



# RAMADAN *Kareem*

## Welcome Our Dear Neighbours Campaign

Embracing GCC visitors for a memorable Ramadan experience



Visit Qatar has launched its new Ramadan campaign under the title of “Welcome Our Dear Neighbours”, inviting visitors from the GCC to experience a memorable Ramadan in Qatar.

The campaign reflects the values of Qatari hospitality and highlights the spirit of the holy month through a series of events and activities that showcase Qatar’s rich cultural heritage.

“Ramadan is better with you” is the theme of Visit Qatar’s Ramadan campaign this year, embodying the essence of Qatari hospitality and the spirit of unity between Qatar and its GCC neighbours during Ramadan.

The initiative is part of Visit Qatar’s strategy to position the country as the preferred regional destination, emphasising experiences that seamlessly blend authentic heritage with modern amenities and services. Through a rich calendar of events during the holy month of Ramadan, featuring exceptional activities and a vibrant Ramadan atmosphere across the country.

### Throwback Food Festival Returns

As part of Visit Qatar’s Ramadan activities, the second edition of the Throwback Food Festival will be launched following the success of last year’s event, offering a unique Ramadan experience that brings Qatar’s heritage to life through traditional food and interactive activities.

Visitors will be able to enjoy the atmosphere of the old souq through the ‘Dakkan’, as well as heritage games and cultural competitions such as Kahoot and Treasure Hunt. The festival will also feature cultural and heritage activations, including storytelling, puppet theatre performances, Qatari food tasting competitions, and folk music that reflect the spirit of hospitality.

The festival will culminate in a vibrant and colourful Garangao celebration, making it the ideal Ramadan destination for families and visitors of all ages.

### The Ultimate Ramadan Experience

During Ramadan, Qatar offers visitors a wide range of unique experiences that combine spirituality and tradition while upholding the highest standards of tourism services. From traditional Ramadan markets showcasing local handicrafts and products, to luxurious Ramadan tents serving Iftar and Suhoor meals in a traditional and refined setting, as well as cultural events inspired by Qatari and Gulf heritage, these events provide an integrated experience that reflects the spirit of the holy month. Visitors will have the opportunity to enjoy Ramadan in a unique and welcoming environment.

### RAMADAN KAREEM

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## Apparel Group Brand ALDO Launches 2025 Ramadan Campaign Featuring Celebrity Actress Nour Al Ghandour

The newest campaign from ALDO invites consumers to ‘Step Up, Stand Out’ during the Ramadan season

Apparel Group, a leading powerhouse in the retail industry, has launched ALDO’s 2025 Ramadan Collection, capturing the spirit of modernity, elegance, and tradition. As a key brand under Apparel Group’s extensive portfolio, ALDO continues to resonate with the region’s youth by blending contemporary design with cultural heritage.

in the collection are crafted with ALDO’s signature Pillow Walk™ and Flex technology.

Apparel Group’s strategic leadership in the Middle East’s retail sector is instrumental in solidifying ALDO’s position as the leading fashion footwear brand in the region. With over 261 stores across the Middle East and Asia, ALDO continued to inspire self-expression through style.

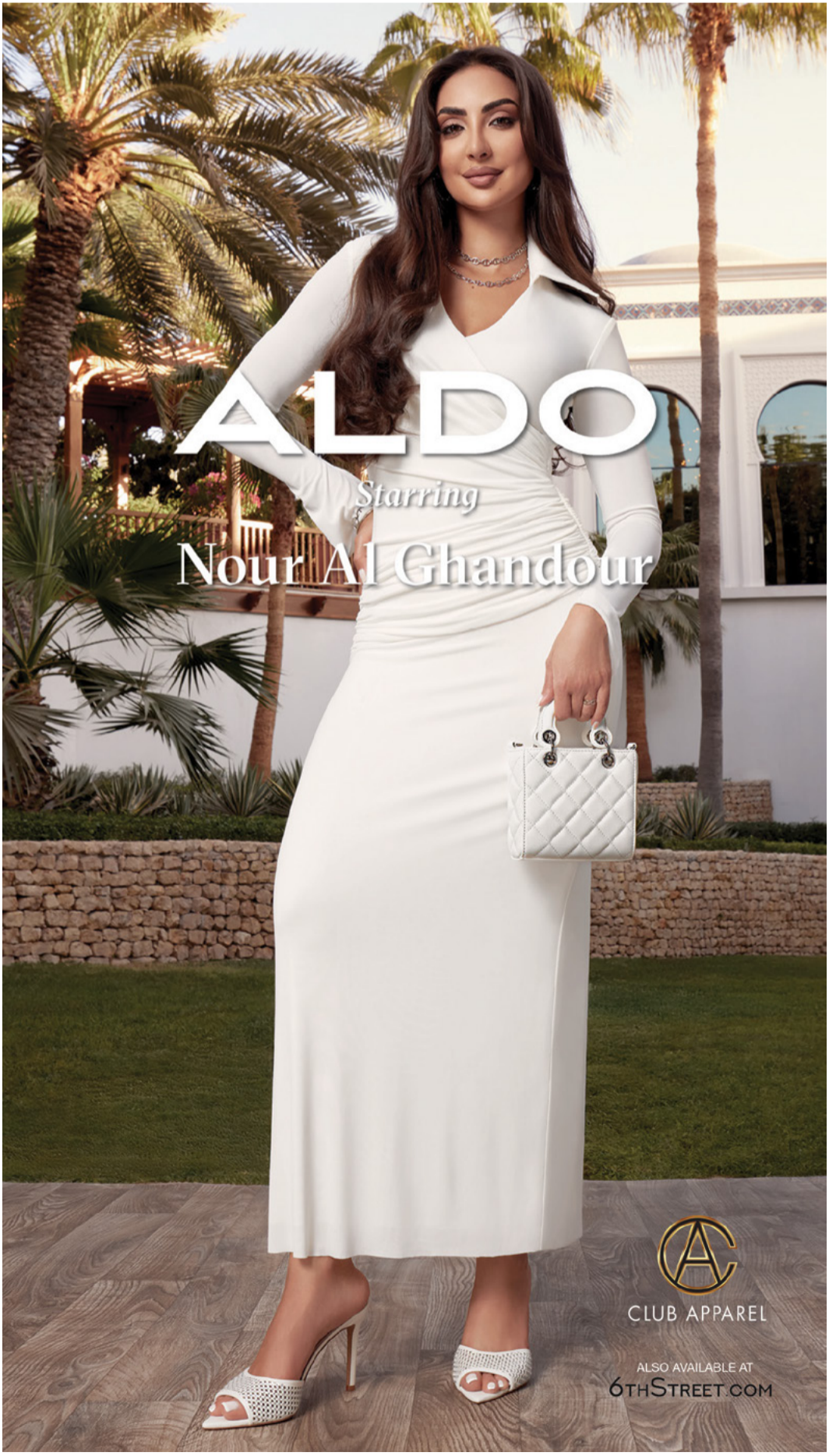
Neeraj Teckchandani, CEO of Apparel Group, stated, “At Apparel Group, we are committed to delivering exceptional experiences that resonate with our culturally diverse audience. The 2025 ALDO Ramadan Collection beautifully captured the essence of celebration while honouring tradition. We are thrilled to bring this campaign to life, inviting our customers to embrace their individuality during this Ramadan season.”

The campaign features renowned Egyptian actress Nour Al Ghandour and follows a captivating narrative of style and self-expression. The omni-channel campaign is showcased online, on ALDO’s global social media platforms, out-of-home advertisements, and in-store displays.

The 2025 ALDO Ramadan Collection is available for purchase online and in ALDO stores across the Middle East and Asia.



Launched on February 13, 2025, the collection introduces a modern floral and butterfly motif, symbolizing transformation and celebration. This opulent yet contemporary range features refined handbags and accessories for both men and women, designed to complement every Ramadan occasion – from serene iftars to lively suhoors. Prioritizing comfort and versatility, almost all footwear styles





# CELEBRATE RAMADAN AT ZAMĀN

Embrace the spirit of Ramadan at ZAMĀN, where tradition meets elegance. Gather with loved ones for an unforgettable Iftar and Suhoor experience.

Allow us to be a part of your Ramadan story.

**Iftar: QAR 275 per person**

**Suhoor: QAR 250 per person**

**Iftar To-Go: QAR 195 per box**

*Exclusive group rates available.*

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# Family-friendly activities and bonding

Ramadan is a time of spiritual reflection, self-discipline, and charitable acts, but it is also an opportunity for families to come together, strengthen bonds, and create meaningful memories. The long fasting hours, shared meals, and religious practices during Ramadan present a unique setting for families to engage in activities that foster togetherness, understanding, and gratitude. Whether at home or in the community, there are countless ways to make Ramadan a time for family bonding while also imparting the deeper values of the month.

In this article, we explore family-friendly activities and ideas to enhance family time and create lasting memories during Ramadan.



## 1. Preparing meals together

One of the most significant traditions during Ramadan is the sharing of Iftar and Suhoor meals, where family members gather around the table to break their fasts and enjoy each other's company. This act of sharing meals can become an opportunity for families to bond, especially when children and adults alike are involved in meal preparation.

Families can make cooking together a fun and educational activity. Younger children can help with simple tasks such as washing vegetables, arranging dates, or preparing traditional sweets, while older children can assist with more complex tasks like setting the table or preparing the main course. Cooking together not only teaches children important life skills but also strengthens family unity as everyone participates in the process.

To make the experience more special, families can explore new recipes or share their favourite traditional dishes passed down through generations. The focus should be on the enjoyment of the activity, rather than simply the end result.



## 2. Sharing stories and traditions

Storytelling plays a crucial role in building cultural identity and a deeper understanding of one's heritage. Ramadan is a perfect time to gather as a family and share stories about the significance of the holy month, its history, and its spiritual teachings. Parents and grandparents can pass down family traditions and teach younger members about the values of generosity, kindness, and gratitude that are central to Ramadan.

One of the most heartwarming traditions in many families is the recounting of stories from the Quran, the life of Prophet Muhammad (PBUH), and other important figures in Islamic history. These stories often emphasize the importance of patience, humility, and empathy for others, which can be particularly meaningful for children.

Additionally, sharing stories about family experiences during Ramadan, such as special Iftar gatherings or acts of charity, can inspire children to carry these values forward into their own lives.

## 3. Ramadan crafts and decorations

Transforming the home into a festive, Ramadan-themed space is an enjoyable family activity that



can enhance the spiritual and cultural ambiance of the month. Families can create decorations together, from hanging lanterns (known as Fanous) to painting crescent moons, stars, and mosques. These decorations help create a warm, inviting atmosphere that reinforces the spirit of Ramadan.

Children can also get involved in craft activities such as making greeting cards for Eid, creating Ramadan countdown calendars, or designing a charity donation box. These activities not only provide an opportunity for creative expression but also help children feel involved in the celebration of Ramadan.

Parents can use these crafts as a way to teach children about the values of Ramadan, such as patience, charity, and gratitude, while simultaneously engaging in a fun, hands-on activity.

## 4. Family prayer and reflection time

While the spiritual aspect of Ramadan is deeply personal, it also offers families the chance to connect on a deeper level through collective acts of worship. Praying together as a family is an important way to foster a sense of unity and reinforce the shared values of devotion and gratitude. Families can establish a routine of praying together during Taraweeh prayers (night prayers) or even during the regular obligatory prayers.



In addition to prayer, families can also dedicate time to Quran recitation or reflection. Parents can help their children learn Quranic verses or encourage them to engage in spiritual discussions about the meaning of Ramadan and how to live out its teachings. This shared time of worship and reflection provides an opportunity for families to deepen their spiritual connection and support one another in their faith journey.

## 5. Volunteering and acts of charity together

Ramadan is the month of charity, and what better way for a family to bond than by volunteering together and giving back to the community? Many families use Ramadan as an opportunity to teach children the importance of helping those in need and showing empathy and kindness.

Families can volunteer at local food banks, shelters, or mosques to help with organizing Iftar meals or providing aid to those less fortunate. For example, helping pack and distribute food boxes for the underprivileged or preparing meals for those breaking their fast can be both a humbling and rewarding experience for everyone involved.



If local volunteering opportunities are not available, families can participate in acts of charity in their own way, such as donating clothes, books, or toys to those in need. This teaches children the importance of giving and instills a sense of responsibility and social consciousness.

## 6. Ramadan movie nights

During Ramadan, many families take the opportunity to unwind and bond over family-friendly films. Special Ramadan-themed films or documentaries about Islamic history and culture can help deepen children's understanding of the month while also providing wholesome entertainment.

Families can set aside a specific evening for a "Ramadan movie night," complete with homemade popcorn and snacks. These films often showcase values such as unity, kindness, and sacrifice—values that are integral to Ramadan.

The key is to choose age-appropriate films that both entertain and educate, sparking thoughtful discussions about the lessons that Ramadan teaches.

## 7. Creating a Ramadan journal

A wonderful way to involve children in the experience of Ramadan is by encouraging them to keep a Ramadan journal. This can be a fun activity for the whole family, where everyone records their thoughts, reflections, acts of charity, and personal achievements throughout the month.

Children can draw pictures, write about their experiences, or note down their goals for the month, such as trying to memorize a new Quranic verse or performing acts of kindness every day. Parents can also share their reflections in the journal, creating a shared space where the family's collective experience is documented.

At the end of the month, families can review their journals together, discussing how they've grown spiritually and personally during Ramadan. This activity also provides an opportunity for families to celebrate the successes of the month and reflect on how to continue living by the lessons learned.

## 8. Outdoor activities and family outings

While Ramadan emphasizes spiritual and introspective activities, it's also important for families to take time to enjoy each other's company in more relaxed, recreational settings. Depending on the timing of Iftar, families can plan outdoor activities such as picnics, nature walks, or visits to

parks. These outings are an opportunity to enjoy the blessings of nature, engage in light physical activities, and bond as a family.

Cooking together not only teaches children important life skills but also strengthens family unity as everyone participates in the process

Additionally, some cities host special Ramadan events such as fairs, outdoor markets, or cultural performances. Visiting these events can be a fun and educational way to learn about Ramadan traditions and engage in community activities.



## 9. Setting family goals for Ramadan

Setting collective goals as a family can enhance the sense of purpose and accountability during Ramadan. Families can sit together at the beginning of the month and establish goals for the entire household, such as performing extra prayers, giving a certain amount to charity, or creating a special Ramadan tradition.

By achieving these goals together, families strengthen their bonds and create shared memories that highlight the values of teamwork and commitment. Children especially benefit from this practice, as it teaches them about setting intentions, persevering through challenges, and experiencing a sense of accomplishment as a family.

Ramadan is a time to reflect on one's faith and improve spiritually, but it is also a unique opportunity for families to connect, bond, and create lasting memories. From preparing meals together to engaging in charity work, from sharing stories and traditions to setting collective goals, there are countless ways for families to spend quality time and grow closer during this holy month. By focusing on family-friendly activities that emphasize unity, spirituality, and kindness, Ramadan becomes a time not only of personal transformation but also of strengthened familial ties, ensuring that the month leaves a lasting impact on both individual hearts and family dynamics.

# Celebrate the Holy Month with Mondrian Doha this Ramadan

## Embark on a journey of tradition where culture and elegance intertwine

Step into a world of enchantment this Ramadan with Mondrian Doha, as they announce a range of magical experiences across their famed outlets to honour the Holy Month. Come together with family and friends for a celebration of culture, community and culinary excellence as they set the stage for an unforgettable dining experience.



Guests are invited to break their fast at the greatly anticipated Alf Leila W Leila Ramadan Tent, adorned with flickering golden lanterns and timeless elegance. Indulge in a feast designed to awaken the senses, from the impressive culinary artistry to the bold tastes and scents of the abundant spread of traditional and contemporary dishes. Expect succulent grilled meats, fragrant Arabic spices and freshly prepared mezze, served alongside a selection of handcrafted dessert delights and signature beverages made to savour.

Priced at QAR 250 for Iftar and QAR 275 for Suhoor, guests can expect not only a feast for the palate but a sensory journey that encapsulates Ramadan's rich traditions. With special group pricing also available, Iftar at the Alf Leila W Leila Tent offers the perfect destination for gatherings, whether intimate or grand.

Beyond the tent, Mondrian Doha continues to offer a range of experiences set to impress any occasion. At Morimoto, guests can enjoy Ramadan with an exclusive Japanese twist with their signature A La



Carte Menu or with their takeaway boxes. Whether opting for a vegetarian selection (QAR 250), a salmon variety (QAR 350), or a more elaborate set menu for 2-5 people (ranging from QAR 550 to QAR 950), every dish is crafted to perfection, bringing together signature flavours for a personal gathering that exudes culinary excellence.



There is something for everyone at Mondrian Doha this Ramadan, as those looking to experience Suhoor under the stars, can head to Patio by Walima, for their beautiful outdoor setting and views of West Bay Lagoon. Expect a special à la carte menu and set menus priced from QAR 165 per person while guests immerse themselves in a serene ambiance infused with rich Arabian tradition.

As Ramadan unfolds, Mondrian Doha invites guests to experience the season's magic with a range of unmissable offers which seamlessly blends heritage and luxury. Whether gathering under the glow of

the Alf Leila W Leila Ramadan Tent, treating oneself to a selection of sweet treats at Ella Mia, a massage at the award winning ESPA, or unwinding with a Suhoor at Patio by Walima - every experience at Mondrian Doha is a tribute to the spirit of generosity and togetherness.



### Neighborhood Special

A heartfelt offer for our community! Enjoy 25% off Iftar & Suhoor all month long as we celebrate the spirit of Ramadan together.

### Feast with Family

Ramadan is best spent with loved ones! Book for 5 guests, and 1 dines free, making every gathering even more magical.

### Golden Hour

Enjoy a special late-night Suhoor experience after midnight with exclusive pricing, including Shisha.

Unwind, indulge, and make the most of Ramadan nights!

For Reservation contact: +974 4045 5555

## MONDRIAN HOTELS & RESIDENCES

Mondrian is more than a hotel: it's a way of travel. Known for its groundbreaking design and progressive programming it is a "must" destination for locals or travellers. Mondrian is always at the heart of the most exciting cultural scenes in the world, serving up innovation and creativity for everyone. Mondrian provides a playful framework so that guests and locals alike can immerse themselves in the culture of each city it inhabits. Design is at the centre of the Mondrian experience with hotels designed by some of the world's most famous architects and designers, including Philippe Starck and Marcel Wanders. With six properties in Los Angeles, Miami, New York, London, Doha and Seoul, the brand is on track to more than double its footprint by 2023, with upcoming openings in Bordeaux, Cannes, Australia's Gold Coast and more. Visit: [MondrianHotels.com](https://mondrianhotels.com).

Mondrian Hotels & Residences is part of Ennismore, a creative hospitality company rooted in culture and community, with a global collective of entrepreneurial and founder-built brands with purpose at their heart. Formed in 2021, Ennismore is a joint venture with Accor, which holds a majority shareholding. Visit: [ennismore.com](https://ennismore.com)

RAMADAN AT MONDRIAN DOHA HOTEL



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# Doha’s Most Visited Ramadan Experience Returns at The St. Regis Doha

A tale of timeless traditions continues at Doha’s finest address with exquisite festivities throughout the Holy Month of Ramadan



The St. Regis Doha has announced the 2025 Ramadan festivities, featuring the return of the city’s most visited Ramadan experience, unique al-fresco dining and heartwarming traditions brought to life in the city’s most iconic destination.

Qatar’s most visited Ramadan Tent reopens this holy month, offering an immersive experience poolside at The St. Regis. Acting as an inspiring backdrop for guests, the hotel has collaborated with one of the city’s most celebrated event professionals to design and build a setting worth celebrating. Guests will be hosted poolside at The St. Regis Doha, with the glistening lights of the hotel as their backdrop, alongside towering structures and luxurious designs, offering the ideal space to connect and cherish the magical moments with loved ones, friends, family and colleagues.

The award-winning chefs will be presenting a selection of both regional specialities and international favourites with extensive live

cooking stations and meticulously designed dessert displays.

Alongside the signature Asateer Ramadan experience, guests are invited to enjoy dining in other key destinations, with an array of curated experiences, from a Michelin-selected Iftar at Rivaaj, to post-Iftar indulgence at Sarab Lounge, where Arabic sweets and signature coffee create the perfect retreat. Fauchon presents the ultimate in Ramadan gifting with its exclusive Countdown Calendar and Parisian-inspired evenings, while Hakkasan, Qatar’s Best Fine Dining destination, as voted in the Qatar Tourism Awards, invites guests to savour an elevated fine dining experience after sunset.

This year, the St. Regis has proudly partnered with Doha Gossip for Layali Ramadan. As the sun sets over the Arabian Gulf, step into the enchanting LAYALI Terrace, a destination to unwind, connect and celebrate connection with your closest friends, family and loved ones. Layali will be open daily with exquisite



live cooking stations, specialty desserts and Shisha by Huqqa.

Ramadan is a time of connection, generosity, and gratitude. This year, every detail—from the elegant Arabesque décor to the exquisite flavours of authentic cuisine—has been thoughtfully curated to honour the essence of this special time.

As part of a continued commitment to preserving Qatar’s cultural heritage, the Ramadan Tent welcomes guests to gather, celebrate, and share in the beauty of the season. With high demand anticipated, early reservations are highly recommended.

This year, the hotel has proudly partnered with some of the leading brands in the city to bring the Asateer Ramadan tent to life, including; Alfardan Automotive, Alfardan Jewellery, Fifty One East and Fnac Qatar.





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سانت ريجيس الدوحة

# ASATEER RAMADAN

Delight in bespoke Arabic and international cuisine at The St. Regis Doha with an exclusive Iftar & Suhoor experience featuring live cooking stations, traditional Ramadan beverages, and captivating Oriental live tunes.

## IFTAR

QAR 270 per person  
From Sunset to 8:30 PM

## SUHOOR

QAR 300 per person  
9:30 PM - 2:00 AM

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رَمَضَانُ مُبَارَكٌ

RAMADAN MUBARAK

# Tips for maintaining energy levels while fasting



**F**asting during Ramadan is a time of spiritual reflection, discipline, and self-control. However, for many, the physical challenge of abstaining from food and drink throughout the day can lead to a dip in energy levels. This is especially true during long days or in hot climates, where fasting can feel more physically demanding. Fortunately, with proper preparation, planning, and lifestyle adjustments, it is possible to maintain energy levels and remain productive and focused throughout the day.

In this article, we explore practical tips for maintaining energy while fasting, helping you to stay balanced, focused, and energized during Ramadan.

## 1. Plan balanced and nutritious meals

The key to sustaining energy during fasting hours lies in the meals consumed during Suhoor (pre-dawn meal) and Iftar (meal to break the fast). Both meals are crucial to replenishing the body's nutrient stores, ensuring you have enough energy to last through the day.



### Suhoor (Pre-Dawn Meal):

- **Complex Carbohydrates:** Focus on foods that release energy slowly, such as whole grains (e.g., oats, brown rice, quinoa), sweet potatoes, and whole wheat bread. These foods will help keep you fuller for longer and provide a steady supply of energy throughout the day.
- **Healthy Fats:** Include sources of healthy fats like avocados, nuts, seeds, and olive oil. Fats are energy-dense and help to maintain fullness and sustained energy.
- **Protein:** Include a moderate amount of protein (such as eggs, Greek yogurt, or lean meats) to support muscle function and help prevent muscle breakdown during fasting.
- **Hydration:** Drink plenty of water during Suhoor to ensure that you remain hydrated throughout the day. Avoid caffeinated drinks, which can contribute to dehydration.

### Iftar (Breaking the Fast):

- **Start Light:** Begin with a light meal such as dates and water, which provide a quick source of energy and help replenish glycogen stores after a long day of fasting.
- **Balance Your Plate:** After breaking the fast, enjoy a balanced meal with a mix of protein, healthy fats, vegetables, and complex carbohydrates. Include lean meats, legumes, and plenty of fresh vegetables to replenish your body with essential vitamins and minerals.
- **Avoid Overeating:** While it may be tempting to indulge, overeating can lead to sluggishness and fatigue. Eating in moderation and pacing yourself during Iftar



will ensure that your body can properly digest and absorb nutrients.

## 2. Stay hydrated

Dehydration is one of the main causes of fatigue while fasting, especially during hot weather or when fasting for extended hours. Ensuring proper hydration during non-fasting hours is essential to avoid sluggishness and to maintain energy levels throughout the day.

### Hydration tips:

- **Drink Water Frequently:** Aim to drink at least 8-10 cups of water between Iftar and Suhoor to keep your body hydrated. Herbal teas, fresh fruit juices (without added sugars), and smoothies can also help maintain hydration.
- **Avoid Caffeine and Sugary Drinks:** Caffeinated beverages like coffee and tea, as well as sugary drinks, can lead to dehydration by increasing urination. Instead, opt for water, coconut water, or fresh juices.
- **Eat Water-Rich Foods:** Foods like cucumbers, watermelon, oranges, and strawberries are high in water content and can help keep you hydrated.



## 3. Rest and sleep well

Getting enough sleep during Ramadan is often a challenge due to the altered schedule and the practice of waking up early for Suhoor. However, lack of sleep can contribute to fatigue and make it harder to maintain energy during the day.

### Sleep tips:

- **Take Short Naps:** If you can't get a full

night's sleep, try taking short naps (15-30 minutes) during the day. A quick nap can help recharge your energy and improve focus and alertness.

- **Sleep Consistency:** If possible, try to maintain a consistent sleep routine. Going to bed early and waking up at a consistent time helps regulate your circadian rhythm, making it easier to wake up for Suhoor and get the rest you need.



- **Avoid Overstimulation Before Bed:** Reduce exposure to screens (phones, computers, TV) before sleep, as the blue light emitted can interfere with your body's ability to rest. Instead, consider reading or engaging in light prayer.

## 4. Include energy-boosting foods

Certain foods can provide an extra boost of energy, improving focus and stamina throughout the fasting hours. By incorporating these foods into your Suhoor and Iftar meals, you can ensure sustained energy levels during Ramadan.

### Energy-boosting foods:

- **Bananas:** Packed with natural sugars, potassium, and fiber, bananas provide a quick and sustained energy boost. They are also great for muscle function, helping to prevent cramping during fasting hours.
- **Nuts and Seeds:** Almonds, walnuts, chia seeds, and flaxseeds are rich in healthy fats, proteins, and fiber. They provide long-lasting energy and are excellent snacks for Suhoor or Iftar.
- **Yogurt:** Greek yogurt or plain yogurt contains probiotics and protein, which aid digestion and help sustain energy levels.

Add fruits or nuts for a more balanced snack.

- **Leafy Greens:** Vegetables such as spinach, kale, and lettuce are rich in iron, magnesium, and vitamins, which help reduce fatigue and improve overall energy levels.

## 5. Be mindful of physical activity

While it's important to conserve energy during the day, light physical activity can help boost your energy levels and improve mood, especially after a long day of fasting. However, it's essential to avoid strenuous exercise during fasting hours, as this can lead to fatigue and dehydration.

### Exercise Tips:

- **Light Activity:** Engage in light exercise like walking, stretching, or yoga during the early morning hours or after Iftar. These activities can help improve circulation, reduce stress, and boost energy.
- **Avoid Heavy Exercise During Fasting Hours:** Strenuous workouts or high-intensity training should be avoided during fasting hours, as this can lead to dehydration and increased fatigue.
- **Post-Iftar Workouts:** For those who prefer more intense physical activity, it is best to schedule exercise after Iftar, once you've rehydrated and consumed a meal.

## 6. Listen to your body

Fasting is a personal experience, and each individual's body will respond differently to the demands of Ramadan. It's essential to listen to your body and adjust your routine as needed to avoid burnout and fatigue.

### Body awareness tips:

- **Rest When Needed:** If you feel overly tired or sluggish, don't hesitate to take a short break or nap. Avoid pushing yourself too hard, as Ramadan is a time for reflection and spiritual growth, not physical exhaustion.
- **Adjust Your Routine:** If you find that certain foods or activities are draining your energy, consider making adjustments to your diet or schedule. For example, switch to lighter meals or reduce your physical activity if needed.

## 7. Stay mentally engaged

Mental fatigue can be just as draining as physical tiredness. Keeping your mind engaged with spiritual and productive activities can help boost your energy levels and reduce feelings of fatigue.

### Mental engagement tips:

- **Quran Recitation and Reflection:** Reading and reflecting on the Quran can provide a sense of fulfillment and keep your mind active. During Ramadan, this spiritual practice can invigorate the soul and give a sense of purpose.
- **Engage in Positive Activities:** Instead of focusing on hunger or fatigue, engage in activities that bring joy and a sense of connection. Participate in community events, help others, or spend time with family. These activities will lift your spirits and reduce mental exhaustion.

Maintaining energy levels while fasting during Ramadan can be challenging, but with proper planning and mindful habits, it is possible to stay energized, focused, and spiritually connected. By eating balanced meals, staying hydrated, getting adequate rest, and listening to your body, you can ensure that your energy levels remain steady throughout the day. By following these tips, you can make the most of this blessed month, both spiritually and physically.



# Nando's spices up iftar and suhoor with irresistible Ramadan specials

Nando's, the iconic South African flame-grilled PERI-PERi restaurant, is bringing its fiery passion to your Ramadan celebrations with exclusive sharing platters, a refreshing designer drink, and a vibrant new salad to elevate your Iftar and Suhoor. When it's time to break your fast, make it unforgettable with succulent, flavourful food that ignites your senses and fires you up.

## Sizzling sharing platters for the whole family



Gather your loved ones and dive into Nando's Ramadan offerings, perfect for Iftar and Suhoor feasts:  
**Family Platter (QR149):** Indulge in Espetada, four regular sides, four lentil soups, Fattoush salad, grilled chicken strips, rice, and a veggie platter - perfect for sharing the PERI-PERi magic with family and friends. Ideal for 3-5 people.

**Feast Platter (QR120):** Savour Espetada, two regular sides, two lentil soups, Mediterranean salad, grilled chicken strips, rice, and a veggie platter - perfect for a flavourful, crowd-pleasing meal. Ideal for 2-3 persons.

**Visit Nando's across Qatar**

With 12 restaurants spread across Qatar, there's always a Nando's nearby to enjoy these limited-time Ramadan offerings. Whether you are breaking your fast with family or fueling up for Suhoor, Nando's brings the authentic taste of Southern African PERI-PERi to your table—spicy, vibrant, and unforgettable.

For more information or to place an order, visit [order.nandos.qa](https://order.nandos.qa) or download the Nando's Qatar app today.

## Refreshing twists for Ramadan



Cool down and refresh with Nando's innovative selection:

**PERI-PERi Mint Laban:** Experience a cool refreshing signature Ramadan drink with a fiery PERI-PERi twist - perfect for breaking your fast or enjoying during Suhoor.

**PERI-Mista Salad:** A vibrant mix of lettuce, red cabbage, mixed olives, cherry tomatoes, feta cheese, green apples, pomegranate seeds, berries, and walnuts, delivering a sweet-tart flavour with a refreshing crunch that complements any PERI-PERi meal.

These Ramadan specials are available for Dine-in, Takeaway, or Delivery through the Nando's app or website, ensuring you can enjoy Nando's fiery flavours wherever you are.

## On-the-go convenience with the Sharing Wrap Box



For those preferring to have Iftar and Suhoor at home, Nando's new exclusive Sharing Wrap Box is available for Takeaway and Delivery ONLY via the Nando's app or website. It's the perfect way to grab Nando's bold, flame-grilled goodness on the go.

**Nando's**

**Running On empty?**

**Make a full recovery**

A large, detailed image of a Nando's Family Platter. The platter is filled with a variety of dishes, including a large bowl of rice, chicken strips, and a variety of sides. A skewer of Peri-Peri chicken is prominently displayed in the foreground. The Nando's logo is visible in the top left corner of the image.

# The St. Regis Marsa Arabia Island The Pearl – Qatar



The St. Regis Marsa Arabia Island, The Pearl Qatar, located in the heart of Porto Arabia, is a valuable addition to Qatar’s hospitality sector. The hotel boasts nine restaurants with renowned international brands, along with a luxurious and fully integrated spa by the prestigious Swiss wellness brand, Clinique La Prairie, known for its excellence in health, wellness, and holistic living.

The hotel offers a range of meticulously designed luxury suites, upscale residences, and world-class facilities, complemented by the signature St. Regis Butler Service, a hallmark of St. Regis luxury. This exclusive retreat provides an exceptional sanctuary for those who appreciate refined experiences, set in the heart of The Pearl, Qatar.

Situated in Porto Arabia, the hotel is a short drive from Hamad International Airport, making it a prime destination for discerning travellers and guests seeking unparalleled luxury and sophistication.

### Nujoom Ramadan

The St. Regis Marsa Arabia Island, The Pearl Qatar invites guests to experience the spirit of the holy month at Nujoom Ramadan Tent, offering an extraordinary Iftar and Suhoor outdoor experience like no other.

Nestled by the outdoor pool, with breathtaking views of Porto Arabia Marina and Doha’s skyline, Nujoom Ramadan Tent beautifully captures Qatar’s rich Ramadan traditions. The ambiance combines exquisite décor inspired by Arabian hospitality and grandeur. Guests can indulge in a carefully curated selection of traditional and contemporary dishes, expertly crafted by the hotel’s culinary team to celebrate the rich heritage of both Arab and international cuisines, all within a captivating setting enhanced by live Oud entertainment.

### Dining Options During Ramadan

In addition to Nujoom Ramadan Tent, The St. Regis Marsa Arabia Island, The Pearl, Qatar offers a selection of exquisite restaurants, allowing guests to savour an array of flavours from Arabic, Mediterranean, and international cuisines. Babel, Ahwet Zeitouna, Lobby Lounge, and Bay View remain open throughout Ramadan, providing a unique culinary experience for hotel guests and residents alike.

Marc Matar, Multi-Property General Manager of The St. Regis Hotels in Qatar, states: “The St. Regis Marsa Arabia Island is dedicated to creating unforgettable Ramadan memories. Our guests can enjoy the



warmth of togetherness and family bonding throughout this special time. As the sun sets over The Pearl – Qatar, Nujoom Ramadan Tent transforms into an oasis of joy and celebration, where families, friends, and loved ones gather to honour the spirit of the holy month.”

This year, the hotel has proudly partnered with some of the leading brands in the city to bring the Asateer Ramadan tent to life, including; Alfardan Automotive, Fifty One East and Fnac Qatar.





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سانت ريجيس جزيرة مرسى عربة • اللؤلؤة قطر

# نجوم رمضان

## Nujoom Ramadan

Discover the ultimate Iftar and Suhoor experience at our exquisite Nujoom Ramadan tent where glittering lights, oriental entertainment and diverse cuisine with traditional delicacies await you!

### IFTAR

QAR 250 per person  
From Sunset to 8:00 PM

### SUHOOR

QAR 275 per person  
From 9:30 PM to 1:00 AM



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Our Ramadan Happenings

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## Fasting Benefits during Ramadan



1. Protection from obesity and chronic diseases
2. Lowering cholesterol & improving blood sugar level
3. Improved digestive system
4. Reduces Stress
5. Prevents Cancer
6. Assists in Alzheimer
7. Enhances willpower
8. Increases alertness

# THE SCIENCE OF FASTING

**F**asting has been an integral part of many cultures and religions for centuries, with Ramadan fasting being one of the most widely observed spiritual practices. Beyond its religious significance, scientific research has highlighted numerous health benefits associated with fasting.

From metabolic improvements to cognitive enhancements, fasting has profound effects on both physical and mental well-being. Understanding how the body responds to fasting can provide insight into why this ancient practice is increasingly recognized for its health advantages.

### Metabolic and weight management benefits

Fasting triggers a series of metabolic changes that optimize energy use and promote weight loss. When the body is deprived of food for extended periods, it transitions from using glucose as its primary energy source to burning stored fat. This process, known as ketosis, helps reduce body fat and improve insulin sensitivity. Research suggests that intermittent fasting, including the fasting observed during Ramadan, can lower the risk of type 2 diabetes by stabilizing blood sugar levels and enhancing insulin function.

Additionally, fasting can regulate key hormones related to metabolism. Levels of norepinephrine, a hormone involved in fat breakdown, increase during fasting, accelerating fat loss. Meanwhile, insulin levels drop, which facilitates the burning of stored fat while reducing the risk of insulin resistance, a precursor to diabetes. Fasting also positively impacts the production of human growth hormone (HGH), which supports muscle maintenance, fat metabolism, and overall cellular repair.

### Cellular repair, detoxification, and longevity

One of the most fascinating effects of fasting is its role in cellular repair and longevity. Fasting stimulates a process called autophagy, in which cells remove damaged components and regenerate themselves. This natural detoxification mechanism has been linked to reduced inflammation, lower risk of neurodegenerative diseases, and even increased lifespan.

Studies indicate that periodic fasting may slow down the aging process by reducing oxidative stress, minimizing DNA damage, and lowering the risk of chronic diseases such as cardiovascular disease and cancer. During autophagy, the body breaks down dysfunctional cellular components and replaces them with new, healthier structures. This renewal process reduces the risk of abnormal cell growth and strengthens the body's resilience against various diseases. Scientists have also suggested that fasting can play a preventive role in the development of conditions such as Alzheimer's and Parkinson's disease by reducing the accumulation of harmful proteins in the brain.

### Brain health and cognitive function

Fasting has significant benefits for the brain. Research shows that fasting can enhance neuroplasticity, improve memory, and protect against cognitive decline. The metabolic switch from glucose to ketones provides the brain with a stable source of energy, reducing oxidative stress and inflammation. Additionally, fasting increases the production of brain-derived neurotrophic factor (BDNF), a protein that supports neuron growth and brain function. Some studies suggest that fasting may help reduce the risk of neurodegenerative diseases by promoting neural health and increasing resilience against mental decline.

Furthermore, fasting has been associated with improvements in mental focus and concentration. The absence of continuous digestion allows the brain to divert energy toward cognitive processes. Many people report heightened mental clarity and improved decision-making abilities during fasting. This is thought to be due to increased levels of neurotransmitters such as serotonin and dopamine, which regulate mood and cognitive function.

### Gut health and digestive function

Fasting provides a period of rest for the digestive system, allowing the gut to repair and maintain its microbiome. This break from constant digestion reduces bloating, enhances gut bacteria balance, and improves digestive efficiency. Some researchers believe that fasting can help reduce the symptoms of irritable bowel syndrome (IBS) and other

digestive disorders by allowing the gut to reset and heal naturally.

Fasting has been linked to increased gut microbial diversity, which plays a crucial role in overall health. A well-balanced gut microbiome supports digestion, immunity, and even mental health, as gut bacteria are closely connected to the production of neurotransmitters like serotonin. Moreover, fasting strengthens the integrity of the gut lining, preventing issues like leaky gut syndrome, which can lead to chronic inflammation and autoimmune conditions.

### Mental and emotional well-being

Beyond physical health, fasting has a profound impact on mental and emotional well-being. Many people experience increased mental clarity, improved mood, and reduced stress levels while fasting. The practice encourages mindfulness, self-discipline, and a greater sense of gratitude. Additionally, fasting has been shown to regulate stress hormones like cortisol, leading to a calmer, more focused state of mind.

Fasting is also associated with spiritual and emotional benefits, as it allows individuals to reflect on their habits, practice self-control, and develop a deeper sense of empathy for those in need. Many cultures emphasize the importance of communal fasting, which fosters social connections and emotional support. The reduction in external distractions during fasting enables individuals to engage in deeper introspection and personal growth.

### Immune system boost and disease prevention

Another crucial benefit of fasting is its impact on the immune system. Research indicates that fasting can promote immune function by stimulating the regeneration of white blood cells, which are vital for fighting infections and diseases. During fasting, the body removes old and damaged immune cells and replaces them with new, stronger ones, improving overall immunity. This effect has been particularly studied in patients undergoing chemotherapy, where fasting has been shown to enhance the body's ability to recover from treatment.

Moreover, fasting has anti-inflammatory effects, which are beneficial in preventing chronic diseases. Inflammation is a key factor in conditions such as arthritis, heart disease, and even certain cancers. By reducing inflammatory markers and oxidative stress, fasting helps protect cells from damage and enhances the body's resilience to disease.



The science of fasting reveals a wealth of benefits for both body and mind. From metabolic improvements and weight management to cognitive enhancements, cellular repair, and immune system support, fasting is more than just a spiritual practice—it is a scientifically backed method of promoting overall well-being. As research continues to uncover the advantages of fasting, its role in health and longevity becomes increasingly evident. Whether observed for religious or health reasons, fasting offers a holistic approach to wellness, benefiting the body at every level. By understanding and incorporating fasting into a balanced lifestyle, individuals can harness its numerous advantages to improve their quality of life and overall health.

# MegaMart celebrates Ramadan with charitable initiatives, special offers, and a new shopping experience

MegaMart Qatar has announced its plans to usher in the holy month of Ramadan with a range of special initiatives designed to enhance the shopping experience for its customers.

This year, the retail giant is offering unbeatable discounts on essential products, launching an upgraded website and mobile app for a seamless online shopping experience, and reinforcing its commitment to community support with a new partnership with Education Above All (EAA), a global organization dedicated to providing education to vulnerable children and youth.

As the Ramadan season approaches, MegaMart recognizes the importance of offering customers everything they need for their celebrations and fast-breaking meals. With this in mind, the brand has curated a wide selection of premium food and household items, ensuring that families can enjoy the best products while saving on everyday essentials. From dates, dry fruits, and gourmet spices, to fresh produce, beverages, and kitchen appliances, MegaMart offers a one-stop solution for all Ramadan needs. The extensive range of discounted items includes kitchen utensils and cookware, making it easy for customers to prepare their Iftar and Suhoor meals efficiently and with joy.



## MegaMart's Spirit of Ramadan and Community Giving

Alongside offering high-quality products, MegaMart is committed to giving back to the community this Ramadan. In partnership with Education Above All (EAA), MegaMart is introducing two Ramadan Charity Boxes, each filled with essential food items and available in two denominations: QR 50 and QR 100. These boxes provide an easy way for customers to contribute to a meaningful cause while shopping for their own Ramadan needs. MegaMart will donate 10% of the total price of each box to



EAA, supporting their mission to ensure access to education for children in vulnerable communities around the world.

In addition to the charity boxes, MegaMart is offering two special donation coupons, also in QR 50 and QR 100 denominations. These coupons allow customers to directly contribute to the EAA cause, with 10% of the value being donated to support education initiatives. For example, if a customer purchases the QR 50 coupon, QR 5 will go towards funding education for children who are in desperate need of schooling. This partnership reflects MegaMart's dedication to making Ramadan a time of giving and kindness.

MegaMart's new collaboration with Education Above All exemplifies the spirit of Ramadan—encouraging charity and making a difference in the lives of others. By purchasing a charity box or donation coupon, customers not only help support a global cause but also engage in the true spirit of generosity that defines the holy month.

## Newly Launched Digital Platforms for Seamless Shopping

To further enhance the Ramadan shopping experience, MegaMart has also introduced a new and improved website and mobile app. Designed

with convenience in mind, the upgraded digital platforms make shopping faster and easier for customers, especially during the busy Ramadan period. Customers can now shop from the comfort of their own homes, browse a wide selection of products, and take advantage of exclusive online offers. The easy-to-navigate website and app offer a curated and comprehensive collection of over 5,000 SKUs of Ramadan food and household products.

As part of its ongoing commitment to customer satisfaction, MegaMart's Ramadan promotions include everything families need to celebrate the season, from premium dates and dry fruits, essential for breaking the fast, to fresh produce, grains, spices, and beverages. With this extensive selection, MegaMart aims to be the ultimate destination for Ramadan shopping.

## New Store Openings to Enhance the Shopping Experience

MegaMart's commitment to expanding its reach has also been evident in its new store openings. With the recent launch of MegaMart's concept stores in Mall of Qatar and The Pearl, customers now have even more convenient locations to shop for their Ramadan essentials. These new stores offer an enhanced in-store shopping experience with an emphasis on quality, variety, and customer service.

The Mall of Qatar store, for instance, is designed to offer a modern, easy-to-navigate layout, while the store at The Pearl provides an upscale shopping experience with a focus on premium products. These openings mark a significant milestone in MegaMart's journey as it continues to expand its presence in Qatar and bring high-quality products closer to customers.



## Commitment to Customer Service

By offering customers an excellent shopping experience both online and in-store, MegaMart continues to cement its position as a leading retailer in Qatar. Whether through the new digital platforms or the expanded network of concept stores, MegaMart ensures that customers have access to the products they need in the most convenient way possible.

The combination of meaningful charity partnerships, special promotions, and the new and improved digital experience makes MegaMart the go-to destination for all Ramadan shopping needs. Whether through its partnership with EAA or the newly launched website and app, MegaMart is committed to providing customers with high-quality products and services that make Ramadan even more special.





رمضان كريم

# RAMADAN

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# A UNIQUE IFTAR AND SUHOOR EXPERIENCE AT LAYALI LUSAIL WALDORF ASTORIA DOHA LUSAIL



*Waldorf Astoria Doha Lusail is excited to welcome guests to Layali Lusail – an enhanced setting to gather with loved ones for a truly memorable Iftar and Suhoor.*



Experience a rich and diverse culinary journey with an exquisite buffet showcasing Arabic, Italian, and Asian specialties, along with live cooking stations where skilled chefs prepare fresh, flavorful dishes.

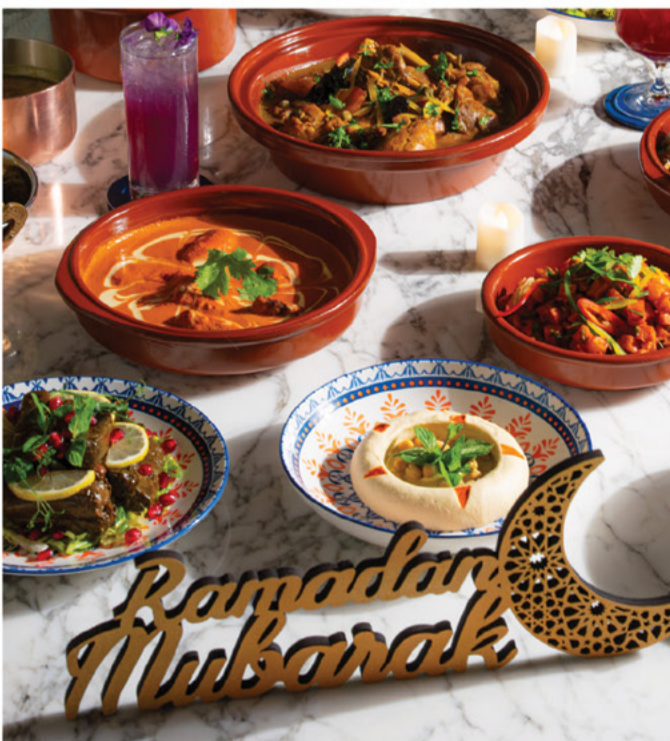
This year, the hotel's signature restaurants, SUSHISAMBA and Scarpetta, bring their best dishes to Layali Lusail. SUSHISAMBA's bold flavors of Japanese, Brazilian, and Peruvian cuisine feature vibrant sushi and signature creations, while Scarpetta brings its signature pasta.

Whether dining in the elegant indoor space, enjoying the open-air ambiance or opting for a private gathering, every moment is designed to be unforgettable.

To further enrich the experience, live performances from an oud player, percussionist, and singer create a warm atmosphere. Guests can capture special memories at the photo booth, while kids enjoy the henna art, face painting, and a balloon workshop.

For the third year in a row, sustainability takes center stage. As part of Hilton and UNEP's Green Ramadan initiative, Waldorf Astoria Doha Lusail continues the commitment to reducing food waste, sourcing locally, and promoting sustainable dining practices. Building on last year's success in driving impactful results, the hotel remains dedicated to making a difference—ensuring that excess food is carefully tracked and donated to those in need.

Priced at 250 QAR per person, Layali Lusail Iftar and Suhoor offers a unique blend of flavors and traditions. Secure your spot by calling 4456 5770 or message us on WhatsApp at +974 6682 9323, and enjoy a Ramadan filled with memorable experiences and a commitment to sustainability.



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**85,000 QAR**



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STARTING  
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# Embrace the magic of togetherness this Ramadan at Hilton Salwa Beach Resort & Villas



Nestled along Qatar’s picturesque southwestern coastline, Hilton Salwa Beach Resort & Villas is a world-class destination that blends luxury, adventure, and relaxation. With its pristine private beach that extends over 3.5 km, award-winning dining venues, and one of the region’s largest water and adventure parks, the resort is a sanctuary for unforgettable getaways. Whether seeking a tranquil retreat, thrilling experiences, or exceptional hospitality, Hilton Salwa Beach Resort & Villas offers an idyllic escape for families, and travellers alike.

This Holy month of Ramadan, the resort invites guests to experience “The Magic of Togetherness”—a thoughtfully curated retreat where indulgence meets spirituality in a serene coastal haven.



## An unforgettable Ramadan staycation

Hilton Salwa Beach Resort & Villas presents the perfect setting for celebrating the Holy Month. Whether guests seek a peaceful escape or a family gathering, the exclusive Ramadan Staycation Package offers luxurious accommodations starting at QAR 999 per night for rooms and QAR 2,999 for villas, including Iftar, Suhoor, and access to the waterpark.



## Exquisite dining under the stars

Ramadan is synonymous with delightful feasts, and Hilton Salwa Beach Resort & Villas ensures every meal is a celebration. At Levantine, the resort’s award-winning Middle Eastern restaurant, guests can enjoy a family-style Iftar menu on weekdays for QAR 155 per person or indulge in a lavish buffet on weekends for QAR 220 per person, both featuring an array of authentic dishes and refreshing Ramadan beverages.

Suhoor is served daily with a carefully curated set menu at QAR 130 per person, making every evening a flavourful experience. For those seeking a more private dining experience, guests can also enjoy Iftar and Suhoor in the comfort of their own villas. As night falls, the Arabian Village is illuminated by the warm glow of twinkling fairy lights and radiant lanterns, creating a magical ambiance. Guests can immerse

themselves in the essence of Ramadan with henna artistry, captivating Arabic storytelling for children, and an enchanting atmosphere under the stars.



For non-fasting guests, a variety of dining options remain open, from the international buffet at Souk Kitchen to Italian delights at Dante Cucina Italiana, ensuring a culinary journey that caters to all tastes.



## Ramadan adventures at Desert Falls Water & Adventure Park

For those looking to add a splash of excitement to their Ramadan celebrations, Desert Falls Water & Adventure Park is offering a special discounted rate of QAR 150 for both adults and juniors from March 1 to March 27 on Waterpark admissions. Guests can explore thrilling rides, relax along the lazy river, and create unforgettable memories at one of the largest waterparks in the region—all at an exclusive Ramadan rate.



## Moments of serenity and rejuvenation

Amidst the celebrations, Hilton Salwa Beach Resort & Villas offers a sanctuary of tranquility. Guests can unwind at eforea Spa, which is extending an exclusive 40% discount on all treatments (excluding facials) throughout the Holy month Ramadan.

## A magical Eid awaits

As the Holy month of Ramadan draws to a close, the resort continues the celebrations with an enchanting Eid getaway, complete with gourmet feasts, thrilling adventures, and cherished family moments. Whether looking to relax by the sea, indulge in world-class cuisine, or embark on exciting waterpark adventures, Hilton Salwa Beach Resort & Villas ensures an Eid experience like no other.



This Holy month of Ramadan, step into a faraway land of magic and togetherness—where cherished moments are made, and traditions come alive. For reservations and inquiries, visit [salwabeachresort.qa](https://salwabeachresort.qa) or call 44236666.



# رمضان كريم

The Magic  
of Togetherness



Embrace the magic of togetherness this Ramadan with our exclusive staycation packages, indulgent Iftar & Suhoor at Levantine, revitalizing spa and thrilling water park offers.

Scan to view our Ramadan Offerings

  
**Hilton**  
SALWA BEACH RESORT & VILLAS

  
**Salwa**  
Beach Resort  
Qatar

# Empowering communities during Ramadan

Ramadan is a time of devotion, self-reflection, and charitable giving, making it an ideal period for businesses to strengthen their corporate social responsibility (CSR) efforts. Many companies use this opportunity to make meaningful contributions to society through initiatives that foster economic empowerment, education, healthcare, and environmental sustainability.

## Economic empowerment through CSR

Many businesses focus their Ramadan CSR initiatives on economic empowerment by supporting small businesses, artisans, and underprivileged entrepreneurs. Some companies provide interest-free microloans to small business owners, enabling them to expand their operations. Others launch skill-development programs to train workers in various trades, helping them secure long-term employment.

Retail and e-commerce platforms also participate by offering discounts to small vendors and promoting local products. By helping individuals and businesses become more self-sufficient, companies contribute to long-term economic stability and sustainable development.



## Educational support and scholarships

Education is a fundamental tool for empowerment, and many corporations prioritize academic support during Ramadan. Companies sponsor students from low-income backgrounds by covering tuition fees, donating school supplies, and establishing scholarship programs. Some organizations partner with universities to offer free or subsidized courses in fields such as technology, business, and healthcare, equipping students with skills that enhance their career prospects.

In addition, businesses often run mentorship programs where employees volunteer to guide young professionals, providing career advice and industry insights. By investing in education, companies ensure that future generations have access to opportunities that can improve their lives.

## Sustainability and environmental responsibility

With growing awareness of climate change and environmental conservation, businesses are integrating sustainability into their Ramadan CSR efforts. Many organizations launch campaigns to reduce food waste, which is a significant concern during the month due to excessive consumption. Hotels, restaurants, and catering services implement portion control strategies and donate surplus food to charities instead of allowing it to go to waste.

Companies also encourage sustainable practices by promoting reusable packaging, reducing plastic waste, and supporting renewable energy initiatives. Some businesses plant trees or organize community clean-up drives, reinforcing the message of environmental stewardship.

## Healthcare initiatives and well-being programs

Ramadan also presents an opportunity for businesses to contribute to public health and well-being. Many companies sponsor free medical check-ups, vaccination drives, and wellness programs. Hospitals and healthcare providers often partner with corporate sponsors to offer free or discounted services to individuals who lack access to quality healthcare.



Businesses in the pharmaceutical and nutrition sectors distribute essential medicines, vitamins, and nutritional supplements to underprivileged communities. Some companies also focus on mental health initiatives, recognizing that well-being is an essential component of a thriving society.

## Long-term impact

While many CSR activities peak during Ramadan, their long-term impact is what truly matters. Companies that integrate sustainable CSR practices into their business models create lasting social and economic benefits. Consumers today are more likely to support brands that demonstrate ethical values and genuine commitment to community welfare. Employees also feel a stronger sense of purpose when they see their organization contributing to positive change.

## The future of Ramadan CSR

The future of Ramadan CSR is being shaped by emerging technologies, innovative philanthropy models, and a growing focus on sustainability. Digital transformation has enabled companies to enhance their charitable efforts through online donation platforms, blockchain-based transparent giving, and AI-powered impact

assessment tools. With the rise of fintech solutions, mobile apps and digital wallets allow consumers and businesses to contribute seamlessly to charitable causes, ensuring greater accessibility and participation.



Another key trend is the integration of corporate philanthropy with long-term development projects. Instead of one-time donations, businesses are increasingly investing in sustainable initiatives such as education programs, vocational training, and entrepreneurship support. These efforts empower individuals beyond Ramadan, fostering long-term social and economic benefits.

Environmental consciousness is also gaining prominence in Ramadan CSR strategies. Companies are focusing on reducing food waste by redistributing surplus meals, implementing eco-friendly packaging, and launching awareness campaigns about responsible consumption. Additionally, businesses are leveraging social media to amplify the impact of their CSR initiatives, engaging wider audiences and encouraging collective action.

As consumer expectations evolve, brands are expected to align their CSR efforts with broader global goals, such as the United Nations' Sustainable Development Goals (SDGs). By integrating innovation, sustainability, and digital tools, businesses can ensure that their Ramadan CSR initiatives have a lasting and meaningful impact.

Ramadan serves as a powerful reminder of the importance of compassion, generosity, and social responsibility. As businesses continue to integrate CSR into their Ramadan activities, they not only support those in need but also strengthen their brand values, community ties, and overall corporate integrity. By embracing meaningful initiatives, companies can turn Ramadan into an opportunity for impactful, lasting change that extends beyond the holy month.





# Celebrate Ramadan at Sheraton Grand Doha

## A Month of Togetherness & Tradition

Sheraton Grand Doha has announced its celebration of Ramadan, inviting guests to embark on a remarkable culinary journey. As Qatar's iconic landmark renowned for embracing tradition and heritage, Sheraton sets the perfect stage for treasured moments with family and friends throughout the holy month of Ramadan. With a variety of experiences across the hotel's venues, from enriching iftar to elevated suhoor, guests can immerse themselves in the full spectrum of Arabian hospitality.



### Layali Sheraton: A Souq-Style Suhoor Experience

Experience the ambiance of Layali Sheraton, where a traditional souq-style setting creates an inviting atmosphere for suhoor. This dining experience features a buffet with diverse food stations, live cooking, and warm hospitality, making it a great choice for gatherings.

Daily | 9pm – 2am | QAR 295 per person.



### Iftar at Al Hubara: A Culinary Celebration

From sunset, Al Hubara welcomes guests to a grand iftar featuring an exquisite buffet of Middle Eastern classics, international favourites, live cooking stations, and indulgent desserts beneath its iconic golden domes.

Daily | Sunset – 8pm | QAR 350 per person.

### Atrium Lounge: Where the World Comes Together

Gather in the elegant ambiance of Atrium Lounge for a relaxed yet



refined iftar or suhoor. Enjoy a Suhoor Sharing Platter for QAR 195 or indulge in an à la carte selection available from sunset until 2am.



### Jamavar Doha: A Michelin-Starred Iftar & Suhoor

Embark on a royal journey of Indian flavours at Jamavar Doha, where a Michelin-starred tasting menu celebrates India's rich culinary heritage.

Iftar: QAR 295 (Vegetarian) | QAR 345 (Non-Vegetarian) | Suhoor: À la carte, 9pm – 1am.



### Garden Gatherings & Private Iftar at Pool Café

Celebrate Ramadan in a serene garden setting with a family-style iftar menu starting from QAR 295 per person, available for group bookings of 25 guests and above.

### Ramadan Flavours & Gift Hampers

Enjoy Sheraton's curated Ramadan flavours in the comfort of your home with the Ramadan Feast Box, available daily from 12pm – 2am, starting from QAR 125.

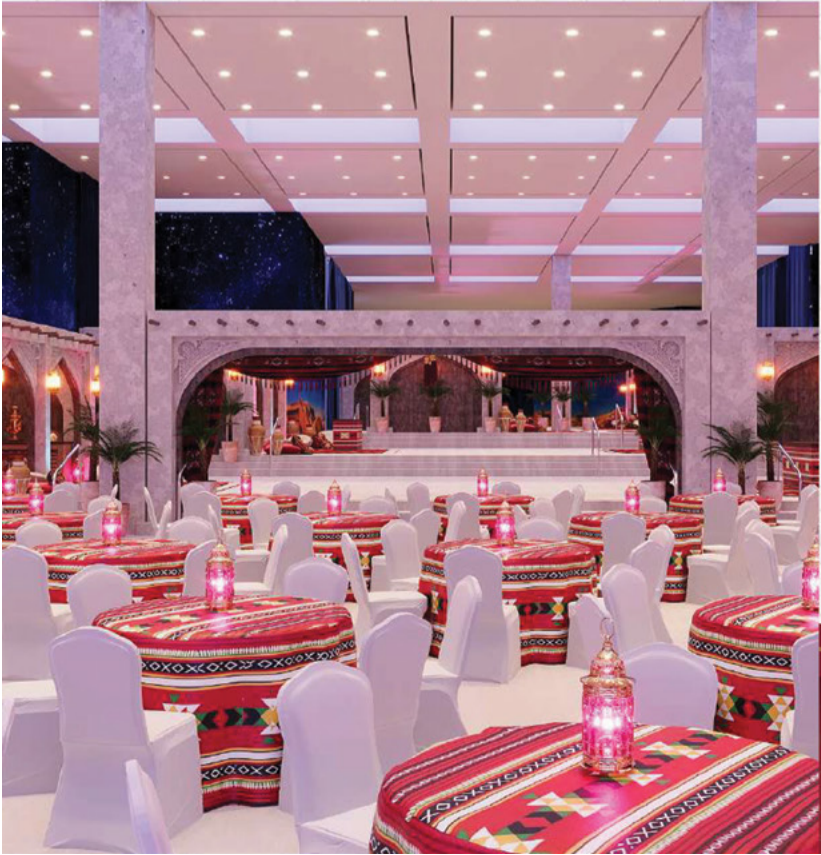
Surprise loved ones with handcrafted Ramadan hampers filled with Arabic sweets, chocolates, and festive delights. Classic Hamper: QAR 195 | Deluxe Hamper: QAR 325 | Grande Hamper: QAR 850



### Exclusive Ramadan Staycation

Embrace the essence of Ramadan with a Sheraton Staycation, starting from QAR 800, iftar at Al Hubara, and suhoor in the comfort of your room.

Sheraton Grand Doha invites you to experience the true spirit of Ramadan through heartfelt offerings and exceptional hospitality. Celebrate the joy of togetherness and create cherished memories filled with warmth, tradition, and connection.





# LAYALI SHERATON

CELEBRATE TOGETHERNESS AT QATAR'S ICONIC HOTEL

Celebrate the Holy Month of Ramadan with your loved ones at Qatar's iconic hotel, where tradition and togetherness come to life. Our thoughtfully curated offerings promise a profound experience, enriching your Ramadan journey with exceptional dining and inviting staycations.

**Iftar at Al Hubara | Suhoor at Layali Sheraton**



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# Modest fashion trends

## Stylish and comfortable looks

Ramadan is not just a time for spiritual reflection and togetherness; it is also an occasion where fashion takes center stage, with modest yet stylish outfits becoming an integral part of the season. From elegant abayas to intricately designed kaftans, the latest trends in modest wear embrace comfort, sophistication, and cultural heritage. As the demand for modest fashion continues to grow, designers are infusing contemporary elements with traditional silhouettes, creating stunning looks suitable for both Iftar gatherings and evening prayers. The combination of lightweight fabrics, intricate embroidery, and sophisticated cuts ensures that modest wear is both functional and fashionable.

### Abayas: Timeless elegance with a modern touch

Abayas remain a staple in Ramadan wardrobes, and this year's trends highlight a mix of classic cuts and modern embellishments. Flowing fabrics such as chiffon, crepe, and silk ensure breathability and ease, while delicate embroidery, subtle sequins, and pearl accents add an extra touch of luxury. Open-front abayas layered over matching inner dresses are a popular choice, allowing versatility in styling. Pastel shades, earth tones, and monochrome designs dominate the color palette, exuding understated elegance suitable for both formal and casual occasions.

Designers are also experimenting with structured silhouettes, asymmetrical hemlines, and statement sleeves to bring a contemporary touch to traditional abayas. Some styles feature intricate lace detailing, hand-painted motifs, or beaded embroidery that elevates the overall look. Belted abayas and kimono-inspired designs allow for a flattering fit, creating a

balance between modesty and modern elegance. Additionally, fabric choices such as organza overlays and silk-blend materials add depth and movement, making each piece a work of art.



### Kaftans: A fusion of tradition and glamour

Kaftans have long been associated with Ramadan fashion, and this year, they are making a statement with intricate prints, draped designs, and lightweight textures. Flowing kaftans with cinched waists and cape-like sleeves provide a regal aesthetic, while vibrant jewel tones like emerald green, sapphire blue, and deep burgundy bring a festive charm. Designers are also incorporating geometric patterns, delicate lace overlays, and handwoven embroidery to blend cultural heritage with modern fashion sensibilities.

Luxurious kaftans crafted from fine fabrics such as silk, satin, and brocade are perfect for special Iftar gatherings and Suhoor events. Embellishments like gold thread embroidery, crystal appliques, and tassel details add a royal touch to these outfits. Some kaftans also feature contemporary elements like asymmetrical cuts, structured shoulders, and layered designs, making them a versatile choice for different occasions. Lightweight cotton and linen kaftans, on the other hand, are ideal for a more relaxed and breathable feel, perfect for long days of fasting.

### Modest wear: Chic and comfortable ensembles

Beyond abayas and kaftans, modest fashion is embracing flowy maxi dresses, coordinated two-piece sets, and tailored tunics paired with wide-leg trousers. These options offer a balance between comfort and sophistication, making them perfect for long Ramadan evenings. Soft and breathable fabrics such as linen, cotton, and georgette ensure comfort throughout the day, while structured blazers and kimono-style overlays provide layering options for added style. Minimalist designs with subtle embellishments make these outfits versatile for multiple occasions, from family gatherings to community Iftars.

The rise of modest streetwear has also influenced Ramadan fashion, with loose-fitting trousers, oversized blouses, and draped coats becoming popular choices. Flowy skirts paired with modest tops in pastel shades create a feminine yet refined look. Additionally, pleated dresses and A-line cuts enhance movement and provide an effortlessly graceful appearance. High-neck blouses, bishop sleeves, and detailed cuffs are subtle yet elegant elements that elevate modest fashion to a contemporary level.

### Accessories and styling tips

Accessories play a key role in elevating Ramadan outfits. Statement earrings, delicate layered necklaces, and embroidered clutches complement modest wear without overpowering the look. Footwear choices range from embellished flats to strappy heels, ensuring both comfort and elegance. Scarves and hijabs in silk, chiffon, and organza add a refined touch, with soft pastel and muted tones being favored this season.

Jewelry trends for Ramadan include delicate gold bangles, gemstone rings, and elegant pearl necklaces that add a sophisticated finish. Handbags with intricate embroidery or metallic accents bring an extra touch of elegance. For those looking to elevate their look further, lightweight shawls with embroidered edges can be draped effortlessly over shoulders for a more polished and regal appearance.

Makeup trends for Ramadan focus on soft, dewy looks with neutral tones and light shimmer. Nude lip shades, subtle highlighter, and well-defined brows create a fresh and radiant effect. Henna artistry is also a cherished tradition during the holy month, with minimalist floral and geometric designs adorning hands as a symbol of celebration.

This Ramadan, modest fashion trends highlight a seamless blend of tradition and contemporary aesthetics, offering women stylish yet comfortable options that reflect the essence of the holy month. Whether embracing the timeless appeal of abayas, the regal charm of kaftans, or the versatility of modern modest wear, the key is to focus on elegant designs that prioritize both comfort and sophistication. With the right styling and accessories, Ramadan fashion becomes a meaningful expression of faith, culture, and individuality.

As the fashion industry continues to innovate, modest wear is evolving to incorporate modern design elements while preserving the rich cultural significance of traditional attire. Whether opting for monochrome elegance, vibrant festive colors, or minimalist designs, the essence of Ramadan fashion remains centered on grace, modesty, and refinement. With thoughtful styling and an eye for detail, every woman can create a wardrobe that embodies the spirit of the season while embracing her personal style.



# Rixos Premium Qetaifan Island North Presents Al Jawahara: Grand Ramadan Iftar Experience



From sunset until 9:30 PM throughout the holy month of Ramadan, guests can indulge in a lavish Iftar buffet featuring a delectable array of traditional Ramadan delicacies. The culinary team at Rixos Premium Qetaifan Island North has curated a menu that showcases the rich flavours of the region, ensuring a memorable dining experience for all.

Live Entertainment: Enjoy captivating performances by talented musicians and artists throughout the evening, adding a touch of magic to your Iftar experience.

Live Cooking Stations: Witness the culinary artistry of the chefs as they prepare fresh dishes right before your eyes, offering a unique and interactive dining experience.

“We are delighted to welcome guests to Al Jawahara for a truly special Ramadan Iftar,” says Stefano Capaccetti, Managing Director of Rixos Premium Qetaifan Island North.



“Our team has worked tirelessly to create an exceptional experience that embodies the spirit of Ramadan, offering a blend of culinary excellence, captivating entertainment, and warm hospitality.”

Join Rixos Premium Qetaifan Island North for a memorable Ramadan Iftar at Al Jawahara and create lasting memories with family and friends. Price: QAR 245 per person.





## THIS RAMADAN

Experience the spirit of Ramadan at Rixos Premium Qetaifan Island North. Join us at Al Jawahara for a memorable Iftar buffet, available daily throughout the holy month.

**TIMING: SUNSET – 9:30 PM**

A grand buffet featuring authentic Ramadan delicacies includes:

- Live cooking stations
- Elegant ambience and seating
- Traditional live entertainment

**PRICE: 245 QAR PER PERSON**

For reservations, contact us (9:00 AM – 11:00 PM)

+974 4144 4141    +974 7080 7411



# Make the most of the season of blessings

Ramadan is a blessed season, whose motto is, “Whoever sights the new moon of the month, let him fast it (that month).” Its age is a limited number of days. Its aim is that you become righteous. Its call is, “O seeker of good, proceed! O seeker of evil, desist!”

Amongst the favours and bounties of Allah The Almighty are that He has made great seasons and blessed days so that they may be fully utilised by sincere worshippers. He also made them a chance for the competitors of goodness to compete. Amongst such seasons is one about which the Prophet, sallallaahu ‘alaihi wa sallam (may Allah exalt his mention), said that its nights and days are blessed and filled with righteousness: it is the month of Ramadan, the most honoured month and noblest in the sight of Allah The Almighty, filled with righteousness, great bounties and best virtues.

**Encouragement and urging**

Ibn Rajab, may Allah have mercy upon him, said:

“Each of these special blessed seasons involves some acts of worshipping Allah The Almighty which draw the slave closer to Him. Allah The Almighty bestows His blessings and favours on whom He wills and that, in fact, is out of His mercy and generosity to him. The fortunate person is he who makes the best use of these special months, days, and hours, and brings himself closer to His Lord by fulfilling such acts of worship. He is most likely to be touched by the blessings of Allah The Almighty so that he will be saved from the Hellfire and its scorching flames.” [Lataa’if Al-Ma’aarif]

Ramadan is your chance to take part in the season of goodness, engage in lucrative market and be fortunate to do business with the Lord of the earth and the heavens.

These words are to guide you to one of the great fields of goodness and paved pathways to Paradise. They encourage you to perform acts of worship that will be rewarded doubly and have great virtues in a month that visits you once a year. Are you ready to conclude this deal and partake of the great bounties before the month comes to an end and bids you farewell to go on a long journey?

Do not forget that you are in the month of generosity and benevolence.

Your Prophet, sallallaahu ‘alaihi wa sallam, was the most generous person, and he would be even more so in the month of Ramadan when Jibreel (Gabriel), may Allah exalt his mention, met him to study the Qur’an with him. The Messenger of Allah, sallallaahu ‘alaihi wa sallam, would be more generous than the blowing wind in doing



good as Ibn ‘Abbaas, may Allah be pleased with them, narrated. [Al-Bukhari and Muslim].

Does not your ultimate ideal and noblest role model encourage you in the way he doubled his goodness and open-handedness towards his household and the deserving in the month of Ramadan more than others, to do good deeds, help the needy, poor and weak, following and imitating his example? Allah The Almighty Says (what means): {There has certainly been for you in the Messenger of Allah an excellent pattern for anyone whose hope is in Allah and the Last Day.} [Qur’an 33: 21]

Does this not urge you to feed the hungry, give the needy or make the poor happy?

Does this not arouse your sympathy to bring a smile to the face of a deprived person or satisfy the hunger of a hungry person?

All that it takes is a drink of water, a sip of milk, a handful of dates, a measure of food, or a garment to clothe a naked person.

Be certain, be sure and rejoice.

By spending, you expose yourself to the supplication of the angels, “O Allah, give in compensation to the one who spends (in charity).” [Al-Bukhari and Muslim], you respond to the command of Allah The Almighty: “Spend, O son of Adam, and I shall spend on you.” [Al-Bukhari and Muslim], and you get prepared to enter the gate of the most beloved deeds to Allah The Almighty as the Prophet, sallallaahu ‘alaihi wa sallam, said: “The most beloved of people to Allah is the one who brings most benefit to people, and the most beloved of deeds to Allah is making a Muslim happy, or relieving him of hardship, or paying off his debt, or warding off hunger from him.” [At-Tabaraani] [Al-Albaani: Hasan]

**Make the most of the season**

If business and trade has seasons of making good profits, then obedience too has its seasons of competition. If the people usually strive to double their activities in the seasons of business so that their profits may increase, then it is more appropriate for you to make the most of such seasons of worship to raise your rank in the sight of your Lord in the Hereafter.

Imam Ash-Shaafi’i, may Allah have mercy upon him, said: “It is better for men to be exceedingly

generous during the blessed month of Ramadan, following the example of the Messenger of Allah, sallallaahu ‘alaihi wa sallam, and because people have a need for such charity as many of them are too busy with fasting and praying to earn their livelihood in that month.”

Consequently, you will enjoy the gifts and graces of Allah The Almighty in this month, make the best of this noble time of the year and double your rewards in it before it comes to an end.

Strive to do a great deal of good deeds such as giving food for the fasting person to break his fast, feeding a hungry person, satisfying the needs of the poor, giving comfort to the deprived, helping the destitute and supporting the needy.

The fortunate person is he who makes the best use of these special months, days, and hours, and brings himself closer to His Lord by fulfilling such acts of worship. He is most likely to receive the blessings of Allah The Almighty so that he will be saved from Hellfire and its scorching flames.

Article source: <http://www.islamweb.net/mainpage/>

# Zamān by The Ritz-Carlton, Doha

## AN ENCHANTING RAMADAN CELEBRATION AWAITS



A highlight in The Ritz-Carlton, Doha's calendar of important annual occasions, the Islamic observance of Ramadan will be celebrated in the magnificent Al Wosail Ballroom, featuring an array of world-class cuisine for Iftar and Suhoor. To honour the familial traditions and spirit of togetherness that defines the values of Ramadan, the ballroom will be transformed into a traditional Arabian tent, offering families and friends a refined venue to celebrate this holy month together.

In keeping with the warmth of Arabian hospitality, the ballroom has been arranged with clusters of elegantly decorated tables, including a number of traditional Qatari majlis-styled seating shrouded by curtains, offering more privacy for intimate family gatherings. Cabinetry styled with thoughtfully arranged bouquets of flowers and the ambient glow of hundreds of candles, transforms the ballroom into an enchantingly immersive setting.



Exceptional cuisine is a fundamental part of these celebrations which, curated by Executive Chef David and his team, creates a compelling draw for guests. Menus for Iftar, Suhoor, the newly launched Iftar-noon Tea, and the specially curated Iftar at Home experience have all been thoughtfully designed to reflect the celebratory spirit of the occasion.

Executive Chef David commented, "It is always an honour to recreate epicurean customs that elicit joy, particularly for such traditional family gatherings. We've crafted a series of menus combining Middle Eastern flavours with international favourites to satisfy all palates and evoke the communal spirit of the moment.

Lavish buffets will adorn a central pedestal in the ballroom, perfectly placed to reflect the grandeur of the venue and experience. The menus for Iftar, priced from QAR275 per person and Suhoor, from QAR250 per person, are filled with an impressive array of cuisines, from an all-encompassing Mezzeh choice to Chef's Signatures that change daily. There is also The Carvery showcasing varietal prime meats and roasts,

along with Italian, Indian and East meets West culinary fares, providing a gastronomic experience like no other.



For those celebrating at home, there is the opportunity to enjoy the best of The Ritz-Carlton Doha's culinary craftsmanship by ordering Iftar To-Go, for QAR195 per box. Brimming with delicious cold and hot mezze, main course options and Middle Eastern desserts, it also includes the Qatari-favourite, spicy Chicken Machboos and flavourful Jospier Grilled Rib Eye. Boxes can be enhanced with a choice of additional Mezzeh, main course and sweet selections, creating a feast that can be enjoyed in the comfort of your home.

A new feature to the hotel's culinary offering is the Iftar-noon Tea, served at The Lobby Lounge. Available throughout the holy month, it is priced at QAR220, the perfect choice for two guests. Such delicacies, including cakes, savory bites, accompanied by freshly brewed coffee and fine tea blends, that can be savored under the hotel's iconic 2,000-crystal chandelier. Reservations are encouraged to ensure access to this coveted experience, where every moment is enriched with The Ritz-Carlton, Doha's legendary service.

For more information on The Ritz-Carlton, Doha please call +974 4484 8000, WhatsApp +974 5599 0916 or visit [www.ritzcarlton.com/doha](http://www.ritzcarlton.com/doha).

### THE RITZ-CARLTON, DOHA

An impressive landmark, with panoramic views across the Arabian Gulf, the multi award-winning The Ritz-Carlton, Doha brings uncompromising exclusivity and flawless hospitality to its private island setting. Featuring 374 residentially styled rooms and suites, guests can add elegance to their stay with exclusive Club Lounge access. Attracting global travellers looking for an all-round experience, the hotel's rich offering includes immersive outdoor pools, private beach, an urban farm, air-conditioned sports courts and fitness center, as well as the highly acclaimed The Ritz-Carlton Spa, Doha. A renowned dining destination, it brings inventive flavours and homemade recipes to the mix. Savor Asian-fusion dishes at B-Lounge, authentic French fare at Sel & Miel and steakhouse favourites at STK Doha. The hotel is a premier venue for lifetime celebrations and fairytale weddings, hosting both indoor and outdoor gatherings, where skilled experts craft unforgettable and memorable moments. Blending modernity with cultural traditions, The Ritz-Carlton, Doha effortlessly redefines five-star luxury city living to encompass the resort scene.



# RAMADAN HOME DECOR

While many prefer elaborate decorations, a minimalist approach to Ramadan home décor can create a serene and elegant environment that enhances the spirit of the season without overwhelming the space. By embracing simplicity with carefully chosen elements, you can achieve a modern yet warm and inviting ambiance.

## Neutral and calming colour palette

A minimalist Ramadan décor begins with a neutral and calming color palette. Shades of white, beige, and soft greys provide a serene backdrop, while subtle gold or silver accents add a touch of sophistication. Incorporating natural materials such as wood, linen, and ceramic enhances the sense of warmth without cluttering the space.



## For a soft glow

Lighting plays a crucial role in setting a peaceful atmosphere. Instead of extravagant chandeliers or excessive decorative lights, opt for soft, warm

lighting with simple pendant lamps or floor lamps. Traditional lanterns in monochromatic tones or geometric patterns can bring a subtle nod to Ramadan's heritage while maintaining a sleek, modern aesthetic. Candles arranged neatly on trays or in minimalist holders also add a cozy and intimate touch.

## Ramadan symbols

Minimalist décor embraces subtlety, so incorporating Ramadan symbols in a refined manner enhances the theme without overpowering the space. A single, elegant crescent moon sculpture, a modern calligraphy wall art piece, or a sleek lantern centerpiece can add festive charm while maintaining a clean, sophisticated look. Opting for wall decals in soft metallic hues or neutral-toned fabric banners can also bring a gentle festive spirit without visual clutter.

## Organized and thoughtful spaces

Clutter-free spaces are a hallmark of minimalist design. Keeping décor elements intentional rather than excessive is key to achieving simplicity with elegance. Opt for sleek storage solutions to keep prayer essentials, Quran stands, and other Ramadan-related items neatly arranged. Using decorative trays to organize dates, sweets, and candles ensures a functional yet stylish display without overcrowding tables and countertops.

Minimalist Ramadan home décor offers a perfect balance between modern sophistication and traditional warmth. By focusing on neutral palettes, subtle accents, soft lighting, and thoughtful arrangements, you can create a tranquil and inviting atmosphere that embodies the spirit of Ramadan without unnecessary extravagance. A well-curated space allows for deeper reflection, a sense of peace, and a beautiful setting to enjoy moments with loved ones throughout the holy month.



# SETTING THE PERFECT IFTAR TABLE

Ramadan is a time of spiritual reflection, togetherness, and generosity, and the Iftar meal plays a central role in bringing families and friends together to break their fast. Creating a warm and visually appealing Iftar table setting enhances the experience, making the meal even more special and memorable. Thoughtful styling, a harmonious color palette, and decorative elements can transform the dining space into an inviting and serene atmosphere.

## Theme and colour palette

A cohesive theme sets the tone for an aesthetically pleasing Iftar table. Opt for traditional themes inspired by Middle Eastern culture with deep hues of gold, navy, and burgundy, or go for a modern and minimalist look with pastel shades and neutral tones. Selecting a color palette that complements the surroundings will create a balanced and elegant tablescape.

## Elegant tableware and dinnerware

Investing in quality dinnerware enhances the dining experience. Classic ceramic plates, glassware with intricate patterns, or gold-rimmed dishes add a touch of sophistication. Placing matching napkins with decorative rings alongside elegant cutlery contributes to the overall refinement. If serving Arabic coffee or tea, using traditional cups with golden accents completes the authenticity of the setting.

## Layering with table linens

Table linens play a crucial role in adding depth and texture to the Iftar table. A beautifully embroidered or subtly patterned table runner over a solid-colored tablecloth creates an eye-catching contrast. Linen or cotton napkins in complementing shades enhance the refined appearance while offering a practical touch.

## Incorporating decorative elements

Adding lanterns, candles, and floral arrangements brings warmth and charm to the table. Moroccan-style lanterns or gold candle holders with flickering candles provide a soft and serene glow. Fresh flowers, such as roses, lilies, or jasmine, placed in delicate vases or scattered petals across the table, introduce a natural and refreshing element.

## Serving dishes with aesthetic appeal

Presenting traditional Ramadan delicacies in elegant serving dishes adds to the visual appeal. Tiered platters for dates, ornate bowls for soup, and decorative trays for sweets create a feast for the eyes. Arranging food in a symmetrical or artistic manner enhances the dining experience while making it more inviting.

## Personal touches for an inviting atmosphere

Personalized elements, such as handwritten place cards or small gift favors for guests, elevate the ambiance and make attendees feel special. A thoughtful touch could include a small box of dates, prayer beads, or a beautifully wrapped piece of chocolate.

Setting the perfect Iftar table involves a blend of aesthetics, tradition, and thoughtful details that contribute to a welcoming and festive atmosphere. With the right combination of colors, textures, and decor, the table becomes a focal point that embodies the spirit of Ramadan—hospitality, gratitude, and shared joy. Whether hosting an intimate family gathering or a larger feast, these styling tips will help create a memorable and heartwarming Iftar experience.



IDEAS FOR HOSTING  
OUTDOOR GATHERINGS



Transforming your garden or balcony into a cozy and inviting space enhances the experience, making it even more memorable. Thoughtful seating arrangements, ambient lighting, and beautiful decor can help create an intimate and welcoming setting that fosters connection and warmth.

Right seating arrangement

Comfort is key when setting up an outdoor Iftar space. Consider floor seating with plush cushions and low tables for a relaxed and traditional feel. Arrange soft rugs, ottomans, and bean bags to provide additional comfort. For those who prefer a more structured setup, a dining table with cushioned chairs or benches can add an elegant touch. Ensuring enough seating for all guests while maintaining an intimate layout will help foster conversations and create a warm atmosphere.

Illuminating the space

Lighting plays a crucial role in creating a cozy ambiance for outdoor Iftar gatherings. String lights draped across trees, pergolas, or balcony railings add a soft, magical glow. Lanterns with intricate patterns, placed strategically around the space, provide a traditional and elegant touch. Adding candles or LED tea lights to tables enhances the warm and intimate setting, while solar-powered pathway lights ensure safe movement throughout the area.

Decorative elements

Incorporating festive decor elevates the aesthetics of the space and enhances the Ramadan spirit. Use table runners, patterned cushions, and woven throws in warm and earthy tones to add a touch

of elegance. Incorporating fresh flowers, potted plants, or a small water fountain brings a refreshing natural element to the setting. Hanging decorative elements, such as fabric banners or stringed beads, adds a festive and inviting charm.

Setting up a thoughtful dining space

Arranging the Iftar table with care makes the meal even more special. Opt for traditional yet stylish tableware, including ornate plates, glassware, and decorative serving platters. Using tiered stands for dates and sweets, along with decorative bowls for soup and salads, creates an organized and visually appealing setting. Personal touches like handwritten name cards or small gift favors for guests enhance the experience.

Comfort and practicality

To maintain comfort throughout the evening, consider placing a few blankets or shawls nearby for guests in case the weather cools down. Outdoor heaters or fire pits can provide additional warmth on breezy nights. Keeping mosquito repellents, such as citronella candles or natural sprays, ensures a pleasant dining experience. For balconies, using privacy screens or drapes can create an intimate and serene setting away from outside distractions.

Creating a cozy Iftar space in your garden or balcony allows for a magical and memorable dining experience under the open sky. By incorporating comfortable seating, ambient lighting, thoughtful decor, and practical considerations, you can host an inviting and heartwarming gathering. Whether for family or friends, an outdoor Iftar setting enhances the joy and togetherness of Ramadan, making every evening a celebration of faith, gratitude, and community.

Ramadan tents  
A symbol of hospitality and togethernes

Ramadan tents have long been a cherished tradition during the holy month, serving as communal spaces where people gather to break their fast and enjoy moments of reflection and connection. These tents, often set up by hotels, restaurants, mosques, and community organizations, embody the essence of generosity, hospitality, and unity that defines Ramadan.

Typically adorned with traditional Arabian décor, Ramadan tents create a warm and inviting ambiance with intricate patterns, soft cushions, elegant lanterns, and ambient lighting. They provide a serene setting for families, friends, and even strangers to come together for Iftar and Suhoor, reinforcing the spirit of sharing and gratitude. Many luxury venues host grand Ramadan tents featuring lavish buffets, offering an array of traditional and international dishes, from dates and lentil soup to grilled meats, rice dishes, and decadent desserts like qatayef and kunafa.

However, the significance of Ramadan tents extends beyond dining. They play a crucial social role by fostering community bonds and strengthening cultural traditions. Many charitable organizations and mosques set up free Ramadan tents to provide meals to those in need, ensuring that everyone, regardless of their financial situation, can partake in the blessings of the holy month. These initiatives highlight the core values of Ramadan—compassion, kindness, and inclusivity.

Entertainment and cultural experiences are also a key part of modern Ramadan tents. Some feature live music, storytelling, and performances that celebrate the rich heritage of the region. Others host religious lectures and discussions, offering attendees a space for spiritual enrichment.

Over time, Ramadan tents have evolved to cater to contemporary lifestyles, blending tradition with modern comforts. While luxury venues offer extravagant dining experiences, many families still prefer the simplicity of setting up their own tents in homes or gardens, preserving the personal and intimate essence of the tradition.

Regardless of setting, Ramadan tents remain a beautiful expression of faith, community, and generosity. They bring people together, strengthen social connections, and create cherished memories, making them an enduring and meaningful part of Ramadan celebrations.



Celebrate Ramadan at Al Messila,  
a Luxury Collection Resort & Spa, Doha

An enchanting blend of outdoor elegance and private indoor gatherings



Al Messila, a Luxury Collection Resort & Spa, Doha, welcomes guests to celebrate the Holy Month of Ramadan with an exquisite culinary journey and an elevated dining experience. This year, the resort introduces an exclusive new offering—alongside its iconic garden setting, guests can now enjoy a private indoor Ramadan experience in the luxurious ballroom, making it the perfect choice for intimate gatherings and corporate events.



A Grand Ramadan Culinary Experience

This Ramadan, both Iftar and Suhoor will be presented in a lavish buffet setting, showcasing a rich array of traditional Middle Eastern flavours and international delicacies. Carefully curated by their renowned chefs, the buffet features live cooking stations, premium selections, and a variety of Ramadan favourites, ensuring an unforgettable dining experience.

Guests can immerse themselves in the enchanting atmosphere of their signature garden venue, where soft lighting, elegant décor, and the open-air setting create an authentic Ramadan ambiance under the stars. For those seeking a more exclusive setting, their newly introduced ballroom experience offers a sophisticated indoor space for private events, combining privacy with luxury in a serene and elegant environment.

An Exclusive Setting for Every Occasion

Whether embracing the spirit of Ramadan in the stunning garden setting or opting for a private gathering in the ballroom, Al Messila provides the perfect venue for meaningful connections and cherished traditions. The ballroom option is available for private bookings, offering a tailor-made experience for corporate events, family celebrations, and exclusive Iftar and Suhoor.

A Month of Reflection and Togetherness

Ramadan at Al Messila is more than just an experience—it is a celebration of tradition, hospitality, and community. The resort invites guests to indulge in the spirit of generosity with thoughtfully crafted packages, ensuring a memorable Holy Month for all.



At Al Messila Resort & Spa, experience the essence of Ramadan with our Iftar & Suhoor, set beneath the stars and amidst the tranquil beauty of our fragrant gardens.

IFTAR BUFFET | From sunset to 8.00pm | QAR 250 per Guest  
Inclusive of Kids Club Access (up to 12 yo)

SUHOOR BUFFET | From 9.30pm to 1.30am | QAR 200 per Guest

# GARANGAO

## A colourful celebration of culture



Garangao is one of the most beloved cultural traditions celebrated in Qatar and other Gulf countries during the holy month of Ramadan. Taking place on the 14th night of Ramadan, Garangao is a joyous occasion where children dress in colourful traditional attire, sing special songs, and go door to door collecting sweets and nuts from neighbors. This vibrant festival is deeply rooted in Qatari heritage and continues to be a symbol of unity, generosity, and cultural pride.



### The origins and significance of Garangao

The word “Garangao” is derived from the rhythmic sound of nuts and sweets clanking together in the bags carried by children as they walk through their neighborhoods. This centuries-old tradition is unique to the Gulf region and is believed to have originated as a way to encourage and reward children for fasting during Ramadan. By celebrating Garangao, families reinforce the values of generosity, community bonding, and sharing, which are central to Islamic teachings and Qatari traditions.

Beyond being a fun-filled night for children, Garangao serves as a way to strengthen social ties among neighbors and relatives. It embodies the spirit of Ramadan by promoting acts of kindness and inclusivity, fostering a strong sense of belonging among Qatar’s diverse communities. The celebration of Garangao also highlights the importance of hospitality, as families prepare to welcome young visitors and distribute treats as a gesture of goodwill.



### Traditional Garangao attire and celebrations

During Garangao, children dress in traditional clothing that reflects the rich cultural heritage of Qatar. Boys typically wear white thobes with embroidered vests or caps, while girls don stunning jalabiyas adorned with intricate gold embroidery and vibrant colors. The festive attire adds to the excitement of the night as children eagerly set out on their Garangao rounds, creating a lively and colorful spectacle in the streets.

Carrying beautifully decorated bags, known as kharyta, children go from house to house singing the traditional Garangao song, which includes lyrics praising the generosity of those who give treats. The song, passed down through generations, is a

central part of the celebration, creating a nostalgic and festive atmosphere as families join in the joyous occasion. The melody and words of the song are deeply ingrained in the cultural memory of Qataris, evoking fond childhood memories and strengthening intergenerational bonds.



### The special treats

One of the highlights of Garangao is the distribution of sweets and nuts. Families prepare special mixes of treats, including:

- Nuts such as almonds, pistachios, walnuts, and cashews, which have been traditional gifts for generations.
- Candies like toffee, chocolate, and caramelized sweets, adding a touch of modern delight to the classic mix.
- Traditional Qatari sweets such as Rangina (a date-based dessert) and sesame bars, reflecting the deep-rooted culinary traditions of the region.
- Modern treats such as packaged chocolates and biscuits, which have been incorporated into contemporary Garangao celebrations to cater to the tastes of today’s children.

These treats are carefully packed in decorative bags and handed out to children as they visit each home. The act of giving sweets is symbolic of generosity, reinforcing the core values of Ramadan and the importance of sharing blessings with others. The variety of treats ensures that every child receives a delightful assortment, making Garangao an eagerly awaited event each year.

### Garangao in modern times

While Garangao remains deeply rooted in tradition, the way it is celebrated has evolved over time. In addition to door-to-door visits, many cultural centers, malls, and institutions in Qatar organize Garangao-themed events featuring music, storytelling, and interactive activities. These public celebrations allow families to come together and experience the joy of Garangao in a festive environment.

Corporate and community initiatives have also embraced Garangao, with businesses sponsoring large-scale events, distributing sweets, and organizing educational workshops to teach younger generations about the significance of this tradition. Social media has further amplified the reach of Garangao, with families sharing their experiences and creatively showcasing their beautifully decorated treat bags and traditional outfits. Influencers and brands often participate in the celebrations, adding a modern flair to the festival by promoting Garangao-themed products and experiences.



Schools and educational institutions play a vital role in keeping the tradition alive by organizing special programs where students learn about the history and significance of Garangao. These initiatives help instill a sense of cultural pride in children and ensure that the tradition is passed down to future generations.

### Preserving Garangao for future generations

As Qatar continues to modernize, there is a strong effort to preserve cultural traditions like Garangao. Schools and cultural institutions play an essential role in educating children about the history and values behind this celebration. Parents, too, pass down stories of their own Garangao experiences, ensuring that the tradition remains alive and cherished.

The fusion of traditional elements with contemporary celebrations highlights Qatar’s commitment to preserving its heritage while adapting to modern times. Many families make a conscious effort to keep Garangao celebrations authentic by incorporating handmade elements,

preparing traditional sweets, and encouraging children to wear cultural attire. At the same time, modern influences, such as personalized treat bags and themed events, add a fresh perspective to the festivities.

Looking ahead, technology and social media will likely continue to shape the way Garangao is celebrated. Digital storytelling, interactive virtual events, and collaborations between cultural organizations and influencers may further enhance the experience, ensuring that Garangao remains relevant in an evolving world.

In short, Garangao is more than just a fun-filled night for children; it is a cherished tradition that brings families and communities together in a celebration of generosity, unity, and cultural pride. As children excitedly sing their Garangao songs and collect their treats, they are not only participating in a joyful Ramadan tradition but also carrying forward a legacy of kindness and community spirit that will continue for generations to come. By blending tradition with modern influences, Garangao remains a vibrant and meaningful celebration, embodying the heartwarming essence of Ramadan and the cultural richness of Qatar.



# Celebrate Ramadan with Park Hyatt Doha

A Season of Elegance, Indulgence, and Heritage

This Ramadan, Park Hyatt Doha invites guests to embrace the holy month with a thoughtfully curated selection of dining, stay, and wellness experiences in the heart of Msheireb Downtown Doha. From exquisite Iftar and Suhoor offerings to luxurious accommodations and revitalizing spa treatments, every moment is designed to create cherished memories with family and friends.



## An Enchanting Iftar & Suhoor at Sora Rooftop

Set against the breathtaking Doha skyline, this year Sora Rooftop offers an elegant open-air setting to break the fast and enjoy a refined Suhoor experience.

- **Iftar:** Sunset to 8:00 PM | QAR 240 per person
- **Suhoor:** 9:00 PM to 1:00 AM | QAR 260 per person

## A Grand Ramadan Experience at Opus

Blending international flavours with beloved Ramadan specialties, Opus presents a lavish Iftar and Suhoor buffet enhanced by live entertainment, bringing warmth and tradition to every meal.

- **Iftar:** Sunset to 8:00 PM | QAR 220 per person
- **Suhoor:** 9:00 PM to 1:00 AM | QAR 240 per person



## A Cozy Suhoor at Anis Café

For a relaxed and intimate Ramadan evening, Anis Café offers a specially curated Suhoor set menu alongside signature Ramadan treats, perfect for those looking to unwind. Suhoor Set Menu: 9:00 PM to 1:00 AM and QAR 160 for two. Guests can also enjoy Park Hyatt Doha Signature Date Pudding for QAR 45. Also, guests can enjoy Handcrafted Ramadan Cakes for QAR 180.

## Exclusive Stay Packages: Ramadan Retreats at Park Hyatt Doha

Guests can enjoy the ultimate Ramadan getaway with a luxurious overnight stay, including a carefully curated Iftar and Suhoor experience at Opus. The Ramadan Stay Package is priced at QAR 690 for two guests. However, for a unique stay, a special package for Presidential Suite has been, offering a private in-suite Iftar or Suhoor with panoramic city views, accommodating up to six guests for QAR 5000.

## Rejuvenate with the Ramadan Spa Getaway

To complement the season of reflection, The Spa at Park Hyatt Doha offers an exclusive Ramadan Spa Getaway, designed for relaxation and renewal. The offer includes a 60-Minute Massage with Himalayan Salt Foot Bath Ritual for QAR 400 and 90-Minute Extended Relaxation Session for QAR 600.

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Suhoor	QAR 240	Suhoor	QAR 260



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# Refreshing Ramadan Drinks

**R**amadan is a month of spiritual reflection, fasting, and communal gatherings, where food and beverages take on special significance. After long hours of fasting, staying hydrated is crucial, and refreshing drinks play a vital role in replenishing energy and quenching thirst. Across cultures, traditional beverages have been enjoyed for centuries during Iftar and Suhoor, providing nourishment, cooling effects, and unique flavors. From jallab to tamarind juice and herbal teas, these drinks are not only delicious but also packed with health benefits.

Fasting from dawn to dusk can lead to dehydration, especially in hot climates. Drinking sufficient fluids during non-fasting hours helps prevent fatigue, headaches, and dizziness. While water remains the best hydration source, traditional Ramadan drinks offer a flavorful alternative with added vitamins, minerals, and natural sugars to restore energy levels.

## TRADITIONAL RAMADAN BEVERAGES AND THEIR BENEFITS

### 1. Jallab: The Middle Eastern Classic

Jallab is a popular drink in the Middle East, particularly in Lebanon, Jordan, and the Gulf countries. Made from a blend of dates, grape molasses, and rose water, jallab is served over ice and garnished with pine nuts and raisins. This drink is rich in natural sugars, providing an instant energy boost after fasting. Dates are a primary ingredient, offering essential nutrients like potassium and magnesium, which aid in muscle function and hydration balance.



### 2. Tamarind Juice: A tangy and refreshing delight

Tamarind juice, known as “Tamer Hindi” in Arabic, is a beloved beverage in North Africa, the Middle East, and South Asia. Made from tamarind pulp, sugar, and water, this drink is naturally tangy and refreshing. Tamarind is rich in antioxidants and has digestive benefits, making it a great choice to soothe the stomach after long hours of fasting. It also contains vitamin C, which strengthens the immune system.



### 3. Qamar Al-Din: The apricot nectar

A Ramadan staple in many Arab countries, Qamar Al-Din is made from dried apricot sheets dissolved in water and sweetened with sugar or honey. Often served chilled, this drink is packed with fiber, aiding digestion and preventing constipation. Apricots also provide a natural source of iron, essential for maintaining energy levels and preventing fatigue.



### 4. Sobia: A creamy coconut and rice drink

Sobia is a creamy, mildly sweet drink made from rice, milk, sugar, and coconut flavoring, commonly found in Egypt and Saudi Arabia. This beverage is both hydrating and filling, making it an excellent choice for Suhoor. Rich in carbohydrates, it provides slow-releasing energy, while coconut water helps maintain electrolyte balance.



### 5. Karkadeh: The hibiscus cooler

Karkadeh, or hibiscus tea, is a vibrant red drink popular in Egypt and Sudan. Brewed from dried hibiscus petals, this tart and floral beverage is often served chilled with sugar or honey. Hibiscus is known for its blood pressure-lowering properties and high vitamin C content, making it a refreshing and healthy option for Iftar.

### 6. Mint Lemonade: The ultimate thirst quencher

A simple yet highly refreshing drink, mint lemonade is a popular choice during Ramadan. The combination of fresh lemon juice, mint leaves, and sugar blended with ice creates a revitalizing beverage that aids digestion and provides vitamin C. The mint leaves offer a cooling effect, helping to combat the heat and refresh the body after fasting.

### 7. Herbal Teas: Calming and nourishing

Herbal teas such as chamomile, ginger, and fennel tea are often enjoyed after Iftar to aid digestion and relaxation. Chamomile tea promotes better sleep, ginger tea soothes the stomach, and fennel tea helps reduce bloating. These caffeine-free infusions are excellent choices for staying hydrated without interfering with sleep patterns.

### Making healthy choices

While traditional Ramadan drinks are delicious and hydrating, it is essential to consume them in moderation, especially those with added sugar. Opting for natural sweeteners like honey or dates can make these beverages healthier. Additionally, incorporating coconut water or infused fruit water can provide hydration without excess calories.

Refreshing Ramadan drinks not only quench thirst but also provide essential nutrients to restore energy and support digestion after long hours of fasting. From the sweet and tangy flavors of tamarind juice to the soothing effects of herbal teas, these beverages are deeply rooted in tradition and cherished for their health benefits. Choosing hydrating, nutritious drinks ensures a balanced and enjoyable Ramadan experience, keeping the body refreshed and the spirit nourished throughout the holy month.

## Dandy : Sustaining Excellence in Qatar’s FMCG sector

**D**andy has firmly established itself as a market leader in Qatar’s ice cream segment while maintaining a strong presence in the broader fast-moving consumer goods (FMCG) market. Its success is built on continuous innovation, operational excellence, and a commitment to long-term sustainability. By integrating advanced technologies, digital transformation, and

data-driven decision-making, Dandy continues to enhance its market penetration and scalability. Furthermore, the company is expanding its distribution networks across the GCC and Eastern Africa, inviting established distributors who meet its rigorous quality and operational standards to collaborate.



Sheikh Mansoor Al Thani, Chairman of Dandy Company Limited.

responsible business practices, Dandy ensures high-quality product delivery while aligning with Qatar’s economic and environmental goals.

### Commitment to corporate governance

A key aspect of Dandy’s success is its unwavering commitment to corporate governance. The company upholds high standards of transparency, accountability, and regulatory compliance. By fostering an ethical business culture, Dandy ensures integrity in supplier relationships, distribution networks, and customer engagement. This strong governance framework mitigates risks, enhances operational resilience, and strengthens stakeholder trust, positioning Dandy as a responsible industry player.

### Seamless operations

Dandy operates a well-structured and efficient distribution model to maintain its market reach and ensure product availability. By managing both production and distribution in Qatar, the

company optimizes logistics, streamlines supply chain processes, and swiftly adapts to consumer demands. Through strategic forecasting and

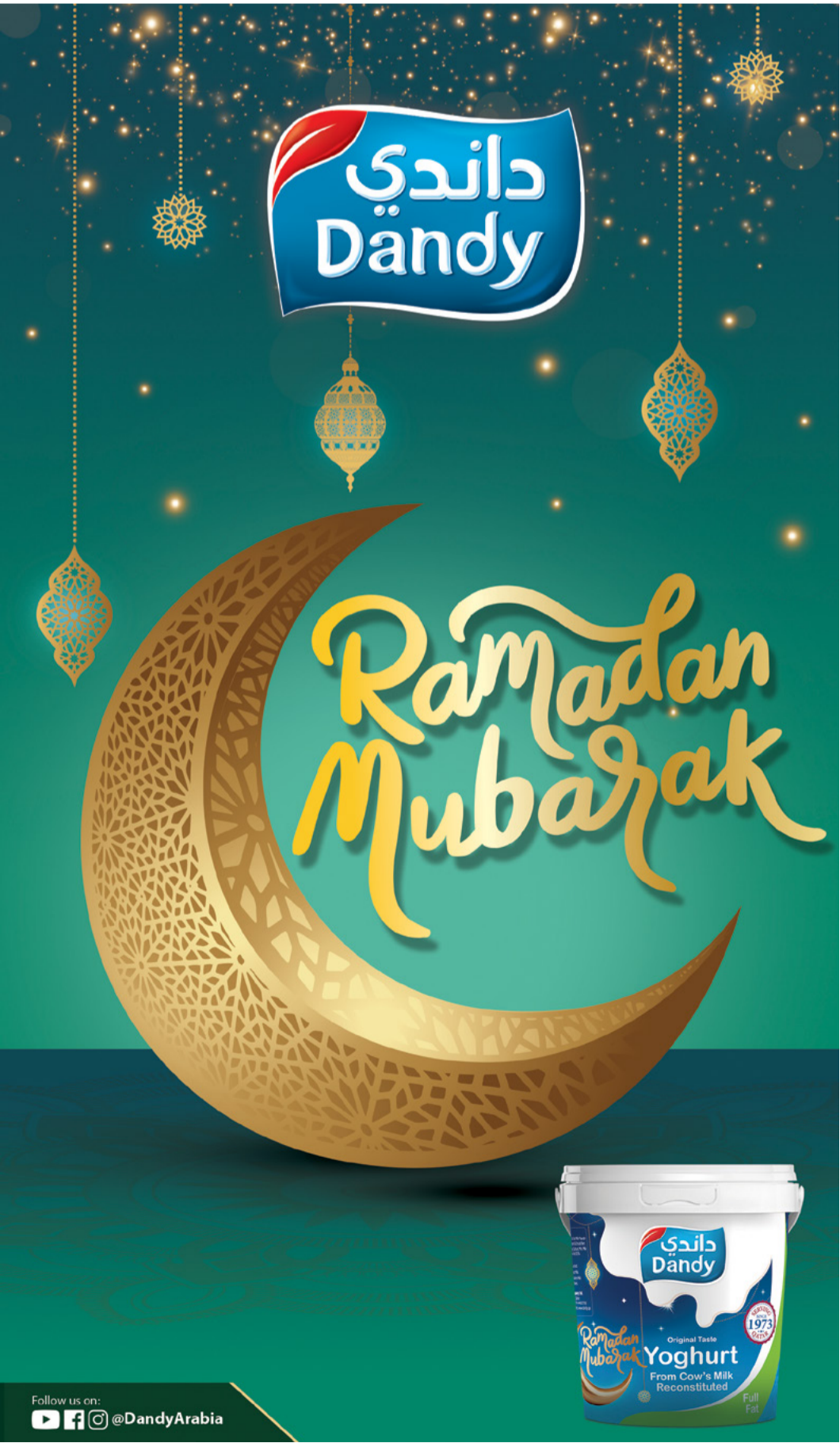
### Role of innovation in Dandy’s growth plans

Dandy’s Research & Development (R&D) laboratory is central to driving innovation through its New Product Development (NPD) initiatives, which focus on conceptualizing, designing, and refining cutting-edge offerings that align with evolving consumer demands and market trends. While ensuring quality and compliance remain foundational via rigorous raw material testing, process optimization, and adherence to international safety standards, the R&D team prioritizes consumer-centric innovation, leveraging insights to create novel formulations and enhance existing products. By integrating NPD with production

efficiency, the laboratory ensures seamless scalability of new concepts while maintaining consistency. Additionally, R&D advances packaging solutions to elevate functionality and appeal, directly supporting the successful launch of products that meet both quality benchmarks and dynamic market expectations. This strategic focus on NPD enables Dandy to deliver groundbreaking, safe, and high-quality products that resonate with consumers and stay ahead of industry trends.

### Nurturing talent and enhancing employee satisfaction

Dandy recognizes that its employees are its greatest asset. The company invests in structured training programs, leadership development initiatives, and a performance-driven culture to foster a motivated and skilled workforce. By promoting workplace inclusivity and innovation, Dandy creates an environment where employees thrive, contributing to the company’s long-term success. Through continuous investment in talent development, Dandy strengthens its capabilities in product excellence, distribution efficiency, and overall market presence. As Dandy expands its footprint regionally, it remains dedicated to delivering high-quality products while upholding its values of trust, integrity, and innovation.



# The significance of dates in Ramadan

Among the many cherished traditions observed during this sacred month, the consumption of dates holds a special place. Whether breaking the fast at Iftar or consuming them for Suhoor, dates are an integral part of Ramadan, not only for their rich history but also for their immense nutritional benefits.

## Historical and religious significance

The tradition of breaking the fast with dates originates from the teachings of Prophet Muhammad (PBUH), who is reported to have broken his fast with fresh or dried dates before performing the Maghrib prayer. This practice has continued for centuries and is deeply ingrained in Islamic culture.

Dates are mentioned numerous times in the Quran and Hadith, emphasizing their importance as a blessed food. In Islamic teachings, dates symbolize sustenance, health, and divine blessings. Their availability and ease of storage made them a staple food for the people of Arabia, where they provided essential nourishment during long periods of fasting.

## Nutritional benefits

Dates are considered a powerhouse of nutrition, offering numerous health benefits that make them an ideal food for fasting individuals.

- Instant Energy Boost** – Dates are naturally rich in sugars like glucose and fructose, which provide a quick source of energy after long hours of fasting. Consuming dates at Iftar helps restore blood sugar levels rapidly.
- Rich in Fiber** – The high fiber content in dates aids digestion and prevents constipation, a common issue during Ramadan due to irregular eating patterns.
- Packed with Essential Nutrients** – Dates contain vital vitamins and minerals, including potassium, magnesium, iron, and B vitamins, which help maintain overall health and support hydration.
- Promotes Heart Health** – The antioxidants in dates help reduce inflammation and improve heart health by lowering bad cholesterol levels.

**5. Aids in Hydration** – The natural electrolytes in dates support hydration, making them an excellent food choice during Suhoor to sustain energy levels throughout the day.

There are numerous varieties of dates, each with its unique flavour, texture, and nutritional profile. Some of the most popular types include:

- Ajwa Dates** – Known for their soft texture and religious significance, Ajwa dates are believed to have medicinal properties.
- Medjool Dates** – Often called the “King of Dates,” these are large, caramel-like, and exceptionally sweet.
- Deglet Noor Dates** – Semi-dry and slightly chewy, these dates are commonly used in cooking and baking.
- Sukkari Dates** – Naturally sweet and soft, they are popular in the Arabian Gulf region.

Dates are incredibly versatile and can be enjoyed in multiple ways during Ramadan. Traditionally, they are eaten plain at Iftar to break the fast, often accompanied by water or milk. They are also used in smoothies, energy bars, and desserts, making them a key ingredient in many Ramadan recipes.

For Suhoor, dates are commonly paired with yogurt, nuts, or porridge to provide sustained energy throughout the fasting hours. Their natural sweetness also makes them a healthier alternative to processed sugars in various dishes.

The tradition of consuming dates during Ramadan is much more than a dietary practice; it is a deeply rooted cultural and religious custom that connects Muslims to their faith and heritage. Beyond their spiritual significance, dates serve as a perfect food for fasting, offering vital nutrients, hydration, and energy. As families and communities gather to break their fasts, the presence of dates on the Iftar table remains a timeless and cherished tradition, symbolizing nourishment, blessings, and the spirit of Ramadan.

## Awqaf unveils month-long activities

The Ministry of Endowments (Awqaf) and Islamic Affairs has announced a slew of programmes for Ramadan.

The announcement came at a press conference held at Imam Muhammad ibn Abd Al Wahhab Mosque. The activities are planned under the theme ‘Obedience and Forgiveness’.

HE the Undersecretary of the Ministry of Endowments and Islamic Affairs Sheikh Dr Khalid bin Mohammed bin Ghanem al-Thani said the ministry is committed to offering a series of meaningful initiatives designed to enhance the spiritual and charitable atmosphere during Ramadan.

Iftar meals will be distributed to fasting persons across the country while lectures will be held in Arabic, English, and other languages to reach various sects of the community. Also, there will be Qur’an and Hadith competitions along with interactive contests aimed at enriching religious knowledge and fostering a spirit of competition among participants.

Sheikh Dr Khalid said the ministry seeks to support low-income families through a variety of charitable programmes by the Zakat Affairs Department and the General Endowments Department through the ‘Gift Basket’ initiative in collaboration with the ‘Hifz Alnaema’ project. He highlighted the ministry’s efforts to strengthen partnerships with community organisations to deliver exceptional services during the holy month,

in line with the slogan ‘Endowment is Community Partnership’. Various programmes have been prepared in co-operation with Qatar TV and various other media platforms.

Director of the Zakat Affairs Department and Head of the Ramadan Events Organising Team Malallah Abdulrahman al-Jaber said there are three major Zakat campaigns planned for Ramadan. He said the Awqaf is looking to collect QR170mn in Zakat revenue through the department.

He pointed out that the Zakat Affairs Department has compiled a list of 3,000 families to ensure they receive the necessary care as they qualify for Zakat. “Zakat Al-Fitr can be given through the online platform and collection points throughout the country. There will also be co-ordination with mosque management to enable payments for Zakat Al-Fitr before Ramadan or in the last ten days of the month,” he said.

Head of the Islamic Competitions Department at the Islamic Research and Studies Department, Dr Fayez al-Shammari said various contests will be held during Ramadan to promote academic, research and educational activities. Director of the Religious Guidance and Call Department Jassim Abdullah al-Ali said the department plans to organise 950 field activities during Ramadan. These include seminars, lectures, competitions, educational and family programmes targeting all segments of society.



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# Qatar Oasis

## The pure essence of refreshment and quality



In today's world, hydration plays an essential role in maintaining health and well-being. For years, Qatar Oasis, a leading bottled water brand in the region, has provided the people of Qatar with pure and refreshing water. With a strong foundation in the industry, Qatar Oasis stands as a trusted brand that blends quality, innovation, and a commitment to sustainability, ensuring customers receive premium hydration solutions for every occasion.

A part of the Oman Oasis family, Qatar Oasis benefits from the legacy and expertise of one of the region's most respected water producers. Whether it's quenching thirst after a workout or providing hydration for an event, Qatar Oasis has become a symbol of purity and quality, trusted by thousands.

**A legacy of excellence in water**

Established in 2017, Qatar Oasis was created to serve the Qatari market with high-quality natural mineral water, sourced and bottled using state-of-the-art technology. With backing from Oman Oasis, Qatar Oasis has adopted the highest standards in the industry, ensuring that every bottle delivers on the promise of pure and refreshing hydration. The company has built its brand on the platform of "balance" as a differentiating attribute from the competition. "Balanced for pure taste" is the positioning statement that is used for Qatar Oasis Balanced Drinking Water reflecting how the right proportions of minerals and trace elements give it its refreshing natural taste.

**A diverse product line for every need**

Qatar Oasis offers a diverse range of water products designed to cater to different hydration needs, from everyday consumption to specialized dietary requirements.

- Qatar Oasis Balanced Drinking Water:** This is the flagship product of Qatar Oasis, designed to provide essential hydration with a smooth, balanced mineral composition. It's the ideal choice for everyday hydration, ensuring you stay refreshed and revitalized throughout the day.
- Sifr Zero Sodium Water:** For individuals mindful of their sodium intake, Sifr Zero Sodium Water is the perfect choice. With no added sodium, this water is ideal for those with dietary restrictions, athletes, or those simply looking for a healthier hydration option.

All Qatar Oasis products come in a variety of convenient packaging sizes, from small bottles for on-the-go hydration to larger packs for home and office use. The brand ensures that every bottle retains its freshness and purity, whether you are



grabbing a quick drink during a busy day or stocking up for family consumption.

**Cutting-edge production facilities**

Qatar Oasis prides itself on its world-class production facilities, equipped with advanced technology to guarantee the highest standards of water quality and safety. Every stage of the production process, from sourcing to bottling, is carefully monitored to ensure consistency, taste, and cleanliness.

- Multi-Stage Filtration Systems:** The water undergoes multiple levels of filtration to remove any trace contaminants, ensuring that each drop is as pure as possible.
- Advanced Quality Control:** Every batch of water is rigorously tested at various stages to maintain strict quality standards. This includes microbiological testing, mineral composition analysis, and packaging inspection.
- Efficient Packaging Process:** Qatar Oasis uses efficient packaging systems to minimize waste and improve the overall sustainability of its operations.

**Health benefits of Qatar Oasis water**

Drinking enough water daily is essential for maintaining health and wellness, and Qatar Oasis water delivers hydration in its purest form. From

improving cognitive function to promoting skin health, water plays a vital role in supporting a healthy lifestyle.

- Boosts Hydration:** Proper hydration is crucial for various body functions, including digestion, temperature regulation, and nutrient absorption. Qatar Oasis water, rich in essential minerals, ensures that your body stays hydrated and functions optimally.
- Promotes Skin Health:** Drinking clean water can contribute to clearer, healthier skin. Regular hydration helps flush out toxins, giving the skin a natural glow and helping prevent dehydration-related skin issues.
- Supports Muscle Function:** Water plays a critical role in muscle function and recovery, especially for those leading active lifestyles. Drinking Qatar Oasis water can help prevent muscle cramps and fatigue by keeping the body well-hydrated.
- Improves Focus and Energy:** Staying hydrated throughout the day is linked to improved focus and cognitive performance. With Qatar Oasis, you'll stay sharp and energized, whether at work, in the gym, or at home.

**Sustainability commitment: Striving for a greener future**

While Qatar Oasis is committed to sustainability, the company acknowledges that it is not yet fully sustainable in its packaging practices. Currently, Qatar Oasis products are packaged in plastic bottles or cartons, which are convenient for customers but present environmental challenges. However, the company is taking proactive steps to reduce its environmental impact and promote more eco-friendly practices.

- Packaging Innovations:** Qatar Oasis is continuously exploring ways to improve its packaging materials and reduce its carbon footprint. While plastic remains a part of the packaging process, the company ensures that all bottles are recyclable, and it is actively working on strategies to transition to more sustainable packaging options in the future.
- Water Conservation:** One of Qatar Oasis's key sustainability initiatives is to reduce water waste during the production process. By using advanced technology and efficient water management

systems, the company minimizes the amount of water wasted during bottling.

- Community Education:** As part of its commitment to sustainability, Qatar Oasis is also involved in educational initiatives that raise awareness about water conservation and environmental protection. Through community events and partnerships, the company encourages individuals to adopt sustainable practices in their daily lives.

While Qatar Oasis acknowledges that it still has work to do in becoming fully sustainable, the company is dedicated to making continuous improvements. Sustainability is a long-term goal, and Qatar Oasis is committed to playing its part in creating a greener, more sustainable future.

**Why choose Qatar Oasis?**

When it comes to bottled water, Qatar Oasis offers more than just great taste. It's a brand built on a foundation of quality, health, and responsibility. By choosing Qatar Oasis, consumers get access to premium hydration that meets the highest standards while supporting a company that prioritizes sustainability and the well-being of the community.

- Uncompromised Quality:** Every bottle of Qatar Oasis water is sourced from Kahramaa and bottled using advanced filtration processes to ensure purity and consistency. Qatar Oasis is certified with NSF International garnering the



brand with the Code of Federal Regulations (CFR) title approved as per FDA regulations. The brand is also approved by Supreme Council of Health, Qatar and has the FSSC 22000 Food Safety System Certification, ISO 9001- Quality management System, ISO 14001- Environmental management system (EMS) & ISO 45001 - Occupational Health and Safety Management System (OHSMS) certifications. It's also a Member of International Bottled Water Association (IBWA).

- Health and Wellness Benefits:** With its balanced mineral composition, Qatar Oasis water helps to promote proper hydration, contributing to overall health and vitality. Whether you're at home, at work, or on the go, Qatar Oasis offers the perfect hydration solution for any lifestyle.
- Commitment to Sustainability:** Qatar Oasis is dedicated to protecting the environment through ongoing efforts to improve packaging, reduce water waste, and support eco-friendly initiatives. While there's always room for growth, the company remains steadfast in its mission to adopt sustainable practices and conserve natural resources for future generations.

For those seeking premium hydration that balances quality, health benefits, and a growing commitment to sustainability, Qatar Oasis stands out as the brand of choice. With its focus on delivering pure, refreshing water for every occasion and its efforts to engage the community and minimise environmental impact, Qatar Oasis continues to be a leader in Qatar's bottled water market.



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# Radisson Blu Doha Shares Ramadan & Eid Specials

Iftar Buffet, Personalized Dining, Catering, and Staycation



With Ramadan just around the corner, Radisson Blu Hotel, Doha has announced its preparations to offer guests a memorable experience. Designed to make this holy month's celebrations truly special, from a delightful buffet and personalized Iftar and Suhoor to a stylish yet comfortable staycation, Radisson Blu Doha is your one-stop destination to create lasting memories this Ramadan.



### Share the Joy of Iftar

There is nothing more joyous than sharing a meal with your loved ones. Gather them for a delightful Iftar buffet at Hyde Park, located at the Ground Floor of the West Wing building of the hotel, where a variety of dishes await. For QR 160 per person, this buffet offers traditional and Middle Eastern meals in a welcoming setting, available from sunset to 10:30 pm.

Throughout Ramadan, Radisson Blu Doha will continue to offer other cuisines from its Ramadan-exclusive outlets for a more enhanced dining experience – Ruby Wu (Chinese), Bombay Balti (Indian), Palm Garden (Coffeeshop with relaxing outdoor seating, where you can enjoy shisha under the stars), and Hyde Park (International All-day Dining).



### Personalized Iftar and Suhoor

Providing personalized service is Radisson Blu Doha's signature and outstanding value. Whether you are looking for a corporate or private setting, you can host your Iftar and Suhoor in one of the 11 hotel's event venues, with a thoughtfully curated set of services that brings warmth and joy, starting from QR 99 per person.

### Catering Service for Iftar and Suhoor

Gather with your loved ones in the comfort of your home with Radisson Blu Doha's exclusive Iftar and Suhoor catering services, starting from QR 150 per person. Expertly prepared and delivered to your doorstep, these feasts guarantee a hassle-free and meaningful Ramadan experience.



### Rejuvenating Eid Staycation

With 567 spacious and stylish rooms, 14 diverse international cuisines and entertainment, and health club facilities, Radisson Blu Doha offers an exceptional experience that ensures a relaxing stay. Enjoy a special Eid staycation package with complimentary buffet breakfast/suhoor at Hyde Park for QR 400 per night for two adults and one child from 6-11 years old.



Book your Ramadan experience now at Radisson Blu Hotel, Doha – where every detail is designed to bring warmth and comfort during the holy month.



## Create Memorable Experiences this Ramadan

### Share the Joy of Iftar

Hyde Park Iftar buffet for QR 160 per person  
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### Personalized Iftar/Sahour

Enjoy tailored experiences in our exquisite private venues for Iftar or Sahour starting from QR 99 per person.  
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# Apparel Group Brand Dune London Unveils Exclusive Ramadan Edit

Featuring Elegant Accessories and Footwear

Dune London, a leading global footwear and accessories brand under Apparel Group, has unveiled its exclusive Ramadan Edit. This stunning collection features a range of elegantly crafted handbags, heels, and accessories designed to complement the season's festive celebrations.



The collection includes intricately embellished designs such as floral cut-out shoulder bags, satin clutches adorned with feathers, and embellished platform heels that elevate any evening ensemble.

Highlights of the collection include the signature floral detailing on the Cassandra kitten heels and the statement-making Bejeweled clutch, which features shimmering hot fix stones. Additionally, the Mayve satin platforms, designed with diamante ankle straps, offer both style and comfort for special occasions.

The versatile bags, including the pleated satin shoulder bag with a twisted diamante handle, offer multiple styling options, from cross-body to hand-held wear, ensuring both elegance and functionality.



Dune London's Ramadan Edit celebrates the season with feminine, sophisticated designs perfect for the modern woman. This exclusive collection is available in all stores and online [www.dunelondon.me](http://www.dunelondon.me) allowing customers to add a touch of luxury to their Ramadan wardrobe.



# Dune

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