

Magazine

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# QATAR STEEL

Issue No.101 • First quarter 2015

**FOR THE FIRST TIME, QATAR STEEL HONORS THOSE WHO SPENT 40 YEARS IN SERVICE.**

**TAKING PART  
IN BIG 5 - SAUDI 2015**

**HOSTING 12<sup>TH</sup> TRADERS  
ANNUAL GATHERING**

**PROPOSED  
STADIUMS FOR THE  
2022 FIFA WORLD CUP**





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QATAR STEEL



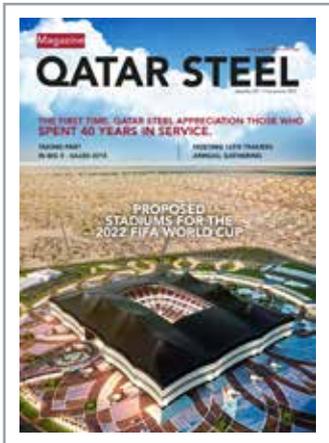
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# EDITORIAL ISSUE

Qatar Steel Magazine • Issue No.101 • First Quarter 2015 • Under the supervision of Public Relations and Communications



## Welcome Note Qatar Steel Magazine

### Dear Readers

We welcome you to the new issue of Qatar Steel quarterly magazine.

In this issue, you will find write-ups on various corporate events participated by Qatar Steel; such as the International Building and Construction Show (The Big 5 Saudi – in Jeddah, sponsoring Qatar Projects 2015 as Associate Sponsor and partaking in the 8th Qatar UK Career Fair 2015 held in London.

The issue also features on current activities and functions that took place recently in Qatar; like hosting of Qatar Steel's 12th Traders Annual Gathering in Banana Island Resort Doha, sponsoring QS Ice Hockey tournament and supporting Qatar Red Crescent's program '6th disaster management training camp' as part of Qatar Steel's CSR activities. You will also read in this issue some general 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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With a view to consolidate its cooperation and business relations with its accredited traders in Qatar and GCC countries, Qatar Steel hosted the 12th Annual Traders' Gathering.

The event was attended by a large number of local and regional traders, Managing Director & General Manager, Division and department managers and senior employees.

In his inaugural address, Mr. Al-Muraikhi welcomed

the guests and extended his thanks and appreciation to all traders for their cooperation and support, hoping that such fruitful gatherings would foster the relationship that exists between Qatar Steel and its traders & enhancing mutual understanding as well.

Mr. Al-Muraikhi expressed his delight at the outstanding results achieved by Qatar Steel in 2014 despite all challenges and spoke highly of the traders' role in this regard. 'Through our

# HOSTING 12TH TRADERS ANNUAL GATHERING

traders' network, Qatar Steel has succeeded to consolidate its presence in the markets; locally and abroad, which dates back to over 37 years span, full of growth and success. In this regard, I highly commend the great job that you do in enhancing such presence and spreading across the markets. As a result, Qatar Steel has taken such a leading and prominent position in Steel industry', Al-Muraikhi said.

Mr. Al-Muraikhi pointed out that Qatar Steel constantly strives to reach higher levels of development and growth in all industrial operations, to increase its production and revenues, be committed to highest quality levels in steel industry, and to achieve sustainable development in all fields; economic, social and environment, in compliance with country's National Vision 2030. He hoped that the company's solid business relations would continue with its traders, based on understanding, mutual trust and common interests.

Mr. Ahmed Abdul Aziz Al-Ansari, Qatar Steel's Commercial Division Manager commended

the brotherly relations between the company and its traders; "We, at Qatar Steel, are proud of our trading network that covers the local and GCC markets, and we hope such gatherings with our traders would give a strong impetus to our business relations, and would enable us to boost our communications with them; discussing various aspects of work and getting to better know the market and customers' requirements." Mr. Al-Ansari said.

Mr. Al-Ansari added that Qatar Steel, through its good cooperation with its traders, strives to cater for the needs of local and regional markets and to meet the customers' increasing demand for high quality steel rebar products, greatly required for building and constructions sector and the infrastructural projects within Qatar and GCC countries. Besides, Qatar Steel is always anxious to gain the customers' satisfaction and meet their expectations, through providing high quality products and satisfactory after sale services.



# قطر ستيل QATAR STEEL



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# QATAR STEEL HONORS 206 LONG SERVICE EMPLOYEES



• Employees who served the company 35-40 years

In appreciation of their devoted efforts and dedication, Qatar Steel recently honored 206 employees, who served the company for 10, 15, 20, 25, 30, 35 and for the first time, those who spent 40 years

in service.

Speaking at the event, Mr. Ali Bin Hassan Al-Muraikhi, Qatar Steel's Managing Director and General Manager commended the long service employees for their dedication and commitment throughout their service.



• Employees who served the company 30 years

"It is our practice at Qatar Steel to honor the long service employees, which demonstrates our appreciation and pride in our manpower, who are the pillars in achieving our sustainable growth and in marching towards progress and development.", Mr. Al-Muraikhi declared.

Qatar Steel is proud to embrace the pool of highly skilled employees from different departments and at all levels. Our manpower used to play and will continue to play a significant role in enhancing the company's



• Employees who served the company 15 years

image and operational excellence, maintaining high quality products and services, to meet the expectations of our traders, customers and shareholders.

Speaking on behalf of the awardees, Mr. Kefah Mostafa Al-Mulla, Administration Division Manager, and one of the honored employees made a speech, extending his thanks and appreciation to the company's top management for their endless support and encouragement, and for creating a pleasant working atmosphere, where mutual respect, friendly employee relations prevail.

At the end of the ceremony, the honored employees were awarded certificates of appreciation.



• Employees who served the company 20-25 years

**FOR THE FIRST TIME,  
QATAR STEEL HONORS  
THOSE WHO SPENT 40  
YEARS IN SERVICE.**



• Employees who served the company 10 years



# PARTICIPATION IN PROJECT QATAR 2015



Under the able guidance of H E Sheikh Ahmed bin Jassim Al Thani, the Minister of Economy and Commerce, the 12th International Construction Technology and Building Materials Exhibition ('Project

Qatar 2015') was inaugurated at the Qatar National Convention Centre (QNCC) on May 4th. Qatar Steel participated and remained visible in print media through advertisements in various construction magazines.

The 4-day Project Qatar 2015 featured 1130 exhibitors representing more than 2000 companies and brands, and 21 national pavilions from 40 countries.

The exhibition provided excellent platform to showcase "Qatar Steel" brand with prominence on quality of products and services delivered under it. It was an invaluable opportunity to enhance its brand image and reach to a wide range of audience including consolidating relationship with local traders and exploring possibility of increasing sales with a high growth potential.

Qatar Steel stand design was unique and drew great interest and applause from the visitors. A 60 Sq. M area exhibition stand looks unique modeled on a traditional design similar in looks of "Souq Waqif", one of Qatar's traditional heritage. The stand design was highly appreciated by regional and international visitors.

Corporate activities were exhibited through corporate film in the stand. Brochure and gift items were distributed to the visitors as well.





## PARTICIPATION AS ASSOCIATE SPONSOR IN QATAR PROJECTS- MEED



Qatar Steel participated in QATAR PROJECTS 2015, a MEED Conference, held from 10-11 March, 2015 at Grand Hyatt Doha as Associate Sponsor. The theme of the conference was "providing clarity and assurance in Qatar's projects market to progress investment opportunities".

Qatar Projects 2015 brings together government representatives, key project owners, developers, consultants and financiers in the sector to address the evolving challenges of Qatar's project delivery market and highlight future project opportunities, strategic priorities and master plans.

Qatar Steel's participation was primarily to enhance its brand image in the region and to consolidate networking relationships with top consultants and project owners, exchange knowledge on



latest market developments in projects, especially in building and construction field. Due to its strategic importance, the company is keen to participate in the following years.

The conference highlighted a number of mega projects, which are being carried out in Qatar, and the progress made. They include different vital sectors such as infra-structure, oil and gas and others.



## TAKING PART IN BIG 5 - SAUDI 2015

Owing to its strategic significance, Qatar Steel took part in the International Building and Construction Show, "The Big 5 Saudi - 2015", held in Jeddah's Center for Forums and Events from 9 - 12th March 2015. The exhibition received participation of more than 260 construction companies from ME.

"The Big 5 Saudi 2015" is one of the largest building and constructions exhibition in the Middle East, attracting local, regional and companies from other parts of the world, who showcased their recent developments and solutions

in building, constructions and contracting.

The event also provides the opportunity to exhibitors to develop in-depth networking in Saudi market, explore investment opportunities available in the constructions / infrastructural sector, real estates and urban projects in general.

Qatar Steel is keen to take part in this exhibition every year, as it provides a good opportunity to exhibit the products and services and to meet its traders and customers operating in this market, discuss with them all business related issues and



way to further consolidate their relations apart from getting an insight into big construction projects in the region.

Spread over 60 Sq. M area, Qatar Steel's exhibition stand looks unique while compared to

other exhibitor's stand modeled on a traditional design similar in looks of "Souq Waqif". The stand design was highly appreciated and applauded by regional and international visitors.



Qatar Steel's HR Manager is handing over a memento to the Ambassador of Qatar to UK, H.E. Mr. Yousef bin Ali Al-Khater

## EFFECTIVE PARTICIPATION IN 8TH ANNUAL CAREER FAIR- UK

Qatar Steel participated in the 8th Annual Career Fair, held from 20th-21st Feb in London, organized by the Qatar Embassy in London. A number of Qatari companies took part in this fair, which was attended by over 350 Qatari students studying in different universities and colleges in UK.

The two-day event aimed at attracting ambitious and high performing Qatari students and graduates, who are pursuing their studies in UK, to familiarize them with the job opportunities available after graduation, in addition to the scholarships and training programs offered by the companies to potential students.

Qatar Steel's delegation, comprising of managers from HR and Learning & Development dept., met the national students, and briefed them about the company and different career opportunities available in different departments.

Mr. Mohamed Saleh Al-Mahdi, Qatar Steel's HR Manager expressed that the number of the job applications received was 102, and 7 working contracts were signed with the students. While 75 students who applied for scholarship programs need to complete the required procedure, prior to finalizing the agreement at a later stage.

"Qatar Steel's participation in the Qatar-UK Career fair 2015 held in London comes in line with the company's Qatarization strategy, aiming at attracting the talented nationals and introduce them to job opportunities, training and scholarship programs. Our company is keen to boost the career potentials of its employees through providing them on-the-job training and inducting them in higher education courses, as required in their various careers and disciplines." Mr. Al-Mahdi added.

The career fair is considered as an effective platform for Qatari companies to introduce job opportunities, scholarships and internship programs that they can offer to the students, in line with manpower requirements that exist in their companies. Equally, the event is also a good

opportunity for the students to get aware of the opportunities that exist in the job market, get encouraged to join the top national company, and avail themselves of the prospective scholarship programs that these companies have to offer.



Mr. Yousef Al-Mansori, Manager of learning & Development Dept. is welcoming visitors at Qatar Steel stand.

## SPONSORING 4TH ANNUAL CAREER FAIR FOR UNIVERSITIES & WORK SECTORS AT AL-WAKRA SECONDARY INDEPENDENT SCHOOL



In our effort to provide academic guidance to high school students, and assist them choose the right career paths, Qatar Steel participated, as an official sponsor, in 4th Annual Career Fair for Universities & Work Sectors, held at Al-Wakra Secondary Independent School. A great number of local and overseas industrial companies, universities and educational institutions took part in the fair.

The event was attended by Mr. Ali Al Buainain, Director of the Scholarship Office at Higher Education Institute, Mr. Ahmed Al-Buainain, Chairman of School's Trustees Council, Dr. Saleh Al-Ibrahim, vice school

principal for Administrative and students Affairs, a number of independent school principals, event's sponsors and other officials from government offices and institutions.

Qatar Steel was represented by Mr. Mohamed Saleh Al-Mahdi, HR Manager, Mr. Yousef Abdullah Al-Mansouri, Learning & Development Manager and a team of high officials from both departments, who briefed the students about the job opportunities and internship programs available. They also answered queries raised by students during the event on career prospects.

The career fair aimed at familiarizing the students with the work opportunities,

academic careers offered by industrial companies and educational institutions in terms of internships and scholarships programs, updating them on the disciplines required by the job market, giving them the chance to meet officials from various important sectors to enquire about the internships that can be granted to national high school students, to complete their undergraduate or postgraduate studies.

Qatar Steel is keen to participate in this annual event, hoping to attract well-qualified and high performing students, to recruit them in the company's different departments.

## Participation in Career Expo at Texas A&M University



With a view to attract and recruit Qatari graduates, Qatar Steel's team comprising of Learning & Development and HR Dept. took part in the career Expo, held from 25- 26 Feb, 2015 at Texas A& M University.

Large number of students visited the job fair to explore the job prospects and to seek the suitable future career. Representatives from different companies participated in the event, to explain and discuss the career options, job opportunities as well as internships that they can provide.

The two-day event provided students with an opportunity to meet face-to-face with the employers and discuss on internship, as well as full-time and part-time employment opportunities.

# SUPPORTING DISASTER TRAINING



In line with its policy to support the local community, Qatar Steel contributed financially to Qatar Red Crescent (QRC), in support of their program "6th disaster management training camp, which was held under the patronage of H E Sheikh Abdullah bin Nasser bin Khalifa Al Thani, Prime Minister and Interior Minister, from 31st March – 9th April, 2015, at Al Khor Marine Scout Camp.

On behalf of Qatar Steel management, Mr. Saud Mohammed Al Marri, Sales

Manager handed over a cheque to Mr. Ahmed Al-Khulaifi, Head of PR Dept. at QRC.

Commenting on the initiative, Mr. Al-Marri said: "Qatar Steel's support of the QRC's program-disaster management training emerges from our conviction to support various humanitarian activities to serve the community and contribute to its growth and development. Such support would contribute to the success of the efforts exerted by QRC, aiming at educating and training Qatari individuals,

to deal with any unexpected circumstances, God forbid, such as earthquakes, floods, fires and serious accidents."

Mr. Rashid Bin Saad Al Mohanadi, Head of the disaster management camp expressed his thanks and appreciation to Qatar Steel on this occasion initiative. "Our partnership with Qatar Steel is old, and we have good business relationship with them. QRC is providing ambulances and medical teams around the clock to Qatar Steel's plants, in case of any emergency incidents and to promptly rescuing the injured and moving them to the hospital, in addition to treating simple medical cases on the spot. They ensure maintaining the highest levels of security and safety to the maximum benefits of workers at Qatar Steel's plants.

The sixth Disaster Management Training Camp was held in coordination with several public and private sector

companies and organizations, and it aimed to promote a culture of alertness and preparedness to face any anticipated disasters in Qatar.

Every year, the disaster management camp attracts good number of partners and sponsors from various companies in Qatar-governmental and non-governmental. The event attracted around 350 participants from Qatar and overseas, with a view to form trained and qualified community teams, who can respond to disaster and provide relief action in the event of disasters, and to improve coordination with the concerned authorities and national companies in this regard, hoping to minimize the loss of lives and properties, and to help the community recover from the effects of disasters if they occur, God forbid.



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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**



SIGNING AGREEMENT FOR QS ICE HOCKEY TOURNAMENT - 2015

# ICE HOCKEY TEAM QUALIFIED TO FINALS



Within the framework of the country's Sports Day celebrations, held on 10th Feb, Qatar Steel signed an agreement with Qatar Winter Sports Committee for organizing QS Ice Hockey Cup Tournament, scheduled on 7th -10th Feb, at Villaggio in Doha.

Mr. Ahmed Abdul Aziz Al-Ansari, Qatar Steel's Commercial Division Manager, signed the

agreement with Mr. Adel Al-Mutlaq, General Secretary of Qatar Winter Sports.

Mr. Al-Ansari expressed his delight in signing this agreement with Qatar Winter Sports Committee, for organizing QS 2015 Ice Hockey tournament.

"We are pleased that we, under the directives of Mr. Ali bin Hassan Al-Muraikhi, Managing

Director & General Manager of Qatar Steel, are going to hold this tournament in cooperation with Qatar Winter Sports Committee, the organizer of this event. We are also excited that this tournament coincides with the country's Sports Day celebrations.

On the other side, Mr. Al-Mutlaq, spoke highly of Qatar Steel's decision to hold the Ice Hockey tournament. He also extended his thanks and appreciation to Qatar Steel's management for their positive and enthusiastic approach, and

conveyed his wishes for the success of the tournament.

Signing this agreement emerges from Qatar Steel's support for sports in general, owing to the importance and role it plays in the lives of individuals and communities. Through this initiative, the company re-assures its support to most community events, and ensures to strengthen its cooperation in future with the officials of Sports authorities and committees on various sports events.

As part of its corporate



social responsibility towards the community, Qatar Steel constantly supports various community activities that take place in Qatar.

### Ice Hockey Team Qualified to Finals

Qatar Steel Ice Hockey Team qualified to the finals of the QS Ice Hockey Cup Tournament, organized by Qatar Winter Sports Committee, taking place concurrently with the Sports Day.

The tournament was played on 10th Feb 2015 in Vilagio Complex in Doha, with the participation of 4 teams.

Mr. Ali Bin Hassan Al-Muraikhi, Managing Director and General Manager of Qatar Steel expressed his delight at holding QS Ice Hockey Cup Tournament; "We are pleased to hold this tournament again for the second year on the country's Sports Day, in coordination with Qatar Winter Sports Committee, the organizer of the event. Our participation in the Sports Day celebrations stems

from our belief on the importance of sports and its basic role in making the society fit & healthy, and capable to continuing its march towards development.

Mr. Adel Al-Mutlaq, General Secretary of Qatar Winter Sports, spoke highly on Qatar Steel's initiative to hold the Ice Hockey tournament for the second year running. He also extended his thanks and appreciation to Qatar Steel's management for their positive contributions to supporting different community events and activities and

particularly sports. He confirmed that cooperation between the two sides would continue, for holding more hockey tournaments in the future.

Qatar Steel is taking this initiative in the context of supporting the sports on one hand by spreading ice hockey in Qatar, and encouraging the youths to participate, on the other hand. Qatar Steel also reaffirms its continual support to the country's community activities in general.

## RESEARCH & DEVELOPMENT DEPT.

# KEY INITIATIVES

At Qatar Steel, our approach towards innovation is driven by understanding market needs and developing the customer insight into the right solution. By working closely with Sales & Marketing, we have optimized our products and services and tried to fulfill customers demand to improve efficiency, and creating a competitive edge for Qatar Steel.

The Key Product Development & Sustainability Initiatives are :

**1. (Figure-1)** Under new product development initiative, Qatar Steel successfully produced CAQ (Cable Armoring Quality) wire rod with its 100% virgin DRI material for GSSI (Gulf Special Steel Industry), Oman. Supplied wire rods were successfully drawn up to 0.84mm sizes satisfying all the chemical, physical and electrical properties requirements for such application.

**2. (Figure-2)** Under Sustainability and recycling objective, Qatar

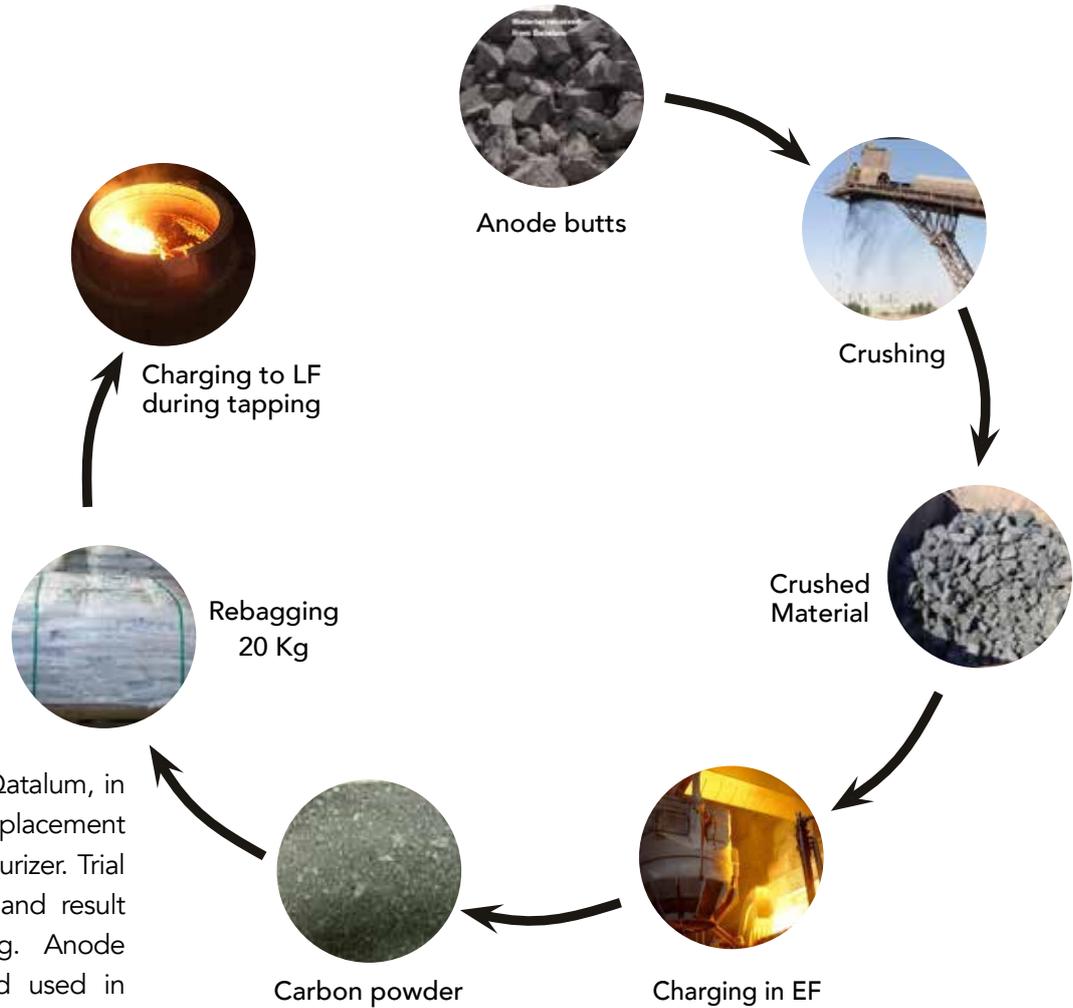
Steel's initiative is pioneering. Qatar Aluminum (Qatalum) is producing 600,000 T/annum of aluminum by electrolysis process. During the production process they generate around 350 ton/month different kind of wastes consist of carbon content (Fixed) in the range of 70% to 96%. Since the start-up of Qatalum these materials are lying at their yard occupying huge space and looking for some permanent disposable solution.

R&D department explored the opportunity to use these carbon



Cable Armoring Wire used for power transmission

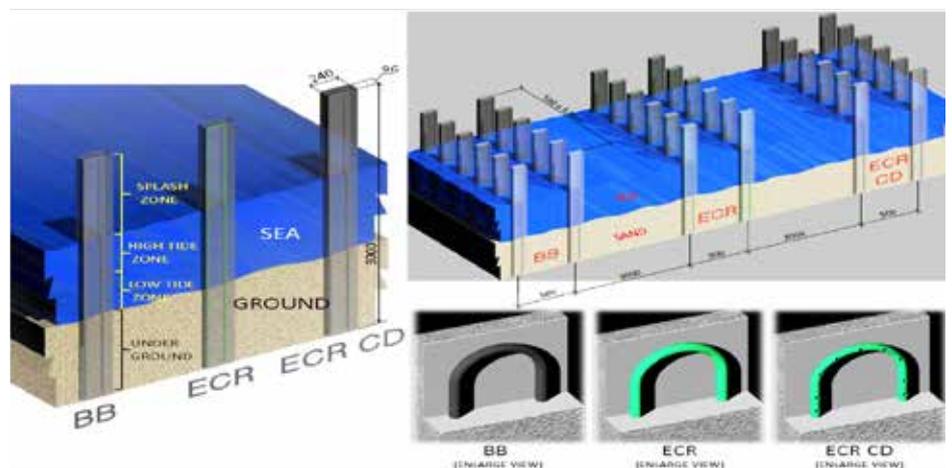
FIGURE-1



bearing materials from Qatalum, in steel melting shop as replacement of lump coke and recarburizer. Trial was conducted at EF's and result was found encouraging. Anode butts were crushed and used in EF as replacement of lump coke and carbon powder were used as recarburizer in LF to produce sustainable steel.

FIGURE-2

**3. (Figure-3)** Research on Epoxy Coated Rebar (ECR) - In order to evaluate the actual performance of epoxy coated rebar to address the ever challenging corrosion problem in GCC's severe environment subjected to high temperature, high humidity and salinity of sea, research program was initiated last year in collaboration with Qatar University to conduct "Long Term Field Exposure Study" and "Accelerated Laboratory Exposure Study". The research outcomes will be presented to all stakeholders including Government bodies once it is completed.



BB- Black Bar, ECR- Epoxy Coated Rebar, CD – Controlled Damage

FIGURE-3

## CORPORATE SOCIAL RESPONSIBILITY (CSR)

## AL-JAMILIA PRIMARY & SECONDARY INDEPENDENT SCHOOL FOR BOYS VISITING QATAR STEEL PLANT

A group of 20 students with some teachers from Al-Jamilia Primary & Secondary Independent School visited Qatar Steel's plant site in Mesaieed Industrial City. The educational trip was aimed at getting a first-hand insight into steel manufacturing.

After welcoming the guests at the plant, they were briefed about the steel plant and manufacturing process by Training and Development Dept. Later they were taken on a tour around the various units and sections of the plant.

Upon leaving, the guests expressed their thanks and gratitude to Qatar Steel's management for granting them such a valuable chance to visit the steel plant and providing them with lots of educational tips on steel making which they believe are useful and might help them in their future careers.



## ANNUAL SPORTS TOURNAMENT

Qatar Steel held its annual sports for 2015 between 25th of March 2015 to 8th of April 2015 in Al Maha Club, Mesaieed. It is considered as part of our activity to enhance mutual relationships among the employees and harmony among various communities working in Qatar Steel. This year we had sports contests on

Badminton, Table Tennis, Tennis and Athletics. This sports event attracted more than 150 participants from various departments.

Annual Sports is largely aimed at encouraging and promoting a healthy life style amongst employees and maintaining a good health in long run.





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## GENERAL TOPIC

# PROPOSED STADIUMS FOR THE 2022 FIFA WORLD CUP™

The Supreme Committee for Delivery & Legacy (SC) is the body responsible for putting in place the stadiums and infrastructure required for the 2022 FIFA World Cup™. The SC is tasked with successful delivery of all infrastructure required for Qatar to host an amazing and historic 2022 FIFA World Cup Qatar™ which is in line with national development plans and leaves a lasting legacy for Qatar, the Middle East and the world.

The SC is committed towards sustainable development by striving for improvement in livelihoods, conservation of the environment and economic growth in our activities.

The SC has announced five proposed stadiums for the 2022 FIFA World Cup Qatar™. These are Al Wakrah Stadium, Al Bayt Stadium – Al Khor City, Qatar Foundation Stadium, Khalifa International Stadium & Rayyan Stadium.



**Al Wakrah Stadium:**

The proposed Al Wakrah Stadium will seat 40,000 spectators during the tournament and 20,000 spectators in legacy mode. Located approximately 15 kilometres south of Doha, Al Wakrah is one of the oldest continuously inhabited areas in Qatar. The design takes as an inspiration the dhow boats that carried generations of Qatari fishermen and pearl divers.

The precinct surrounding Al Wakrah Stadium will also serve to strengthen the bonds of community in Al Wakrah. Pleasant,

pedestrian-friendly outdoor spaces, schools, a wedding hall and a multipurpose indoor arena, amongst other attractions, will serve as gathering points for Al Wakrah's residents, enriching life in the city and providing ample space for work and leisure.

**Al Bayt Stadium – Al Khor City**

The Aspire Zone Foundation, a stakeholder of the Supreme Committee for Delivery & Legacy (SC), will deliver Al Bayt Stadium – Al Khor City, and the surrounding precinct. In 2022, the stadium will have the capacity to host 60,000 spectators, and will fulfil all FIFA requirements for hosting FIFA World Cup™ matches through to the semi-final

round.

Al Bayt Stadium – Al Khor City perfectly embodies the spirit of Qatar. Using the latest technologies and breathtaking innovations, it tells the story of a nation that has welcomed visitors into its warm embrace, in times of both scarcity and plenty, and treated them as family — regardless of differences in background, history or culture.

**Qatar Foundation Stadium**

The new Qatar Foundation Stadium will seat 40,000 and is located in Education City, the home of Qatar Foundation for Education, Science and Community Development (QF). It will fulfil all FIFA requirements for hosting matches through to the quarter-finals of the 2022 FIFA World Cup Qatar™. It is being delivered by QF, one of the SC's stakeholders.

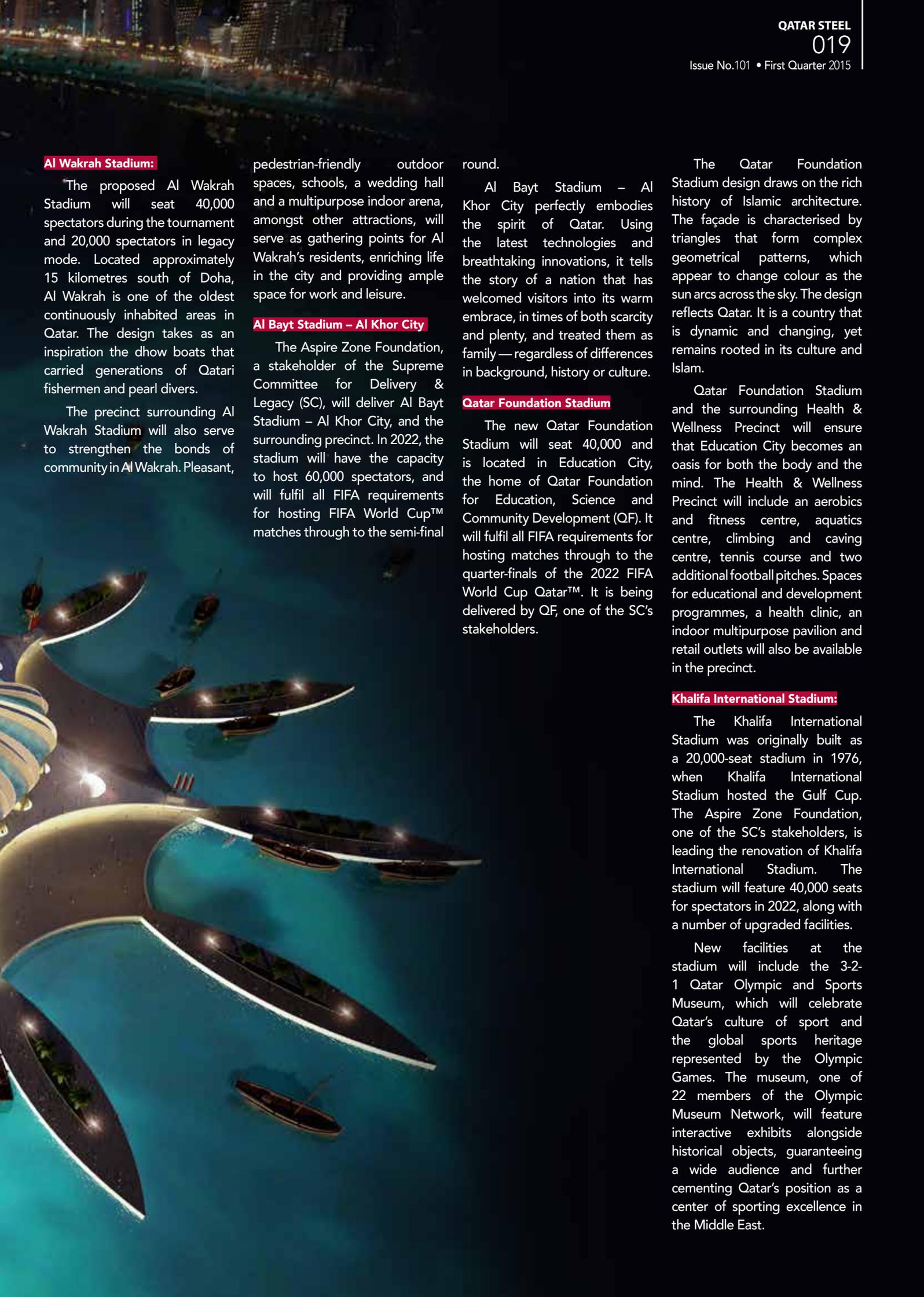
The Qatar Foundation Stadium design draws on the rich history of Islamic architecture. The façade is characterised by triangles that form complex geometrical patterns, which appear to change colour as the sun arcs across the sky. The design reflects Qatar. It is a country that is dynamic and changing, yet remains rooted in its culture and Islam.

Qatar Foundation Stadium and the surrounding Health & Wellness Precinct will ensure that Education City becomes an oasis for both the body and the mind. The Health & Wellness Precinct will include an aerobics and fitness centre, aquatics centre, climbing and caving centre, tennis course and two additional football pitches. Spaces for educational and development programmes, a health clinic, an indoor multipurpose pavilion and retail outlets will also be available in the precinct.

**Khalifa International Stadium:**

The Khalifa International Stadium was originally built as a 20,000-seat stadium in 1976, when Khalifa International Stadium hosted the Gulf Cup. The Aspire Zone Foundation, one of the SC's stakeholders, is leading the renovation of Khalifa International Stadium. The stadium will feature 40,000 seats for spectators in 2022, along with a number of upgraded facilities.

New facilities at the stadium will include the 3-2-1 Qatar Olympic and Sports Museum, which will celebrate Qatar's culture of sport and the global sports heritage represented by the Olympic Games. The museum, one of 22 members of the Olympic Museum Network, will feature interactive exhibits alongside historical objects, guaranteeing a wide audience and further cementing Qatar's position as a center of sporting excellence in the Middle East.



# DIABETES

## What is Diabetes?

Diabetes is the name used to describe a metabolic condition of having higher than normal blood sugar level. There are different reasons why people get high blood glucose levels and so a number of different types of diabetes exist.

Diabetes is a metabolic

disorder. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy.

The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies.

When you have diabetes,

your body either doesn't make enough insulin or can't use its own insulin as well as it should.

This causes rise in sugar level in the blood.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.



Diabetes is predicted by a clear set of symptoms, but it still often goes undiagnosed.

#### The main 3 diabetes signs are:

- Increased thirst
- Increased need to urinate
- Increased hunger

Diabetes is becoming increasingly more common throughout the world, due to increased obesity - which can lead to metabolic syndrome or pre-diabetes leading to higher incidences of type 2 diabetes.

#### How many diabetics are there?

According to the International Diabetes Federation (IDF), the number of diabetics in the world stands at 365 million people, representing around 8.5% of the global population.

#### How fast do the symptoms of diabetes develop?

Knowing and recognizing the symptoms of diabetes is essential. Catching diabetes at an early stage can delay or prevent the development of serious complications.

#### Diabetes Symptoms

- Common symptoms
- Polydipsia
- Polyphagia
- Polyuria
- Blurred vision
- Dizziness
- Extreme tiredness
- Nausea and vomiting
- Slow healing of wounds
- Unexplained weight loss

#### Type 1 diabetes

In type 1 diabetes, the signs and symptoms can develop very quickly, and can develop significantly over the course of weeks or even days - particularly in children or adolescents.

In addition to the symptoms above, symptoms of type 1 diabetes can also include dry mouth.

In children and younger adults, signs such as increased urination, increased thirst, tiredness and sudden weight loss tend to be the most noticeable symptoms.

Having history of type 1 diabetes in your family increases the chances of developing type 1 diabetes.

#### Type 2 diabetes

Type 2 diabetes tends to develop more slowly, usually over a period of months or even years. It can also lead on from pre-diabetes.

The symptoms can appear very gradually, which can make spotting the signs more difficult.

In addition to the symptoms above, symptoms of type 2 diabetes can include dry mouth and leg pain.

It is not uncommon for people to live with type 2 diabetes for years without being aware of their condition.

These cases of undiagnosed diabetes may sometimes only be picked up during a routine medical check-up.

#### What are the main long term complications?

- The most common long term complications of diabetes include:
- Heart disease - known as cardiovascular disease

- Kidney damage - known as nephropathy
- Eye damage - known as retinopathy
- Nerve damage - known as neuropathy
- Stroke
- Limb amputations - particularly lower leg amputations

#### Prevention, treatment and care

The risk of complications with diabetes can be reduced by adhering to medical advice and keeping diabetes under control. Blood sugar should be regularly monitored so that any problems can be detected and treated early.

Treatment involves healthy diet and exercise as well as oral medications to regulate blood sugar. In all type 1 diabetics and in severe uncontrolled type 2 diabetics one or more injections of insulin a day may be needed.

#### Treatment for diabetes - how is diabetes managed?

- Treatment for Diabetes
- Self Monitoring
- Food Planning
- Exercise

#### A long time ago

Before insulin was discovered in 1921 Diabetes Type 1 was a fatal disease - most patients would die within a few years of onset. Things have changed a great deal since then.

#### You can lead a normal life

If you have Type 1 and follow a healthy eating plan, do adequate exercise, and take insulin, you can lead a normal life.

#### Balance insulin intake with food and lifestyle

The quantity of insulin intake must be closely linked to how much food you consume, as well as when you eat. Your daily activities will also have a bearing on when and how much insulin you take.

#### Checking your blood glucose levels

A person with diabetes has to have his/her blood glucose levels checked periodically. There is a blood test called the A1C which tells you what your average blood glucose levels were over a two-to-three month period.

Type 2 patients need to eat healthily, be physically active, and test their blood glucose. They may also need to take oral medication, and/or insulin to control blood glucose levels.

#### Prevent developing cardiovascular disease

As the risk of cardiovascular disease is much higher for a diabetic, it is crucial that blood pressure and cholesterol levels are monitored regularly.

Healthy eating, doing exercise, keeping your weight down will all contribute towards good cardiovascular health - some patients will need oral medication for this.

#### Stop smoking!

As smoking might have a serious effect on the cardiovascular health the patient should stop smoking.

#### The aim of diabetes management

The main aim of diabetes management is to keep the following under control:

- Blood glucose levels
- Blood pressure
- Cholesterol levels



# TIME MANAGEMENT

## WORKING SMARTER TO ENHANCE PRODUCTIVITY

### TIME IS OUR MOST PRECIOUS ASSET, AND YET WE LET IT SLIP AWAY.

It seems that there is never enough time in the day. But, since we all get the same 24 hours, why is it that some people achieve so much more with their time than others? The answer lies in good time management.

The highest achievers manage their time exceptionally well. By using the time-management techniques in this section, you can improve your ability to function more effectively – even when time is tight and pressures are high.

Good time management requires an important shift in focus from activities to results: ***being busy isn't the same as being effective.***

Spending your day in a frenzy of activity often achieves less, because you're dividing your attention between so many different tasks. Good time management lets you work smarter – not harder – so you get more done in less time.

### WHAT IS "TIME MANAGEMENT?"

"Time management" refers to the way that you organize

and plan how long you spend on specific activities.

It may seem counter-intuitive to dedicate precious time to learning about time management, instead of using it to get on with your work, but the benefits are enormous:

- Greater productivity and efficiency.
- A better professional reputation.
- Less stress.
- Increased opportunities for advancement.
- Greater opportunities to achieve important life and career goals.
- Failing to manage your time effectively can have some very undesirable consequences:
- Missed deadlines.
- Inefficient work flow.
- Poor work quality.
- A poor professional reputation and a stalled career.
- Higher stress levels.

Spending a little time learning about time-management techniques will have huge benefits now – and throughout your career.

### **Key Point**

**Time management is the process of organizing and planning how much time you spend on specific activities.**

**10 ways that you can use to improve your time management skills and increase productivity.**

1. Delegate Tasks: It is common for all of us to

take more tasks than our desired potential. This can often result in stress and burnout. Delegation is not running away from your responsibilities but is an important function of management. Learn the art of delegating work to your subordinates as per their skills and abilities.

2. Prioritize Work: Before the start of the day, make a list of tasks that need your immediate attention as unimportant tasks can consume much of your precious time. Some tasks need to be completed on that day only while other unimportant tasks could be carried forward to next day. In short, prioritize your tasks to focus on those that are more important.

3. Avoid Procrastination: Procrastination is one of the things that badly affect the productivity. It can result in wasting essential time and energy. It should be avoided at all costs. It could be a major problem in both your career and your personal life.

4. Schedule Tasks: Carry a planner or notebook with you and list all the tasks that come to your mind. Make a simple 'To Do' list before the start of the day, prioritize the tasks, and make sure that they are attainable. To better manage your time management skills, you may think of making 3 lists: work, home, and personal.

5. Avoid Stress: Stress often occurs when we accept more work than our ability. The result is that our body starts feeling tired which can affect our productivity. Instead, delegate tasks to your juniors and make sure to leave some time for

relaxation.

6. Set up Deadlines: When you have a task at hand, set a realistic deadline and stick to it. Try to set a deadline few days before the task so that you can complete all those tasks that may get in the way. Challenge yourself and meet the deadline. Reward yourself for meeting a difficult challenge.

7. Avoid Multitasking: Most of us feel that multitasking is an efficient way of getting things done but the truth is that we do better when we focus and concentrate on one thing. Multitasking hampers productivity and should be avoided to improve time management skills.

8. Start Early: Most of the successful men and women have one thing in common. They start their day early as it gives them time to sit, think, and plan their day. When you get up early, you are more calm, creative, and clear-headed. As the day progresses, your energy levels starts going down which affects your productivity and you don't perform as well.

9. Take Some Breaks: Whenever you find yourself for 10-15 minutes, take a break. Too much stress can take toll on your body and affect your productivity. Take a walk, listen to some music or do some quick stretches. The best idea is to take off from work and spend time with your friends and family.

10. Learn to say No: Politely refuse to accept additional tasks if you think that you're already overloaded with work. Take a look at your 'To Do' list before agreeing to take on extra work.

