked together in 2012 Telugu actioner "Gabbar Singh". "Katamarayudu", a remake of Tamil film "Veeram", is being directed by Kishore Kumar Pardasani. The film also stars Tarun Arora, Chaitanya Krishna, Siva Balaji and Kamal Kamaraju among others. Produced by North Star Entertainment, the film is gearing up for March 29 release.



'Rangoon' role not based on anybody: Kangana

Actress Kangana Ranaut, whose character in the forthcoming film "Rangoon" is said to be loosely based on actress-stunt woman Fearless Nadia, says her role is not based on any real-life person.

A lawsuit was reportedly filed against "Rangoon" maker Vishal Bhardwaj on grounds of copyright infringement, by Wadia Movietone Pvt Ltd, which has claimed that Kangana's character Miss Julia is based on real-life Australian stunt actor Mary Evans, popularly known as Fearless Nadia.

Asked about it, Kangana said here: "I think there is some legal hassle around that. First of all, we cannot comment on a matter when it's already in the court, but we can assure you that it's not based on any living or dead person." The 29-year-old actress added that "Rangoon" is "completely a fictional story" and the "characters are fictional as well".



It's not necessary to adapt every book into film: Nandita



Acclaimed actor-director Nandita Das who is currently preparing for her new directorial venture "Manto" said that a book and a film are two different mediums and both have their own charm, so it is not necessary to adapt every book into a film.

Reading a book is a different experience than watching a film. When I was going through some stories of Manto (Saadat Hasan Manto) I realised that they can reach to your mind with a different level of intensity... So I think it's not necessary to make a film out of every book," the actress said.

She was present at the launch of Varun Gwalani's "The First Storyteller" that touches upon the issue of psychological health. "A society can develop only if we talk about issues like mental illnesses openly, create awareness among people, share others' experiences and understanding. Avoiding such issues will not help resolve any problem," the actress, known for her work in movies like "1947 Earth", "Fire" and "Firaaq", said.

A boost for Nollywood with 'The Wedding Party'

AFP

Nollywood film "The Wedding Party" has shown Nigerian cinema at the top of its game, with its success at the box office taking it to new audiences across Africa and the world. The country may well be in recession but Nollywood, which churns out some 2,000 films a year and is the world's second-biggest film industry outside India, has never been healthier.

"The Wedding Party" is a madcap, glamorous comedy telling the story of the marriage of Dunny and Dozie, despite the misgivings of their families' rivalries. One family is Igbo and the other Yoruba -- two of the main ethnic groups in Nigeria.

The film's director, Kemi Adetiba, admitted that she hadn't expected it to be so successful.

In the two months since its release, the film, which is still showing in cinemas, has already generated $1.3m, shattering the west African nation's previous record. Until then, the record was the 178.5m naira made by "A Trip to Jamaica", which also came out last year, showing that homegrown films can be more popular than Hollywood blockbusters.

At a cinema in Lagos, the audience cried out in delight at the sight of hundreds of guests of the bride and groom trying to outdo one another in frenzied traditional dances. Betty had seen the film three times already but was still laughing throughout.



Jolie warns against rising populism



IANS

Actress, filmmaker and activist Angelina Jolie said people should know better than to fall for the "old tricks" of populist leaders. Jolie was speaking in Cambodia to promote her Pol Pot-era film "First They Killed My Father". Jolie was asked to comment on the dangers of rising populism during a BBC interview published on Monday.

"This is an old trick and we should know better [than] to fall for it," the director said, The Washington Post reported.

"And I see it rising, and the only thing I can do is use my voice and encourage others. And raise my children to know right and wrong and to have a broader view of the world and to embrace their diversity and other people's, and respect others. "And I think that's all we can do right now, is each and every person - each one of your listeners - we all just have to be the best of ourselves," she added.

"Now more than ever, we really have to rise up and find our rational center, our who-we-are and what-do-we-stand-for. And we know it. We know what's right and wrong."

Jolie didn't mention a particular country or politician in her remarks on populism.

The Oscar-winning actress wrote an op-ed earlier this month for The New York Times criticizing President Trump's travel ban and calling on the US to respond to terrorism with facts instead of fear. Jolie was reluctant to talk about US President Donald Trump specifically in her BBC interview, but said the American people will persevere.

"The American people are bigger than any president," she said. "I suppose I have faith in my country and in what it is founded on and the values we hold dear. I believe that many of the things that we're hearing that we feel are based on a sense of spreading fear or hate or dividing people by race or judgement is un-American. "At this time I think what is amazing is we are seeing people around the world start to speak out for their civil liberties and rights and what they feel," she added.

JLo & Drake 'were just hanging out'

Singer-actress Jennifer Lopez says her rumoured relationship with rapper Drake was nothing more than a song collaboration and they were just hanging out with each other. Lopez spoke about Drake on "The Ellen DeGeneres Show" yesterday, reports aceshowbiz.com.

DeGeneres asked Lopez who did she spent Valentine's Day night with.

She then brought up a photograph of Drake and asked, "Was it this guy?" Lopez then responded: "No, he's off on tour right now. We did a song together."

McCartney & Ringo Starr reunite in studio

Paul McCartney and Ringo Starr, the last two surviving members of the Beatles, recently reunited in a studio, sparking the band's reunion rumours. "Thanks for coming over man and playing great bass. I love you man peace and love," Starr tweeted along with their photograph, reports mirror.co.uk.

Starr, who was the drummer in the Beatles, is working on a solo album at his home studio. And it appears that singer-songwriter McCartney came over to lend a hand on bass.

Are robots trustworthy when your life is at stake?

IANS

Robots are unreliable in case of fire or other emergency situations but people trust them blindly, according to a new study. People may trust a robot too much for their own safety in case of emergency situations, but the machine has proven itself unreliable.

"People seem to believe that these robotic systems know more about the world than they really do, and that they would never make mistakes or have any kind of fault," said Alan Wagner, a senior research engineer in the Georgia Tech Research Institute (GTRI).

In a mock building fire, designed to determine whether or not people would trust a robot designed to help them evacuate a high-rise, researchers were surprised to find that the test subjects followed the robot's instructions, even when the machine's behaviour should not have inspired trust.

The researchers recruited a group of 42 volunteers, most of them were college students, and asked them to follow a brightly coloured robot that had the words "Emergency Guide Robot" on its side.

The robot led the study subjects to a conference room, where they were asked to complete a survey about robots and read an unrelated magazine article. The subjects were not told the true nature of the research project. In some cases, the robot, which was controlled by a hidden researcher, led the volunteers into the wrong room and travelled around in a circle twice before entering the conference room.



Why no alien has listened to us

Why have we not received any call from the aliens out there yet? What if extraterrestrial observers called but nobody on Earth heard? As scientists step up their search for other life in the universe, two astrophysicists from McMaster University are proposing a way to make sure we don't miss the signal if extraterrestrial observers try to contact us first.

According to Rene Heller and Ralph Pudritz, the best chance for us to find a signal from beyond is to presume that extraterrestrial observers are using the same methods to search for us that we are using to search for life beyond Earth.

Here on Earth, space researchers are focusing most of their search efforts on planets and moons that are too far away to see directly. Instead, they study them by tracking their shadows as they pass in front of their own host stars.

If such observers are using the same search methods that scientists are using on Earth, the researchers propose that humanity should turn its collective ear to



Earth's "transit zone" - the thin slice of space from which our planet's passage in front of the Sun can be detected. "If any of these planets host intelligent observers, they could have identified Earth as a habitable, even as a living world long ago and we could be receiving their broadcasts today," Heller and Pudritz wrote. The question of contact with others beyond Earth is hardly hypothetical as several projects are under way, both to send signals from Earth and to search for signals that have been sent directly or have "leaked" around obstacles, possibly travelling for thousands of years.

Nasa to reveal new findings this week

Nasa has hinted at discovery of something exciting related to planets that orbit stars other than our sun, known as exoplanets.

The US space agency said it will hold a news conference to present the findings at the agency's headquarters in Washington on Wednesday.

Prominent Nasa scientists, astronomers and a professor of planetary science and physics at Massachusetts Institute of Technology will participate at the briefing.

Nasa has also invited media and the public to ask questions during the briefing on Twitter using the hashtag #askNasa.

Apple working on Siri-powered speaker

US tech giant Apple is reportedly working on Siri-powered speaker just like Amazon Echo, an artificial intelligence (AI)-based speaker that can be controlled by voice. "The future goal of the technology is to utilise Siri as an 'omnipresent AI assistant across devices' rather than have a central hub," appleinsider.com reported yesterday.

The Siri-controlled device would likely carry out the same tasks that the personal digital assistant already does on iPhones and iPads.

Oppo to unveil new smartphone

Chinese smartphone maker Oppo will unveil a new smartphone with 5x zooming ability at the Mobile World Congress (MWC) in Barcelona, Spain, later this month.

The company has teased the smartphone with the tagline 'Go 5x further' on its Facebook page. "We chose MWC to unveil the 5x technology with the belief that we can inspire the industry to aim higher, and continue to create pioneering products that give amazing experiences to consumers."

'Spectacles' now available in US

The much-anticipated video recording 'Spectacles' from photo-sharing service Snapchat is now available online for users in the US at $129.99. Snapchat 'Spectacles' record video and pair to user's phone over Bluetooth or WiFi which can then be uploaded to the user's Snapchat account.

According to a report in Fortune, 'Spectacles' come with a charging case and cable in three shades including black, coral red and teal blue.

"Snap's (Snapchat's parent company) IPO is expected to take place on March 2, so the move to sell Spectacles to the masses could give Snap a stronger footing as it tries to court investors during its whirlwind roadshow over the next two weeks," the report said.

NOVO — Pearl

John Wick 2 (2D/Action) 11:30am, 1:30, 2:00pm, 4:30, 6:30, 7:00, 6:00, 8:30 9:30, 11:30pm & 12:00am
Fist Fight (2D/Comedy) 11:00am, 12:30, 3:30, 5:00, 7:40, 9:30 & 11:00pm
Gold 10:00am, 11:00am, 2:30, 4:00, 7:00, 9:00pm & 11:30pm
The Lego Batman (3D Imax/Animation) 10:00am, 10:30am, 12:10, 12:40, 2:20, 2:50, 4:30, 5:00, 6:40, 7:10 & 9:20pm
Split (2D/Thriller) 11:30pm
The Last Face (2D/Drama) 10:30am, 12:40, 2:30, 7:00. & 11:30pm
The Lady Bloodfight (2D/Action) 12:30, 5:00, & 9:30pm
The Remains 12:40, 5:20 & 10:00pm
Kung Fu Yoga (2D/Action) 11:00am, 3:20pm & 12:00Midnight
Rings 3 (2D/Drama) 1:10, 5:30, 9:50pm
Fein Qalby (2D/Arabic) 10:00am, 12:20, 2:40, 5:00, 7:20, 9:40pm & 12:00midnight
La La Land (2D/Musical) 6:40, 9:10, 11:40pm

MALL

Running Shaadi.Com (2D/Hindi/Comedy) 2:00 & 11:15pm
Munthirivallikal (2D/Malayalam/Comedy) 2:00 & 11:15pm
The Lego Batman Movie (2D) 3:00 & 5:00pm **The Lady Bloodfight (2D/Action)** 6:15pm
Gold (2D/Thriller) 4:15pm **Fist Fight (2D)** 4:45 & 10:00pm
The Last Face (2D/Drama) 6:15pm **Jolly LLB 2 (2D/Hindi)** 8:30pm
My Ex And Whys (2D Tagalog) 7:00pm **Fein Qalby (2D/Arabic)** 8:00pm
John Wick 2 (2D/Action) 9:15pm **The Remains (2D/Tamil)** 11:30pm

LANDMARK

Munthirivallikal (2D/Malayalam/Comedy) 2:15 & 11:00pm
Ballerina (2D/Animation) 5:00pm
The Lego Batman Movie (2D) 2:30 & 4:30pm
Irada (2D/Hindi) 2:30 & 6:45pm **Jolly LLB 2 (2D/Hindi)** 8:45pm
Fist Fight (2D/Comedy) 8:15pm **The Last Face (2D/Drama)** 4:30pm
The Remains (2D/) 6:30pm; **My Ex And Whys (2D)** 6:30pm
Singam 3 (2D/Tamil) 8:45pm **Fein Qalby (2D/Arabic)** 9:00pm
The Lady Bloodfight (2D/Action) 9:45pm
Gold (2D/Thriller) 11:30pm **John Wick 2 (2D/Action)** 11:30pm

Note: Programme is subject to change without prior notice.

ROYAL PLAZA

Munthirivallikal (2D/Malayalam/Comedy) 2:30 & 10:45pm **Fist Fight (2D/Comedy)** 3:00pm
The Lego Batman Movie (2D) 2:00 & 4:00pm
Fein Qalby (2D/Arabic) 5:15 & 9:15pm **The Remains (2D)** 7:30pm **Irada (2D/Hindi)** 9:15pm
The Lady Bloodfight (2D/Action) 5:00pm **John Wick 2 (2D/Action)** 6:00pm
Gold (2D/Thriller) 7:00pm **My Ex And Whys (2D/Tagalog)** 8:15pm
Singam 3 (2D/Tamil) 11:00pm **The Last Face (2D/Drama)** 11:15pm

ASIAN TOWN

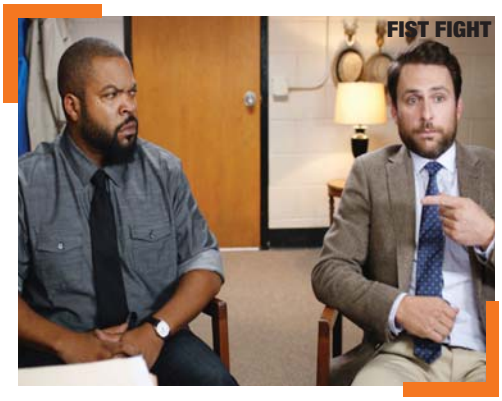
Munthirivallikal (Malayalam) 4:30, 6:00, 7:00, 9:00, 10:30pm & 12:00midnight
Jolly LLB 2 (2D/Hindi) 5:45pm **Jomonte Suvisheshangal (Malayalam)** 6:30pm
Irada (Hindi) 8:30pm **Singam 3** 9:30pm

AL KHOR

Singam 3 11:00am, 2:00, 5:00, 8:00 & 11:00pm **Jolly LLB 2** 12:30, 3:15, 6:00, 8:45 & 11:30pm **Jo Monte** 11:15am, 5:15 & 11:15pm **Balu Mahi** 2:15 & 8:15pm

ROXY

The Lego Batman 2:00, 4:00 & 6:00pm **Singam 3** 2:00, 5:00 & 11:30pm
John Wick 2 (2D/Action) 2:00, 4:30 & 7:30pm
Munthirivallikal Thalirkkumbol (Malayalam) 2:00, 12:30, 5:00, 8:00, 9:30 & 11:00pm



When one school teacher gets the other fired, he is challenged to an after-school fight.

VILLAGGIO & CITY CENTER



GULF MALL: 12.00 + 2.00 + 4.00 + 6.00 + 8.00 + 10.00 + 12.00 MN + (1.00 AM THURS/FRI)
GULF MALL VIP I: 11.00 AM + 1.00 + 3.00 + 5.00 + 7.00 + 9.00 + 11.00 PM
VILLAGIO: 12.00 + 2.00 + 4.00 + 6.00 + 8.00 + 10.00 + 12.00 MN + (1.00 AM THURS/FRI)
CITY CENTRE: 11.45 AM + 1.45 + 3.45 + 5.45 + 7.45 + 9.45 + 11.45 PM + (1.00 AM THURS/FRI)
CITY CENTRE VIP: 10.45 AM + 12.45 + 2.45 + 4.45 + 6.45 + 8.45 + 10.45 PM



GULF MALL: 11.30 AM + 1.45 + 4.00 + 6.15 + 8.30 + 10.45 PM + (12.30 MN THURS/FRI)
VILLAGIO: 12.15 + 2.30 + 4.45 + 7.00 + 9.15 + 11.30 PM + (1.00 AM THURS/FRI)
CITY CENTRE: 10.30 AM + 12.45 + 3.00 + 5.15 + 7.30 + 9.45 + 12.00 MN



GULF MALL: 12.15 + 2.45 + 5.15 + 7.45 + 10.15 PM
VILLAGIO: 10.45 AM + 1.15 + 3.45 + 6.15 + 8.45 + 11.15 PM
CITY CENTRE: 6.45 + 9.15 PM + 11.45 PM



GULF MALL: 12.30 + 2.45 + 5.00 + 7.15 + 9.30 + 11.45 PM + (12.45 MN THURS/FRI)
VILLAGIO: 12.00 + 2.15 + 4.30 + 6.45 + 9.00 + 11.15 PM
CITY CENTRE: 11.30 AM + 1.45 + 4.00 + 6.15 + 8.30 + 10.45 PM + (1.00 AM THURS/FRI)



GULF MALL: 8.00 + 10.00 + 12.00 MN
VILLAGIO: 11.15 AM + 3.30 + 7.45 + 12.00 MN
CITY CENTRE: 2.00 + 7.00 + 12.00 MN



GULF MALL: 6.15 + 8.45 + 11.15 PM
VILLAGIO: 1.45 + 6.30 + 11.15 PM



VILLAGIO: 12.30 + 3.00 + 5.30 + 8.00 + 10.30 PM
CITY CENTRE: 11.15 AM + 1.45 + 4.15 + 6.45 + 9.15 + 11.45 PM

BABY BLUES



HAGAR THE HORRIBLE



CROSSWORD

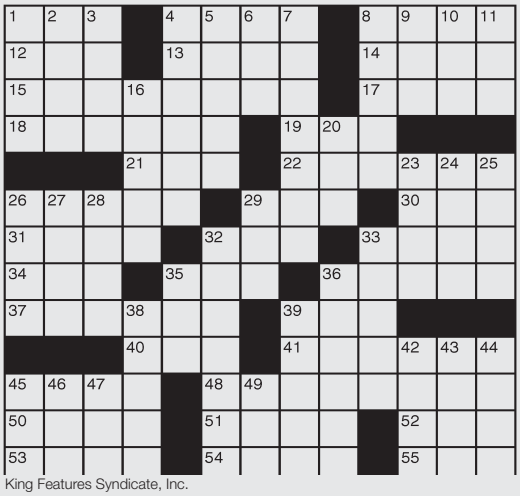
ACROSS
1 Identify
4 Vittles
8 Mideast strip
12 Olympics chant
13 Leak slowly
14 Verbal
15 Test type
17 Diamond arbiters
18 Evening meal
19 British "Inc."
21 Triage ctrs.
22 Old-style "Listen up!"
26 Soup holders
29 Physique
30 Solo of "Star Wars"
31 Hurler Hershiser
32 Vigor
33 Penny
34 Filming site
35 Pear-shaped fruit
36 High points
37 Universal
39 100%
40 Curved line
41 Swiss cereal
45 Bobcat cousin
48 Test type
50 Actress Gilpin
51 Pro-tracted
52 "Hail, Caesar!"
53 Unwanted email
54 Shoppe descrip-tion
55 Mauna —

DOWN
1 Young seals
2 Birthright barterer
3 React in horror
4 Errand runners
5 Lion's sounds
6 Subma-chine gun
7 Hotel staffer
8 Dutch cheese
9 Branch
10 Micro-wave
11 Gore and Franken
16 Compete in a bee
20 Danson of "Cheers"
23 Ostrich kin
24 Tug
25 Tolkien creatures
26 Pear type
27 Sand-wich cookie
28 Saturates
29 Plead
32 High-pitched flute
33 Star
35 Tall tree
36 Steep, rapid fall
38 Proverb
39 Revise
42 Drench
43 Zero, in tennis
44 Furniture brand
45 Vinyl records
46 "Uh-huh"
47 Gun lobby org.
49 D.C. figure

Solution time: 25 mins.

A	G	E	D			B	O	D	Y		R	U	M
L	A	N	E			U	R	S	A		A	N	O
D	R	O	P	C	L	O	T	H			I	T	O
A	B	S	O	R	B				O	R	N	O	T
			T	Y		B	R	O	A	D			
B	U	D	S		M	A	A		F	R	A	U	
E	R	R			E	L	M			O	R	R	
G	L	O	B		A	M	P		O	P	E	N	
			P	A	D	D	Y		I	F			
P	A	S	T	E			I	N	F	E	R	S	
A	S	H		L	E	M	O	N	D	R	O	P	
N	E	O		T	A	R	T		A	N	N	A	
S	A	T		A	R	I	A		Y	E	A	R	

Yesterday's answer 2-24



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2-24 CRYPTOQUIP

CUDX QT XUK ZDRK PE XUK GZQEPIR XUDX KYKIJ NPTXDF LKFQYKIJ NKITPZ CKDIT? D RDQF-NIDSXQSK TGQX.

Yesterday's Cryptoquip: I REALLY DON'T KNOW HOW THEY MAKE THOSE HAND-HELD TENNIS ITEMS. I'M NOT A RACKET SCIENTIST.

Today's Cryptoquip Clue: Q equals I

CONCEPTIS SUDOKU

By Dave Green

	1	5			9	6	4	2
8			2					1
6			4					7
7			3				1	
	6	3					5	
5			6			3		
9			5			8		
4			1		7			
	5	7			8			

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Difficulty Level ★★★ 2/01

Conceptis Sudoku: Conceptis Sudoku is a number-placing puzzle based on a 9×9 grid. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3×3 box contains the same number only once.

9	6	5	1	8	4	3	7	2
4	7	8	2	5	3	6	9	1
3	1	2	7	6	9	5	4	8
7	9	4	5	2	6	1	8	3
1	2	6	3	4	8	7	5	9
5	8	3	9	1	7	4	2	6
6	4	1	8	9	5	2	3	7
2	3	9	4	7	1	8	6	5
8	5	7	6	3	2	9	1	4

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Difficulty Level ★★ 1/31

Yesterday's answer

ALL IN THE MIND

C	H	R	E	P	P	A	N	S	B	M	S	N	P	A	R	B	E	Y
A	L	Y	K	C	A	B	E	L	K	C	I	T	S	L	H	R	M	E
E	B	B	B	C	S	C	D	R	E	D	N	U	O	L	F	G	H	H
C	D	A	O	R	A	T	H	O	I	J	A	L	M	G	M	U	A	A
K	M	S	R	P	E	R	I	U	G	S	E	A	A	I	E	P	K	L
H	U	S	N	R	I	A	P	N	B	F	R	L	N	M	Y	P	E	I
S	L	H	S	C	A	K	M	R	G	L	I	N	L	V	P	Y	X	B
I	L	S	K	A	Z	C	E	N	I	R	O	S	O	Y	T	R	L	U
F	E	A	E	M	R	Q	U	N	O	W	A	H	H	U	F	P	E	T
D	T	H	M	A	L	D	B	D	G	E	C	Y	N	S	H	I	G	Y
L	S	N	Z	L	H	I	I	N	A	N	G	A	M	C	O	H	S	A
O	T	A	I	M	L	O	O	N	A	Q	R	R	R	C	C	L	U	H
G	R	R	L	B	G	M	R	S	E	H	V	E	U	A	M	H	E	K
T	K	I	R	W	L	R	V	S	E	H	P	A	O	T	J	H	R	Y
D	U	P	T	A	M	V	O	R	E	B	G	R	V	F	S	A	T	N
R	G	O	S	M	P	A	R	U	N	V	E	Q	R	I	H	T	V	N
S	W	O	R	D	F	I	S	H	P	T	J	M	E	S	B	R	R	U
M	G	X	C	T	N	V	N	D	X	E	D	E	C	H	T	C	J	T
Z	O	F	E	G	U	V	O	C	C	A	R	E	P	G	L	O	E	I

ANCHOVY, BARRACUDA, BASS, BREAM, CARP, CATFISH, CHUB, DOGFISH, FLOUNDER, GOLDFISH, GROUPER, GUPPY, HAKE, HALIBUT, HERRING, JELLYFISH, KRILL, LAMPREY, MARLIN, MINNOW, MULLET, PERCH, PIKE, PIRANHA, ROACH, SALMON, SARDINE, SEAHORSE, SHARK, SNAPPER, SOLE, STICKLEBACK, STINGRAY, STURGEON, SWORDFISH, TROUT, TUNA, TUNNY.

ALJAZEERA

08:00 News
08:30 Listening Post
09:00 Europe's Forbidden Colony
10:00 News
10:30 Inside Story
11:00 News
11:30 The Stream
12:00 News
12:30 Rewind
13:00 NEWSHOUR
14:00 News
14:30 Inside Story
15:00 Al Jazeera World
16:00 NEWSHOUR
17:00 News
17:30 The Stream
18:00 Newsgrid
19:30 Witness
20:30 Inside Story
21:00 NEWSHOUR
22:00 News
22:30 The Stream
23:00 Witness

Discovery CHANNEL

13:05 How Do They Do It?
14:20 Alaska: The Last Frontier
15:10 Running Wild With Bear Grylls
16:00 Deadliest Catch
17:40 Misfit Garage
18:30 How Do They Do It?
19:20 Running Wild With Bear Grylls
20:35 Storage Wars Canada
21:00 Made By Destruction
22:15 How Do They Do It?
22:40 Impossible Engineering

ANIMAL PLANET

12:55 Bondi Vet
13:50 Catching Monsters
14:45 Gator Boys
15:40 Call Of The Wildman
16:05 Call Of The Wildman
17:30 River Monsters
19:20 Insane Pools: Off The Deep End
20:15 Tanked
21:10 Call Of The Wildman
21:35 Call Of The Wildman
22:05 Yankee Jungle
23:00 Insane Pools: Off The Deep End

DISNEY CHANNEL

13:00 Welcome To The Ronks
14:35 Jessie
15:00 Bunk'd
15:25 Kirby Buckets
15:50 Rolling To The Ronks
16:15 Sunny Bunnies
17:35 Descendants Wicked World
17:40 Girl Meets World
18:05 Bizaardvark
20:20 Shake It Up
20:45 Backstage
21:10 Liv And Maddie
21:35 Cracke
21:40 The Next Step
22:05 Best Friends Whenever
22:30 Jessie

safety begins here...



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