

Magazine

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QATAR STEEL

Issue No.100 • Fourth quarter 2014

CONDUCTING SUSTAINABILITY TRAINING
WORKSHOPS FOR QS EMPLOYEES

PLACES OF
INTEREST AND
TOURIST
ATTRACTIONS
IN QATAR



QATAR STEEL CO-SPONSORS
QATAR'S MEN'S HANDBALL
WORLD CHAMPIONSHIP 2015

QS CAREER OPEN DAY
WELL - ATTENDED BY QATARI NATIONALS



قطر ستيل
QATAR STEEL



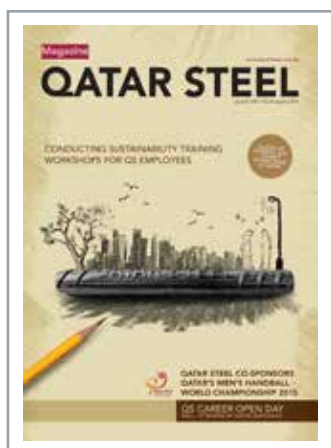
نمنحُ للحديد بعداً آخر
WE MAKE STEEL MATTER

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EDITORIAL ISSUE

Qatar Steel Magazine • Issue No.100 • Fourth quarter 2014 • Under the supervision of Public Relations and Communications



Welcome Note Qatar Steel Magazine

Dear Readers

Welcome to the new issue of our Qatar Steel quarterly magazine (No.100), that includes snapshots of some corporate events that took place during the last quarter of the year.

This issue also features our contributions to the community through fulfilling a number of CSR activities and functions, as well as some general articles on different topics.

We hope you will find this issue useful and interesting.

Your suggestions and comments to further develop the magazine will be welcomed.

With The Best Compliments Of The Editing Team

W E M A K E S T E E L M A T T E R



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BUSINESS PLANNING DEPT CONDUCTS SUSTAINABILITY TRAINING WORKSHOPS



Mr. Ali Bin Hassan Al-Muraikhi,
Managing Director
& General Manager

Qatar Steel recently conducted a series of sustainability training workshops, designed to give its employees an understanding of what it means for Qatar Steel to be sustainable, and how the company intends to invest in sustainability in the coming years. The workshop was aimed at generating awareness among the invited participants on why sustainability is important in a global and regional context and how it is being implemented at a sector level through the Qatar Energy & Industry Sector Sustainability (QEISS) Program launched by His Excellency Dr. Mohammed bin Saleh Al-Sada, the Minister of Energy and Industry.


The training program was delivered in partnership with Sustainability Excellence, one of the leading sustainability management consultancy firms in the region. The training workshops were well attended by executive management and key staff members across the organization.

Mr. Ali Bin Hassan Al-Muraikhi, Managing Director and General Manager commented "in all our efforts we will strive to build upon our past achievements to improve our sustainability performance for the future. As we continue to grow, we are committed to making sustainability a part of our everyday work culture."

This training program is part of Qatar Steel's commitment to sustainability management and reporting as an integral part of its business strategy. The core of Qatar Steel's sustainability framework is 'Making Steel Matter', a company slogan which captures the essence of Qatar Steel's six sustainability objectives:

- Contributing to Qatar's Development,
- Reducing Environmental Impact
- Ensuring a Safe and Healthy Work Environment
- Developing a High-Performing & Motivated Team
- Instilling Good Governance and Accountability
- Achieving Profitable Growth

**we are committed to
making sustainability
a part of our everyday
work culture**



WE MAKE STEEL MATTER

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CONFERENCES & EXHIBITIONS

QATAR STEEL, MAIN SPONSOR IN STEELORBIS CONFERENCE



In the recently concluded SteelOrbis Conference & 71st IREPAS Meeting held in Berlin Germany, Qatar Steel was the 'Conference Main sponsor' and 'Name Badge Lanyard Sponsor' in the event. The event was scheduled on Sept 28-30,

2014.

As part of brand building strategy and to strengthen the relationship with the industry professionals, Qatar Steel regularly participates in the prestigious SteelOrbis conference. SteelOrbis is a unique e-marketplace and

market intelligence provider that offers up-to-date news on the steel industry and steel trading from one single source. Participation in this conference widens Qatar Steel's image globally.

its products and network with its customers, Qatar Steel had its own stand in the conference, which attracted the visitors for its design. Sales promotional items were distributed during the conference.

To be able to showcase



PARTICIPATING IN INTERNATIONAL BUILDING & CONSTRUCTION SHOW IN DUBAI (THE BIG 5 SHOW)



International
Building &
Construction
Show

17 - 20 NOVEMBER 2014
Dubai World Trade Centre
11:00 - 19:00 Daily

Qatar Steel Company, the leading steel company in Qatar and Arabian Gulf, participated in THE BIG 5 SHOW, held from 17- 20 Nov. 2014 at Dubai World Trade Centre in the UAE. The event, inaugurated by HH Shaikh Maktoum bin Mohammed bin Rashid Al Maktoum, Deputy Ruler of Dubai, attracted about 2700 exhibitors from 60 countries.

The Big 5 is the largest annual trade show for building materials and Construction industry in the Middle East and Arabian Gulf.

Mr. Ahmed Abdul Aziz Al-Ansari, Qatar Steel's Commercial Division Manager, said that we are participating in the Big 5 Show, as we are keen to attend all important building

and constructions exhibitions that take place in the region. Through this show, Qatar Steel aims at meeting and communicating with professionals, traders, and businessmen specialized and interested in constructions sector, as well as decision makers from all over the world.

"The Big 5 provides a good opportunity for Qatar Steel and other exhibitors to display their building products and services, and help them get updated with the constructions and building sector, which is currently witnessing an enormous growth and boom in Qatar and the Arabian Gulf, offering huge potentials to steel companies in the region." Mr. Al-Ansari added.

Qatar Steel's stand in the big 5 attracted many visitors. The event's delegation met the company's customers in the Middle East and GCC countries. They discussed with them all the business-related issues.

Qatar Steel is one of the leading steel producers in the ME & Arabian Gulf. The company has acquired an outstanding position among its counterparts in the region and worldwide. Its high quality rebar and wire rod products were recognized and approved by Specifications and Standards Authorities in the Gulf and worldwide, which have enhanced the company's competitive potentials and boosted its presence locally and regionally.



18Th Middle East Iron & Steel Conference (By Metal Bulletin)

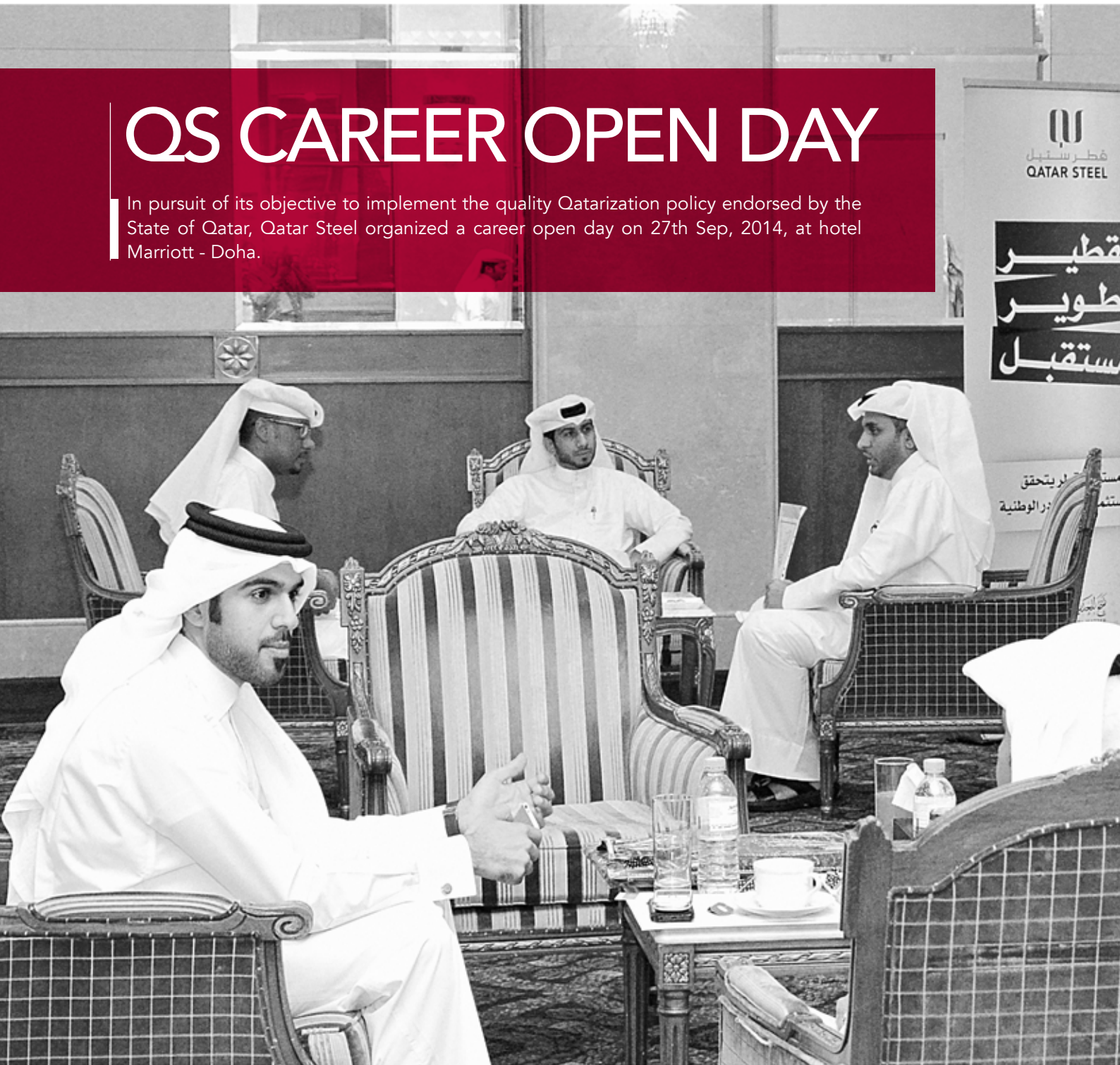
With a view to consolidate its presence in the UAE market, Qatar Steel participated in the 18th Middle East Iron & Steel Conference, held in Dubai on Dec 8-10, 2014. The UAE market is considered as one of the largest reinforcement bars markets in the region.

The conference was organized by METAL BULLETIN, the premium intelligence service provider for metals and steel professionals, since it was first introduced in 1913 with the mission to provide must-have timely information, including price indications, for the global non-ferrous metals and steel markets.

Qatar Steel's presence in the conference steals the show, and the showcasing stand attracted many visitors and exhibitors.

QS CAREER OPEN DAY

In pursuit of its objective to implement the quality Qatarization policy endorsed by the State of Qatar, Qatar Steel organized a career open day on 27th Sep, 2014, at hotel Marriott - Doha.



The aim of this event was to familiarize Qatari graduates with the job opportunities available, academic qualifications required, as well as training programs provided for their orientation. A team from HR and Training & Development

Departments met the students and responded to their queries.

Qatar Steel gives absolute priority to its human capital. The human resources department ensures that Qatari nationals join the

workforce with appropriate qualifications and are developed, and retained for career advancements.

Mr. Kefah Mostafa Al-Mulla, Admin. Division Manager, professed that Qatar Steel's initiative to hold



HR Dept. is consistently and persistently working with a view to raise the percentage of Qatari manpower

a career open day originates from Company's Qatarization Strategy to be adhered.

Company's HR Dept. is constantly working with a view to raise the percentage of Qatari manpower, through setting plans, and providing

promising job opportunities to young Qataris and granting them with attractive job benefits, that guarantees them a successful career in the future.

Mr. Yousef Abdullah Al-Mansouri, Learning and

Development Manager, said that organizing a career open day by Qatar Steel aims at familiarizing the aspirants with the job opportunities vis-a-vis with qualifications they have & the training programs and scholarships available in the company.

After the completion of the event, the applications were sorted and counted, in accordance with the disciplines involved,

including qualifications in different areas.

Qatar Steel is also taking several initiatives to attract Qataris of different specialties, urging them to work in the steel industry, through conducting various activities and functions, such as participating in annual career fairs and own career days, and other events as well.

QATARIZATION

IN QATAR STEEL



What is Qatarization?

Qatarization is a strategic initiative by the Government of Qatar to provide employment to its citizens in the private and public sectors. As one of the goals of Qatar National Vision 2030, Qatarization targets positions that are integral to the business plans of private and public-sector entities.. As an organization that fully supports the Qatarization process, Qatar steel is committed to successfully achieving industry-wide targets which seek to ensure that 50% of positions in the Energy and Industry sector of the country are held by Qatari Nationals.

Qatarization Objectives

Focuses on building a strong pipeline of Qatari talent with the necessary skills and education to add value, increasing the proportion of Qatari people employed, and continually developing and retaining Qataris already employed

Provides opportunities for learning and training, quality job prospects, and a highly skilled pool of local talent which is increasing in size.

Qatarization in Qatar Steel

Qatarization plays a vital role within QATAR STEEL and is essential to the future success of the company. The planned recruitment, development and retention of Qatari Nationals are fully supported by Qatar

Steel Management. As an organization that is dedicated to Qatarization, we are committed to successfully achieving industry-wide targets which seek to increase the percentage of Qatari Nationals.

In order to streamline the requirements of the Qatarization, Qatar Steel Management recommended aligning its strategy to three major factors.

- **Qatar National Vision 2030:**

which defines national values and long-term goals specifically aims to develop Qatar's workforce by investing in education and health. It includes the development of an excellent education system that supports training and learning opportunities. It also calls for an increase in Qatarization through various actions.

- **National Development Strategy (NDS) 2011-2016:**

which defines national initiatives towards achieving Qatar National Vision 2030 goals focuses on nurturing an educated and capable population and also emphasis on the effective participation of Qataris in a productive labour force

- **QP Mission and Objectives:**

to ensure that Qatar receive maximum benefit from its oil and gas resources and also to maximize its contribution to the national wealth of Qatar and its national

vision by ensuring the employment of Qualified and Skilled Qataris and effectively developing them to international standards of competence.

In order to achieve our Qatarization objective, Qatar Steel Qatarization strategy emphasis on a number of initiatives :

- Promote Qatar Steel as "First Choice Employer"
- Promote Qatar Steel as "Best Place to Work"
- Career Development Plan for Senior Staff
- Individual Development Plans for Intermediate Staff
- Sponsorship and scholarship opportunities
- On-job Training

The implementation of Qatarization "should not be conceived of as an obligation only; rather it should be seen as a continuous & effective tool to develop Qatari workers' skills. Qatarization Strategy should be everybody's responsibility from planning to execution and must focus simultaneously on quality implementation and evaluation to ensure continuous improvement.



WE ARE CLOSER TO YOU THAN YOU THINK

Join us.. Achieve success



(CSR)

CORPORATE SOCIAL RESPONSIBILITY



Supporting
Qatar's Men's Handball
World Championship
2015



In support of Qatar's national sports events, Qatar Steel, as part of Industries Qatar (IQ) group companies, co-sponsored the 24th Men Handball World Championship, which was held between 15 January and 1 February 2015 in Doha, Qatar.

A sponsorship agreement was signed on 22nd Sep, 2014, at a press conference held in Doha by Dr. Thani Abdulrahman Al Kuwari - Director General of the Qatar 2015 Organising Committee and Abdulrahman Ahmad Al-Shaibi - Director of Finance, Qatar Petroleum, and Chief Coordinator, Industries Qatar and its group companies.

The two sides expressed their pride and delight to sign this agreement, hoping that this partnership would help organizing a world-class event, and leave a strong footprint for the people of Qatar.



Supporting HMC's Organ Donation Program

In appreciation of support and contributions made by Qatar Steel to the organ donation program in Qatar, along with other sponsors, Qatar Steel was honored by the Organ Donation Center (Hiba) of Hamad Medical Corporation

(HMC). About 56 living organ donors and their families were also awarded, for their contribution to the health of the nation and to the organ donation program.

The honoring ceremony was held on 29th Oct. 2014 at the Ritz Carlton Hotel under the patronage of HE Abdullah Bin Khalid Al-Qahtani, Minister of Public Health. The event was organized under the theme "Celebration of life", and was attended by His Excellency, Dr. Abdulla Bin Saleh Al Khulaifi, Minister of Labor and Social Affairs, Dr. Hanan Al Kuwairi, Managing Director of HMC. Top HMC officials attended the event, in addition to other high ranking dignitaries from public and private sectors.

The organ donation program has seen a remarkable success in the past few years, especially the Ramadan awareness campaign, which managed to bring about a large shift in public understanding and perspective on this issue. It has shown a steady increase in registering organ donors. Since the launch of the donor registry in 2012, over 43,000 people have signed as organ donors after death.

On behalf of HMC, Dr. Riadh Fadhil, Director of the Qatar Organ Donation Center thanked Qatar Steel for its continual support to the organ donation campaign, which contributed to its great progress and success.



Sponsoring Qatar Charity's programs

In line with its support to community's activity, Qatar Steel sponsored Qatar Charity's programs (Al- Baraha tent) held during the Holy Month of Ramadan.

The event, hosted by The Pearl-Qatar, featured a series of religious and cultural activities targeting the country's residents and surrounding community.

The daily program which took place between 9:00 pm and 11:00 pm included "Tarawih" prayers, religious lectures, Quran sermons and Islamic recitations "Inshad" by prominent religious scholars.

The program emphasized knowledge-based entertainment through a number of interactive events, including contests, targeting children and families; craft market operated by Qatari families also participated.

SPONSORING CRICKET TOURNAMENT ASSOCIATED WITH NATIONAL DAY CELEBRATIONS

In celebration of Qatar National Day on 18th December, Qatar Steel took part in the associated sports activities, as a sponsor of the Cricket Tournament included in the program.

This initiative comes in line with the company's constant commitment to take part in all important national events held in the country.

Qatar Steel is a national leading steel company in Qatar and the Arabian Gulf, and it is one of the country's productive and vital sectors, which greatly supports and contributes to the development of the nation's economy.

QATAR STEEL CO-SPONSORED INDIAN WOMEN'S ASSOCIATION

As Part Of Our Commitment Towards The Community, Qatar Steel Co-Sponsored The 18Th Inter School Quiz Contest, Held On Friday 31st October 2014, By The Indian Women's Association In Doha.



HSE DEPARTMENT

HEALTH SAFETY & ENVIRONMENT REPORT



HSE is one of the most important departments of Qatar Steel Organization and ensures a consistent approach to safeguarding Health, Safety, Environment & Security with a well-developed HSE Management System supported by HSE professionals as well as policies & procedures in place.

Few of the activities to safeguard employees and contractor staffs as well are:

Near Miss Reporting:

HSE has a well-established near miss reporting system that encourages every employee as well as their departments

by having a cash award system in place that recognizes the Best reporters every quarter the department is again appreciated by the end of every year. Giving priority in evaluation of the Near Misses & taking suitable control measures have drastically decreased the actual Accidents.

Employee Behavior:

Most of the accidents evaluated have proved that the root cause of accident is the behavior of Employees. HSE strongly believes that Safety, Quality & good management are inextricably linked. In reality if we have the right attitude to health, safety, environment

& security management at worksite by following HSE regulations as well as upholding our own high standards and never cutting corners, the work site shall become a better place to work safely.

HSE Induction Training to All:

The objective of having HSE induction training by every person, unskilled, skilled, seniors, Visitors or VIPs is to make them understand Qatar Steel Regulations, Emergency response and Hazards realization. HSE is proud to inform that in a year almost 12000 persons undergo this training & is eliminated contractor fatality accidents.

Go green Initiative:

This initiative has created a green working atmosphere and contributed in keeping the Qatar Steel area green in all seasons giving boost to human health. All departments do their best in order to present themselves with beautiful gardens, various monuments, material arrangement & Plant cleanliness. Every Quarter, three cash awards are declared to keep up the spirit of Go Green Initiative alive.

Some of the go green initiatives by QS employees

Everyone has a part to play in managing safety. You are responsible for looking after your own safety & the safety of those around you. By keeping alert you can help to eliminate at-risk behaviours, correct unsafe conditions and contribute to safety at your worksite.

قطر ستيل QATAR STEEL



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Qatar Steel & Sustainability

Aligned with Qatar National Vision 2030 and corporate strategic objectives, production of 'SUSTAINABLE STEEL' is expected to reduce CO2 emissions and recycle wastes, thereby, protecting the environment and enhancing the core brand value.

We aspire for Quality, Sustainability, and Safety



QS ANNUAL FAMILY DAY



With a view to enhance the social bonding and interpersonal relationships, Qatar Steel held on Friday 7th Nov, 2014 the Annual Day for employees and its families at Aqua Park- Doha.

PR. & Communications organized this event in coordination with other departments. Everyone showed a high sense of responsibility and team work, which made the event a success.

The whole day event was attended by large number of employees and their families. It was a good opportunity for them to spend time in a serene environment away from work and pressured routine life and enjoy.

Through this event, Qatar Steel aims at creating recreational and entertainment activities, which would have positive impact on their performance and would further boost their motivation and productivity.

The program included various interesting activities including music shows, display by cartoons character, raffles,

etc, to name a few, which were admired by the spectators.

Through organizing the annual family day, Qatar Steel aims at creating a friendly and cooperative working environment, improving the employees' morale, raising their motivation for work, boosting their performance, strengthening their feeling of belonging, and urging them to work even harder

in order to increase productivity at their end.

At the end, most employees expressed their pleasure and extended their thanks and appreciation to the company's management for organizing such an event, that reflects continual support and care they show to its employees. This stems from the fact that Qatar Steel gives much attention to the employees

recreational programs, and considers them as the company's real assets.

The employees spent a pleasant and fun day with their families, with many memories to remember. The children were excited, enjoyed water games at the park, and were happy to receive gift bags specially developed for them.



Internal Basketball League held at QS Dormitory Basketball Ground !



Under the patronage of Qatar Steel Management and facilitated by PR & Communications, basketball league was organized at dormitory basketball court in Mesaieed. The league held from Sept 29th to Dec 3rd which was attended by friends and staff from various departments. Kids and family members were available for cheering and showing their support.

Lauded with true spirit of sportsmanship among fellow Qatar Steel employees, the basketball tournament featured five (5) teams under the flag of Qatar Steel products. The three winning teams were awarded at an exciting closing ceremony. The TEAM QRF/RFF for COILS came first, Billet second and Slags third.

At the end of the event, the organising committee expressed their gratitude and appreciation to the management, players, coaches and colleagues for their solidarity and support of the basketball league.

WITH A VIEW TO ATTRACT YOUNG NATIONALS

QATAR STEEL VISITS OMAR BIN ABDUL AZIZ SEC. SCHOOL FOR BOYS



In line with its quality Qatarization plan, and as part of its efforts to attract young nationals to join the company, Qatar Steel, the leading national steel producer, recently visited Omar Bin Abdul Aziz Sec. School for Boys.

A team from HR and Training & Development Departments gave presentations about Qatar's industrial sector in general, and about Qatar Steel and its manufacturing operations and products in particular. The students were also given insight into the company's plant

and operational units, sections and departments. They were also briefed about the qualifications required, the training, internships and learning provided to national employees, the career prospects and the potential recruitment opportunities available.

This initiative emerges from Qatar Steel's great interest to train and qualify the Qatari youth, and its strive to attract the Qatari qualified and skillful manpower to work in the Steel sector.

QS INTERNAL CRICKET TOURNAMENT

As a part of employee fitness program, Qatar Steel organized an internal cricket tournament for its employees on 14th October 2014.

Many employees from different departments & sections participated in this event. Cricket tournament was organized on Qatar Steel Dormitory cricket ground at Mesaieed. In this tournament 8 teams participated and after winning all the league matches and semi-finals, the best two teams played the final.

After the final Match prize distribution ceremony was held, the best performers were awarded. Recently Qatar Steel has got OHSAS 18001 certificates and committed to provide health and fitness-related outreach programs for its employees. Quality health programs will make a significant contribution in reducing the stress and facilitate to address the inequalities in health caused by work, social and environmental factors.

DOHA METRO RAIL PROJECT LEAPS AHEAD



Doha Metro Rail project is expected to achieve a quality change in the public transportation in Qatar, and it is considered as part of overall railway development in Qatar. In June 2013 Qatar Railways Company (Qatar Rail) awarded Design and Build (D&B) Contracts for construction work of Phase 1 of the Doha Metro Project for the underground works and two Major stations

which will link Doha City Center with many areas of the wider city. The Qatar Rail Red Line North Underground works were awarded to the joint ventures comprised Italy's Salini Impregilo, South Korea's SK Engineering & Construction and the Qatari company Galfar al-Misnad Engineering & Contracting. The Red Line North Underground works will measure approx. 13.4 km and progress northwards

from Msheireb Station in Downtown Doha, to the Doha Golf Course. The scope of work will include the excavation of two parallel tunnels, each approx. 13.4 km in length. This project will construct seven new underground stations. The Red Line South Underground project was awarded to the joint ventures comprised of the Qatari Al-Diyar/French JV – QDVC, South Korea's GS Engineering &

Construction Corporation, and the local Darwish Engineering. The Red Line South underground project runs for approx. 16.4 km from Msheireb Station and extends south to the New Doha International Airport. The underground project for the Green Line was won by the team of Austria's Porr, Saudi Binladin Group and the local HBK Contracting Company. The total tunnel length is approx.



16.467 km long (of twin bored tunnels) and connects central Doha with Barwa City to the South and Al-Rayyan, Education City to the north.

South Korea's Samsung C&T, Spain's OHL and the local Qatar Building Company (QBC) won the estimated QR4bn contract to build the two Major Stations at Msheireb and Education City. An award for the Gold Line underground project has

recently been awarded to the ALYSJ JV comprised of Greece's Aktor, India's Larsen & Toubro, Turkey's Yapi Merkezi Insaat and Sezai Turkes Feyzi Akkaya Marine Construction (STFA), as well as the local company Al Jaber Engineering. It is understood this is the largest of the Doha Metro's construction projects.

Interesting Facts of QRail Project

- 25,000 people will be working on the railway project as the construction peaks

- 900,000 tons of steel (equivalent to 100 times more needed for the construction of the Eiffel Tower); some 17,000,000 cubic meters of excavation (7x done to build an Egyptian pyramid); and some 5,000,000 cubic meters of concrete (14x used to build Burj Khalifa).

PLACES OF INTEREST AND TOURIST ATTRACTIONS IN QATAR



Tourists can explore the natural environment of Qatar by taking an exciting desert safari, relaxing at the many beaches and pools or just enjoying their favourite sport, be it bowling alleys, tennis, snookers, billiards, golf courses, or ice skating rinks. There is something for everyone in this wonderful place.

Souq Waqif

Souq Waqif used to be the Bedouin's weekend trading area. It is now the only traditional souq, or standing market, in the gulf. Its maze of narrow streets offers traditional architecture, arts and handicrafts. Visitors can shop for a diverse range of goods including spices, perfumes, dried fruits and nuts, honey, clothing, tools, garden equipment, pots and incense. Traditional Bedouin weaving, handicrafts, wooden bridal chests and paintings and pictures by local artists can also be found. The souq is located behind the Corniche, off Grand Hamed Street in Doha.

Al-Zubarah

The ancient village of Al-Zubarah is one of the most interesting archaeological sites in the gulf. It is 2 Km from the Al-Zubarah fort in the northwest of Qatar, 107 Km from Doha. The buildings were made using a traditional Qatari technique of mixing coral and limestone with a mud mortar, which is then topped with a gypsum based plaster.

The plaster was often decorated with geometric patterns and offered the buildings protection from wind and rain. There are two excavated sites, and digging continues in one. Artifacts are displayed in the Al-Zubarah fort.

There is also a local museum at the Al-Zubarah fort. It presents a history of the town and has a range of exhibits including coins, pottery, porcelain, jewellery and pictures of the excavations. The fort itself is a good example of a Qatari fort and building techniques. The fort is free to enter and is open daily from 08:00 until 18:00; it is closed on Friday mornings.

Traditional Fishing Villages

There are several small fishing villages in northwest of Qatar, which offer visitors a glimpse of traditional life in the state before the discovery of oil. The three abandoned villages Al-Areesh, Al-Khuwair and Al-Jemail paint a vivid picture of the hardships of life for people dependent on fishing on the coasts. Each village has a mosque at its centre

with small fisherman's houses surrounding it. A four wheel drive vehicle is recommended for visiting the villages.

Al Jassassiya

Al Jassassiya is in northeast of Qatar. It is the home to the best preserved and most spectacular petroglyphs in the state. There are carvings of geometric shapes, animals and ships in the outcrops of fossil sand dunes, or jebels. Many of the carvings are similar to those found in the temple of Karnak in Luxor, Egypt. The area also has ruined dwellings and remains of pottery from the 15th century.

Forts

There are a number of forts worth visiting in Qatar:

- The Al Shagab Fort is typical of those built between the 17th and 19th centuries; it is rectangular with four towers. It is in the northwest of the country, 110 Km from Doha. Two kilometers from the Al Shagab fort is the Al Rekaya Fort, which was built
- The Umm Slal Mohammed Fort was the winter time home of Sheikh Mohammed Bin Jassim Bin Mohammed Al Thani and his brother, Sheikh Abdullah. Extensive renovations have been

during the same period.

- Al Koot Fort is one of the historical military fortress in Doha. Located in the midst of the famous Souq Waqif of Doha and the site of the old town, it was built in the 19th century as a police station, to protect Souq Waqif from thieves and nowadays it was converted to a museum.

- The Barzan towers offer spectacular views out to sea. The towers have been used as watchtowers to watch for approaching ships, keep watch over pearl divers and as an observatory. The towers are in Umm Slal Mohammed, 20 Km north of Doha and can be visited 24 hours a day.



done on both the house and tower which was originally built at the end of the 19th century

- The Zekreet Fort, close to Dukhan on Qatar's west coast, is located on a sandy beach near to many prehistoric sites. There are also the remains of many old settlements. The fort is free to enter and is always open.
- The Al Wajba Fort is the oldest in the country and was the site of a famous battle; in 1893 Qatari forces defeated the Ottomans.
- Doha Fort

Nature Reserves

There are a number of natural reserves in Qatar which are popular with wildlife enthusiasts. Al Reem, the northwest region of Qatar is a good place to spot oryx and Arabian gazelles. Umm Tais, on Qatar's northeastern tip, is a protected nature reserve of small islets, sand bars, mangrove forests and beaches. It is home to both marine and bird life and has and a turtle nesting

Khor Al Udaid is also known as

the Inland Sea. It is 80 Km south of Doha and is a geologically unique area of sand dunes and a tidal lake that leads to the sea. It is considered to be the most spectacular landscape in Qatar and is popular with tourists. The lake has shores in both Qatar and Saudi Arabia. The area is popular for camping, barbecues, camel riding and sand skiing.

The stretch of coast at Al Thakhira is popular with ornithologists. It is an area of salt flats and mangroves which can be tricky to navigate. A four wheel drive vehicle is needed and visitors should stick to well defined tracks as much of the area becomes quicksand when it is wet.

Beaches

The sandy coastline of Qatar is home to numerous beaches. Many are popular with water sports enthusiasts. Some of the most popular beaches include:

- Al Ghariya, 80 Km north of Doha, has both a resort and a sandy beach with shallow water
- Dukhan is home to lots of sandy beaches.

- Fuwairit Beach, 80 Km North of Doha, is a fine sandy bay popular for picnics.

- Ras Abrouq, or Bir Zekreet, is at the very tip of the peninsular northeast of Dukhan. It is a favorite spot with campers

- Sealine Beach Resort just south of Mesaieed is a resort which is also open to day visitors. Dune buggies can be hired and there are water sports facilities on the beach

- Umm Bab or Palm Tree Beach is 90 Km west of Doha and a popular place to enjoy the coast.

- Simaisma Family Beach, north of Doha. This village dates back to 1938, built in the 19th century by pearl divers and local fishermen. The village can be accessed comfortably from Al Khor Highway, nearly 45 km north Doha.

Heritage Mosques

There are a number of mosques in the state that are popular with visitors:

The Simaisma mosque dates back to 1938. The mosque is generally open from sunrise until late afternoon; visitors should refrain from entering the mosque or taking pictures during prayers

The Abu Manaratain mosque is noticeable because of the huge tree that looms over it. It is in Al-Wakra, one of Qatar's oldest cities. Visitors are not allowed inside the mosque

Islands

There are a number of islands worth visiting. Ishat Island off the southeast of Qatar is made up of three small islets. Shra'o Island is a further 48 Km offshore and can be reached in three hours by speedboat from Doha. It has a fringed reef and a beach that is used by turtles to lay their eggs. It is also home to many seabirds.

Haloul Island is popular with scuba divers who visit to explore the area's coral reefs, which are home to many beautiful fish. The waters around the island are excellent for fishing. Al-Safliya Island is a tiny island which is a 15 minute boat ride from Doha. It is a popular tourist resort.

MEDICAL ARTICLE

ASTHMA

Asthma is a disease of the bronchial tubes, or airways of the lungs, characterized by tightening of these airways. Common symptoms include shortness of breath, cough, tightening in the chest, and wheezing. It is a chronic disease; people with asthma live with it every day and very often for their whole lives.



When a person breathes, air is taken into the body through the nose, then passes through the windpipe and into the bronchial tubes. At the end of the tubes are tiny air sacs called alveoli that deliver oxygen to the blood. These air sacs also collect unusable carbon dioxide, which is exhaled out of the body.

Asthma is a lung disease that affects 12-15 million Americans, including approximately 10-

12% of children under age 18. Asthma may occur at any age, although it's more common in younger individuals. (Under age 40)

People who have a family history of asthma have an increased risk of developing the disease. Asthma is also more common in people who have allergies or who are exposed to tobacco smoke. However, anyone can develop asthma at any time.

Asthma can be controlled but not cured. It is not commonly fatal, but it can become life threatening if is not treated or controlled.

Having frequent symptoms, trouble sleeping, or difficulty completing tasks is not normal! Good asthma control will stop these symptoms and end visits to the emergency room and hospital. There are two main types of asthma medications:

Anti-inflammatory:

This is the most important class of therapy for most people with asthma because these drugs prevent asthma attacks on an ongoing basis. Anti-inflammatory medications, known as corticosteroids or just steroids, reduce swelling and mucus production in the airways. As a result, airways are less sensitive and less likely to react to triggers. These medications

need to be taken daily and may need to be taken for several weeks before they will begin to control asthma or even prevent it.

Bronchodilators:

These medications relieve the symptoms of asthma attacks by relaxing the muscle bands that tighten around the airways. This action rapidly opens the airways, letting more air in and out of the lungs and therefore improving breathing.

These medications also help clear mucus from the lungs. As the airways open, the mucus moves more freely and can be coughed out more easily.

Asthma medications can be taken in a variety of ways.

Inhaled medications, in the form of metered dose inhalers, dry powder inhalers are one way of taking asthma medications. Oral medications-pills or liquids you swallow-may also be prescribed.

Tips for controlling asthma triggers:

- Be aware of sinus symptoms and report them immediately to prevent asthma attacks.
- Viral illnesses, such as colds and flu, can trigger asthma attacks. Get a flu shot every year, and get the pneumonia vaccine if you have not had one.
- Try to stay away from large crowds in the fall and winter, when the flu season

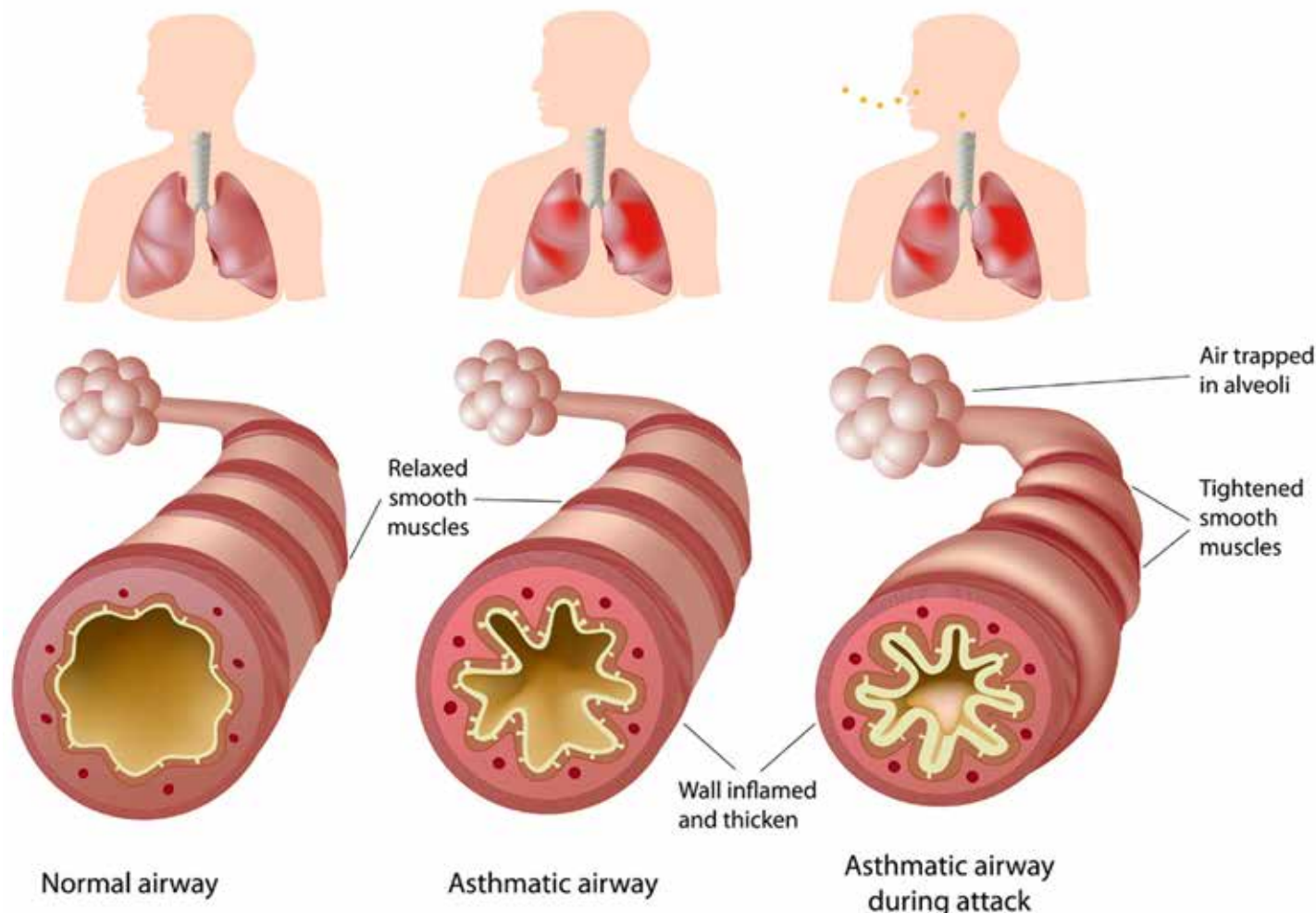
is at its peak. Keep away from people who have cold or flu symptoms.

- Good hygiene can help decrease viral infections within your household. Prevent the spread of infection by frequently washing your hands and asking your family members to wash their hands with soap and warm water, especially before preparing food; eating; taking medications or breathing treatments; and after coughing or sneezing; using the bathroom; etc..
- Keep breathing equipment clean. Do not let others use your medical equipment.

- Call your doctor if you experience any of the warning sign of an infection listed below:
- Increased shortness of breath, difficulty breathing, or wheezing.
- Coughing up increased amounts of yellow or green colored mucus.
- Fever or chills
- Increase fatigue or weakness.
- Sore throat, or pain when swallowing.
- Sinus drainage, nasal congestion, headaches, or tenderness along upper cheekbones.

Symptoms of asthma:

Pathology of Asthma



STRESS MANAGEMENT STRATEGIES

STRESS

How to Reduce, Prevent, and Cope with Stress

It may seem that there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your career and family responsibilities will always be demanding. But you have more control than you might think. In fact, the simple realization that you're in control of your life is the foundation of stress management. Managing stress is all about taking charge: of your thoughts, emotions, schedule, and the way you deal with problems.

Identify the sources of stress in your life

Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you're constantly worried about work deadlines. But maybe it's your procrastination, rather than the actual job demands, that leads to deadline stress.

To identify your true sources of stress, look closely at your habits, attitude, and excuses:

- Do you explain away stress as temporary ("I just have a million things going on right now") even though you can't remember the last time you took a breather?
- Do you define stress as an integral part of your work or home life ("Things are always crazy around here") or as a part of your personality ("I have a lot of nervous energy, that's all")?
- Do you blame your stress on

other people or outside events, or view it as entirely normal and unexceptional?

Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your control.

Start a Stress Journal

A stress journal can help you identify the regular stressors in your life and the way you deal with them. Each time you feel stressed, keep track of it in your journal. As you keep a daily log, you will be able to get rid of stress sources one by one. Write down:

- What caused your stress (make a guess if you're unsure)
- How you felt, both physically and emotionally
- How you acted in response
- What you did to make yourself feel better

Look at how you currently cope with stress

Think about the ways you currently manage and cope with stress in your life. Your stress journal can help you identify them. Are your coping strategies healthy or unhealthy, helpful or unproductive? Unfortunately, many people cope with stress in ways that compound the problem.

Unhealthy ways of coping with stress

These coping strategies may temporarily reduce stress, but they cause more damage in the long run:

- Smoking
- Drinking too much
- Overeating or undereating
- Zoning out for hours in front of the TV or computer

- Withdrawing from friends, family, and activities
- Using pills or drugs to relax
- Sleeping too much
- Procrastinating
- Filling up every minute of the day to avoid facing problems
- Taking out your stress on others (lashing out, angry outbursts, physical violence)

Learning healthier ways to manage stress

If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four As: avoid, alter, adapt, or accept.

Since everyone has a unique response to stress, there is no "one size fits all" solution to managing it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

Dealing with Stressful Situations: The Four A's

Change the situation:

- Avoid the stressor
- Alter the stressor

Change your reaction:

- Adapt to the stressor
- Accept the stressor

1: Avoid unnecessary stress

Not all stress can be avoided, and it's

not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

- Learn how to say "no" – Know your limits and stick to them. Whether in your personal or professional life, taking on more than you can handle is a surefire recipe for stress.
- Avoid people who stress you out– If someone consistently causes stress in your life and you can't turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.
- Take control of your environment– If the evening news makes you anxious, turn the TV off. If traffic's got you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do your grocery shopping online.
- Avoid hot-button topics – If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it's the topic of discussion.
- Pare down your to-do list– Analyze your schedule, responsibilities, and daily tasks. If you've got too much on your plate, distinguish between the "shoulds" and the "musts." Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.

2: Alter the situation

If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

- Express your feelings instead of bottling them up. If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don't voice your feelings, resentment will build and the situation will likely remain the same.
- Be willing to compromise. When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you'll have a good chance of finding a happy middle ground.
- Be more assertive. Don't take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them. If you've got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.
- Manage your time better. Poor time management can cause a lot of stress. When you're stretched too thin and running behind, it's hard to stay calm and focused. But if you plan ahead and make sure you don't overextend yourself, you can alter the amount of stress you're under.

3: Adapt to the stressor

If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

- Reframe problems. Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.
- Look at the big picture. Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no,

focus your time and energy elsewhere.

- Adjust your standards. Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with "good enough."
- Focus on the positive. When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.

Adjusting Your Attitude

How you think can have a profound effect on your emotional and physical well-being. Each time you think a negative thought about yourself, your body reacts as if it were in the throes of a tension-filled situation. If you see good things about yourself, you are more likely to feel good; the reverse is also true. Eliminate words such as "always," "never," "should," and "must." These are telltale marks of self-defeating thoughts.

4: Accept the things you can't change

Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

- Don't try to control the uncontrollable. Many things in life are beyond our control—particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.
- Look for the upside. As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

- Share your feelings. Talk to a trusted friend face to face or make an appointment with a therapist. The simple act of expressing what you're going through can be very cathartic, even if there's nothing you can do to alter the stressful situation. Opening up is not a sign of weakness and it won't make you a burden to others. In fact, most friends will be flattered that you trust them enough to confide in them, and it will only strengthen your bond.
- Learn to forgive. Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on.

5: Make time for fun and relaxation

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors.

Healthy ways to relax and recharge

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Write in your journal.
- Take a long bath.
- Light scented candles.
- Savor a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.
- Watch a comedy.

Don't get so caught up in the hustle and bustle of life that you forget to take care of your own needs. Nurturing yourself is a necessity, not a luxury.

- Set aside relaxation time. Include rest and relaxation in your daily schedule. Don't allow other obligations to encroach. This is your time to take a break from all responsibilities and recharge your batteries.

- Connect with others. Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.
- Do something you enjoy every day. Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike.
- Keep your sense of humor. This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways.

6: Adopt a healthy lifestyle

You can increase your resistance to stress by strengthening your physical health.

- Exercise regularly. Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension.
- Eat a healthy diet. Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.
- Reduce caffeine and sugar. The temporary "highs" caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.
- Avoid alcohol, cigarettes, and drugs. Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind.
- Get enough sleep. Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.



TECHNOLOGY CHANGES OUR LIFE, WHAT IS NEXT?

Throughout the recent decades, we have been experiencing a dramatic change in the world of technology.

Communications devices such as computers & laptops are becoming an important part of our daily lives. We are all so dependent on these devices that sometimes we treat them as if they were part of our family.

Technology has become a priority for many people. It makes life easier to live on and less time-consuming. Hence, people do not have to do all the hard labor anymore.

Although technology has made life more convenient, there is certain amount of drawbacks in which it has damaged the quality of our life. It separates individuals from reality. The tablet devices are one example; by putting into earbuds and immersing yourself in music while in public, you are disconnecting yourself from the real world.

The Internet detracts from the communication abilities of society, especially the young. In formative teen years, lack of personal communication due to excessive Internet usage can have an overall negative effect on mental and physical health. Social networking inflicts damage on children and pushes them into leading isolated, antisocial individuals, while living in a virtual world away from real life.

Overuse may ultimately lead to Internet addiction, which negatively affects a child's scholastic performance, relationship with the family and psychological health. Children can also access information that is unsuitable and communicate with people they shouldn't come in contact with.

Protecting children should be a parent's primary concern and they must talk to their kids about Internet safety and spend more time with them. In

turn, children should attend sporting sections, various educational courses, theatres etc. Otherwise, they will degrade if spending almost all day near laptops and other devices.

Technology hinders personal communication. Nowadays, people are starting to become emotionally attached to technological devices. It is becoming very difficult to spend a few hours, or even minutes without the usage of computers, mobile phones etc.

Some experts believe that Internet users will lose the savvy, patience to conduct social relations in the corporeal world. They stress a serious concern involving proliferation of inappropriate content, such as violence, bias, hate speech, profanity and etc. The Internet gives people an easy way to find unnecessary information.

These sorts of desperations changed people's social lives. Networking websites such as Facebook, Twitter etc. appear as ineffective way to communicate with people, simply because conversations are very vague.

As a reminder, Twitter has 271 million monthly active users, 78 percent of Twitter active users are on mobile. As of the first quarter 2014, social network Facebook had 1.28 billion monthly active users and 654 million people use Facebook on mobile on a daily basis. That being said, people cannot imagine their lives without technology. It seems that human beings will become too computerized one day.

Society must be able to utilize technology while not allowing it to impede social interactions, particularly for those who are easily influenced.

Online communication is now in fashion, putting a thick wall between you and reality. Modern technologies could replace live talking with texting to your friends. What is the next to change our life?