

Magazine

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QATAR STEEL

Issue No.99 • Second quarter 2014



10 INCREDIBLE
HEALTH
BENEFITS
OF FASTING
IN RAMADAN

QATAR STEEL AWARDED FOR INNOVATION IN WASTE RECYCLES

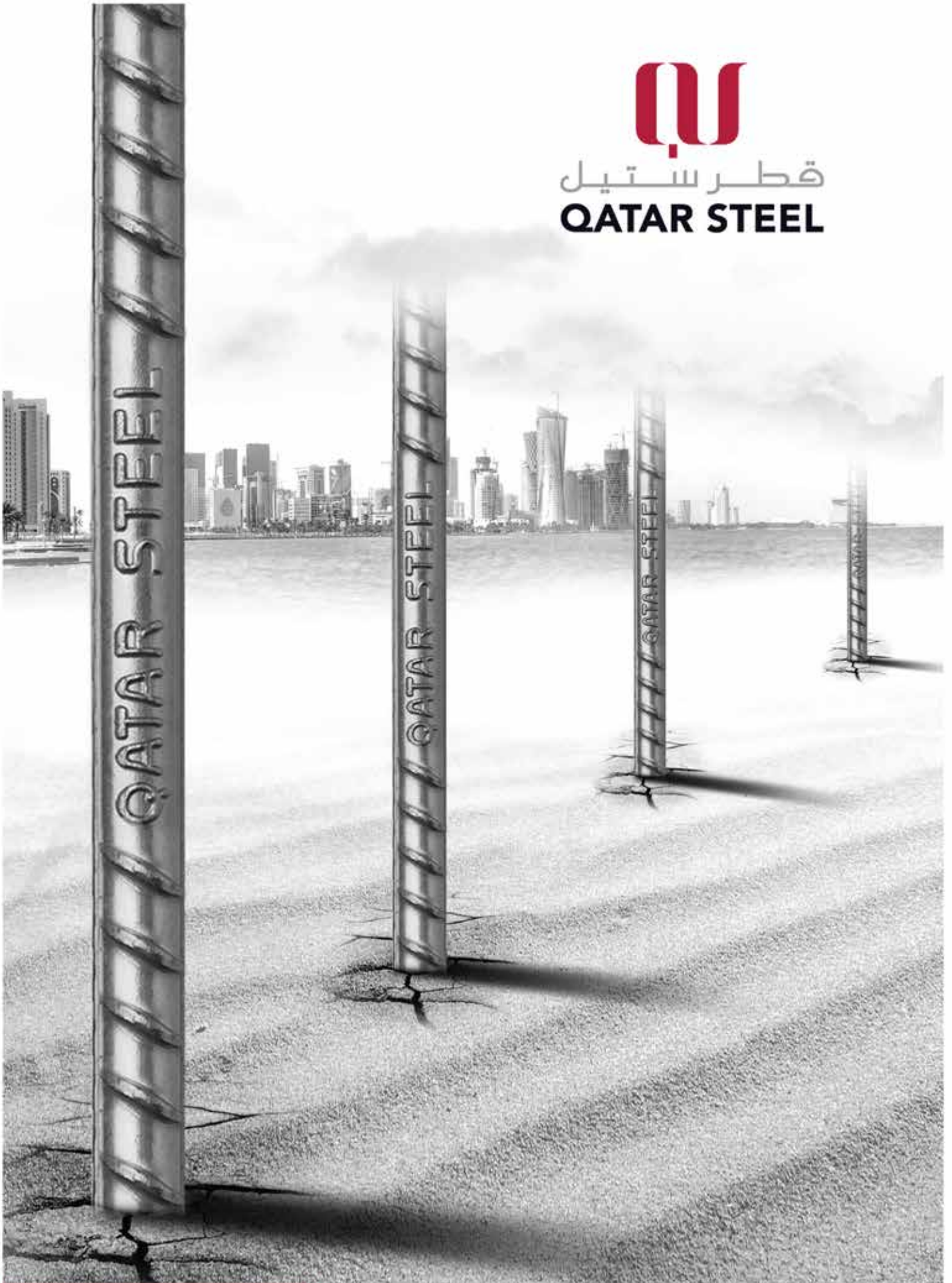
• Hosting Trader's Annual Gathering

• Recognizing Long Service Staff

EFFECTIVE PARTICIPATION & STRONG PRESENCE IN EXHIBITIONS



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QATAR STEEL

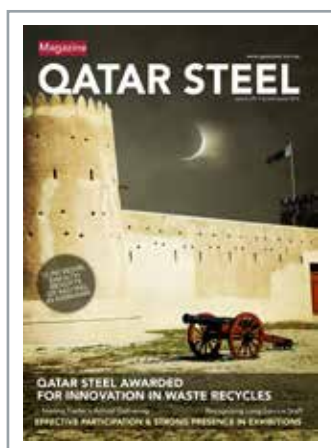


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EDITORIAL ISSUE

Qatar Steel Magazine • Issue No.99 • Second quarter 2014 • Under the supervision of Public Relations and Communications



Welcome Note Qatar Steel Magazine

Dear Readers,

Welcome to the new issue of Qatar Steel Magazine.

As usual, we have tried to cover the company's events and functions that have taken place recently.

The new issue includes significant corporate activities, such as Qatar Steel Traders' Annual Gathering, participation in exhibitions, like, Project Qatar & QP Environment Fair and Long Service Award Ceremony among many others.

We hope that you will find this issue interesting and useful. Any suggestions and comments to further develop the magazine will be welcome.

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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Qatar Steel Company (Q.S.C.) (Qatar)

P.O.Box : 50090, Mesaieed Qatar
Tel. : +974 44778778 - Fax : +974 44771424

P.O.Box : 689 , Doha Qatar
Tel. : +974 44576666 - Fax : +974 44576650

Qatar Steel Company FZE (Dubai)

P.O.Box : 18255, Jebel Ali Free Zone, UAE
Tel. : +971 48053111 - Fax : +971 48053222

Towards Sustainable Steel

QATAR STEEL LAUNCHES 2013 SUSTAINABILITY REPORT

We deliver on our commitment to sustainability by launching our third annual sustainability report.



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

The report that re-emphasizes Qatar Steel's commitment and approach to sustainability, captures the company's sustainability framework, stakeholder map, key 2013 achievements, and includes several commitments that serve as catalyst for Qatar towards improving its sustainability performance.

Qatar Steel's sustainability efforts are well aligned to the national priorities as defined by the Qatar

National Vision 2030 and the National Development Strategy.

"At the sector level, we will continue to be actively engaged in Qatar's Sustainable Development Industry Reporting (SDIR) Programme, which aims for advancing the Qatar energy and industry sector's performance and leadership on sustainable development.", Mr. Ali Bin Hassan Al-Muraikhi, Managing Director and General Manager said.

As Qatar Steel's first priority is to satisfy the demands of the Qatar market. Qatar Steel brought online its fifth Electric Arc Furnace (EAF5) in 2013, with a production capacity of

1.1 million tons per annum, which was commissioned in December 2013.

2013 was another excellent year for Qatar Steel with high productivity across all operating units and achieved high operational and financial performances. In 2013, Qatar Steel successfully reduced its energy consumption by 2.4% and its total greenhouse gas emissions (GHGs) by 3.3%, while increasing its overall productivity by 2.5%. The company also introduced a number of waste management initiatives such as recycling by-products generated during production and through collaboration with some concerned bodies.

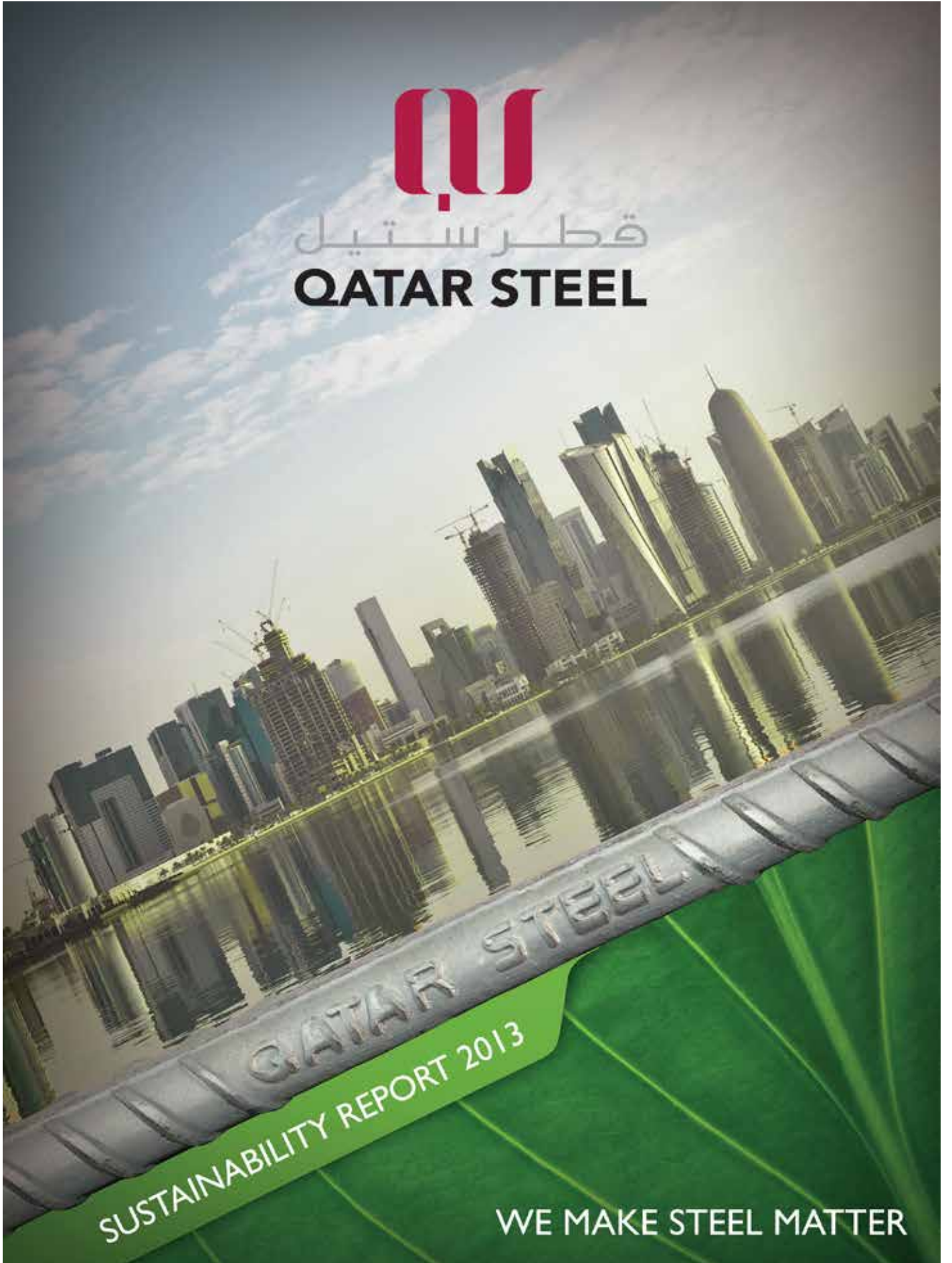
Qatar Steel also improved its safety performance with 31% reduction in reportable injury rate for employees and zero fatalities among its employees and contractors. It was another year of low employee attrition rate of 3.6%.

"We acknowledge that challenges remain, and there will always be room for improvement. But we hope to address them in an open and transparent manner, and together with our stakeholders. As we continue to grow and serve the ambitious infrastructure expansion plans of Qatar, we are committed to making sustainability a part of everyone's work culture." Mr. Ali Bin Hassan Al-Muraikhi, Managing Director and General Manager said.



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SUSTAINABILITY REPORT 2013

WE MAKE STEEL MATTER



QS AWARDED FOR INNOVATION IN **WASTE RECYCLES**

Qatar Steel was honored as winner in the category Innovative Waste recycle/ Waste Management practices in the Sustainability Report 2013 launch event held recently. The award was presented by H.E. Dr. Mohammed Bin Saleh Al-Sada - Minister of Energy & Industry. Mr. Majid Mohammed Al-Marri, Technical Manager, received the award on behalf of Qatar Steel. Ministerial VIP officials and other leading CEO's /GM's of the companies from Qatar attended the event.

Qatar Steel received its first award as 1st runner up in 2011 Sustainable Reporting. Since then, this is the second time Qatar Steel has emerged as a

clear winner in 2013 in INNOVATION IN WASTE RECYCLES category. Qatar Steel is working to reduce its environmental impact by investing in cutting-edge technology and continuous improvements in efficiency. These actions reduce Qatar's overall environmental impact, thereby enhancing customer loyalty, and extending support Qatar Steel's promise of Making Steel Matter.

'Seeking the most eco-friendly technologies in steel making remains one of our top priorities. Unlike scrap-based steel plants, which often face emission-control challenges resulting from heavy metals and toxic chemicals present in

the scrap, Qatar Steel's production is based on DRI, one of the cleanest raw materials available. This has enabled us to maintain very low levels of heavy metal and dioxin emissions', stated by Mr. Majid Mohammed Al Marri, Technical Manager at Qatar Steel.

Qatar Steel is working relentlessly to reduce its operational waste, including steel scrap, EAF slag, and various operational by-products. Steel scrap, which accounts for most of the by-product generated by steel making operations, is utilized entirely; Scraps are first collected and classified, then stored in designated areas, before finally used as raw material in steel making operations. 91% of Qatar Steel's operational waste generated are being recycled and / or reused by selling it as by-product.

Qatar Steel has established a joint venture with a world-renowned waste-recycling company - EBM (Environmental Building Material LLC) - to process slag. This initiative will ensure that the waste is used in the best way possible without harming the environment or the end-user. The company has already obtained a Non Objection Letter from the Ministry of Environment to use slag as aggregate in non-structural concrete and asphalt base course. Recycling of slag will help in reducing the overall mining of prime material.

Collaboration with Qatalum



to recycling its Carbon Waste is a landmark step endeavor in sustainability development plans. During the process of aluminum production, Qatalum generates different wastes consisting of carbon content in the range of 70% to 96%. In an effort to work for a sustainable future, Qatar Steel explored using these carbon-bearing materials in its steel melting shop as replacement for lump coke and re-carburizers. With encouraging trial run, the process was streamlined in due course of time to recycle 750 tons /month of different carbon wastes at Qatar Steel's furnaces.

"Qatar Steel's recycling activity is not restricted to steel waste, but we also process wood waste, which results from packaging materials". Mr. Majid added,

Recycling of
750 tons /
month of
different
carbon
wastes at
Qatar Steel's
furnaces



HOSTING TRADER'S ANNUAL GATHERING

Being part of Qatar Steel's tradition and be admired for our business culture with its traders in Qatar and in GCC countries, Qatar Steel hosted its Traders' Annual Gathering. The event is organized every year matching with high corporate standards to consolidate relationships with business partners and build an enviable brand reputation.





The event was held at The Ritz Carlton- Doha on April 10, 2014 and was attended by all Qatar Steel traders from Qatar and all GCC countries. Qatar Steel's MD and GM and other top managements, including Division, and Department Managers and other officials attended the event.

Through this gathering, Qatar Steel aims at meeting its traders, discuss business relations and the ways to further develop and enhance its cooperation with them in the future.

In his welcoming speech, Mr. Ali Bin Hassan Al-Muraikhi, Managing Director and General Manager of Qatar Steel, said that "Qatar Steel, as a national leading steel company, contributes to Qatar's economy, through producing high quality re-bar and wire rod, required for infrastructural projects. He affirmed that Qatar is a promising market, and huge investments are expected in the coming years, including a numbers of mega strategic projects are being implemented in preparation for 2022 World Football Cup."

Mr. Al-Muraikhi pointed out that 2013 was a high performing year for Qatar Steel with excellent and positive highlights in terms of operational and financial results despite the challenges that the regional markets have witnessed. Qatar Steel has achieved high percentage of growth, as one of leading steel companies in Arabian Gulf, and it has succeeded to establish itself in the local and regional markets through its high quality product, outstanding customer service, and commitment to meet the requirements and expectations.

He went on to say that the company is constantly striving to increase its production, diversify its products and increase its revenues. The company is heading as well to achieve sustainable development on all levels; economic, social and environment, in compliance with Qatar's National Vision 2030.

During the gathering, Qatar Steel unveiled the video on the commissioning of EF 5 to the traders. The commercial production of EF 5 commenced in Feb 2014, with a capacity of 1.1 million ton

per year.

Commenting on the event, Mr. Ahmad A. A. Al-Ansari, Commercial Division Manager of Qatar Steel said that the traders' gathering is a perfect opportunity for Qatar Steel to meet its traders, exchange of views on different business aspects and review the current and future marketing plans and strategies.

Al-Ansari pointed out that such annual gathering with our traders would enhance the needed cooperation and communications with them, and it would strengthen the mutual ties, based on trust and respect.

Qatar Steel has achieved high percentage of growth, as one of leading steel companies in Arabian Gulf,





RECOGNIZING LONG SERVICE STAFF

In recognition of their loyalty and dedication, Qatar Steel awarded its long served employees, who have completed 10, 15, 20, 25, 30 and 35 years in service in Qatar Steel. Service Certificates and souvenir gifts were awarded to all of them on an august function, held at four Seasons Hotel in Doha.

On this occasion, Qatar Steel's Managing Director and General Manager, Mr. Ali Bin Hassan Al-Muraikhi, congratulated all the recipients and thanked them for their committed efforts, perseverance, and for their loyalty shown towards their job and making Qatar Steel a strong brand worldwide.

In his address note, Mr. Muraikhi stated that: "Long service awards are just one of the many incentive policies that we have adopted as part of our employee retention strategy to ensure that the skills and technical knowledge that gets nurtured and developed over time are retained within the company. As employees, you are the company's most valued human capital. In addition to that he affirmed we

also need to ensure that we continuously adapt to the changing work environment and models of best practices to enable us to deliver our work in a better, and in more efficient way all the time".

In his speech, he invited the awardees to support their younger colleagues by transferring their know-how and experience and to ensure a continuation of flows of knowledge transfer within Qatar Steel and towards building of strong generation ready to take on the challenges and to carry on the mantle of Qatar Steel to ever greater heights.

He also urged the recipients to work as one team, and to contribute in creating a positive and favorable work environment,

and that supervisors and managers must make it their responsibility to support their subordinates with all the relevant materials and tools so as to make it easy for them to do their jobs.

On behalf of the awardees, Mr. Mohamad Ansar, one of the employees who completed 35 years in service, said that by honoring the long service employees, Qatar Steel has honoured employee's wisdom, knowledge, and experience. He expressed his thanks and appreciation to the management for the relentless support and encouragement and for creating a pleasant working atmosphere where mutual respect, healthy relations and limitless motivation prevail.



QS ASSOCIATE PARTNER IN QATAR PROJECTS CONFERENCE



As Part Of Our Corporate Branding Strategy To Remain At The Peak Of All Affairs, Qatar Steel Participated As Associate Partner In Qatar Energy And Infrastructure Conference (Qatar Projects), Held From 18-19 March, 2014, In Grand Hyatt Doha, Under The Patronage Of His Excellency Dr. Mohammed Bin Saleh Al-Sada, Minister Of Energy And Industry.

The two day event attracted over 400 local, regional and international delegates including top dignitaries and senior executives from engineering and constructions industry, leading consultants and others. Over 85 top speakers, including project owners and senior officials from public and private sectors, spoke in the conference.

The conference highlighted various mega projects to be implemented from various sectors, such as infrastructure, transport, oil, gas, and power & water sectors. Other issues that also discussed were pertaining to preparations and the progress made on the forthcoming FIFA World Cup 2022.



Effective Participation & Strong Presence In Exhibitions

QP Environment Fair

In line with its high concern to environment, and as part of its environmental commitment, Qatar Steel participated in QP's Annual Environment Fair, held under the patronage of HE Dr. Mohamed bin Saleh al-Sada, Minister of Energy & Industry and Managing Director of Qatar Petroleum, from 23-26 April, 2014 at Qatar National Conventions Centre (QNCC).



A large number of QP subsidiaries and joint ventures, industry stakeholders, government companies and organizations took part in this year's environment fair. The theme was about the Use of Water in Oil and Gas Industry. The fair's slogan was "Allah created from water every living thing".

The four day event was a good opportunity for the participants to showcase their environmental initiatives, programs and activities. A wide range of entertaining and educational activities for visitors and students were featured, including plays and painting competitions to educate the public and children and made them aware of the natural resources, ways to preserve and protect and to enhance the community's commitment to environment.

Concurrently with the environment fair, technical workshops were organised, revolving around water usage and maintaining water resources. Qatar Steel's presentation was entitled as "Qatar Steel's Initiatives towards Water Conservation".

Project Qatar 2014

Due to its strategic importance, Qatar Steel took part in the 11th International Construction Technology & Building Materials Exhibition "Project Qatar", held under the auspices of Prime Minister and Interior Minister, HE Sheikh Abdullah bin Nasser bin Khalifa Al Thani, from 12th - 15th May, 2014 at Qatar National Convention Centre (QNCC).

Project Qatar attracted about 2100 local and international exhibitors from 47 countries from all over the world, who showcased their expertise, products and services in the constructions sector. The exhibition is one of Middle East's leading exhibitions for construction and building materials.

Mr. Ali Bin Hasan Al-Muraikhi, Qatar Steel's Managing Director and General Manager said that Qatar Project is a good opportunity for construction and building companies to meet, communicate and further consolidate their business relations. The exhibition provided investment opportunities for participants, and offered comprehensive and suitable solutions to many problems and topics related to this important sector.

Mr. Al-Muraikhi pointed out that Qatar Steel, as a national steel producer, is keen to participate in Project Qatar 2014, due to the role the steel

sector plays in the economic development in the State of Qatar, which witnesses a high percentage of growth in building and constructions as commercial, residential and industrial infrastructure developments in Qatar increase, in preparation for the 2022 FIFA World Cup, and in line with 2030 Qatar National Vision.

"Qatar Steel is constantly striving to achieve growth, expansion and development, and through its participation in Project Qatar it aims at enhancing its leading position in local and

Gulf markets. Taking part in such an event allows us to network effectively, have direct contact with our traders and customers in the Middle East, GCC countries, with a view to build up continual and successful business relations and partnerships with them." Mr. Al-Muraikhi added.

Qatar Steel's stand, with its outstanding design derived from Qatar's original heritage, attracted a large number of visitors and customers. Samples of Qatar Steel's high quality products of rebar and wire rod were displayed.



The Big 5- Saudi, Jeddah

Owing to its commercial and strategic importance, Qatar Steel took part in the International Building and Construction Show, known as "The Big 5-Saudi", held in Jeddah's Center for Exhibitions from 9 – 12th March, bringing together more than 500 exhibitors from over 35 countries around the world.

Qatar Steel, a leader in Steel industry in the Arabian Gulf, participated in The Big 5-Saudi, with the view to meet and communicate with representatives of leading companies in the local, regional and international markets, working in the field of building and constructions sector, which is currently witnessing an immense growth in construction and infrastructure industry.

The Big 5 was also an effective platform for Qatar Steel to meet its Saudi traders in their home country and explore possibility of increasing sales in their market that has a high growth potential, other than consolidating the business relations and enhancing mutual cooperation in future.



15th GCC Joint Expo - Sharjah

Qatar Steel participated in the 15th GCC Joint Exhibition, which was held at the Expo Centre Sharjah, from 23- 26 May, 2014, under the patronage of His Highness Sheikh Dr. Sultan

bin Mohammad Al-Qasimi, UAE Supreme Council Member and Ruler of Sharjah. It was coordinated by Qatar Chamber.

The weeklong event

provided an ideal platform for GCC countries to showcase and promote their products.

The exhibition opened up networking opportunities

with prominent businessmen and investors from across the region, which served as a wide potential market for their products.





CNA Career Open Day

In line with its commitment to Qatarization policy, Qatar Steel participated in the Career Open Day, organized by College of the North Atlantic- Qatar, for companies and organizations from public and private sectors held on May 13, 2014.

The aim of this event was to familiarize Qatari graduates with the job opportunities available and the academic qualifications required to meet these jobs, as well as to brief them about the training programs provided. A team from HR and Training & Development Departments met the students and responded to their questions and queries.

3rd Annual Career Fair for Universities & Work Sectors

To enable Qatari students to get insight into the possible career prospects in steel industry, Qatar Steel participated in the Career Fair held at Al-Wakra Secondary Independent School. The fair was inaugurated by Dr. Khaled Al-Hor, Director of Higher Education at the Supreme Educational Council, and Mr. Mohamed Ali Mohamed Mandani, License Operator and School principal. Qatar Steel was represented by Mr. Yousef Abdullah Al-Mansori, Learning and Development Manager.

Company Officials gave presentations about the company's internship programs and invited students to join Qatar Steel after completion of their High school studies. Students' queries were also entertained. A briefing was also given about potential learning disciplines and career prospects.



Open day in Qatar Independent Technical School

In line with its Qatarization plan, and as part of its efforts to attract young nationals to join the company, Qatar Steel participated in Qatar Independent Technical School's (QITS) Open Day, which took place at the school on 21st May, 2014. A team from HR and Training & Development departments represented in the Qatar Steel stand, and responded to students' queries.

Qatar Steel's participation in the QITS's Open Day stems from its belief in the importance of technical education, as it qualifies them and makes them capable of contributing to the development of national industries in Qatar.

Qatar Steel aims at encouraging qualified and highly motivated graduates to join the company. As part of the process, Qatar Steel provides newly joined staff with the required training programs that qualify them for the positions they are going to occupy, and to attain the practical knowledge they require.



WE MAKE STEEL MATTER



CSR

Gold Sponsor of Youth volunteering Forum



In support of local community events and activities, Qatar Steel participated as gold sponsor in the 1st Youth volunteer Forum organized by Qatar Center for Voluntary Work (QCVA) from 18th-19th May, 2014 in the Students' Center at Qatar Foundation.

The objectives of the forum were to familiarize the public about the volunteering work, and to highlight the importance of volunteerism and the role of volunteers in the progress of the community and in the prosperity of their country.

The forum focused on the role of volunteering work in our community and the need to raise awareness of its importance, and the role that the Qatari voluntary organizations can play in serving the community.

The activities of the forum highlighted the setting up of voluntary national institutions, setting up of workshop and lectures on volunteering work, and holding a voluntary competition for local schools and voluntary centers.

At the closing ceremony of the forum, Mr. Yousuf Ali Al- Kazim, secretary general of QCVA honored the sponsors including Qatar Steel, amidst journalists, scholars, athletes, large gathering of students and university faculty.

Co-sponsoring Art and Handicrafts Expo of Qatar Society for Rehabilitation of People with Special Needs



Within the framework of supporting the charitable, humanitarian, educational events and activities, Qatar Steel co-sponsored QSRPSN's annual art and handicrafts expo, held on Tue. 10th June, 2014 at Marriott Hotel-

Doha. The one day event was organized and inaugurated by QSRPSN's educational and rehabilitation centers for girls, with the attendance of high officials from QSRPS, specialists and other



concerned dignitaries. Art portraits and handicrafts were displayed, reflecting the special need students' capabilities, talents and craft skills. Qatar Steel's initiative to support and sponsor the expo

emerged from the vital role played by QSRPSN, to rehabilitate the special need students, help them mingle with the community, realize their self-recognition and encourage them to further develop their artistic talents and potentials.



Silver sponsor of Al-Khor Club's Midar Maritime Festival

In line with its corporate social responsibility and pursuing proactively in community development, Qatar Steel participated as a silver sponsor in Al-Khor Club's Midar Maritime Festival, held from 2-3 May, 2014 at Al-Khor Port. The two days event was organized by the cultural and social committee at Al-Khor Sports Club and Ibrahim Bin Ali Centre for reviving of Qatar's Heritage.

Qatar Steel's support to maritime festival emerges from its interest to take part in all social activities and functions that may contribute to the benefit of the local community. The festival aimed at reviving Qatar's past Heritage, familiarize young generations with the heritage of their ancestors in land and sea, link the Qatari youth with the local environment and giving the visitors insight into the country's rich marine heritage.

The Festival's program included fishing competitions. Eight teams participated and prizes were given to the winning teams who secured first three positions. Old handicrafts including

dhow building, 'gargoor' making and knitting were displayed. A marine exhibition displaying different kinds of fish from Qatar's marine environment, were additional to the above.

On the closing ceremony, the sponsors and the supporting companies were honored amidst august audience.



Supporting Disaster training camp by Qatar Red Crescent



As part of Corporate Social Responsibility, and in line with support to community institutions in Qatar, Qatar Steel offered a financial contribution to Qatar Red Crescent (QRC), in support of their fifth disaster management training camp, held at its headquarters from 1 – 10 April, 2014, at Al Khor Marine Scout Camp, under the patronage of HE Prime Minister and Interior Minister H E Sheikh Abdullah bin Nasser bin Khalifa Al Thani.

The Training Camp was held under the slogan "Effective preparedness... Better response", with an objective of building disaster preparedness capacity of the volunteers and the community in general. The program, organized by a group of QRC's disaster management specialists, aimed at training volunteers from different nationalities. It contained a series of theoretical and practical training sessions as well.



Funding Ramadan Catering Programs for People with Special Needs



Demonstrating its social commitment to supporting the charitable and humanitarian activities, Qatar Steel presented a donation to Qatar Society for Rehabilitation of Special Needs (QSRSN), in support

and assistance for the families of the people with special needs during the Holy Month of Ramadan.

QSRSN launched charitable programs during Ramadan to raise funds for the needy families of children

with disabilities, to purchase food, clothes and other necessary items to cater for their basic requirements, help them sustain life and achieve self-sufficiency during Ramadan and Eid Al-Fitre.

Sponsoring Drama Opera at Al-Khor Primary School



In line with its Social Corporate Responsibility, and within the framework of supporting the educational events held in Qatar, Qatar Steel co-sponsored a drama opera, entitled «The New Scientist», organized by Al-Khor Independent Primary School, to commemorate the end of the academic school year, and in celebration of the graduation of 9th batch of Grade 6 students. Certificates and Souvenir gifts were distributed to the graduates.



A large crowd of audience attended the event including students' parents, representatives of sponsoring companies and faculty members. At the end, Qatar Steel and other sponsors were honored, in recognition of their support of this educational activity.

قطر ستيل QATAR STEEL



فنتج للحديد بعدا آخر
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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



HSE DAY 2014



Qatar Steel celebrated HSE Day with its employees and contractors.

The primary objective of this event was to give Health, Safety and Environmental awareness to QS employees and contractors. The event was held at Qatar Steel plant in Mesaieed industrial city.

The program included a demonstration by Mr. Salim from Karawa on defensive driving skills, tyre safety and drunken driving dangers. Brief on road safety was given by Colonel Mahmood from Traffic Police. Presentations were also given on Security, Heat Stress, Firefighting techniques, etc. A quiz was also conducted on health safety & environmental issues.

Health checkup, blood sugar, and blood pressure tests were done for the contractors by Red Crescent staff.

Mr. Saed Al-Roomi, HSE manager explained about the HSE initiatives taken by Qatar Steel and committed to sustain it.

Around 15 contracting companies attended the event with Qatar Steel Employees.



Plant visit by Khalifa Secondary Independent School



In terms of extending of co-operation between Qatar Steel and the Supreme Educational Council and other educational institutions in Qatar, a group of 24 students and 3 supervisors from Khalifa Secondary

Independent School visited Qatar Steel plant at Mesaieed Industrial City, on 22nd May, 2014. The main objective of the visit was to get a first-hand insight into the operation of steel plant.

After a brief presentation, the guests were taken on a plant tour to have a glimpse of the various working areas. The students also took opportunities to ask questions and take photographs.

«QS Table Tennis” Tournament



A Table Tennis Tournament (Single and Double) was held by Qatar Steel from 2nd– 4th June 2014, at Al-Maha Club in Mesaieed Industrial City.

51 employees from different departments participated in the single tournament and 38 employees registered for the double tournament. The competition was tough at all rounds. The final matches took place on 4th June, and prizes

and medals were distributed to the winners. The results were:

Single:

- 1st : Vineeth Nair
- 2nd: Nasr Nasr Mohamed
- 3rd: Selvam Jacob

Double:

- 1st: Anwar Mohamed & Nasr Nasr Mohamed
- 2nd: Vimalkar Toyle & Vineeth Nair
- 3rd: Partha Sahoo & Saad Darwazeh



MSHEIREB PROPERTIES

HAS AWARDED THE MAIN CONTRACT TO BUILD PHASE 3

The local Msheireb Properties has awarded the Main contract to build phase 3 in May 2013. This is a joint venture between Japan's Obayashi and the local HBK Contracting company. Msheireb Downtown Doha broke ground in early 2010 and its development will be completed in four phases, of which Phase 1(Phases 1A, 1B, 1C) and Phase 2 have been already awarded. Msheireb Downtown Doha will contain 100+ buildings when it is complete by 2016, and will house about 2700 residents. It will have parking for 10,000 cars, a dedicated tramway, and commercial and residential properties.





Phase 1A

This phase commenced in June 2009, incorporates the Diwan Amiri Quarter and Heritage Quarter. Primarily a civic and heritage area, this phase will provide the Diwan Annexe, residences to the Amiri Guard, and the Qatar National Archive. Museums will be created within the four heritage houses.

Phase 1B and 1C

This phase 1B commenced in March 2010 and Phase 1C commenced in November 2012 includes the larger part of both Al Baraha and Al Kahraba areas, and will comprise the true heart of the development, with hospitality, dining, Mandarin Oriental Hotel, the Cultural Forum, a new mosque and an exclusive residential component. This phase will further see the development of a unique mixed-use neighborhood stretching North to South along the Western boundary. The residential area of this phase will comprise a business and retail component and a school adjacent to the strategic Al Diwan Street.

Phase 2

The second phase of Msheireb main contract awarded in December 2012 will focus predominantly on retail oriented mixed-use activities including the retail galleria, residences, offices and a hotel. The second phase will comprise of 10 mixed-use buildings, covering a total area of 144,888 sq. m. This is scheduled to include 68,500 sq.

m of retail and 27,000 sq. m of commercial office space, as well as 24,000 sq. m of residential space and a 25,388 sq. m hotel.

Phase 3

The penultimate third phase contract of the mixed-use project worth QR 2.5 billion will include the construction of 14 buildings covering an area of 310,000 sq. meters. The Raft Contract awarded in Oct-2012 and Main Works Contractor was awarded in May 2013.

The buildings will comprise a 187-room hotel, an office building, mosque, health center and 11 residential buildings. The third phase is adjacent to the historic Al Kahraba Street, and extends to Msheireb Street.

Phase 4

The Nakheel Square will form development, and represents the main transportation hub and business be catered to by an array of shops, cafés and restaurants.

All Construction packages are on hold including Utility diversion, Enabling & Main Building Works pending finalisation of Metro/Phase-4 structural system between MP& Rail.

Msheireb means 'a place to drink water' in Arabic. The 750,000 sq. m Msheireb development covers 31-hectares (76 acres, 310,000 square meters) and is one of the largest real estate schemes in the capital. It will be built behind the Emiri Diwan administrative center on Doha corniche. The scheme will also include an interchange for Doha's proposed metro system.



10 INCREDIBLE HEALTH BENEFITS OF FASTING IN RAMADAN

Many people observe fasting as a religious obligation but only few know the health benefits it has. Fasting is a good practice, if properly implemented. It promotes elimination of toxins from the body, reduces blood sugar and fat stores. It promotes healthy eating habits and boost immunity. Here are top 10 health benefits you can derive from fasting.

1. Fasting Promotes detoxification

Processed foods contain lots of additives. These additives may become toxins in the body. Some of them promote production of advanced glycation end products (AGEs). Most of these toxins are stored in fats. Fat is burnt during fasting, especially when it is prolonged. And the toxins are released. The liver, kidneys and other organs in the body are involved in detoxification.

2. Fasting Rests Digestive System

During fasting, the digestive organs rest. The normal physiologic functions continue especially production of digestive secretions, but at reduced rates. This exercise helps to maintain balance of fluids in the body. Breakdown of food takes place at steady rates. Release of energy also follows a gradual pattern. Fasting however does not stop production of acids in the stomach. This is reason patients with peptic ulcer are advised to approach fasting with caution. Some experts believe they should not fast.



get energy. It reduces production of insulin. This rests the pancreas. Glucagon is produced to facilitate the breakdown of glucose. The outcome of fasting is a reduction in blood sugar.

5. Fasting Increases Fat breakdown

The first response of the body to fasting is break down of glucose. When the store of glucose is exhausted, ketosis begins. This is break down of fats to release energy. The fats stored in kidney and muscles are broken down to release energy.

6. Fasting Corrects high blood Pressure

Fasting is one of the non-drug methods of reducing blood pressure. It helps to reduce the risk of atherosclerosis. Atherosclerosis is clogging of arteries by fat particles. During fasting glucose and later, fat stores are used to produce energy. Metabolic rate is reduced during fasting. The fear-flight hormones such as adrenaline and noradrenaline are also reduced. This keeps the metabolic steady and within limits. The benefit is a reduction in blood pressure.

7. Fasting Promotes Weight loss

Fasting promotes rapid weight loss. It reduces the store of fats in the body. However fasting is not a good weight loss strategy. Reducing fat and sugar intake, and increasing fruits and rest are better measures to achieve weight reduction.

8. Fasting Promotes Healthy diet

It has been observed that fasting reduces craving for processed foods. It promotes desire for natural foods, especially water and fruits. This is one way fasting promote healthy lifestyle.

9. Fasting Boosts Immunity

When an individual is on balanced diet in between fasts, this can boost immunity. Elimination of toxins and reduction in fat store also helps the body. When individuals take fruits to break a fast, they increase the body's store of essential vitamins and minerals. Vitamins A and E are good antioxidants readily available in fruits. They help to boost immunity.

10. Fasting May Help to Overcome Addictions

Some authors show that fasting can help addicts reduce their cravings, for nicotine, alcohol, caffeine and other substance abuse. Although there are other regimens required to resolve addictions, fasting can play a role.

Despite these benefits, fasting has some demerits. It may cause reduction in body water called dehydration. This may lead to headaches and even trigger migraines in predisposed persons. It may worsen heartburn and peptic ulcer.

3. Fasting Resolves Inflammatory Response

Some studies show that fasting promotes resolution of inflammatory diseases and allergies. Examples of such inflammatory diseases are rheumatoid arthritis, arthritis and skin diseases such as psoriasis. Some experts assert that fasting may promote healing of inflammatory bowel diseases such as ulcerative colitis.

4. Fasting Reduces Blood Sugar

Fasting increases breakdown of glucose so that the body can

A microscopic view of several red blood cells, which are biconcave discs, against a dark background. The cells are shown in various orientations, some in focus and others blurred, creating a sense of depth. The lighting highlights the texture and color of the cells.

A SOUND MIND IN A SOUND BODY

ANAEMIA

When the body's red blood cells fall below the necessary level, or if hemoglobin, the oxygen-carrier in red blood cells is somehow impaired or reduced, anemia develops. It results in:

- Paleness or pallor-an important sign of anemia, but often a misleading one, since many people are naturally pale. It is judged by looking at parts of body where the blood runs close to the surface, typically the undersurface of the eye lids or under the fingernails.
- Feeling tired much of the time.
- Fatigue on exertion.
- Faintness (in severe cases).
- Flat fingernails.

There are vast ranges of causes of anemia. Patient's family history and blood examination, usually confirms the diagnosis. Those most likely to be affected are:

- Children during growth spurts
- Women during the years of menstruation
- Women during pregnancy
- The elderly people with a poor diet, lacking iron and vitamins

During childhood growth, the body's need for iron and vitamins may outstrip the supply. Consequently, it leads to fatigue. A balanced diet should overcome this effect. Additionally, vitamin and iron supplements along with diet are also beneficial. In case of doubts or worries, a formal dietary assessment is advised. A poor diet with no meat, eggs or green vegetables leads to iron deficiency.

Leaving vegetables to soak, or boiling them for a long time, will destroy their vitamin and iron content. Steaming vegetables is preferable to boiling them. Dark leaf vegetables, fish, eggs, liver, meat and cereals are sources of iron

Pernicious anemia: It is caused by the lack of Vitamin B12, because of failure to absorb the vitamin.