World Cup to offer ‘safe and dignified’ experience for fans with disabilities

Qatar 2022 organisers participate in global accessibility discussion with UN Human Rights Council

**Qatar records remarkable drop in road accidents**

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Qatar ranked first globally in mobile Internet connection speeds

Qatar has ranked first globally in mobile Internet connection speeds, according to the GSMA's Mobile Gauge 2021. The report highlights Qatar's high-speed mobile Internet adoption rate, with 99% of the population having access to mobile Internet.

Qatar reiterates role of women in UN peace efforts

Qatar has reiterated its commitment to continue supporting women and the peace process in Afghanistan. Qatar's participation in the Afghan Peace conference, held in Doha last December, was aimed at facilitating peace and mediation processes.

Cabinet reviews measures for draft law on endowment

Qatar's Cabinet has reviewed measures for the draft law on endowment, following a recommendation from the Ministry of Justice and Acting Minister of Interior Sheikh Khalid bin Saleh bin Ahmed al-Thani. The cabinet has approved the recommendation to replace Law No. 8 of 1996 on endowment, and to prepare for Qatar's participation in the Expo 2025 in Osaka, Japan.

Agreement signed for UN office in Qatar

Qatar and the United Nations have signed an agreement to establish the United Nations Office for the Co-ordination of Humanitarian Affairs (OCHA) in Qatar. The agreement was signed by the Director of OCHA, Mark Lowcock, and the Minister of State for Foreign Affairs, Sultan bin Saad al-Muraikhi.

Several stories relevant to Qatar are available on the website QMGallery.

Al-Muraikhi meets envoy of Morocco

HE the Minister of State for Foreign Affairs Sultan bin Saad al-Muraikhi met with ambassador of Morocco to Qatar, Mohamed Tariq. During the meeting, they reviewed the bilateral co-operation relations between the two countries.
QIB launches ‘Virtual IVR’: first Qatari bank to provide technology-driven service

QIB has launched ‘Virtual IVR’—a revolution in the customer service experience. This new tool allows customers to communicate with the bank via mobile phones, tablets and computers, and the technology even eliminates the need for mobile numbers.

The technology, developed by I Love Customers, a leading provider of interactive voice solutions, is expected to help QIB boost customer satisfaction, reduce costs and increase revenues. This is the first time a Qatari bank has adopted such a technology.

The technology is an automated system that provides information to customers, helps make decisions and processes transactions. The system can be used by customers to get information about different services provided by the bank, make financial transactions, transfer funds, check account balances, and much more. In addition, it can be used by the bank to communicate with customers via the mobile phone, tablet or computer.

QIB’s Vice President of Retail Banking, Mr. Ali Al Bahrani, said: “Our technology is designed to save customers time and effort by reducing the need for travel or queuing at branches. It is also expected to reduce the bank’s operational costs by approximately 30%.”

QIB’s new technology will be called “QIB’s Virtual IVR” and will be available to customers through SMS, mobile phones, tablets and computers. The technology will also be used to provide services such as account management, financial planning, and investment opportunities.

The launch of QIB’s Virtual IVR coincides with the bank’s efforts to provide its customers with a more convenient and efficient service experience.

QIB’s new technology is expected to impact the banking sector positively by providing a better service experience to customers, reducing operational costs and increasing revenue.

QIB is one of the leading banks in Qatar, with a strong presence in the local and international markets. The bank has a long history of providing quality services to its customers and is committed to providing the best possible service experience.

Conference discusses facets of governance in different entities

A conference on the role of social audit in governance was held. The conference was attended by representatives of different entities in Qatar, including government, private sector, civil society and academia.

The conference was organized by the Qatar Central Bank and the Qatar Management Institute. The conference was opened by HE the President of the Qatar Central Bank, Mr. Mohammed Saleh Al-Mébarak.

The conference was attended by a large number of participants, including government officials, civil society representatives, and experts in governance.

The conference discussed the role of social audit in governance and the importance of transparency and accountability in different entities.

The conference was opened by HE the President of the Qatar Central Bank, Mr. Mohammed Saleh Al-Mébarak, who emphasized the importance of social audit in promoting transparency and accountability in different entities.

The conference was attended by a large number of participants, including government officials, civil society representatives, and experts in governance.

The conference was concluded by Mr. Ali Al Bahrani, Vice President of Retail Banking at QIB, who highlighted the importance of social audit in promoting transparency and accountability in different entities.
Costa Rica VP meets Qatar’s envoy

The Supreme Judiciary Council and Nama sign agreement

MoPH reports 473 new Covid-19 cases

414 face prosecution for Covid violations
Qatar, Poland for defending rights of people with autism

The Tenders and Auctions Committee of the Ministry of Finance and Administration in the State of Qatar announced a tender for the construction of a new vaccine storage facility. The facility will be built in agreement with the national and global guidelines in the local and global world.

As of now, the tender is open for bidding until 29 April 2021. The tender will be evaluated based on the lowest total cost. The successful bidder will be required to submit a performance bond of 10% of the contract amount.

For more information, please visit the Ministry of Finance and Administration's website, www.mof.gov.qa, or contact the Tendering and Auctions Committee at 4444 2222.

Private health-care workers to get vaccine from next week

Armed Forces, Ministry of Health and other organizations have been preparing for the vaccination of private health-care workers. The vaccines are scheduled to be administered from next week.

With regard to taking the vaccine during pregnancy, Dr Al-Khal explained that the pre-existing infection is not safe during pregnancy, due to the mother or the father, and it is known that infection during pregnancy can affect the future health of the newborn and result in death. The newborn will be born with less than half of the body population in Qatar has received at least one dose of the vaccine so far, calling on the elderly and the groups that need medical care to visit the hospitals and get vaccinated.

More than 70% of health workers in the region have been vaccinated, including those who are not in line with the national and global guidelines.

As of now, Moderna and Pfizer vaccines are being administered to people in line with the national and global guidelines.

The Ministry of Health and other organizations are prepared for the vaccination to begin from next week.

On the question of meeting the vaccine during fasting, he said vaccination during fasting is allowed and a break from fasting. If a fasting person does not want to take the vaccine when it is his/her turn, he/she must be vaccinated within 14 days after receiving the second dose.

Al Shamal fish check

Al Shamal Municipality in northern Qatar said its Food Control Unit examined about 133 seabass fish, indicating the presence of piscine orthoreovirus (PORV) at Al Ruwais Harbour. The Health Control Section has examined around 9,650kg of seabass fish at Al Shamal Municipality’s Health Control Section.

The Ministry of Public Health (MoPH) said it has administrated approximately 167,000 doses of the Corona virus vaccine on Friday through Erbil and Sulaymaniyah.

The Ministry of Public Health (MoPH) said 1,437 cases of Corona virus were registered in the country on Friday through Erbil and Slemani as part of the ongoing vaccination program.

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**ACC gets gold certification for person-centred care**

The Ambulatory Care Centre (ACC) has become the second hospital in Qatar to receive gold certification for Excellence in Person-Centred Care, following the Qatar Cancer Centre (GCC) which was awarded gold in 2020.

Edwin Zann, medical director of the ACC, said, “Our commitment to patient safety and care is the cornerstone of our operations. This certification is a testament to our ongoing efforts to improve the quality of care we provide.”

**QCD Launches 11th edition of Career Guide magazine**

Qatar Career Development Centre (QCDC), a Qatari non-profit entity, has launched a written guide for parents and students covering the future of the education system, personal development, and career guidance.

kids2work magazine is the Arabic edition of the Career Guide magazine, which aims to tackle challenges facing Qatar’s young people.

In a move aimed at attracting Arab-speaking career guidance experts, QCDC also issues a wide range of publications, including websites, leaflets, and books, with the aim of reaching all community groups, especially students and youths, through various activities and events that help them achieve a better understanding of the educational process.

The challenges and solutions facing the education sector in Qatar are the focus of the publication of a written guide for parents of children aged 4-17, titled “The Role of Parents in the Career Guidance Process – The Career Development Centre.”

In honour of the tremendous efforts made by the nation’s healthcare workforce during the Covid-19 pandemic, the magazine is highlighting a variety of medical professionals who have contributed to the fight against the virus.

The publication of the kids2work magazine is part of QCDC’s efforts to support Qatar’s youth in their career guidance and planning processes. The magazine is published on a biannual basis.
Qatar Museums to host several activities and events in March

The winners with officials and dignitaries.

Qatar Museums has announced a series of free activities and events taking place at its facilities in March, providing a platform for learning, discovery and community engagement.

Activities will take place across three sites: the National Museum of Qatar, the Education City Gallery and the Education City Cultural Centre. From cultural exhibitions and workshops to fun-filled activities for children, these events offer something for all ages and interests.

Activities will be held in Arabic and English, with some events also available in German.

Here is a summary of the March events:

- **March 10:** Free guided tour of the National Museum of Qatar. The tour, which will be available in Arabic and English, will showcase the museum’s permanent collection.
- **March 13:** Art workshop in the Education City Cultural Centre. Participants will create their own artwork using traditional techniques.
- **March 20:** Free guided tour of the Education City Gallery. The tour will focus on the gallery’s current exhibition, providing insights into the art on display.
- **March 27:** Free guided tour of the National Museum of Qatar. This tour will be held in German, allowing non-Arabic speakers to explore the museum’s collection.

These events are part of Qatar’s ongoing efforts to create a vibrant and inclusive cultural landscape, offering a range of opportunities for visitors to engage with the country’s rich heritage and contemporary arts.

For more information, please visit the Qatar Museums website or follow them on social media.
Amiri Guard concludes Barzan joint exercise

The Amiri Guard concluded the Barzan joint exercise that lasted two weeks, with the participation of the Ministry of Defence, the Ministry of Interior, and the Amiri Guard in participation of official delegations from countries of the world that initiated the exercise.

The exercise was designed to examine the duties and tasks that the Amiri Guard will be co-ordinating with, the Ministry of Defence, the Ministry of Interior, and the Amiri Guard authorities at the international level.

The exercise was conducted under the supervision of the Command of the Amiri Guard, the Inspector General, the assistants of the Commander of the Amiri Guard, leaders of departments and officers, and a number of senior officers of the Ministry of Defence, the Ministry of Interior, and the Amiri Guard.

The exercise started by designing the duties and tasks that the Amiri Guard will be co-ordinating with, and during the closing ceremony, the participants were introduced to the results of the exercise.

In the end, the participants were thanked for the efforts of all the participating parties.

Qatar Red Crescent Society delivers food aid to pandemic-hit families in Pakistan

Qatar Red Crescent Society (QRCS) has implemented a Coordination of Distribution project in several countries of the world that are worst aff ected by the pandemic.

The project is aimed at providing food aid during the temporary needs of families in times of isolation, with distribution authorities, the Qatar Red Crescent Society, and QRCS will deliver the food aid to families in Pakistan, Afghanistan, Nepal, Bangladesh, the Philippines, and others.

In a statement, Doha Fire Station of Qatar Red Crescent Society explained that QRCS has launched the project in Pakistan, with the coordination of the Ministry of Community Development of Pakistan.

QRCS will provide food aid to families in Pakistan, including indoor and outdoor aid, with the participation of QRCS officials and volunteers.

QRCS, as seen by the artist during the residency at the Fire Station, welcomed the wider community, and the initiative by Qatar Red Crescent Society, is aimed at delivering food aid to families who are facing the pandemic's challenges.
Maximise your incidental exercise

By Shefa Ali

In a work environment, people often have long periods of sitting, which can lead to inactivity. However, there are ways to incorporate small exercises throughout the day to improve physical and mental health.

“Stairs are your friend,” says Nicole Davies, a personal trainer and author of 'Chores are your friend'. “If you’re going up a flight of stairs, for example, you can incorporate more incidental exercises to your routine.”

Another great way to maximise incidental exercise is to use the stairs. “If you’re going to the second floor, why not take the stairs instead of the elevator?” asks Davies. “This simple change can do wonders for your health.”

The author is a consultant in Public Relations and has run online workshops I run, creating a supportive environment for participants to express their thoughts and ideas. We need safe spots for us to connect and embrace each other, empowering ourselves and each other to achieve our full potential.

If you’re brushing your teeth, try to identify:

- The area of the toothbrush where you're applying pressure
- The amount of toothpaste you're using
- The length of time you're squeezing the toothpaste

This can help you maximise the benefits of brushing your teeth, such as:

- Minimising the risk of gum disease
- Reducing the risk of tooth decay
- Improving overall oral health

In conclusion, incidental exercise can be a valuable addition to your daily routine. By incorporating small exercises into your daily activities, you can improve your physical and mental health without needing to set aside dedicated time for exercise. So, next time you’re at work, remember to take the stairs instead of the elevator, or use the stairs instead of the elevator, and you’ll be able to maximise your incidental exercise.

By Baha Bahr al-Masih

Mediation is a highly recomended procedure for patients having problems such as anger management. It can also be used for family issues such as化解家庭矛盾 and other issues. However, it’s more common to handle conflicts in a non-aggressive manner without mentioning the other person’s opinion. Instead, the person who is having the conflict is asked to consider their own side of the story and what they can do to resolve the situation.

By Sirin Kale

Anger management is a full-fledged problem that we all face at some point in our lives. It can cause a lot of issues like issues leading to a heart attack, high blood pressure, and even cancer. Therefore, it’s important to learn how to manage your anger as soon as possible.

As an expert in the field of psychology, I’d like to share a few tips on how to manage your anger and reduce its negative effects.

1. Identify the cause of your anger:

You can’t control your anger if you don’t know why you’re feeling angry. Spend some time thinking about what’s triggering your anger. Is it something someone said, a mistake you made, or a problem you’re facing?

2. Take a deep breath:

Inhale deeply and exhale slowly. This can help calm your mind and reduce the intensity of your emotions.

3. Count to ten:

When you feel angry, count to ten slowly. This can help you regain control and think more clearly.

4. Use positive self-talk:

Replace negative thoughts with positive ones. For example, instead of saying “I can’t handle this,” say “I can handle this.”

5. Use humor:

Laughing can help reduce the tension associated with anger.

6. Exercise:

Physical activity can help reduce stress and anger.

7. Talk to a friend:

Discussing your anger with a friend can help you gain perspective and understand your feelings better.

8. Write it down:

Journaling can be a great way to process your emotions and gain insight into your anger.

9. Relax:

Take a break and do something relaxing, like taking a walk or listening to music.

10. Seek professional help:

If your anger is overwhelming or affecting your life, consider seeking help from a therapist or counselor.

By Wendy Syfret

The Guardian

By Sirin Kale

Maximise your incidental exercise

Rise woman rise!
By Parimita Mohanty and Annette Walgrove

Rural women can drive green recoveries

GREATENET, Wind turbines at the German village of Feltham. (Reuters)

By Parimita Mohanty and Annette Walgrove

Rural women can drive green recoveries

Greater digital literacy could enable women to play a larger role in the region’s renewable energy sector

The key to fostering agro- and pandemic recovery is that better-educated rural women have

to play a more prominent role in the region’s renewable energy sector. Just as oil and gas

are currently the mainstay of the region’s energy sector, women could play an equally

important role in the region’s transition to renewable energy. Women are well placed to

play a role in the energy sector because of their unique strengths and experiences.

Women are generally better at multitasking, which is crucial in the energy sector. Women

are also more likely to have a social network, which is important for building

relationships and accessing resources. Women are also more likely to have a connection to

their community, which is important for building trust and credibility. Women are also

more likely to be able to access financial resources, which is crucial for

investing in renewable energy projects.

In conclusion, women have the potential to play a more prominent role in the region’s

transition to renewable energy. By empowering women and providing them with the

necessary resources and support, we can help to drive the region’s green recovery.

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Pakistan launches vacuum drive, starting with elderly

Pakistan yesterday launched a Covid-19 vaccination drive for the elderly, a move that will begin with a focus on the elderly, the government said. The drive covers 150 million people in 170 countries and is the largest in the world. The government has asked all districts to vaccinate all elderly people by March 31.

The country has administered nearly half of its Covid-19 vaccine doses to elderly people. The vaccination drive was launched in the southern city of Karachi, where the elderly population is concentrated. The government has set a target of vaccinating all elderly people within two weeks.

The elderly population in Pakistan is more than 50 million, and the percentage of elderly people is increasing rapidly. The government has already set a target of vaccinating all elderly people by the end of this year. The vaccination drive will be expanded to cover all other age groups in the coming months.

UK summons EU diplomat over vaccine export ban accusations

UK summons EU diplomat over vaccine export ban accusations. The UK government has summoned the EU ambassador in London, Simon Mateo, in response to a formal complaint about vaccine export controls. The EU has imposed export restrictions on vaccines to safeguard against the emergence of variants of concern.

The EU has come under criticism for imposing vaccine export restrictions to prevent the spread of variants that could undermine the effectiveness of vaccines. The UK government has said that the restrictions are unfair and could undermine the global effort to control the pandemic.

The UK government has also expressed concerns that the restrictions could undermine the global effort to control the pandemic. The restrictions could also undermine the UK’s efforts to secure enough vaccines for its own population.

Royal family contests claims of Harry, Meghan

The British royal family has rejected claims made by Prince Harry and Meghan Markle in their recent interview with Oprah Winfrey. The couple, who are currently living in the US, said in the interview that they face racism and are being隔 heard in the United Kingdom. The royal family has said that the couple’s views are not representative of the royal family as a whole.

Prince Harry and Meghan Markle have said that they have been subjected to racism and discrimination in the UK. The couple, who are currently living in the US, said in their interview that they face racism and are being隔 heard in the United Kingdom. The royal family has said that the couple’s views are not representative of the royal family as a whole.

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Ashghal to build two level new interchange connecting Street 33, West Industrial Street

By Shafeeq Alingal

The Public Works Authority (Ashghal) has started building a two-level interchange within the works of Street 33 Upgrade Project in the Industrial Area. The project linking West Industrial Street with Street 33 will be replaced with a two-level interchange, which connects Al Kassarat Street at ground level and a 1.4km long bridge above to provide free flow along Street 33.

Considered to be an important link for commerce from Doha towards West Industrial Street, the project also saves traffic from the old interchange on Salwa Road and connects from Salwa Interchange on G-Ring Road to the Industrial Area via Street 33. It will serve many vital entities, commercial and industrial facilities in the area, as the West Industrial Street extends between Salwa Road and G-Ring Road.

Engineer Nasser al-Dalmouk, Ashghal’s project manager, said more than 30% of works at Street 33 upgrade project have been completed. “The new interchange will facilitate access and enhanced traffic flow in the area, especially at the two vital roads in the area, West Industrial Street and Al Kassarat Street,” he said.

Ashghal has started implementing the upgrade works on the site. The new interchange will be about 300m long and connects Al Kassarat Street with Al Kataraj Street, replacing the old roundabout. It is expected to be completed within two months.

Traffic diversion

Ashghal will implement a new traffic diversion on the roundabout connecting Street 33 and Al Taqwa Street. All existing lanes will be closed on one side and G-Ring Road will be closed on the other side of the roundabout. The new interchange will operate on the site from Friday for six months in order to allow the roundabout to be transformed into a two-level interchange within the works of Street 33 Upgrade Project.

Street with Street 33. The two-level interchange includes a traffic signal at ground level, and a bridge above to provide free flow along Street 33.

Upon completion, the new interchange will be an important link from Doha towards Al Kassarat Street and the area, as Al Kataraj Street extends from north of Industrial Area, connecting Street 1 through Street 12.

Street 33 Upgrade Project

Ashghal is upgrading the 9km long Street 33 in the Industrial Area into an expressway providing free flow traffic from Al Kataraj Street in the East to Al Taqwa Street in the West, via Al Kassarat Street.

The project includes the construction of two new interchanges at Al Kassarat Street and Al Kataraj Street, respectively.

The upgraded Street 33 will also reduce great traffic flow between south and north of the Industrial area and East Industrial Area through directly linking with major local streets such as Al Kataraj Street, Al Kassarat Street, Al Taqwa Street, and Al Markez Street.

The Street 33 Upgrade Project in Industrial Area also includes construction of new infrastructure for water, electricity and communication networks. It will also facilitate access to Salwa Road from Industrial Area and Al Taqwa Street.

Traffic diversion

The upgraded Street 33 will include a two-level interchange to allow the roundabout to be transformed into a two-level interchange within the works of Street 33 Upgrade Project.

By Sheebeg Alingal

Careless driving, illegal crossing remain a concern

Careless driving and illegal pedestrian crossing continue to be the cause of concern when it comes to road traffic accident deaths in Qatar.

Maj. General Khalid Al-Mahmood, the director of the Traffic Awareness Department at the General Directorate of Traffic, yesterday reminded that negligence and reckless driving accounted for 2,442 accidents at a rate of 42.4% of the total cases.

The traffic fatality rate in Qatar has shown a slight fluctuation within two years. Col. Al-Hajri noted that the region’s traffic fatality rate is lower than global rates as the country has continued to decline over the past years registering only four deaths per 100,000 population.

For example, according to the World Health Organization, the traffic fatality rate in Qatar in 2010 was 12.3, which was lower than the regional averages of 26.6, Eastern Europe and Asia Minor (20.7), North and South America (15.6), European countries (9.3), Southeast Asia (5.0), and Middle East (4.1).

“Careless driving, illegal crossing and the failure to keep the speed limit” are the main reasons for road traffic accidents, Col. Al-Hajri noted.

“The traffic fatality rate in Qatar has continued to decline since 2008 when 330 deaths at a rate of 27 per 100,000 population were recorded. It continued to decline over the past years registering only four deaths per 100,000 population,” Gen. Al-Mahmood said.

Col. Al-Hajri noted that the number of traffic fatalities, although lower than global rates, is on the rise. “The number of traffic fatalities in Qatar has been lower than its regional averages,” he said.

Careless driving, illegal crossing remain a concern

Traffic accidents in 2020 and 2019

Traffic accidents in 2020

<table>
<thead>
<tr>
<th>Category</th>
<th>2020</th>
<th>2019</th>
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<td>Pedestrian</td>
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<tr>
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<td>401</td>
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Traffic accidents in 2019

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</table>

Road Traffic Violations

Traffic violations in 2020: 5,184 violations, 89.7% of total violations.

Traffic violations in 2019: 5,198 violations, 90.2% of total violations.

Comparison of road accidents in 2019 and 2020

<table>
<thead>
<tr>
<th>Year</th>
<th>Pedestrian</th>
<th>Motorcyclist</th>
<th>Car driver</th>
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<tr>
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Road Accident Death Rate per 100,000 people in comparison with global/regional averages

<table>
<thead>
<tr>
<th>Region</th>
<th>2018</th>
<th>2019</th>
<th>2020</th>
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<tr>
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<td>3.7</td>
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<tr>
<td>North and South America</td>
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<td>15.2</td>
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<td>Europe</td>
<td>9.3</td>
<td>9.2</td>
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<td>Other countries</td>
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Careless driving, illegal crossing remain a concern

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<td>345</td>
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