

SHOW

Pratt loses weight with intermittent fasting

IAN S | Los Angeles

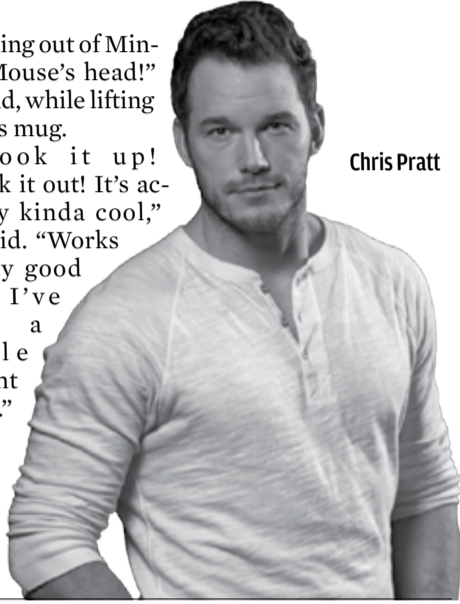
Actor Chris Pratt says intermittent fasting has helped him to lose a little weight. The “Guardians of the Galaxy” star, 39, is famously fit after years of training for his various superhero roles, and this time around he is trying out the popular diet plan, which involves fasting for most of the day and eating only during a shortened time period, reports people.com.

“So I’m doing this intermittent fasting thing; don’t eat till noon, try to get my cardio in in the morning. It’s super exciting actor stuff,” Pratt joked on his Instagram story on Monday.

“But I finally get my coffee and look: I’m

drinking out of Minnie Mouse’s head!” he said, while lifting up his mug.

“Look it up! Check it out! It’s actually kinda cool,” he said. “Works pretty good and I’ve lost a little weight so far.”



Chris Pratt



Cheryl

Cheryl hints at new romance

IAN S | London

Singer Cheryl has hinted at having a new man in her life just months after her split from singer Liam Payne. Cheryl confirmed her single relationship status earlier this year in July this year. But it seems she is starting to crush on a man, reported dailystar.co.uk.

Speaking to Vick Hope at Capital’s Jingle Bell Ball with Coca-Cola, Cheryl hinted at her pending love life with Michael B

Jordan.

With Hope telling Cheryl that they had entered a love triangle with Jordan, Cheryl made a promise that nothing would happen between the pair.

Telling Cheryl that if something did happen, she would be very upset, the 35-year-old said: “I promise you nothing’s happening.”

She soon added: “That’s a pinkie promise... yet.”

Cheryl has a child named Bear Payne with Liam Payne. They are co-parenting the child while they both work on their careers.

Cardi B doesn’t plan on getting back with Offset

ANI | Washington

Days after American rappers Cardi B and Offset announced their split; the latter has confessed that he misses his estranged wife. Despite, Offset’s public pleas for forgiveness Cardi B doesn’t want to get back with him.

A source told E! News that the ‘Bodak Yellow’ singer is “very torn” over what their future holds. The insider said things have “been really hard” for both of them due to the split. The source also added that Offset is “trying to win Cardi back” but she’s “not on board yet.”

“They haven’t been spending time together and Cardi expressed she still wants her space. She is very busy right now with her work and is focused

solely on Kulture,” explained the source.

The source, however, stated that the ‘I Like It’ songstress still loves Offset and wants her family to be whole again.

However, she’s also having a difficult time trusting her husband, especially because of cheating scandal that has led to their separation.

Drama between the duo made headlines when an alleged video of Offset and a woman named Summer Bunn surfaced online.

Over the weekend during an Instagram Live session, Cardi slammed rumours suggesting that her split with Offset was aimed at garnering publicity.



Cardi B

Bush says OTH producers exploited her split from Murray

IAN S | Los Angeles

Actress Sophia Bush, 36, has reflected on her break-up from her ex-husband and former “One Tree Hill” co-star Chad Michael Murray. She alleged that producers of the show exploited their broken relationship when the series was still on TV.

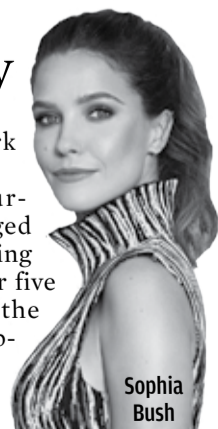
“The reason that I don’t talk about it (A) is because everyone’s been 21 and stupid, but if you’re in our job, for some reason, people want to talk to you about like, when you’re fully-fledged adults who’ve done really amazing s*** with your lives, they wanna talk to you about the dumb thing you did in college basically,” Bush said in an interview, reports people.com.

Bush added: “Being a super nerdy kid and suddenly you’re on TV and all this stuff is happening and one of the cool people you work with thinks you’re awesome, there’s really base brain stuff there.”

“I think that for me, it took me a long time to do the kind of inventory you’re talking about in the after effect. And I continued

to be in a place of work with my ex.”

In April 2005, Murray and Bush exchanged handwritten vows during their wedding. But after five months of marriage, the co-stars separated in September of that same year. Their divorce was finalised in December 2006.



Sophia Bush

AQUAMAN

(PG-15) (ACTION/ADVENTURE) NEW
 Ⓞ JASON MOMOA, AMBER HEARD, NICOLE KIDMAN

OASIS JUFFAIR DAILY AT (ATMOS): 11.15 AM. + 2.15 + 5.15 + 8.15 + 11.15 PM.

DAILY AT (VIP): 10.30 AM. + 1.30 + 4.30 + 7.30 + 10.30 PM.

CITYCENTRE DAILY AT (ATMOS): 12.00 + 3.00 + 6.00 + 9.00 + 12.00 MN.

DAILY AT (IMAX 2D): 11.30 AM. + 2.30 + 5.30 + 8.30 + 11.30 PM.

DAILY AT 10.30 AM. + 1.00 + 4.00 + 7.00 + 10.00 + (1.00 AM. THURS./FRI.)

DAILY AT (VIP): 11.00 AM. + 2.00 + 5.00 + 8.00 + 11.00 PM.

DAILY AT (VIP): 12.30 + 3.30 + 6.30 + 9.30 + (12.30 MN. THURS./FRI.)

SEEF (II) DAILY AT 11.15 AM. + 12.45 + 2.15 + 3.45 + 5.15 + 6.45 + 8.15 + 9.45 + 11.15 PM. + (12.45 MN. THURS./FRI.)

SEEF (I) DAILY AT 11.45 AM. + 2.45 + 5.45 + 8.45 + 11.45 PM. SAAR DAILY AT 11.30 AM. + 2.30 + 5.30 + 8.00 + 8.30 PM. + (11.00 PM. + 11.30 PM THURS./FRI.)

WADI AL SAIL DAILY AT 10.45 AM. + 11.45 AM. + 1.45 + 2.45 + 4.45 + 5.45 + 7.45 + 8.45 + 10.45 PM. + 11.45 PM.

SPIDER MAN INTO THE SPIDER VERSE

(PG) (ANIMATION/ACTION/ADVENTURE) NEW
 Ⓞ HAILEE STEINFELD, NICOLAS CAGE, MAHERSHALA ALI

OASIS JUFFAIR DUBBED (KIDS CINEMA) DUBBED IN ENGLISH: 10.30 AM + 8.00 PM.

OASIS JUFFAIR DUBBED (KIDS CINEMA) DUBBED IN ENGLISH (3D): 5.30 + 10.30 PM.

OASIS JUFFAIR DUBBED (KIDS CINEMA) IN ARABIC: 1.00 PM.

OASIS JUFFAIR DUBBED IN ENGLISH: 4.00 + 6.30 + 11.30 PM.

OASIS JUFFAIR DUBBED IN ENGLISH (3D): 1.30 PM.

OASIS JUFFAIR DUBBED: IN ARABIC: 9.00 PM.

CITYCENTRE DAILY AT: DUBBED IN ENGLISH: 11.00 AM. + 1.30 + 4.00 + 6.30 + 9.00 + 11.30 PM.

DAILY AT: DUBBED IN ENGLISH (3D): 10.45 AM. + 1.15 + 3.45 + 6.15 + 8.45 + 11.15 PM.

DAILY AT: DUBBED IN ARABIC: 10.30 AM. + 1.00 + 3.30 + 6.00 + 8.30 + 11.00 PM.

SEEF (II) DAILY AT: DUBBED IN ENGLISH: 11.00 AM. + 1.30 + 4.00 + 6.30 + 9.00 + 11.30 PM.

DAILY AT: DUBBED IN ARABIC: 12.00 + 2.30 + 5.00 + 7.30 + 10.00 + (12.30 MN. THUR./FRI.)

SAAR DAILY AT: DUBBED IN ENGLISH: 12.30 + 3.00 + 5.30 PM.

DAILY AT: DUBBED IN ARABIC: 11.15 AM. + 1.45 + 4.15 + 6.45 PM.

WADI AL SAIL DUBBED IN ENGLISH: 11.00 AM. + 1.30 + 4.00 + 6.30 + 9.00 PM.

DUBBED IN ARABIC: 10.30 AM. + 1.00 + 3.30 + 6.00 + 8.30 PM.

SECOND ACT

(PG-15) (COMEDY) NEW
 Ⓞ HJENNIFER LOPEZ, VANESSA HUDGENS, MILO VENTIMIGLIA

OASIS JUFFAIR DAILY AT: 11.45 AM. + 2.00 + 4.15 + 6.30 + 8.45 + 11.00 PM.

CITYCENTRE DAILY AT: 12.30 + 2.45 + 5.00 + 7.15 + 9.30 + 11.45 PM.

SEEF (II) DAILY AT: 12.00 + 2.15 + 4.30 + 6.45 + 9.00 + 11.15 PM.

SAAR DAILY AT: 9.15 + (11.30 PM. THURS./FRI.)

WADI AL SAIL DAILY AT: 1.30 + 6.30 + 11.30 PM.

THREE WORDS OF FOREVER

(PG-15) (FILIPINO/ROMANTIC/DRAMA/COMEDY) NEW
 Ⓞ HSHARON CUNETI, RICHARD GOMEZ, KATHRYN BERNARDO

OASIS JUFFAIR DAILY AT: 11.45 AM. + 2.00 + 6.45 + 11.30 PM.

CITYCENTRE DAILY AT: 7.30 + 9.30 + 11.30 PM.

SEEF (I) DAILY AT: 11.45 AM. + 2.00 + 4.15 + 6.30 + 8.45 + 11.00 PM.

ELLIOT THE LITTLEST REINDEER

(PG) (ANIMATION/ADVENTURE/COMEDY) NEW

Ⓞ HMorena Baccarin, Josh Hutcherson, John Cleese

OASIS JUFFAIR (KIDS CINEMA): 3.30 PM.

OASIS JUFFAIR DAILY AT: 11.30 AM

SEEF (I) DAILY AT: 11.15 AM. + 1.15 + 3.15 + 5.15 PM.

PINKY MEMSAAB: A DUBAI STORY

(PG-15) (URDU/ DRAMA) NEW
 Ⓞ SUNNY HINDUJA, KIRAN MALIK, ADNAN JAFFAR

OASIS JUFFAIR DAILY AT: 4.15 + 9.00 PM.

CITYCENTRE DAILY AT: 11.30 AM. + 1.30 + 3.30 + 5.30 PM.

SEEF (I) DAILY AT: 11.15 AM. + 1.45 + 4.15 + 6.45 + 9.15 + 11.45 PM.

RALPH BREAKS THE INTERNET

(PG) (ANIMATION/ADVENTURE/COMEDY)
 Ⓞ JOHN C. REILLY, SARAH SILVARMAN, GAL GADOT

OASIS JUFFAIR DAILY AT: 11.15 AM. + 4.00 + 8.45 PM.

CREED II

(PG-13) (DRAMA/ACTION/SPORT)
 Ⓞ TESSA THOMPSON, MICHAEL B. JORDAN, SYLVESTER STALLONE

OASIS JUFFAIR DAILY AT: 12.45 + 6.00 + 11.15 PM.

CITYCENTRE DAILY AT: 10.30 AM. + 1.00 + 3.45 + 6.30 + 9.15 + 12.00 MN.

WADI AL SAIL DAILY AT: 10.45 AM. + 3.45 + 8.45 PM

MORTAL ENGINES

(PG-13) (ACTION/ADVENTURE/THRILLER)
 Ⓞ HUGO WEAVING, HERA HILMAR, ROBERT SHEEHAN

OASIS JUFFAIR DAILY AT: 1.30 + 6.15 + 11.00 PM.

CITYCENTRE DAILY AT: 11.00 AM. + 1.30 + 4.00 + 6.30 + 9.00 + 11.30 PM.

SAAR DAILY AT: 8.30 + (11.00 PM THURS./FRI.)

WADI AL SAIL DAILY AT: 2.15 + 7.00 + 11.45 PM.

ORU KUPRASIDHA PAYYAN

(PG-15) (MALAYALAM) NEW
 Ⓞ TOVINO THOMAS, NIMISHA SAJAYAN, ANU SITHARA

OASIS JUFFAIR DAILY AT: 12.00 + 2.45 + 5.30 + 8.15 + 11.00 PM.

SEEF (I) DAILY AT: 10.30 AM. + 1.00 + 3.45 + 6.30 + 9.15 + 12.00 MN.

AL HAMRA DAILY AT: 3.00 + 9.00 PM.

JOSEPH

(PG-15) (MALAYALAM) NEW
 Ⓞ JOJU GEORGE, MALAVIKA MENON, JAMES ELIYA

OASIS JUFFAIR DAILY AT: 11.45 AM. + 2.30 + 5.15 + 8.00 + 10.45 PM.

SEEF (I) DAILY AT: 12.45 + 3.30 + 6.15 + 9.00 + 11.45 PM.

AL HAMRA DAILY AT: 12.00 + 6.00 + (12.00 MN. THURS./FRI.)

KEDARNATH

(PG-15) (HINDI/DRAMA/ROMANTIC)
 Ⓞ RAJINIKANTH, AKSHAY KUMAR, AMY JACKSON

OASIS JUFFAIR DAILY AT: 3.30 + 8.45 PM.

ODIYAN

(PG-13) (MALAYALAM) NEW
 STARRING FRIDAY 14TH
 Ⓞ HMOHANLAL, PRAKASH RAJ, MANJU WARRIER

CITYCENTRE DAILY AT: 10.30 AM. + 1.45 + 5.00 + 8.15 + 11.30 PM.

RALPH BREAKS THE INTERNET

(PG) (ANIMATION/ADVENTURE/COMEDY)
 Ⓞ JOHN C. REILLY, SARAH SILVARMAN, GAL GADOT

CITYCENTRE DAILY AT: 11.45 AM. + 2.00 + 4.15 + 6.30 + 8.45 + 11.00 PM.

SAAR DAILY AT: 11.30 AM. + 1.45 + 4.00 + 6.15 PM.

SEEF (II) DAILY AT: 12.00 + 2.15 + 4.30 + 6.45 + 9.00 + 11.15 PM.

WADI AL SAIL DAILY AT: 12.00 + 4.45 + 9.30 PM.

ROBIN HOOD

(PG-15) (ACTION/ADVENTURE)
 Ⓞ TARON EGERTON, EVE HEWSON, JAMIE FOXX

CITYCENTRE DAILY AT: 10.30 AM. + 12.45 + 3.00 + 5.15 + 7.30 + 9.45 + 12.00 MN.

INSTANT FAMILY

(PG-15) (COMEDY)
 Ⓞ MARK WAHLBERG, ROSE BYRNER, OCTAVIA SPENCER

CITYCENTRE DAILY AT: 11.15 AM. + 1.45 + 4.15 + 6.45 + 9.15 + 11.45 PM.

WADI AL SAIL DAILY AT: 11.30 PM.

JOHNNY ENGLISH STRIKES AGAIN

(PG) (COMEDY/ACTION/ADVENTURE)
 Ⓞ ROWAN ATKINSON, OLGA KURYLENKO, EMMA THOMPSON

CITYCENTRE DAILY AT: 12.00 + 2.00 + 4.00 + 6.00 + 8.00 + 10.00 + 12.00 MN.

HUNTER KILLER

(PG-15) (ACTION/THRILLER)
 Ⓞ GERARD BUTLER, GARY OLDMAN, OMMON

CITYCENTRE DAILY AT: 10.30 AM. + 2.45 + 7.00 + 11.15 PM.

WIDOWS

(15+) (CRIME/THRILLER/DRAMA)
 Ⓞ VIOLA DAVIS, MICHELLE RODRIGUEZ, ELIZABETH DEBICKI

CITYCENTRE DAILY AT: 11.30 AM. + 4.00 + 8.30 PM.

EL BADLAH

(PG-13) (ARABIC/COMEDY)
 Ⓞ TAMER HOSNY, AKRAM HOSNI, MAJED EL MASRY, AMINA KHALIL

CITYCENTRE DAILY AT: 2.00 + 6.30 + 11.00 PM.

THE POSSESSION OF HANNAH GRACE

(18+) (THRILLER/HORROR)
 Ⓞ SHAY MITCHELL, STANA KATIC, LOUIS HERTHUM

CITYCENTRE DAILY AT: 1.00 + 5.15 + 9.30 PM.

WADI AL SAIL DAILY AT: 11.00 PM.

CHRISTMAS BREAK IN

(PG) (COMEDY/FAMILY) NEW
 Ⓞ DENISE RICHARDS, DANNY GLOVER, CAMERON SEELY

SEEF (II) DAILY AT: 11.15 AM. + 1.15 + 3.15 + 5.15 + 7.15 + 9.15 + 11.15 PM.

MALEVOLENT

(15+) (HORROR/THRILLER) NEW
 Ⓞ FLORENCE PUGH, CELIA IMRIE, BEN LLOYD-HUGHES

SEEF (II) DAILY AT: 11.45 AM. + 1.45 + 5.45 + 9.45 + 11.45 PM.

THE BOMBING (AIR STRIKE)

(PG-15) (ACTION/DRAMA) NEW
 Ⓞ BRUCE WILLIS, YE LIU, SEUNG-HEON SONG

SEEF (II) DAILY AT: 11.30 AM. + 1.30 + 3.30 + 5.30 + 7.30 + 9.30 + 11.30 PM.

11 DAYS

(PG-13) (DRAMA) NEW
 Ⓞ HABEEB GHULOOM, OLIGYA, LITA TADPILITA

SEEF (II) DAILY AT: 3.45 + 7.45 PM.

THE MAN WHO INVENTED CHRISTMAS

(PG-13) (COMEDY/DRAMA/BIOGRAPHY) NEW
 Ⓞ DAN STEVENS, CHRISTOPHER PLUMMER, JONATHAN PRYCE

SEEF (I) DAILY AT: 7.15 + 9.30 + 11.45 PM.

CHANGE OF NAME

I, GEEVARGHESE KOCHUKUNJU SHAJAN ADUKKATHIL KIZHAKKETHIL S/O GEEVARGHESE KOCHUKUNJU, holder of Indian Passport No. H 1821852, dated 21.01.2009 issued at BAHRAIN, having permanent residence at (full address in India) ADUKKATHIL KIZHAKKETHIL HOUSE, MOOTHEMAM P.O. NILAMBUR (VIA), KERALA, presently residing at (full address in Bahrain) FLAT 2, BLDG 1063, ROAD 5926, BLOCK 359, ZINJ, will henceforth be known as (Given name) SHAJAN ADUKKATHIL KIZHAKKETHIL (Surname) GEEVARGHESE KOCHUKUNJU. Objection(s) if any, may be forwarded to Embassy of India, PO Box 26106, Al-Seef, Kingdom of Bahrain.