

FOSTERING CULTURAL CONNECTIONS

# Sri Lankans come together for annual community meeting

THE PENINSULA – DOHA

In a celebration of culture, unity, and camaraderie, the annual gathering of the Qatar Puttalamese Community was held at a private farmhouse in Shahaniya.

This vibrant event brought together around 300 people, representing more than 40 families from the Sri Lankan community whose roots trace back to the picturesque Puttalam District in Sri Lanka.

Sri Lankan Ambassador to Qatar H E Mafaz Mohideen graced the occasion as the chief guest, emphasising the significance of cultural connections and fostering strong ties within the expatriate community.

Numerous seniors from the Puttalam Community also participated, adding a touch

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of tradition and wisdom to the festivities. H E Mafaz delivered the keynote speech centred around the theme of "unity."

The organising committee, driven by a commitment to inclusivity, curated a diverse range of events. From heart-pounding futsal matches to

thrilling treasure hunts for families and engaging Kids Challenges, the attendees were treated to a day filled with laughter, friendly competition, and shared moments of joy.

Azlan Ameer, the main organiser of the event, expressed his elation at the successful gathering: "Bringing everyone together under the banner of unity is no simple feat, and we have successfully done it. The support and enthusiasm from our community members have made this event truly special."

Thasdheeq Mohamed, an esteemed member and administrator of the Qatar Puttalamese Community, echoed Ameer's sentiment, emphasising the pivotal role played by community members.

"This celebration wouldn't



Sri Lankan Ambassador to Qatar H E Mafaz Mohideen (centre) with other officials during the event.

have been possible without the active participation of our community members. It's heartening to see the bonds of friendship and unity grow stronger each year."

# Dar Al Sharq Group launches Kids Expo 2024 website

THE PENINSULA – DOHA

In preparation for an exceptional and distinguished platform, Dar Al Sharq Group has launched Kids Expo 2024 website, marking readiness of the organisers to receive participants through the electronic page [www.kidsexpo.qa](http://www.kidsexpo.qa), intensifying the marketing and advertising campaign internationally for those wishing to join this unique and interactive experience.

In conjunction with sending invitations for local and international participation to companies interested in supporting and caring for children as a strategic step to enhance the care and development of children, the event is expected to attract many entities wishing to provide the latest technical solutions and innovative products for child care in countries of the region.

The Kids Expo 2024 is being organised for the first time in the Qatar through Al Sharq Media Management Company.

This event reflects a great commitment to supporting childhood care and development, and aims to highlight the latest innovations, products and services that meet the



needs of children at various stages of development.

Kids Expo 2024 represents a unique starting point to showcase everything a child needs until the age of 13 years, from education, health, culture, and entertainment.

The exhibition also aims to attract the attention of government agencies and specialists in health, entertainment and educational affairs.

Executive Director of Kids Expo 2024 Eizeldin Abdelrahman said, "The announcement of organizing the Kids Expo 2024 reflects our firm commitment to the care, education and entertainment of children."

He added: "We also

pledge to provide full support to the exhibition participants by providing an integrated environment and a comprehensive platform for innovation, health care and more to enhance children's development."

The four-day event, a first-of-its-kind in Qatar, will take place from November 20 to 23, 2024, and it will be held in a 7,000 sqm area at the Doha Exhibition and Convention Center (DECC).

It is expected that more than 5,000 visitors will attend, and there will be an expected 950 agencies from around the world.

It is also estimated that there will be more than 1,500 local and international products that will be displayed by the targeted participants, who are estimated at approximately 250 to 300 exhibitors from 40 potential countries to participate.



Scan for more information.

The exhibition also seeks to cover various media outlets such as newspapers, television, radio, and social media, with a budget estimated at approximately QR850,000.

# Aster presents Chaliyar Cup Final; City Exchange FC lifts trophy



THE PENINSULA – DOHA

City Exchange FC emerged victorious in the third edition of the Chaliyar Cup All India Sevens Football Tournament, which was presented by Aster and organised by Chaliyar Doha in solidarity with the AFC Asia Cup. In the final match, City Exchange FC defeated QJKK FC Mates Qatar 4-3 in a penalty shootout. The first half ended in a goalless draw in the highly intense final.

John Anto scored the first goal for City Exchange FC in the second half, but Faisal Mohamed responded with a counter goal for QJKK FC within two minutes.

In the 35th minute of the game, even if Mousoof Naizan scored a goal to help City Exchange FC move closer to be champions, in the very next minute, Haris Cholakkal struck back for Mates Qatar thrilling the crowd in a manner reminiscent of the 2022 World Cup final. When the 40 minutes match finishes, score was 2-2. John Anto was awarded the Golden Boot of the tournament by scoring seven goals, including a hat-trick. The Golden Gloves for the best goalkeeper was bagged by Mohammad Fazil of Qatar Friends Mampad. Namiz International Newton FC defeated Qatar Friends Mampad 3-1 in the losers' final.

The QR3,023 prize money and winner's trophy sponsored by Emitec MEP, were presented to City Exchange FC by Aneesh Kumar, Managing Director and the Ever Rolling Trophy sponsored by Argus Shipping was presented by Chaliyar Cup Chairman Zameel Abdul Vahid, General Convener CT Siddique Cheruvadi and Tournament Finance Coordinator Jabir Beypore.

The QR2,023 prize money and runners-up trophy

for QJKKFC Mates Qatar were presented by Chaliyar Doha office bearers Sabiqussalam Edavanna, Abdul Azeer Cheruvannur and Sumeet Batra-Aster Healthcare Marketing & Brand Communications Head.

The QR1,023 prize money and second runners-up Trophy sponsored by CABTECH W.L.L. Trading and Contracting for Namiz International Newton FC were presented by Chaliyar Doha office-bearers Ratheesh Kakkov, Raghunath Feroke and ICBF General Secretary Boban Varkey.

The opening ceremony, which took place ahead of the final, was inaugurated by QFA representative Mohammed Al Ubaidi. International Athlete and Mount Everest Summitter Ironman Abdul Nasser, ICBF President Shanavas Bava, Aster Healthcare Business Development Head Sajith Pillai, Marine Air Conditioning & Refrigeration Company MD Shoukath Ali T.A.J., QFA representative Abdul Azeer Edacheri, Chaliyar Doha Chief Advisor V C Mashhood, Chief Patron Siddique Vazhakkad, Radio Suno RJ Ashtami, Achu, Shafi Vengara, KPAQ president Abdul Raheem and Basheer Thuvarek were the chief guests.

Muhammed Layis Kuniyil, Dr. Shafiq Thapi Mampad, Ahamed Niyas Moorakanad, Thouseef Kavanoor, Jaisal Vazhakkad, Fairrose Nilambur, Muhsina Zameel, Abdul Raheem Kondotty and Mustafa Elathur distributed prizes to the players.

Abi Chungathara hosted the tournament. Abdul Rahman Mampad, Unnimoyin Kuniyil, Shaji PC, Akshay Kadalundi, Anees Eranjimavu, Haneefa Kadalundi, Mujeeb Cheekode, Unnikrishnan Vazhayeroor, Shamsudeen, Sabiq Feroke, Sakeer Beypore, Ashraf Mampad and Razzaq Ramanattukara led the tournament.

MEDICAL CARE

# 'Primary healthcare physicians adhere to hypertension guidelines'

FAZEENA SALEEM THE PENINSULA

Primary healthcare physicians who are integral to diagnosing and managing hypertension follow international guidelines and present with good knowledge about the highly prevailing condition in the country.

A study aimed to assess the knowledge, attitude, practice, priority, and confidence of primary care physicians in Qatar towards hypertension diagnosis and management, and to measure the determinants of good knowledge, desirable attitudes, and desirable practices.

A majority of 96.4% of respondents to the study have stated that they followed local or international treatment guidelines for hypertension management. Primary care physicians were highly confident and prioritised hypertension management.

The study 'Assessment of knowledge, attitude, and practice of primary healthcare physicians in Qatar towards hypertension management: An online cross-sectional study' was published on National Library of Medicine.

The study was conducted through a cross-sectional web-based survey using a modified version of the World Hypertension League Questionnaire.

The study results have highlighted that primary care physicians in Qatar had positive attitudes, with high overall confidence and certainty toward diagnosing and treating hypertension.

The study has assessed 197 physicians across health centres under the Primary Health care Corporation.

About 95.4% of the respondents follow the most appropriate method of treatment and prescribe blood pressure medications (antihypertensives) to

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patients. High blood pressure is a common condition that affects the body's arteries. Untreated, high blood pressure increases the risk of heart attack, stroke and other serious health problems.

High blood pressure (hypertension) occurs when the systolic blood pressure is equal to or above 140mm Hg, and the diastolic blood pressure is equal to or above 90mm Hg.

Hypertension is one of the risk factors for cardiovascular disease (CVD), its prevalence has doubled globally in the last three decades. According to the World Health Organisation (WHO), hypertension accounts for 12.8% of all deaths.

The prevalence of hypertension in Qatar is 33 percent of the adult population.

Without treatment, high blood pressure can lead to disability, a poor quality of life, or even a deadly heart attack or stroke. As the first step to health care, primary physicians play a major role in diagnosing the condition.

Therefore the study suggests that healthcare policymakers in Qatar should raise primary care physicians' awareness of the burden of untreated hypertension in the country by organising targeted educational programmes and emphasising the importance of following national clinical practice guidelines in the diagnosis and management of hypertension.

# FPEA Toastmasters Club Visits the Philippines Migrant Workers Office



On the morning of 25th December 2023, the Toastmasters club of the Filipino Planning Engineers Association (FPEA) celebrated the spirit of the holidays by sharing goods with the Philippine Migrants Workers Office represented by Ester Salubre (Duty Officer) and Sonnette Alvarez (House Parent). The club Executive Committee are Elmay G. Sebua (President), Angelo D. Mora (Vice President for Education), Ivy B. Aguba (Vice President for Membership), Guillermo C. Sabadisto Jr. (Vice President for Membership), Kei Francis A. Vallejera (Treasurer), Pinky Rose Gregana (Secretary), Shane E. Belen (Sergeant at Arms), and Maria Fatima F. Rafael (Immediate Past President). The club members are Danilo L. Chan, Eubeth P. Estanol, Felipe D. Catinoy, Florante V. Iletto, Gregorio M. Belleta, Imelda Silot, Marlon M. De La Fuente, Ramongil Nino N. Baquilta, Ritchelle Joy S. Lutrago, Roy H. Mausig, Vannielyn E. Belen, and Wendell C. Gacula. The club is under Area 6 of Division B of District 116 of Region 11 of Toastmaster International.