

# RAMADAN

## Kareem

# RAMADAN RENDEZVOUS

Whether gathering for Iftar, attending community events, or simply sharing quiet moments of conversation, the social dimension of Ramadan amplifies its spirit of compassion, generosity, and togetherness

Ramadan is often celebrated as a deeply spiritual and family-centered month, but it is also a unique time to nurture friendships and strengthen social bonds.

As days are spent in fasting and reflection, the evenings open a window of opportunity for friends to reconnect, share experiences, and create lasting memories.

### The joy of shared Iftar

The most cherished gatherings among friends often revolve around the iftar table. Breaking the fast together is not merely a meal; it is a ritual that embodies gratitude, warmth, and companionship.

Friends come together to enjoy traditional dishes, exchange recipes, and engage in lighthearted conversation, while the shared experience of hunger and patience fosters a deeper appreciation for the blessings of the month. Iftar becomes a canvas for hospitality, where everyone contributes—whether by preparing food, setting the table, or bringing a small gesture of care.

These shared meals also serve as a platform for cultural exchange. In multicultural communities, friends often bring dishes inspired by different regions, adding flavors and stories from around the world.

The table becomes a space where tradition meets creativity, and where the bonds of friendship are enriched through shared experiences and mutual respect.

### Evening walks and social activities

Ramadan evenings are often filled with energy, conversation, and activity. Friends may take leisurely walks after iftar, visit local mosques, or participate in community events.

In many neighbourhoods, streets and parks come alive with a soft hum of gatherings, laughter, and the aroma of street food. These moments allow friends to connect beyond formal settings, offering an opportunity for reflection, discussion, and simple enjoyment of each other's company.



Evening group activities, such as sports, cooking sessions, or charity projects, reinforce the communal spirit while providing a platform for shared purpose.

Engaging together in meaningful acts strengthens trust and understanding, and allows friendships to flourish in a balanced blend of fun and responsibility.

### Spiritual connection

Ramadan is, at its heart, a spiritual journey. Sharing this journey with friends adds depth to personal reflection. Friends can encourage each other in acts

of worship, such as praying together, reading the Qur'an, or sharing daily reflections. This mutual support fosters accountability and motivation, helping everyone stay consistent with their spiritual goals.

The holy month also inspires friends to perform acts of kindness together. Preparing food for those in need, donating to charities, or volunteering at local organizations not only benefits the wider community but also strengthens bonds among friends who work toward shared values. In this way, social gatherings are intertwined with spiritual purpose, amplifying the impact of both.

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## 'QATAR, YOUR HOME IN RAMADAN'

Visit Qatar has launched its Ramadan 2026 campaign under the slogan "Qatar, Your Home in Ramadan," targeting local and regional audiences as well as international visitors. Building on the strong reach achieved during last year's campaign, the initiative highlights core Ramadan values such as hospitality, generosity, and togetherness, showcasing Qatar as a welcoming home for all during the Holy Month.

A hallmark of the campaign is the Ramadan lights installed across the country, transforming streets, landmarks, and public spaces. These vibrant displays create a distinctive atmosphere, positioning Qatar as a destination where the spirit of Ramadan extends beyond the home and into the heart of the city.

The campaign also introduces a new artistic component, featuring Qatari singer Fahad AlHajjaji, alongside an English-language segment performed by international artist Maher Zain. Together, their performances convey messages that reflect the essence and spiritual values of the Holy Month.

### RAMADAN KAREEM

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## SIX SIMPLE WAYS TO HAVE A PRODUCTIVE RAMADAN

By Sana Nazakat

Many of us enter Ramadan with beautiful, calm intentions. Yet alongside those intentions, there is often pressure - pressure to do more and be more, pressure to achieve all our Ramadan goals overnight.

We may start the month feeling motivated and inspired. But as the days pass, the reality of fasting settles in. Hunger feels heavier. Dehydration catches up. Energy dips. Motivation fades. By the middle of the month, goals that once felt exciting can begin to feel overwhelming. For many of us, this cycle repeats every year.

Nevertheless, it doesn't have to be the same this year.

As a life coach, one of the key patterns I work on with my clients, especially when it comes to goal setting, is helping them create goals that are realistic, nourishing, and not overwhelming.

Here are six simple ways to make Ramadan more productive and set sustainable goals:

### 1. Keep your goals short, sweet, and meaningful

It's not about quantity; it's about quality. Choose small, valuable goals that feel connected to your heart. Tiny actions done with sincerity and consistency carry far more weight than long to-do lists that leave you drained and unable to keep up.

### 2. Design your environment

As James Clear mentions in his book Atomic Habits, "Make the cues of your good habits obvious." Design your environment to serve as a reminder of your new habits.

Let your salah become a natural check-in point. For example: after Fajr, read a few pages of the Qur'an; after Dhuhr, take a moment for dhikr; after Maghrib, make personal du'a; after Isha, take a short walk to keep your body in motion. Prayer times can create a gentle rhythm and a silent routine that keeps you spiritually connected without adding pressure.

### 3. Refresh your goals weekly

Here's a powerful demotivation-prevention tip: instead of sticking to the same major goals for the entire month, rotate them weekly. Focus on a Qur'anic goal in the first week, a learning goal in the second, and so on. Let each week bring fresh intention and renewed motivation. This keeps your heart engaged and helps you avoid burnout or boredom.

### 4. Keep a Ramadan planner

A simple Ramadan planner with different categories can help you grow holistically while staying organised and focused. Include sections for Qur'an goals, family goals, character or Sunnah goals, learning goals, gentle workout goals, and personal du'as. This reminds you that Ramadan is about nurturing multiple aspects of your life - not just one.

### 5. Prepare for low-energy days

Low energy does not mean low faith. Some days you will feel strong; on other days, you may feel tired or weak. Plan for both. Have a few gentle goals for low-energy days - small acts that keep you connected and moving forward. Remember, Allah values intention and consistency, even in small efforts.



### 6. Celebrate small wins

Write your goals down and tick them off as you complete them. Acknowledge your efforts, no matter how small. This sense of progress builds motivation and reminds you that growth is happening, even if it is quiet and unseen.

At its heart, Ramadan is not about doing everything - it is about feeling something. It is about presence, sincerity, and softening your heart. What others are doing should not concern you. Their pace is not your measure. Your Ramadan is personal, and your journey with Allah is unique.

So let this Ramadan be gentle on your soul. Grow slowly, honestly, and in a way your heart can carry. May this month bring you closeness without comparison, depth without exhaustion, and connection without pressure.

Sana Nazakat is a life and wellness coach based in Doha.



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# Life beckons this Ramadan at Banyan Tree Doha at the heart of Doha Oasis

## A sanctuary of flavours, connection, and quiet moments

This Holy Month, Banyan Tree Doha invites guests to slow down, gather, and rediscover the beauty of togetherness through a series of thoughtfully curated Ramadan dining experiences.

Rooted in the spirit of reflection and generosity, each offering becomes a moment to arrive, to connect, and to savour — where life beckons in its most meaningful form.

Set within the tranquil surroundings, Banyan Tree Doha transforms evenings into shared rituals of flavour, warmth, and serenity. From garden gatherings to elevated dining journeys inspired by Mediterranean, India and Thailand, every experience is crafted as a sanctuary for the senses.



### Jardin – A magical Ramadan Evening

Under the soft glow of lantern light, Jardin becomes a garden of calm, where time slows and conversations unfold naturally. Guests are invited to enjoy Iftar or Suhoor in a relaxed outdoor setting, accompanied by premium shisha flavours and the gentle rhythm of the night.

#### Iftar Buffet

Sunset – 8:30 PM | QAR 300 per person

(Early Bird Book & Pay before 10 February 2026: QAR 145 per person- For 10 Guests & Above)

#### Suhoor (à la carte menu)

9:00 PM – 1:00 AM

#### Shisha from QAR 99

Open daily throughout Ramadan

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### Ramadan at Qalamkarri – An Indian-inspired Iftar

At Qalamkarri, guests are welcomed into a rich culinary story where tradition meets soul. Authentic Indian flavours unfold through a thoughtfully crafted Iftar set menu, alongside a flexible à la carte offering for those who wish to explore at their own pace.

#### Breakfast

6:30 AM – 11:00 AM | À la carte & ladies breakfast QAR 75

#### Business Lunch

12:30 PM – 4:00 PM | QAR 95 per person



#### Iftar Set Menu

Sunset – 11:00 PM | QAR 160 per person

#### À la Carte Menu Available

12:30 PM – 11:00 PM

Open daily throughout Ramadan

4410 3310 | WhatsApp 3992 0606



### Saffron – Thai inspired Iftar

A celebration of contrasts, Saffron presents a Thai-inspired Iftar that blends traditional Ramadan elements with the subtle warmth of Thai flavours. Guests may choose between a three-course set menu or a refined à la carte selection,

complemented by a relaxed business lunch for daytime dining.

#### Business Lunch

12:30 PM – 4:00 PM

2 courses QAR 95 | 3 courses QAR 110

#### Iftar Set Menu

Sunset – 11:00 PM | QAR 135 per person

#### À la Carte Menu Available

12:30 PM – 11:00 PM

Open daily throughout Ramadan

4410 3310 | WhatsApp 3992 0505

### A Place to Arrive, A Moment to Share

At Banyan Tree Doha, Ramadan is more than a season — it is an invitation. An invitation to pause, to be present, and to gather in a space where every detail is designed to awaken the senses and honour the beauty of the moment.

Located in the heart of Doha Oasis, Banyan Tree Doha is a premier 5-star hotel that blends unparalleled luxury with modern comfort and architectural splendour.

This is not an escape. This is arrival. Life beckons.



## STEP INTO MAGICAL RAMADAN EVENINGS

At Banyan Tree Doha at the heart of Doha Oasis, each evening unfolds as a celebration of flavour, connection, and pure moments.

Jardin Iftar Buffet  
QAR 300 per person  
Suhoor- à la carte  
9 pm- 1 am

Iftar set menu  
Qalamkarri at QAR 160 per person | Saffron at QAR 135 per person  
à la carte from 12:30 pm- 11 pm  
Business lunch from 12:30 pm-4 pm

For bookings, call 4410 3310 or WhatsApp 3990 5544

# Rixos Premium Qetaifan Island North Unveils “Layali Ramadan” Tent for Iftar and Suhoor



As the Holy Month of Ramadan approaches, Rixos Premium Qetaifan Island North invites guests to gather and celebrate the spirit of the season at its signature Ramadan tent, Layali Ramadan, offering an elevated Iftar and Suhoor experience under one roof.



Running from 17 February until 19 March, “Layali Ramadan” presents a lavish Iftar and Suhoor buffet featuring a rich selection of traditional and international dishes, thoughtfully curated to honour the flavours and traditions of the holy month. The experience is enhanced by live oud and qanun performances, creating an atmosphere of warmth, reflection and authentic Arabian elegance.



Designed as a welcoming space for families and friends to come together, the tent reflects the essence of Ramadan through refined décor, attentive hospitality and a serene setting that brings people closer during this special time of year. The official theme of the tent, “Under One Tent”, celebrates unity, togetherness and shared moments.



Families are warmly welcomed, with children aged 6 to 12 enjoying a 50 percent discount, while guests who pre book can benefit from a flat 30 percent early booking discount.

With its distinctive setting on Qetaifan Island North, Layali Ramadan at Rixos Premium Qetaifan Island North promises an unforgettable Ramadan experience that blends tradition, culinary excellence and live entertainment in a truly memorable atmosphere.

For booking and reservations, contact: +974 7080 7411.



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# BARAHA RAMADAN NIGHTS AT MANDARIN ORIENTAL, DOHA

Mandarin Oriental, Doha welcomes guests to embrace the spirit of the Holy Month of Ramadan with Baraha Ramadan Nights, a refined Iftar and Suhour experience set within the open-air surroundings of Barahat Msheireb.

Designed for meaningful gatherings with family and friends, the experience offers a generous spread of traditional Ramadan favourites and Mandarin Oriental signature dishes, thoughtfully prepared across 14 live cooking stations, reflecting the warmth and generosity of the Holy Month.



Guests are welcomed to break their fast with an abundant selection of classic Ramadan specialties alongside signature creations from Mandarin Oriental, Doha's acclaimed restaurants. The elegant yet relaxed atmosphere of Barahat Msheireb provides a welcoming setting for reflection, connection, and shared moments around the table.

Iftar is served from sunset to 8pm, priced at QAR 315 per person, inclusive of Ramadan beverages, and QAR 158 for children aged 6 to 12 years.

Suhour is available from 9pm to 1am at QAR 315 per person, with a special rate of QAR 158 for children aged 6 to 12 years. Children aged five and under dine with our compliments.

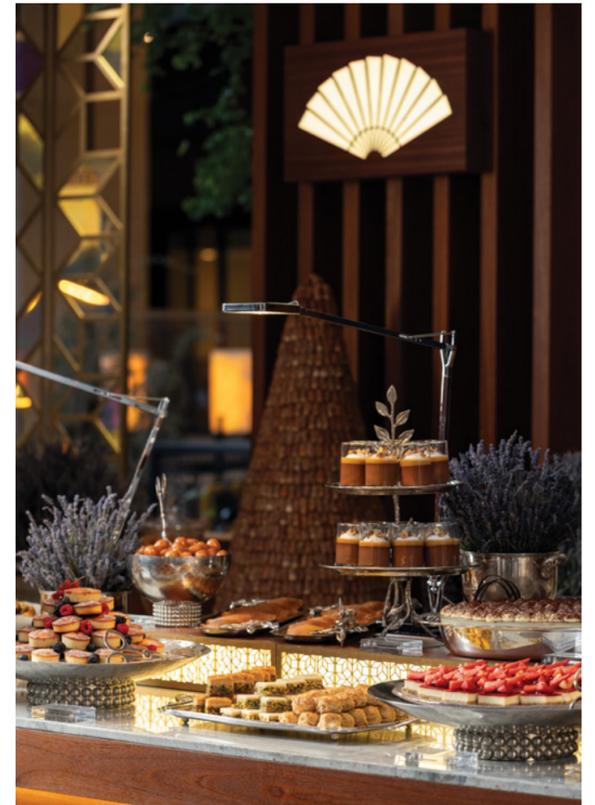
Adding a refined touch to Ramadan gatherings, The Mandarin Cake Shop presents a special creation from The Heritage Cake Collection. Crafted with layers of pistachio dacquoise, pistachio namelaka, and Medjool date crèmeux, this elegant Ramadan cake is available for pre-order at QAR 350 and offers a thoughtful way to elevate celebrations at home or with loved ones.

For guests seeking a peaceful retreat during the Holy Month, Mandarin Oriental, Doha presents the Ramadan Retreat Package, a serene stay



defined by calm, comfort, and thoughtful details. Each day unfolds with daily Iftar for two, enjoyed at Barahat Msheireb or in the privacy of your room through the in-room dining Iftar menu. The experience is complemented by additional privileges, including late check-out until 4pm.

At The Spa at Mandarin Oriental, Doha, guests are invited to restore balance and cultivate Inner Strength through moments of stillness, mindfulness, and self-care. The Resilience & Self-Love Retreat begins with a calming foot ritual and guided breathing exercises, followed by the Inner Strength Signature Treatment. This experience includes the application of a Knesko mask using a Rose Quartz roller, complemented by the soothing sounds of Himalayan singing bowls to promote deep relaxation and harmony. This two-hour retreat is available for QAR 1,600 and includes access to the Fitness Centre.



## Mandarin Oriental, Doha

Mandarin Oriental, Doha is an intimate and stylish urban retreat located in the centre of Msheireb Downtown Doha, the lifestyle and cultural heart of the city. The hotel blends chic and contemporary design with touches of Qatari heritage, bringing new levels of luxury to Qatar. Designed by the world-renowned David Collins Studio, the hotel's 117 rooms, 41 suites and 91 serviced apartments blend an elegant, contemporary design with subtle elements of traditional Qatari heritage. Mandarin Oriental, Doha continues to exceed guest expectations with its legendary service excellence. This commitment to quality has been recognised with the prestigious Forbes Five-Star rating, awarded to both the hotel and The Spa for the sixth and fourth consecutive years, respectively.

### For reservations:

visit <https://www.mandarinoriental.com/en/doha/msheireb/ramadan> or call +974 4008 8888.



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# Nando's launches Ramadan sharing platters in Doha

Nando's is marking the season with specially curated Ramadan sharing platters, bringing together its signature flame-grilled PERi-PERi flavours and generous portions designed for gatherings across Doha.

Known for its bold Afro-Portuguese chicken and vibrant dining atmosphere, the popular restaurant brand has introduced two exclusive sharing meals this year, the Feast Platter and the Family Platter. Created to suit both smaller and larger groups, the limited-time offerings combine comfort, variety and value, making them ideal for Iftar evenings or late-night Suhoor meals with family and friends.

Prepared using fresh ingredients and marinated in Nando's signature PERi-PERi sauce, the platters deliver a balanced selection of flame-grilled favourites, hearty rice dishes, soups and classic sides. Each platter has been thoughtfully assembled to provide a complete dining experience, allowing guests to enjoy multiple flavours and textures in one generous spread.



Feast Platter: Espetada with 2 Regular Sides + 2 Soups + Cashew ½ Chicken Arroz + Hummus, Pita Bread & PERi-PERi Drizzle

## Feast Platter

The Feast Platter, QAR 129 is designed to comfortably serve two to three people and offers a satisfying combination of Nando's most popular menu items:

Espetada with 2 Regular Sides + 2 Soups + Cashew ½ Chicken Arroz + Hummus, Pita Bread & PERi-PERi Drizzle at QAR 129

At the centre of the platter is the iconic Espetada, featuring tender cuts of marinated chicken threaded onto a skewer and flame-grilled to perfection. Guests can select their preferred spice level, from Mild and Lemon & Herb to Extra Hot PERi-PERi, ensuring the meal suits every palate. The two regular sides allow diners to customise their meal with favourites such as PERi-PERi Chips, Spicy Rice, Chargrilled Veg, Coleslaw or Corn On the Cob.

The addition of two soups provides a warm and comforting start to the meal, while the Cashew Half Chicken Arroz adds richness and depth, combining fragrant rice with succulent chicken and roasted cashews. Creamy hummus, pita bread and a PERi-PERi drizzle complete the spread, delivering a well-rounded experience perfect for sharing.



Family Platter: Espetada A-Torre with 3 Regular Sides + 4 Soups + Cashew Full Chicken Arroz + Hummus, Pita Bread & PERi-PERi Drizzle + Mediterranean Salad

## Family Platter

For larger gatherings, the Family Platter, QAR 229 is designed to serve three to five people and delivers even greater variety and abundance:

Espetada A-Torre with 3 Regular Sides + 4 Soups + Cashew Full Chicken Arroz + Hummus, Pita Bread & PERi-PERi Drizzle + Mediterranean Salad at QAR 229

The centrepiece of the Family Platter is the impressive Espetada A-Torre, a striking tower of flame-grilled chicken skewers that makes a bold statement at the table. With three regular sides included, guests can enjoy a broader mix of flavours and textures to complement the grilled chicken.

Four soups ensure every guest can begin their meal with something warm and satisfying. The Cashew Full Chicken Arroz offers a substantial and flavourful base, pairing seasoned rice with tender chicken and roasted cashews. Hummus, pita bread and the signature PERi-PERi drizzle enhance the overall flavour profile, while a fresh Mediterranean salad adds colour and balance to the richer elements of the meal.

Both platters have been created with convenience and sharing in mind. Rather than ordering multiple individual dishes, guests can enjoy a carefully curated combination that offers variety, portion value and Nando's signature taste in one complete order.

Nando's continues to strengthen its presence in Qatar's dining scene. The brand has recently opened its newest restaurant at Place Vendôme Mall, expanding its footprint and offering another vibrant space for guests to enjoy its signature flavours. With contemporary interiors and a relaxed ambience, the new branch provides a welcoming setting for seasonal gatherings.

Nando's restaurants can be found at: Nando's Salwa Road, Nando's City Center, Nando's Financial Square, Nando's Bin Omran, Nando's The Pearl, Nando's Doha Festival City, Nando's Ezzdan Mall Al Wakrah, Nando's Villaggio Mall, Nando's Lusail Boulevard, Nando's Avenue Mall at Steigenberger Hotel, Nando's Tawar Mall, Nando's Place Vendôme Mall

With generous portions designed to serve two to three people for the Feast Platter and three to five people for the Family Platter, Nando's provides flexible dining solutions that cater to different group sizes throughout the season. Whether planning a relaxed dinner with close friends or hosting a larger family gathering, the sharing platters deliver bold taste and satisfying variety in every serving.

The Nando's Ramadan sharing platters are available for dine-in, takeaway, or delivery through the Nando's app or website.



Nando's Place Vendôme Mall



Nando's®

# Pass the PERI-PERi

Be a fast-friend

Family Platter

QR 229



Feast Platter

QR 129





# Healthy Fasting

By choosing nourishing foods, avoiding excess, and maintaining hydration, fasting becomes a source of strength rather than strain

**R**amadan is a time of spiritual renewal, self-discipline, and reflection, but it is also a period when eating habits undergo a dramatic shift. With long hours of fasting between dawn and sunset, maintaining proper nutrition becomes essential—not only to sustain energy levels, but also to support overall well-being. Healthy fasting during Ramadan is not about eating more when the fast breaks, but about eating wisely, mindfully, and in balance.

## Understanding the body during fasting

During the fasting hours, the body relies on stored energy. Blood sugar levels gradually drop, metabolism adapts, and hydration becomes a key challenge, particularly in warmer climates. The goal of Ramadan nutrition is to replenish energy reserves, maintain hydration, and avoid sudden spikes and crashes that lead to fatigue, headaches, and digestive discomfort.



## The ideal Iftar: Breaking the fast gently

Iftar should begin slowly and intentionally. Traditionally, dates are the perfect way to break the fast, providing natural sugars, fibre, potassium, and magnesium. Pairing dates with water or laban helps rehydrate the body before moving on to a full meal.

A light soup—such as lentil, vegetable, or chicken broth—prepares the digestive system after long hours of rest. This approach prevents overeating and allows the body time to adjust before heavier foods are consumed.

## When moving to the main meal, balance is key:

- Lean proteins such as grilled chicken, fish, legumes, or eggs help maintain muscle and keep you feeling full.
- Complex carbohydrates like brown rice, whole-wheat bread, oats, and bulgur provide slow-release energy.
- Healthy fats from olive oil, nuts, seeds, and avocado support satiety and nutrient absorption.
- Vegetables add fibre, vitamins, and hydration.



## What to limit or avoid at Iftar

Certain foods can sabotage energy levels and digestion if consumed in excess:

- Deep-fried foods may cause bloating, heartburn, and sluggishness.
- Sugary desserts and drinks can lead to rapid blood sugar spikes followed by energy crashes.
- Highly processed foods are often high in salt and low in nutrients.
- Excessive caffeine can contribute to dehydration and disrupt sleep patterns.

Moderation is essential. Enjoying traditional treats in smaller portions allows for pleasure without compromising health.

## Suhoor: The foundation for a successful fast

Often underestimated, suhoor plays a crucial role in sustaining energy throughout the day. Skipping it can lead to fatigue, dizziness, and irritability.



An effective suhoor focuses on:

- **Slow-digesting carbohydrates** such as oats, whole grains, and legumes to provide lasting energy.
- **Protein** from eggs, yogurt, milk, cheese, or plant-based sources to maintain fullness.
- **Hydration-rich foods** like fruits, vegetables, and yogurt.
- **Healthy fats** to slow digestion and prevent hunger.

Salty foods should be limited at suhoor, as they increase thirst during fasting hours.

## Staying hydrated between Iftar and Suhoor

Hydration is one of the most common challenges during Ramadan. Rather than drinking large amounts of water at once, it is better to sip water consistently between iftar and suhoor.

Helpful hydration tips include:

- Drinking 6–8 glasses of water in small intervals
- Including soups, fruits, and vegetables
- Limiting sugary and caffeinated beverages
- Choosing laban or herbal teas in the evening

## Snacking smart after Iftar

If needed, light snacks between iftar and suhoor can help maintain energy without overeating. Ideal options include:

- Fresh fruit
- Nuts and seeds
- Yogurt with honey
- Dates paired with nuts
- Smoothies made with milk, fruit, and oats

These options provide nutrients while preventing late-night cravings.

## Managing energy and avoiding fatigue

To stay energized throughout Ramadan, nutrition should be supported by lifestyle habits:

- Avoid overeating at iftar
- Prioritize sleep, even if broken into shorter periods
- Maintain light physical activity, such as walking
- Listen to your body's signals of hunger and fullness

Balanced meals and consistent hydration can significantly reduce common fasting complaints such as headaches, lethargy, and digestive issues.

Healthy fasting during Ramadan aligns closely with the spiritual principles of the holy month—moderation, mindfulness, and gratitude. By choosing nourishing foods, avoiding excess, and maintaining hydration, fasting becomes a source of strength rather than strain.

Ultimately, Ramadan is not about deprivation, but about balance. When approached with care and intention, healthy fasting can enhance both physical well-being and spiritual clarity, allowing individuals to fully embrace the deeper meaning of the month.

### WHY FASTING IS ACTUALLY GOOD FOR YOU

**A ROUGH GUIDE TO WHAT HAPPENS IN YOUR BODY DURING RAMADAN**

- 1** Your body will enter into a fasting state approximately eight hours after your last meal, when your gut completes the absorption of nutrients from your food.
- 2** For energy, the first thing your body will use up is the glucose stored in your liver and muscles.
- 3** When the glucose runs out, your body starts using up fat for energy. Small quantities of glucose are also manufactured through other mechanisms in the liver.
- 4** Only during a prolonged fast of many days or weeks will your body eventually turn to using up protein released from the breakdown of muscle—called starvation. This does not happen when fasting in Ramadan if you are eating properly when you break your fast.
- 5** The use of fat for energy adds weight loss and reduces your cholesterol levels in the long run. Weight loss results in better control of diabetes and reduces blood pressure.

Extending only from dawn till dusk, the Ramadan fast gives us ample time to replenish our energy stores during iftar and suhoor meals. This provides your body with a progressive and gentle transition from using up glucose stores to using up fat as a source of energy. It prevents breakdown of muscle for protein.

During the fasting month, a detoxification process also occurs, as toxins stored in your body's fat are dissolved and removed.

After a few days of the fast, higher levels of certain hormones appear in the blood (endorphins), resulting in a better level of alertness and an overall of general mental wellbeing.

# Sultana, A Royal Ramadan Experience Unveiled at Marsa Malaz Kempinski, The Pearl–Doha

This Ramadan, Marsa Malaz Kempinski, The Pearl–Doha invites guests to discover Sultana, A Royal Ramadan Experience, an opulent sanctuary where revered traditions are gracefully reinterpreted through contemporary sophistication, in harmony with the hotel’s distinguished identity as The Palace of Experiences.



Conceived as an immersive journey, Sultana begins with a striking arrival framed by sculpted arches in the hotel’s signature turquoise tones. This refined introduction sets the stage for an evening of elevated Arabian hospitality.

Within a magnificently transformed ballroom accommodating up to 600 guests, Sultana reveals a setting of timeless harmony and discreet grandeur. Sweeping architectural lines, intricate arabesque detailing, and soft turquoise-infused lighting create an atmosphere of serenity and prestige, while mirrored accents and couture-inspired furnishings lend depth, radiance, and quiet opulence.

At the heart of Sultana lies an exceptional culinary experience of remarkable distinction. A masterfully curated collection of Arabic live cooking stations transforms dining into theatre, where heritage flavours are elevated through precision, craftsmanship, and contemporary finesse. Guests are invited to witness the artistry of the hotel’s master chefs as they present refined interpretations of cherished Ramadan classics alongside sophisticated regional and international delicacies.

Honouring the authentic foundations of Arabic gastronomy, the experience is further enriched by exclusive signature creations from the hotel’s celebrated dining destinations, Harry’s Dolce Vita, Nozomi, and Al Sufra by Mama Halima, each contributing distinctive character, authenticity, and culinary artistry to the Ramadan table.

Subtle live artistry and traditional Arabic entertainment gently enhance the ambience, ensuring every moment unfolds as a graceful celebration of culture, connection, and understated luxury.

## A PALATIAL LUXURY BEACH RESORT IN DOHA

Welcome to an oasis of comfort, tranquility and privacy which reflects the ultimate luxury of a genuine and majestic Palace, an embodiment of both Arabian and European elegance, along with breathtaking views over the Arabian Gulf and the Pearl-Doha from the spacious balconies of the finest collection of 281 rooms and suites.

Marsa Malaz Kempinski ensures the most spectacular family-friendly experience in Doha, from a blissful culinary experience with seven restaurants and four stylish bars and lounges, to the unique facilities as the award-winning Marsa Malaz Spa, a private beach, outdoor pools, a tennis court, a state-of-the-art fitness center, and thrilling kids and adults’ activities, including water sports and kids’ club. This five-star hotel in Doha promises a great combination of conference rooms and outdoor areas, making it the perfect choice for outstanding events, celebrations and unforgettable weddings.



Available for Iftar or Suhour at QAR 315 per guest, Sultana transcends the conventional Ramadan gathering, offering a palatial experience where culinary mastery, design elegance, and timeless hospitality converge.

Marsa Malaz Kempinski  
THE PEARL | DOHA  
مرسى ملاذ كيمپينسكي

# سلطانة

## SULTANA

A ROYAL  
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# The spiritual essence of Ramadan

**R**amadan is often perceived through the physical act of fasting, yet its true essence reaches far beyond abstaining from food and drink. At its heart, Ramadan is a sacred journey—one that calls believers toward reflection, self-discipline, compassion, and deep inner transformation.

It is a month that gently interrupts the pace of everyday life, inviting the soul to slow down, recalibrate intentions, and reconnect with faith, purpose, and higher consciousness.

As daily routines shift and worldly distractions recede, Ramadan creates space for spiritual awareness to flourish. The quiet hunger of the day, the stillness of the night prayers, and the shared moments of worship all work together to awaken a deeper sense of meaning.

In this sacred time, believers are reminded that life is not merely about consumption and productivity, but about presence, intention, and connection with the Divine.

## A path to consciousness

Fasting during Ramadan is not an end in itself, but a powerful means to spiritual awareness. By willingly stepping away from physical comforts and habitual indulgences, individuals become more conscious of their actions, words, and thoughts. Hunger and thirst sharpen mindfulness, gently reminding believers of their dependence on God and fostering humility in the face of human vulnerability.

This awareness transforms everyday experiences. Simple acts—waiting patiently, speaking kindly, showing restraint—take on deeper significance. The fast becomes a mirror, revealing habits, weaknesses, and strengths that often remain hidden in the comfort of routine. Over time, this heightened consciousness nurtures self-control and gratitude, guiding individuals toward a more mindful and intentional way of living.

Importantly, this awareness does not end at sunset. The discipline cultivated during fasting hours extends into the night, shaping behaviour, strengthening faith, and reinforcing spiritual focus long after the fast is broken.

## Reflection and renewal

Ramadan is a season of introspection—a rare pause in an otherwise demanding world. It encourages believers to step back and reflect on their relationship with God, with others, and with themselves. The increased recitation of the Qur'an, longer prayers, and moments of quiet contemplation provide opportunities to realign priorities and cleanse the heart of negativity, resentment, and distraction.

For many, Ramadan becomes a time of honest self-examination. Personal habits are reassessed, mistakes acknowledged, and forgiveness sought—both from God and from those around them. This reflective process allows individuals to confront what weighs on the heart and to consciously let go of what no longer serves spiritual growth.

In this sense, Ramadan acts as a spiritual reset. It offers a chance to renew intentions, replace harmful patterns with healthier ones, and emerge with a clearer sense of direction rooted in faith and moral purpose.

## Discipline beyond the fast

True discipline in Ramadan goes far beyond physical restraint. It is not only about what one refrains from eating or drinking, but also about controlling emotions, avoiding harmful speech, and practicing patience in daily interactions. Believers are encouraged to resist anger, avoid gossip, and respond to challenges with calm and dignity.

This moral discipline is one of Ramadan's most enduring lessons. By consciously choosing kindness over conflict and restraint over impulse, individuals cultivate integrity and emotional maturity. These qualities, refined during the holy month, often carry forward into everyday life, influencing relationships and personal conduct long after Ramadan ends.

Through discipline, Ramadan teaches that true strength lies not in domination or indulgence, but in self-mastery.

## Compassion and empathy

One of the most profound spiritual lessons of

Ramadan is empathy. Experiencing hunger—even temporarily—opens the heart to the struggles of those who face hardship daily. This shared human vulnerability deepens understanding and nurtures compassion, turning awareness into action.

Charitable giving takes on heightened significance during Ramadan. Zakat and sadaqah become powerful expressions of faith, transforming personal generosity into collective care. Feeding the fasting, supporting the vulnerable, and extending hospitality are not seen as obligations alone, but as acts of worship that strengthen the social fabric.

Through compassion, Ramadan reminds believers that faith is inseparable from service, and spirituality incomplete without concern for others.

## Strengthening bonds

Ramadan is also a time of renewed human connection. Families gather for iftar, often reuniting across generations. Communities come together for prayers, charity drives, and shared meals. In these moments, differences soften and unity emerges through the shared experience of fasting and worship.

Mosques become vibrant centres of spiritual and social life, welcoming individuals from diverse backgrounds. In homes and communal spaces alike, Ramadan nurtures a sense of belonging—bridging cultures, ages, and perspectives through shared rituals and values.

These gatherings reinforce the idea that faith is not only a personal journey, but a collective one, enriched through togetherness and mutual support.

## The journey of inner growth

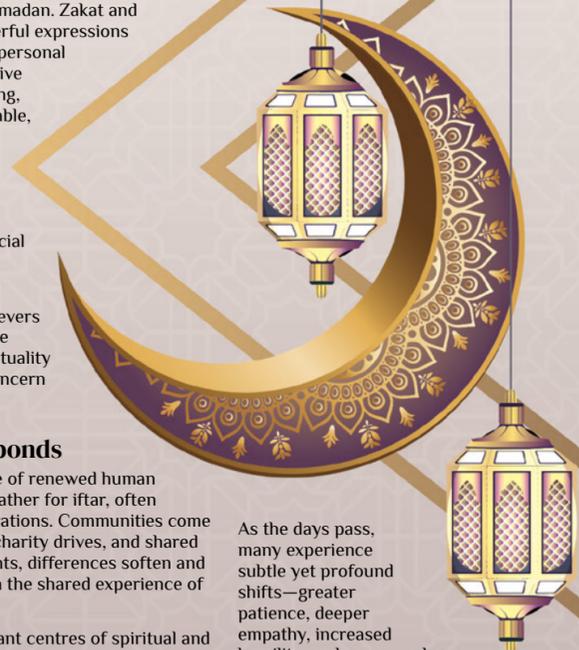
At its core, Ramadan is a journey inward. Through fasting, reflection, discipline, and compassion, believers strive toward self-improvement and spiritual maturity. The month teaches that true success lies not in excess, but in balance; not in accumulation, but in gratitude; not in outward appearances, but in inner sincerity.

As the days pass, many experience subtle yet profound shifts—greater patience, deeper empathy, increased humility, and a renewed connection to faith. These changes reflect the true purpose of Ramadan: transformation from within.

## A lasting spiritual legacy

The spiritual essence of Ramadan does not conclude with the sighting of the Eid moon. Its lessons are meant to endure, shaping attitudes, choices, and actions throughout the year. The patience learned, the compassion practiced, and the discipline developed become guiding principles for daily life.

By embracing reflection, self-control, generosity, and inner growth, Ramadan transcends its place on the calendar. It becomes a framework for living with purpose, humility, and spiritual awareness—long after the fast has ended.





# Under the Stars at Al Fayrouz Ramadan Tent at Waldorf Astoria Doha West Bay

Waldorf Astoria Doha West Bay, the epitome of timeless luxury and refined hospitality in the heart of West Bay, announces its Ramadan offerings, inviting guests to indulge in a journey of rich flavours, live entertainment, and meaningful moments with family and friends throughout the holy month.

At the center of this season's celebrations, Al Fayrouz Ramadan Tent, the only luxurious outdoor Ramadan tent in the heart of the city, welcomes guests to a sanctuary of serenity under the stars.

The experience features a rich and diverse international buffet with more than 14 live food stations, offering an exceptional culinary journey, from lamb ouzi and rotisserie selections, to pasta and risotto, sushi, dim sum, and indulgent kunafa and cake stations.

Iftar is priced at QAR 315 per person, served from sunset until 8:00 PM, while Suhoor is available at QAR 315 per person, from 9:30 PM to 2:00 AM, both complemented by live entertainment, Henna and Saj station for an elevated Ramadan experience.

In addition, Waldorf Astoria Doha West Bay presents a selection of Ramadan To-Go offers, featuring a rich variety of international and traditional cuisine, allowing guests to enjoy the flavours of Ramadan in the comfort of their homes.

For refined gatherings, guests may enjoy Ramadan Afternoon Tea, priced at QAR 280 for two guests per stand, offering an elegant setting to unwind and connect during the holy month.

Culinary enthusiasts may also indulge in MURU, open throughout Ramadan with a special American Latin Ramadan menu with an arabic twist, available at QAR 280 per person, delivering a distinctive dining experience inspired by bold flavours and refined techniques.



For sweet moments, guests are invited to savour the hotel's exclusive Ramadan cakes, including Sahra, Qamar, for QAR 45 per piece and Layali Al Noor, 2kgs cake for QAR 240 thoughtfully crafted to add a touch of sweetness to Ramadan celebrations.

The Spa at Waldorf Astoria Doha West Bay is delighted to introduce its Ramadan Wellness Rituals, designed to relax, nourish, and restore balance during the holy month. Guests may choose from tailored treatments starting from QAR 700, including the Detox & Glow experience priced at QAR 750.

For spa bookings, guests may contact: +974 5101 8546.



For a complete Ramadan escape, the hotel introduces the Ramadan Stay Experience, featuring a one-night stay with a choice of Iftar or Suhoor at Al Fayrouz Ramadan Tent, along with 20% savings on spa treatments.

The entertainer is available during Iftar and Suhoor, enhancing the magical atmosphere during the late-night gathering.





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# From Iftar to Suhoor The Culinary Journey of Ramadan

As the sun sets and rises again during Ramadan, the journey from iftar to suhoor unfolds as a rich celebration of tradition, creativity, and regional flavours that bring families and communities together

As the sun dips below the horizon and the call to Maghrib prayer echoes through cities and villages alike, kitchens across the Muslim world come alive with anticipation.

Ramadan is not only a month of spiritual reflection and self-discipline, but also a time when food becomes a powerful expression of culture, memory, and togetherness. From the first sip of water at iftar to the final, quiet meal of suhoor before dawn, the culinary journey of Ramadan reflects centuries of tradition—now increasingly shaped by modern lifestyles and global influences.

## The sacred moment of Iftar

Iftar is more than a meal; it is a moment of gratitude and pause. Traditionally, the fast is broken with dates and water or milk, following the Sunnah of Prophet Muhammad (peace be upon him). Dates, rich in natural sugars and nutrients, provide an instant energy boost after long hours of fasting and remain a universal symbol of Ramadan hospitality.

In many homes, this simple ritual is followed by a light soup—such as lentil soup in the Middle East, harira in Morocco, or shorbat adas in South Asia—gently preparing the body for a fuller meal. These soups are deeply comforting, often simmered with spices, herbs, and love passed down through generations.



## A tapestry of regional flavours

Across regions, iftar tables tell stories of geography, history, and shared identity.

In the Arab world, dishes like samboosa, fattoush, hummus, machboos, and harees

dominate Ramadan spreads. In Qatar and the Gulf, harees—slow-cooked wheat and meat—embodies the spirit of patience and simplicity, while thareed, layered with bread and rich broth, is a beloved staple.

In South Asia, iftar bursts with colour and spice. Pakoras, samosas, chaat, and fruit chaat offer a contrast of textures and flavours, while dishes like biryani and haleem take centre stage later in the evening. Haleem, cooked slowly for hours, mirrors the essence of Ramadan itself: endurance, depth, and reward.

In North Africa, Ramadan cuisine is hearty and aromatic. Moroccan harira, Algerian chorba, and Tunisian brik reflect a balance of nourishment and indulgence. Sweet treats such as chebakia—sesame-coated pastries soaked in honey—are a cherished highlight.

In Southeast Asia, particularly Malaysia and Indonesia, Ramadan markets come alive with dishes like nasi lemak, bubur lambuk, satay, and colourful kuih desserts, showcasing a fusion of Malay, Chinese, and Indian influences.

## Modern twists on traditional tables

As lifestyles evolve, so does Ramadan cuisine. Urban living, health awareness, and global exposure have inspired modern interpretations of classic dishes. Baked samboosas replace fried versions, quinoa or brown rice finds its way into traditional recipes, and plant-based alternatives are becoming increasingly popular.

Restaurants and hotels now offer curated iftar experiences blending heritage with innovation—think date-infused desserts, fusion mezze platters, or reinterpretations of traditional stews presented with contemporary flair. Social media has also transformed Ramadan cooking, with home chefs and food influencers sharing quick recipes, creative plating ideas, and healthier takes on nostalgic favourites.

## The quiet importance of suhoor

Often overlooked, suhoor is the unsung hero of Ramadan nutrition. Eaten in the stillness of pre-dawn hours, it is designed to sustain the body through the day's fast. Traditionally, suhoor



is simple and practical: flatbreads, yogurt, eggs, porridge, cheese, and fruit.

Across cultures, suhoor reflects balance rather than indulgence. In the Middle East, laban, fowl medames, and whole grains are common. In South Asia, parathas paired with yogurt or lentils provide long-lasting energy. Increasingly, nutritionists advocate for hydration-rich foods, complex carbohydrates, and protein to support fasting individuals through long daylight hours.

## Sweets, Sharing, and Celebration

No Ramadan table is complete without dessert.



From kunafa and qatayef in the Levant to gulab jamun and jalebi in South Asia, sweets mark celebration and generosity. These desserts are rarely enjoyed alone; they are shared with family, neighbours, and guests, reinforcing the communal spirit of the holy month.

Equally important is the culture of giving. Many households prepare extra portions for charity, mosque iftars, or community food drives, ensuring that the blessings of Ramadan reach everyone.

## A reflection of faith and family

At its heart, Ramadan cuisine is not about excess, but intention. Meals are prepared with care, shared with gratitude, and enjoyed mindfully. The act of cooking becomes a form of worship, and the table a space for connection—between generations, neighbours, and cultures.

From traditional recipes preserved by grandparents to modern interpretations shaped by contemporary life, the culinary journey from iftar to suhoor reflects the evolving yet enduring spirit of Ramadan. It is a journey that nourishes not just the body, but the soul—one meal, one moment, and one shared table at a time.

# THE RITZ-CARLTON, DOHA PRESENTS ‘TARIKH’, AN INVITATION TO GATHER THIS RAMADAN

This Ramadan, The Ritz-Carlton, Doha invites guests to experience Tarikh, a theme centered on the rich tapestry of regional heritage. Meaning ‘history’, Tarikh celebrates the enduring spirit of Arabic culture through an artfully presented culinary experience.

Honouring traditions that are an implicit part of Ramadan, the multi award-winning hotel has long been the place for families to gather, year after year, for customs that unfold naturally and where lasting memories are created.

To mark this significant occasion, the Al Wosail Ballroom once again serves as the venue for The Ritz-Carlton, Doha’s iconic Ramadan tent, welcoming guests for both Iftar and Suhoor.



The space is transformed into a bejeweled canvas, with desert scenes, ornate Mashrabiya patterned arches and a specially constructed stage providing an additional focal point. Ornamental lanterns, perched up high, provides atmospheric lighting, while exquisitely decorated tables are arranged throughout the ballroom to encourage the spirit of celebration and community, so intrinsic to this time of year.

An exceptional array of cuisine, alongside all the traditions that make this season so special, is set to captivate those wishing to celebrate in style at The Ritz-Carlton, Doha. The hotel’s award-winning team of celebrated chefs have curated a feast of Arabic favourites from the region, as well as a range of international specialties that guarantees generational appeal.

Whether preparing for a day of fasting with pre-dawn Suhoor or celebrating at sunset with Iftar, there is the privileged opportunity to join family and friends at this landmark Qatari destination.

For those wishing to extend the spirit of the season in the comfort of their homes, The Ritz-Carlton, Doha once again presents its curated Iftar-To-Go Box, an invitation to experience the hotel’s legendary hospitality beyond its doors. This bespoke culinary journey allows families to create indelible



memories while savouring an array of traditional flavours, including aromatic Sayyadiyeh, savoury Dawood Basha, and the signature Umm Ali. This feast of delights is a pleasing way to sample the specialties conjured up by the extraordinary culinary team during this joyous month.

Continuing a highly popular tradition, Iftar-noon Tea is served in the elegant Lobby Lounge, beneath the dazzling crystal chandelier. Available throughout the month, it is a wonderful chance to spend time with cherished ones while sharing decadent tiers of local delicacies, coffee and fine teas in a refined atmosphere.

For those wishing to mark this significant occasion with an overnight stay, The Ritz-Carlton, Doha



is extending a special Staycation offer during the Ramadan month to include dining during Iftar and Suhoor.

A time to reflect and reconnect with loved ones, Ramadan is a fundamental part of Qatari life. The Ritz-Carlton, Doha is honoured to be part of this heritage, providing a sanctuary where everyone feels a true sense of belonging, from the curious tourist discovering the land’s rich culture for the first time, to families continuing a lifelong tradition.

As always, the hotel’s legendary hospitality and culinary legacy come together to create an environment where guests can gather to honour the rituals so integral to the region and celebrate its enduring history.

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A home prepared with intention becomes more than visually pleasing; it becomes a space that gently guides daily life toward mindfulness and faith

Dining areas also deserve attention. Simple table settings, comfortable seating, and an uncluttered layout help create a welcoming environment for family and guests. These thoughtful arrangements allow mealtimes to focus on gratitude and connection rather than logistics.



# HOW TO PREPARE YOUR HOME FOR RAMADAN

As Ramadan approaches, preparation naturally begins to shift from the external to the internal. While grocery lists grow and schedules adjust, one of the most meaningful preparations takes place at home.

During the holy month, the home becomes a centre of worship, reflection, hospitality, and family life. Preparing it with care helps transform everyday living spaces into a sanctuary that supports the spiritual, emotional, and social rhythm of Ramadan.

## Beginning with intention

True preparation for Ramadan starts not with décor or organisation, but with intention. Before rearranging spaces or purchasing new items, families often pause to reflect on what they hope to gain from the month—greater spiritual focus, stronger family bonds, or a renewed sense of peace.

This clarity of purpose ensures that physical preparations align with spiritual goals. A home prepared with intention becomes more than visually pleasing; it becomes a space that gently guides daily life toward mindfulness and faith.



prayer area can be deeply beneficial. This does not require a large room; even a quiet corner can be transformed into a sacred space with thoughtful touches.

Prayer mats, a Qur'an stand, soft lighting, and simple calligraphy help establish a sense of tranquillity. Keeping this area clean, organised, and free from distractions encourages consistency in worship and offers a visual reminder of the spiritual focus of the month.

## Kitchen and dining areas

The kitchen becomes one of the busiest spaces during Ramadan, particularly around iftar and suhoor. Preparing it in advance helps reduce daily stress and supports healthier routines. Organising pantry essentials, cleaning and arranging cookware, and planning menus ahead of time make daily meals smoother and more intentional.



## Creating a Ramadan atmosphere

A Ramadan-inspired atmosphere helps mark the transition into the holy month. Rather than elaborate decoration, many families opt for subtle, meaningful touches—soft lanterns, warm lighting, crescent motifs, or neutral-toned textiles that evoke calm and reflection.

Islamic art, calligraphy, or framed verses can enhance the spiritual mood, while handmade decorations or family-created displays help children engage with the significance of Ramadan. The goal is to create warmth and serenity, not excess.

## Involving the entire family

Preparing the home for Ramadan is most meaningful when it becomes a shared family experience. Involving children in decorating, organising prayer spaces, or assembling charity boxes fosters a sense of responsibility and excitement. These activities help young family members understand Ramadan as a time of purpose, generosity, and togetherness.

Family discussions about goals for the month—such as prayer routines, acts of kindness, or reducing screen time—can further strengthen collective commitment and shared values.

## Planning for hospitality

Hospitality is a defining feature of Ramadan, and many homes welcome guests for iftar throughout the month. Preparing guest spaces in advance—extra seating, tableware, or sleeping arrangements—helps hosts extend warmth without added stress.

Keeping hospitality simple aligns with the spirit of Ramadan. Thoughtful preparation allows hosts to focus on connection rather than perfection, reinforcing the value of sincerity over extravagance.

## Supporting rest and balance

Ramadan often brings changes to sleep patterns and daily routines. Preparing the home to support rest is essential. Quiet zones for short naps, comfortable sleeping arrangements, and adjustable lighting help maintain energy and well-being.

Reducing noise and digital distractions—particularly during prayer times or late evenings—can further enhance the peaceful rhythm of the home during the month.

Ultimately, preparing the home for Ramadan is about alignment—creating spaces that reflect the values of faith, moderation, generosity, and mindfulness. It is not about achieving perfection, but about cultivating an environment that supports spiritual growth and emotional balance.

When thoughtfully prepared, the home becomes a place of renewal—a sanctuary where faith is nurtured, family bonds are strengthened, and the spirit of Ramadan is lived daily.

As the holy month unfolds, such a home offers more than comfort. It becomes a quiet partner in worship, reflection, and connection, allowing Ramadan to be experienced not only as a time on the calendar, but as a way of living.



## Making space for peace

Ramadan emphasises simplicity, moderation, and clarity—values that can be reflected in the home through decluttering. Clearing out unnecessary items from living areas, bedrooms, and kitchens creates a sense of order and calm, reducing visual and mental distractions.

Decluttering also carries a charitable dimension. Clothing, household items, and books no longer in use can be donated, turning preparation into an act of generosity. In this way, tidying the home mirrors the spiritual process of letting go of excess and focusing on what truly matters.

## Prayer and reflection space

With increased prayer, Qur'an recitation, and moments of reflection during Ramadan, creating a dedicated



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# Iftar Culture

## More than a meal

As daylight fades and the call to Maghrib prayer echoes across cities, towns, and villages, a sacred pause settles over the Muslim world. This is the moment of iftar—the breaking of the fast—a daily ritual that transcends nourishment.

More than a meal, iftar is an expression of faith, hospitality, generosity, and human connection, woven deeply into the spiritual and social fabric of Ramadan.



Across cultures and continents, iftar transforms ordinary spaces into places of meaning. A family dining table, a mosque courtyard, a roadside tent, or a neighbour's doorstep becomes a setting where gratitude meets compassion, and where faith is expressed through sharing.

Iftar traditionally begins with dates and water or milk, following the Sunnah of Prophet Muhammad (peace be upon him). This simple act carries profound symbolism. After long hours of restraint, the body is nourished gently, reminding believers to approach consumption with humility and gratitude rather than excess.

This moment is often marked by a brief prayer or silent reflection, acknowledging the blessing of sustenance and the strength granted to complete the fast. In that instant, hunger gives way not only to nourishment, but to mindfulness—anchoring the evening in spiritual awareness.

### Hospitality as a sacred value

Hospitality occupies a central place in Islamic culture, and Ramadan elevates it to a sacred practice. Hosting iftar is not merely about serving food; it is an act of devotion. Homes are opened with sincerity, and guests are welcomed with warmth, regardless of status or background.

In many households, the joy of Ramadan lies as much in feeding others as in breaking one's own fast. Hosts often ensure that guests eat first, reflecting humility and generosity. The effort invested in preparing meals—sometimes hours of cooking for a few minutes of eating—becomes a labour of love and worship.

### Beyond the family table

Iftar culture extends far beyond private homes. Mosques, community centres, charities, and volunteers come together to host communal iftars that welcome the elderly, the lonely, the travelling, and the less fortunate. These gatherings embody the inclusive spirit of Ramadan, ensuring that no one is left to break their fast alone.

In many cities, long tables stretch across mosque courtyards or public spaces, filled with simple yet nourishing meals. Volunteers

serve with quiet dedication, transforming ordinary acts into profound expressions of compassion. These communal iftars dissolve social boundaries, uniting people across cultures, languages, and economic backgrounds.

### Generosity in action

Ramadan is synonymous with generosity, and iftar is its most visible expression. The act of feeding the fasting carries deep spiritual reward, encouraging individuals and organisations alike to give freely.

Families prepare extra portions to share with neighbours. Businesses sponsor iftar tents. Hotels and institutions host large-scale iftars for workers and vulnerable communities. In every setting, the underlying message remains the same: blessings grow when shared.

Zakat and sadaqah find practical expression in iftar initiatives, turning spiritual obligation into tangible relief. Through these acts, iftar becomes a bridge between belief and action.

### Food as a language of care

Food during iftar carries emotional and cultural meaning. Recipes passed down through generations evoke memories of childhood, family, and home. Each dish tells a story—of heritage, migration, and belonging.

At the same time, iftar tables often reflect diversity. Traditional dishes sit alongside modern or international flavours, especially in multicultural societies. Sharing food becomes a language of care, communicating welcome and respect beyond words.

Inviting non-Muslim friends or colleagues to iftar has also become a meaningful tradition, offering insight into Ramadan's values of inclusion and generosity. In these moments, food becomes a tool for understanding and connection.

### The emotional power of iftar

Iftar nourishes more than the body. It offers emotional comfort, particularly in a month that can be physically and spiritually demanding. Gathering at sunset creates moments of joy, reflection, and togetherness, helping individuals reconnect after long days.

For families, iftar is often the one moment when everyone gathers, setting aside devices and distractions. Conversations flow, laughter returns, and bonds are strengthened. These shared experiences become some of the most cherished memories of Ramadan.

While lifestyles and settings continue to evolve, the essence of iftar remains unchanged. Whether held in modest homes, modern restaurants, or expansive tents, the values it represents endure.

Technology may assist in organising iftars, and contemporary presentations may modernise the experience, but the core remains timeless: gratitude, generosity, and togetherness.

### More than a meal

Ultimately, iftar is a daily reminder that Ramadan is not solely about personal devotion, but about collective care. It teaches that faith is lived through kindness, that generosity strengthens communities, and that sharing transforms ordinary moments into sacred ones.

In every offered date, every shared plate, and every welcoming gesture, the spirit of Ramadan comes alive. Iftar is more than a meal—it is a reflection of humanity at its most compassionate, nourished by faith and sustained through connection.



# UNDER THE SAME MOON

## A Ramadan story written in light at Hilton Salwa Beach Resort & Villas

As the new moon is sighted and nights grow quieter, Ramadan gently unfolds as a season of reflection, connection, and shared rituals. This year, Hilton Salwa Beach Resort & Villas invites guests to experience Ramadan Under the Same Moon, a soulful journey where distance fades, time slows, and togetherness is felt in its most meaningful form.

Framed by the gentle rhythm of the sea and the openness of the desert sky, the resort becomes a sanctuary for families, friends, and loved ones to gather, whether for moments of quiet contemplation, celebratory evenings, or joyful family experiences.



### Dining That Brings Stories to Life

As the sun sets, Hilton Salwa Beach Resort & Villas comes alive with flavours, light, and shared moments that define the spirit of Ramadan.



### A Coastal Ramadan Escape

Guests seeking a serene retreat by the sea can embrace the holy month with the Ramadan Coastal Escape, thoughtfully designed to balance comfort, reflection, and value. From peaceful mornings overlooking the Arabian Gulf to evenings marked by curated Iftar and Suhoor experiences, every detail is shaped around the spirit of Ramadan.

The offer includes accommodation in rooms or beach villas, daily breakfast or In-room dining suhoor and Iftar at Souk Kitchen, along with complimentary access to Desert Falls Water & Adventure Park, creating space for both tranquility and shared family joy. The offer is available throughout Ramadan, with rooms starting from QAR 999 and villas from QAR 3,499. Subject to availability and blackout dates with applicable terms and conditions.



**Ramadan Nights at Souk Kitchen** invites families and friends to gather for Iftar within a vibrant setting inspired by a traditional Arabian marketplace. The extensive buffet features authentic Arabic specialties alongside diverse global culinary stations, thoughtfully curated to suit all palates. Set in a warm, family-friendly atmosphere, the experience is enhanced by enchanting Ramadan Nights storytelling and a dedicated kids' area, creating meaningful moments for guests of all ages. In line with the Hilton's Green Ramadan initiative, the experience is carefully designed to promote mindful dining and responsible practices, supporting food and waste reduction and sustainability throughout the month of Ramadan.

The Iftar is served from sunset to 10:30 PM, priced at QAR 198 per person, and is available throughout Ramadan.



As the evening unfolds, **Ghabga Nights at Levantine** offers a refined late-night Ramadan gathering beneath the open sky. Hosted in Levantine courtyard in the Arabian Village, the experience features Levantine flavors and Arabic-style tapas served from an à la carte menu, complemented by handcrafted mocktails and live Tanoura performances. Ghabga Nights are available daily from 6:30 PM to 12:00 midnight, throughout Ramadan.

**Ramadan Under the Stars at Salwa** is a one-night beachfront celebration offering an elevated Ramadan experience at Nesma Courtyard. Taking place on 26 February 2026, the evening begins with a sunset Iftar and continues with Ghabga beneath the open sky, accompanied by

live oud music and set within a luxurious majlis-style outdoor setting. The event runs from 5:30 PM to 10:30 PM, priced at QAR 250 per person.



booking any treatment of 60 minutes or more, an invitation to pause, reflect, and restore balance during the holy month.

Families can continue to create joyful moments at Desert Falls Sea Caves Waterpark, reopening with seasonal highlights including the **Splash Pack Offer**, available from 7 February to 18 March 2026 at QAR 500 for four guests, as well as the return of the Birthday Splash, offering complimentary entry for birthday celebrants throughout their



### Wellness, Renewal, and Family Moments

Ramadan at Hilton Salwa Beach Resort & Villas is also a time for renewal and shared joy. At eforea spa, guests can unwind with the **Ramadan Retreat**, receiving QAR 200 spa credit when

birthday month, valid from 8 February to 8 May 2026.

This Ramadan, Hilton Salwa Beach Resort & Villas offers more than experiences; it offers a story of light, reflection, and connection, bringing everyone together under the same moon.



Check Hilton Salwa Beach Resort full offerings on [salwabeachresort.qa](http://salwabeachresort.qa) or call +974 4423 6666

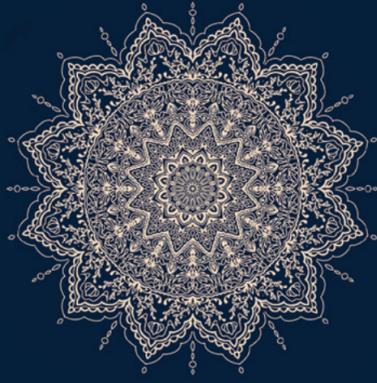


A Ramadan Story Written in Light

# UNDER *the* SAME MOON

Experience a soulful Ramadan escape by the sea with our exclusive staycation packages, indulgent Iftar at Souk Kitchen & Ghabga at Levantine, revitalizing spa and thrilling water park offers.

Scan to view our Ramadan Offerings.



## Celebrate the Season in Style R&B Launches it's Ramadan Festive Collection 2026

**R**&B shoppers across the GCC can now discover the all-new R&B Ramadan Festive Collection 2026, a refined celebration of elegance, modesty, and contemporary charm curated for every Iftar, Suhoor, and special Ramadan gathering.

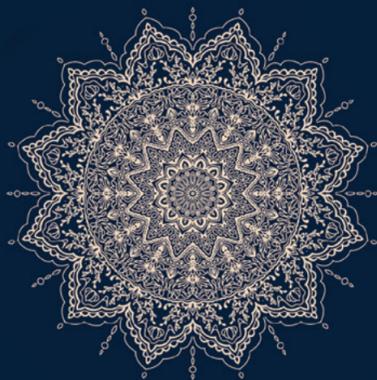
Thoughtfully designed to reflect the spirit of the Holy Month, this season's collection seamlessly blends timeless tradition with modern silhouettes across clothing, footwear, handbags and accessories for men, women and kids.

For women, the collection showcases flowing maxi dresses, kaftan-inspired styles, and elevated co-ords adorned with soft shimmer, delicate embellishments, and graceful statement details. A soothing palette of neutrals, pastels, and rich evening tones enhances the festive appeal, offering effortless sophistication with comfort.

Men can explore a polished range of smart printed shirts, textured fabrics, relaxed tailoring, and refined accents that balance modesty with contemporary style — perfect for intimate family Iftars or larger Ramadan gatherings.

For kids, the 2026 collection brings joyful elegance to every celebration, featuring embellished dresses and soft florals for girls, alongside lightweight, comfortable festive wear for boys designed to keep them stylish and at ease throughout the season.

*The R&B Ramadan Festive Collection 2026 is now available across 13 R&B stores in Qatar and online at: [www.randbfashion.com](http://www.randbfashion.com). Celebrate Ramadan with fashion that embodies grace, warmth, and the true essence of togetherness.*



# Timeless Tradition, New Flavours: Ramadan at Radisson Blu Hotel, Doha

Radisson Blu Hotel, Doha, a landmark destination with nearly five decades of heritage, has announced its special offerings for the Holy Month of Ramadan. Blending tradition with refreshing new experiences, the hotel invites residents and visitors to celebrate through curated dining, staycations, and memorable gatherings.

At Hyde Park, guests can enjoy a comforting Iftar buffet featuring Arabic and international flavours. Priced at QR 200 per person, the buffet is served daily from sunset until 8:30 PM, accompanied by live oud entertainment each evening for an authentic Ramadan atmosphere.

Palm Garden introduces the Signature Dates Cake, a handcrafted blend of dates, raisins, almonds, and walnuts. Available daily from sunset until 11:00 PM at QR 99, it is perfect for gifting or savouring after Iftar.

The Ramadan Staycation offers comfort and togetherness at Doha's central district, with rates starting at QR 275 for a Standard Room, inclusive of buffet breakfast or Sahour. Bookings are open from 1st February to 17th March, with stays from 19th February to 17th March 2026.



Dining venues remain open throughout Ramadan, including Al Samar for shisha evenings, Ruby Wu's with fresh Chinese flavours, Bombay Balti's vibrant Indian dishes, Palm Garden's light bites, and Hyde Park's daily buffet service. Other outlets will reopen from Eid.

Beyond dining and stays, Radisson Blu Hotel, Doha continues to innovate with its Ramadan Iftar & Sahour Celebrations, curated outdoor caterings, and in-house event offerings across its 17 venues. With carefully prepared menus, live cooking stations, and refined beverages, each gathering is designed to feel seamless and memorable.

To mark Eid Al Fitr, special staycation packages are available from QR 575, inclusive of breakfast at Hyde Park.

"This Ramadan, Radisson Blu Hotel, Doha shows that while its history runs deep, there is always something new to experience whether it's a fresh menu offering, a shared moment, or a new way to celebrate the season together," said Emre Kocamustafaogullari, General Manager of Radisson Blu Hotel, Doha.





## Create Memorable Experiences this Ramadan

**Share the Joy of Iftar**  
Hyde Park Iftar Buffet for QR 200 per person  
5200 2177, 4428 1555  
fbreservations.doha@radissonblu.com

**Ramadan Staycation**  
QR 275 Standard room  
QR 325 Double room  
Complimentary buffet breakfast or Sahour  
Booking Window: 1<sup>st</sup> Feb to 17<sup>th</sup> March 2026  
Stay Period: 19<sup>th</sup> Feb to 17<sup>th</sup> March 2026  
5560 1806, 4428 1500  
reservations.doha@radissonblu.com

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SEE OUR OFFERS



# Shopping with Intention Getting Ready for Ramadan

As Ramadan approaches, a quiet transformation begins across cities and households. Supermarkets expand their aisles, traditional markets glow with lanterns and textiles, and shopping lists grow longer—not for indulgence, but for preparation.

Shopping for Ramadan is a ritual in itself, blending spirituality with practicality as families prepare their homes, kitchens, and hearts for a month defined by reflection, generosity, and togetherness.

## More than a seasonal routine

Unlike festive shopping driven by celebration alone, Ramadan shopping carries a deeper purpose. It is about readiness—ensuring that daily life flows smoothly so that attention can be directed toward worship, family, and charity. From pantry essentials to prayer items, every purchase is guided by intention.

Households often begin weeks in advance, stocking staples such as rice, lentils, flour, dates, spices, oils, and frozen items to ease the daily rhythm of fasting. This forward planning reflects one of Ramadan's core lessons: discipline.

## Food essentials

Food remains the focal point of Ramadan shopping, particularly items associated with iftar and suhoor. Dates take centre stage, with varieties sourced from across the region and beyond, prized for their taste, texture, and cultural significance. Traditional ingredients—bulgur, chickpeas, ghee, rose water, and spice blends—reappear in kitchens as families revive recipes passed down through generations.

Fresh produce also plays a key role, with fruits and vegetables carefully chosen for hydration and nourishment. In recent years, there has been a noticeable shift toward healthier options,



including whole grains, low-sugar alternatives, and organic products, reflecting a growing awareness of balanced fasting.

## Markets, malls, and Ramadan atmosphere

From bustling souqs to modern shopping malls, Ramadan brings a distinctive retail atmosphere. Traditional markets thrive during this period, offering everything from handmade lanterns and prayer mats to spices and dried fruits. These spaces are not merely commercial hubs, but social ones—places where conversations flow, traditions are exchanged, and the spirit of Ramadan is felt most vividly.

Meanwhile, malls and retail centres embrace the season with extended hours, Ramadan-themed décor, and curated collections. Modest fashion lines, homeware inspired by Islamic art, and gifting items designed specifically for the holy month cater to evolving tastes while maintaining cultural authenticity.

## Modest fashion and personal preparation

Shopping for Ramadan often includes updating wardrobes with modest, comfortable clothing suitable for long days of fasting and evening prayers. Flowing silhouettes, breathable fabrics, and understated elegance define Ramadan

fashion, whether for daily wear, mosque visits, or iftar gatherings.

For many, personal preparation extends beyond clothing. Purchases of prayer mats, Qur'ans, tasbeeh, and home décor reflect a desire to create a serene spiritual environment. Simple touches—soft lighting, calligraphy, or neutral-toned textiles—help transform homes into spaces of calm and reflection.

## The culture of giving

Ramadan shopping is closely tied to generosity. Gift baskets filled with dates, sweets, and coffee are exchanged between families, neighbours, and colleagues, reinforcing bonds of kindness. Many shoppers also prioritize items intended for charity—bulk food supplies, hygiene kits, and clothing donations—reflecting the heightened focus on zakat and sadaqah during the holy month.

Retailers increasingly support this culture of giving by partnering with charities, offering donation options at checkout, or creating ready-made charity boxes that simplify the act of giving.

## Smart shopping in a conscious era

Modern Ramadan shopping is also shaped by mindfulness. Budget-conscious planning, reducing food waste, and supporting local producers have become important considerations. Online shopping and delivery services offer convenience, allowing families to focus more on worship and less on logistics, while digital platforms promote deals tailored specifically for Ramadan needs.

This balance between tradition and technology highlights how Ramadan continues to evolve—without losing its essence.

Ultimately, shopping for Ramadan is not about accumulation, but alignment. Each item purchased supports a month built on patience, generosity, and gratitude. Whether navigating a traditional market or a contemporary mall, shoppers are guided by the same intention: to prepare for a time that nourishes the soul as much as the body.

In this way, Ramadan shopping becomes a quiet act of devotion—one that sets the tone for a month of meaning, moderation, and mindful living.

# THE OUTLANDER

## Premium Safety and Design Specifications

The fourth generation of the Outlander flagship SUV has received a complete design overhaul and features rugged performance suited to today's dynamic environment, along with innovative technology that enhances the driving experience in multiple ways. Additionally, this safety-centric model comes equipped with a host of advanced features that ensure occupants remain safe at all times.

It is available at Qatar Automobiles Company, the authorised general distributor of Mitsubishi Motors in Qatar, at its showroom on Salwa Road.



### The Exterior

The Outlander's exterior design portrays a confident and strong personality, achieved through the "Bold Stride" design concept. To express a bold aura and a sense of presence and stability, the strong, horizontal-themed proportions from front to rear are contrasted with broad surface lines, sharp edges, large-diameter 20-inch alloy wheels, and overhanging fenders that highlight the wide body.

The front of the Outlander enjoys Mitsubishi Motors' distinctive next-generation Dynamic Shield which aids in enhancing the vehicle's front look, increasing protection, and improving performance. The sharp looking front combination lights which house daytime running lights and turn signals are positioned higher to provide better visibility for other drivers as well as pedestrians. On the contrary, the low-positioned headlights provide better long-distance illumination without impairing the vision of oncoming drivers.

### Performance

Built on a newly developed platform, the Outlander delivers significantly enhanced collision safety and superior steering stability. For the first time, Mitsubishi Motors has incorporated ultra-high tensile strength steel with hot stamping around the cabin, creating a rigid safety cell that minimizes deformation while reducing weight. Connected cyclic structures around the engine compartment and cabin further increase flexural and torsional rigidity compared to the previous generation. A refined multi-link suspension and dual-pinion electric power steering system improve ride comfort and provide a direct, linear steering feel, enhancing cornering traceability and high-speed stability for a more engaging drive.



Available in both 2WD and 4WD configurations, the Outlander is powered by a developed 2.5L gasoline engine producing 181 hp at 6,000 rpm — an 8.9% increase over the previous model — and 244 Nm of torque at 3,600 rpm. Fuel efficiency is improved by 2.6%, supported by an 8-speed sport mode continuously variable transmission (CVT). Step shift control mimics a multi-stage automatic transmission, delivering crisp gear changes and responsive, powerful acceleration.

The 4WD variants feature an electronically controlled system with a hydraulic clutch operated by an electric motor, along with the enhanced S-AWC integrated vehicle dynamics control system. Brake Active Yaw Control is also applied to the rear wheels for improved stability.

Drivers can select from multiple drive modes via a center-console dial, six for 4WD and five for 2WD, including Normal, Tarmac, Gravel, Snow, and Mud, ensuring optimal performance across diverse road conditions.

### The Interior

The Outlander's interior combines premium craftsmanship with advanced technology to create a spacious, comfortable, and refined cabin. The horizontal instrument panel design enhances the sense of width and improves visibility of the vehicle's position. Soft-touch leather padding with fine stitching on the dashboard, door panels, and console adds a luxurious feel, while carefully selected materials elevate overall comfort.



Interior options vary by trim. The P-Line features genuine leather seats in light gray or black, with real aluminum accents and optional semi-aniline leather in saddle tan. The H-Line offers black suede combination seats with piano black finishes, while the M-Line includes fabric seats in light gray or black with similar elegant detailing.

Comfort is enhanced through ergonomically designed front seats with a two-layer urethane structure to reduce fatigue during long drives. Increased legroom in the first and second rows, along with available seat heaters, three-zone automatic climate control, and rear sunshades, ensures a pleasant experience for all passengers. As a three-row, seven-seat SUV, the Outlander offers flexible seating configurations, with sliding and reclining second-row seats and split-folding functionality for added practicality.

Technology features include a 12.3-inch digital driver display or a 7-inch multi-information display, depending on the trim, as well as a 9-inch touchscreen with Smartphone-link Display Audio supporting Apple CarPlay and Android Auto. A 10.8-inch Head-Up Display provides key driving information, while a premium 10-speaker Bose sound system delivers an immersive audio experience.

### Safety

Safety features in the Outlander are as advanced as every other aspect of this car. Those features include, Forward Collision Mitigation System (FCM), Adaptive Cruise Control (ACC), Lane Departure Warning (LDA), Blind Spot Warning (BSW), Lane Change Assist (LCA), Rear Cross Traffic Alert (RCTA), Driver Attention Alert (DAA), Rear Automatic Emergency Braking (Rear AEB) and Multi Around Monitor.

The front center airbag for the driver's seat and side airbags for the second-row seats are equipped as standard, and a total of 7 airbags are installed. In case of a side collision, the front center airbag deploys between the driver's seat and front passenger seat.



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# Team Spirit under the Moon

Ramadan night sports go beyond fitness, nurturing body, mind, and community while enriching the spirit of the holy month

Ramadan is often seen as a time for spiritual reflection, quiet contemplation, and moments of togetherness with family and friends. The long hours of fasting from dawn to sunset encourage patience, self-discipline, and mindfulness. Yet, as the sun sets and the call to Maghrib prayer marks the end of the day's fast, another rhythm emerges: the rhythm of life, energy, and movement.

Nighttime, particularly after iftar, has become a vibrant period for group sports, a tradition that has grown in popularity across many Muslim communities. Engaging in sports during Ramadan nights is more than just a way to maintain physical fitness; it is a holistic practice that nurtures the body, mind, and community spirit while complementing the spiritual goals of the holy month.

Fasting during the day naturally limits energy and can make daytime exercise challenging. The body is adjusting to hours without food or water, and intense activity in such conditions can lead to fatigue, dehydration, or even health risks.

Nighttime sports, however, provide an ideal alternative. After iftar, when the body is replenished with water, carbohydrates, and

proteins, individuals can engage in physical activity with greater stamina and resilience. Whether it's football, basketball, volleyball, or even a casual running group in a local park, these activities allow participants to maintain cardiovascular health, flexibility, and strength without compromising the fast.

The careful timing of exercise not only supports physical well-being but also encourages a sense of energy management, helping individuals find a sustainable balance between rest, nutrition, and movement throughout the month.

Beyond the physical benefits, group sports play a crucial role in fostering social bonds. Ramadan emphasizes community, unity, and shared experiences, and nighttime sports are a natural extension of these values. Whether on the street, in a local park, or in an organised sports facility, the games bring together friends, neighbours, colleagues, and even families. In these moments, competition is secondary to camaraderie.

Players laugh, encourage each other, and build connections that extend beyond the field. The shared experience of exertion after fasting, coupled with the joy of teamwork, mirrors the communal aspects of Ramadan, where empathy,

patience, and support are nurtured daily.

Mentally, engaging in group sports provides a much-needed release. Fasting, while spiritually rewarding, can sometimes lead to feelings of fatigue, irritability, or low energy. Physical activity in the evening triggers the release of endorphins, which lift mood, reduce stress, and enhance overall mental well-being.

Moreover, the social aspect of team sports combats feelings of isolation, particularly in urban settings where individuals may spend much of their day in work or study. The combination of exercise and companionship offers a restorative experience that enriches both emotional and spiritual health.

Nighttime sports also encourage mindful nutrition and hydration. Consuming a well-balanced iftar, with dates, fruits, vegetables, lean proteins, and complex carbohydrates, not only replenishes energy but also prepares the body for physical activity later in the evening.

Participating in sports after iftar naturally encourages moderation in meal portions, preventing overeating and promoting digestion. The routine of eating, hydrating, and moving creates a rhythm that enhances overall wellness during Ramadan.

Discipline and personal development are other key benefits of participating in group sports during Ramadan nights. Engaging consistently in physical activity requires commitment, time management, and respect for both personal and team schedules.

The lessons learned on the field—cooperation, patience, encouragement, and fair play—align closely with the moral and ethical teachings emphasized throughout Ramadan. Practicing self-control in gameplay, showing respect to teammates, and celebrating others' successes mirror the virtues of empathy, humility, and patience encouraged by fasting. Over time, these habits extend beyond sports, influencing daily interactions, professional life, and personal development.

Family and community involvement further enhance the experience. Many local mosques, sports clubs, or community centres organise

Ramadan night leagues or informal tournaments that welcome participants of all ages.

Children, teens, adults, and even grandparents can be part of these gatherings, creating spaces where intergenerational interaction flourishes. Through these activities, young members learn teamwork, older members share wisdom and guidance, and the community strengthens its collective spirit. Such events are not merely about athletic performance; they are about shared purpose, cultural continuity, and joyful participation in a collective experience.

Finally, engaging in sports during Ramadan nights helps establish sustainable lifestyle habits that last far beyond the holy month. The combination of structured physical activity, mindful nutrition, and social connection encourages participants to maintain fitness routines, healthy eating habits, and community involvement even after Ramadan concludes.

By integrating body, mind, and social life, nighttime sports create a balanced approach to health and spirituality, demonstrating that fitness and faith can coexist harmoniously.

In essence, group sports during Ramadan nights are far more than recreational pastimes. They embody the core values of the holy month: discipline, patience, generosity, social connection, and joy. They provide a space for personal growth, communal bonding, and emotional restoration, all while keeping the body active and healthy. Whether through organised leagues, casual matches with friends, or family-friendly games in local parks, these evening gatherings bring vibrancy to Ramadan nights, transforming the time after sunset into an opportunity for holistic well-being.

Under the soft glow of streetlights or the serene reflection of the moon, the courts, fields, and parks come alive. Here, energy, friendship, and faith intersect, creating an experience that is both physically invigorating and spiritually enriching.

In these shared moments of play, the essence of Ramadan extends beyond fasting—it is felt in laughter, teamwork, and the quiet satisfaction of a community united in purpose, health, and joy.



# THE NEW MG HS

## A Bold Step in the Mid-Size SUV Segment

- The new MG HS is available at Auto Class Cars, the authorized general distributor for MG in Qatar, at its showrooms on Salwa Road and in Lusail.
- A sporty mid-size SUV tailored for younger buyers valuing style, performance, and control.
- Combines luxurious interiors with cutting-edge technology, including dual 12.3-inch HD screens.
- Featuring advanced safety systems delivering 5-star Euro NCAP safety standards and level 2 ADAS.



The new MG HS brings a bold new vision to the segment, building further on its international success. It is an exceptional mid-size SUV that redefines style, performance and technology in the sector.

Building on the success of the first-generation MG HS, which was voted Middle East Car of the Year by a panel of industry experts in 2020, the new model is now available in Qatar at Auto Class Cars, at MG Qatar showrooms on Salwa Road and in Lusail.

### The new MG HS safety systems

The new MG HS offers exceptional value for money. With its sporty design and advanced features, the new MG HS is perfect for younger buyers seeking passion, drive and control in their everyday adventures.

The new MG HS is designed to stand out in the competitive mid-size SUV segment, offering a perfect balance of style, performance, and technology. Its five-star Euro NCAP safety rating highlights MG's commitment to safety, with the Level 2 Advanced Driver Assistance Systems (ADAS) providing added convenience and protection. Safety is further enhanced with features such as Intelligent Cruise Control, Automated Emergency Braking, Lane Departure Warning, Lane Keep Assist, Forward Collision Warning, and Blind Spot Information System. The vehicle includes a 360-degree HD camera, front and rear parking sensors, and up to six airbags, ensuring maximum occupant security.



Convenience features such as dual-zone air conditioning, rain-sensing wipers, a wireless phone charger, and seamless Apple CarPlay and Android Auto integration further benefit the driving experience.

Practicality meets elegance in the MG HS, with a power tailgate and a versatile cargo capacity of up to 1,397 litres, making it perfect for family adventures and weekend getaways. The electronic panoramic roof invites natural light into the cabin, creating a spacious and airy feel, while memory functions for the driver's seat and mirrors add a personalised touch. By delivering a winning combination of utility, performance, and affordability, the MG HS offers unparalleled value for young professionals and families.

### Performance

Under the bonnet, the new MG HS offers two powerful and efficient engine options. Drivers can choose between a 1.5T powerplant, delivering 173 hp with a 7-speed dual-clutch transmission, or the 2.0T engine, producing 231 hp with a 9-speed automatic transmission. These engines, coupled with superior handling dynamics and enhanced NVH (Noise, Vibration, and Harshness) levels, make every drive smooth, responsive, and exhilarating. The sporty three-spoke square steering wheel adds a touch of dynamism, ensuring an engaging driving experience that matches the SUV's bold character.

### Bold design and advanced technology features

Visually, the MG HS is a masterpiece of modern design. Its striking 'Hunting Eye' LED headlights and 'The Shard' full-length LED taillights lend it a confident and sophisticated look. Inside, the cabin combines high quality materials with cutting-edge technology. Dual 12.3-inch HD screens provide a fully immersive digital cockpit experience.



## Top 10 apps for making the most of Ramadan

In Ramadan, smartphones can be more than a means of connection — they can become companions in faith, helping with prayer schedules, Qur'an recitation, fasting times, supplications, and spiritual goals.

The right apps can enrich your Ramadan experience, turning everyday tech into tools of mindfulness, planning, and devotion.

Here's a guide to the top 10 apps that many Muslims find especially useful during the holy month.

### 1. Muslim Pro – Quran & Prayer Times

**What it does:** One of the most widely used Islamic lifestyle apps globally, Muslim Pro offers accurate prayer times, Qur'an with translation and audio recitation, Qibla direction, fasting times, and daily supplications. It also includes a Ramadan tracker to organise iftar and suhoor notifications.

**Why it's useful:** It's a comprehensive all-in-one app for daily worship and Ramadan planning — especially helpful if you want reminders, Qur'an recitation tools, and fasting time alerts in one place.

### 2. Athan Times – Prayer, Quran & Duas

**What it does:** Athan Times delivers accurate prayer timings based on location, a Qibla compass, Hijri and Ramadan calendars, Qur'an reading with translations, a digital tasbeeh (dhikr) counter, and a library of essential duas.

**Why it's useful:** Great for those who want a robust combined tool that tracks prayers, fasting times (suhoor/iftar), and devotional content without hopping between multiple apps.

### 3. Quran Companion – Recite and Memorise

**What it does:** Quran Companion focuses on engagement and memorisation. It uses interactive challenges, recitation tools, listening features, and learning aids to help users build a daily Qur'an habit.

**Why it's useful:** Ideal for Ramadan goals related to Qur'an memorisation or improving recitation, especially for learners who benefit from structured, interactive experiences.

### 4. Ramadan Legacy – Personal Ramadan Planner

**What it does:** This app acts as a digital Ramadan coach, helping users set spiritual goals, track worship progress (fasting, prayer, Qur'an reading), and reflect daily on their intentions.

**Why it's useful:** Perfect for those who want a goal-oriented experience — not just timings and alerts but a personal record of spiritual growth and habits.

### 5. Daily Supplications (Dua & Azkar)

**What it does:** A dedicated app for authentic supplications and daily adhkar, often with audio and translation to help users recite morning and evening duas or invoke specific Ramadan prayers.

**Why it's useful:** Keeps your heart anchored in remembrance of God throughout the day — especially helpful between fast breaking and the next prayer.

### 6. IslamicFinder

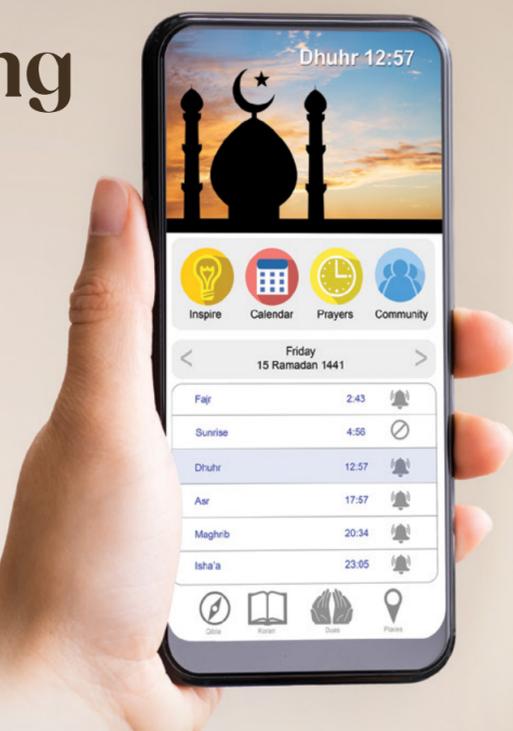
**What it does:** IslamicFinder offers precise prayer times tied to your location, a Qibla direction tool, Hijri calendar with Islamic events, and access to daily duas and articles.

**Why it's useful:** A solid, simple app for prayer schedules and Islamic calendar needs — prioritising accuracy and clarity, which is essential in Ramadan.

### 7. Muslim Directory & Halal Finder

**What it does:** This app helps users locate halal restaurants, mosques, Islamic organisations, and community events — showing nearby options and contact details.

**Why it's useful:** Practical for travel, community engagement, or finding iftar spots and mosque locations during Ramadan.



### 8. Tarteel – AI-Powered Qur'an Recitation

**What it does:** Tarteel uses artificial intelligence to track your recitation and display corresponding verses on screen, helping you improve accuracy and connect more deeply with the Qur'an.

**Why it's useful:** Especially helpful for those striving to recite consistently or learn tajweed — making Qur'an engagement more dynamic.

### 9. Fasting & Health Tracker Apps (General)

While not exclusively Islamic, fasting trackers can help you monitor water intake, meal timing, energy levels, and overall health during Ramadan. These apps are useful for incorporating wellness into your fast.

**Why it's useful:** Ramadan is physical as well as spiritual — tracking hydration and nutrition helps you stay well and fast safely throughout the month.

### 10. Productivity & Reflection Apps (e.g., MyWaqt or Ramadan Tracker)

**What they do:** Tools like MyWaqt help organise your day around prayer times, balancing spiritual commitments with daily tasks. Ramadan Tracker apps let you log fasts, prayers, Qur'an reading, dhikr, and personal goals in calendar-style views.

**Why they're useful:** They help transform intention into action — structuring your day by the rhythm of worship and reflection.



## MAKE EVERY MOMENT COUNT

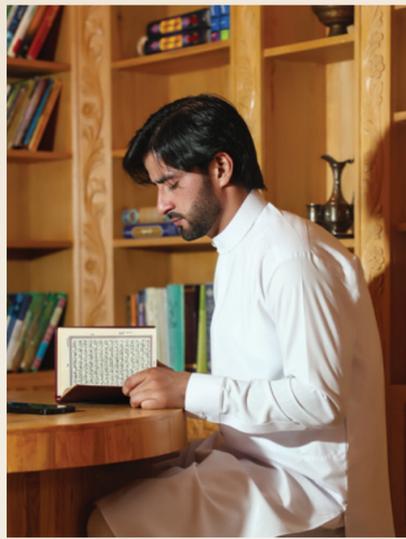
Ramadan is not only a month of fasting; it is a rare opportunity to reorient one's life, prioritise what truly matters, and invest time in actions that nurture both soul and mind.

With longer nights and altered daily routines, time management becomes a spiritual tool that helps believers make the most of this sacred month.

### 1. Plan your day around prayers

Fasting and prayer structure the rhythm of Ramadan. Start by marking the five daily prayers on your schedule. These moments of worship provide natural pauses for reflection and reset the mind throughout the day. Suhoor and iftar, combined with Fajr and Maghrib, can serve as anchors for both spiritual and practical planning.

**Tip:** Set reminders on your phone or use an app like Muslim Pro or Athan Times to stay on track without feeling rushed.



### 2. Allocate time for Qur'an recitation

Ramadan is the month of the Qur'an. Even short, consistent sessions can accumulate into significant progress. Divide recitation into morning, afternoon, and evening blocks, or set small daily goals — such as reading a few pages after each prayer.

**Tip:** Use apps like Quran Companion or Tarteel for guided recitation and tracking progress.

### 3. Balance rest and productivity

Fasting can reduce energy levels, making rest essential. Take short naps or power breaks between work, prayers, and study to maintain energy. Proper rest ensures focus, mindfulness, and patience throughout the day.

**Tip:** Avoid over-scheduling; plan tasks when your energy is naturally higher, such as after suhoor or mid-morning.

### 4. Prioritise acts of worship and reflection

Set aside specific times for dhikr, dua, and personal reflection. The quiet hours before Fajr and after Isha are often ideal for meditation, reading Islamic literature, or journaling intentions and gratitude.

**Tip:** Keep a small notebook or digital diary to track reflections and goals.

### 5. Combine social and spiritual goals

Iftar gatherings, charity work, and family time are essential to Ramadan's communal spirit. Plan these activities so they enrich spiritual growth rather than consume time without purpose. Hosting or attending meaningful gatherings can strengthen bonds and create lasting memories.

**Tip:** Volunteer or donate in small, scheduled blocks to maintain consistency without feeling overwhelmed.



### 6. Limit distractions and screen time

Social media and unnecessary digital use can easily fill free time. Use Ramadan as a month to consciously limit these distractions, dedicating that time to worship, learning, or connecting with family.

**Tip:** Set app timers or use "focus mode" on your devices to stay intentional.

### 7. Reflect daily

Take 10–15 minutes at the end of each day to review how time was spent. Reflect on achievements, missed opportunities, and areas for improvement. This daily assessment strengthens mindfulness and helps cultivate consistency throughout Ramadan.

### 8. Make time for charity

Acts of charity and kindness embody the spirit of Ramadan. Schedule giving, visiting the sick, or feeding the fasting as regular, intentional activities rather than sporadic, last-minute actions.





## Ramadan & Your Health: A Balanced Approach to Fasting By KIMSHEALTH Qatar

Ramadan is a time of spiritual reflection, discipline, and togetherness. While fasting brings deep spiritual rewards, maintaining your health during this holy month is equally important. At KIMSHEALTH, we encourage a balanced approach to help you stay energized and well throughout the day.

### Start Smart with Suhoor

Never skip Suhoor. Choose complex carbohydrates like oats, whole grains, and fruits that release energy slowly. Add protein sources such as eggs, yogurt, or nuts to help you feel full for longer. Drink adequate water and limit caffeine to prevent dehydration.

### Break Your Fast Wisely

At Iftar, begin with dates and water to gently restore blood sugar levels. Avoid overeating or consuming too many fried and sugary foods, as this can cause bloating and fatigue. Instead, choose balanced meals with lean protein, vegetables, and whole grains.

### Hydrate & Move

Aim for 8–10 glasses of water between Iftar and Suhoor, spaced evenly. Soups and water-rich fruits like watermelon can also support hydration. Light activity such as a short walk after Iftar can aid digestion and maintain fitness.

### Manage Health Conditions Carefully

If you have diabetes, hypertension, thyroid disorders, or other chronic conditions, consult your doctor before fasting. Medication timings may need adjustment to ensure safety.

Ramadan is about balance—spiritual, emotional, and physical. With mindful eating, proper hydration, and medical guidance, you can observe a healthy and fulfilling Ramadan while caring for your wellbeing.



Al Wakrah

Al Mashaf

Barwa City



## Healing Hearts Healthy Bodies Blessed Ramadan

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- Psychiatry
- General Surgery
- General Dentistry
- Orthodontics
- Endodontics
- Prosthodontics
- Pediatric Dentistry
- Physiotherapy
- Radiology
- Audiology
- Pathology
- Laboratory
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# Ramadan Kareem

to all our valued readers



# Balancing

# WORK WORSHIP & WELLNESS

Balancing work, worship, and wellness during Ramadan requires mindfulness and intention, turning the month into a season of purposeful living



**R**amadan arrives each year as a sacred invitation to pause, reflect, and reconnect with faith and purpose. Yet, for millions of professionals, parents, and students, the holy month unfolds alongside the demands of modern life.

Work deadlines remain, meetings continue, children attend school, and households require daily care. The challenge is not to escape these responsibilities, but to approach them with a renewed sense of balance and intention.

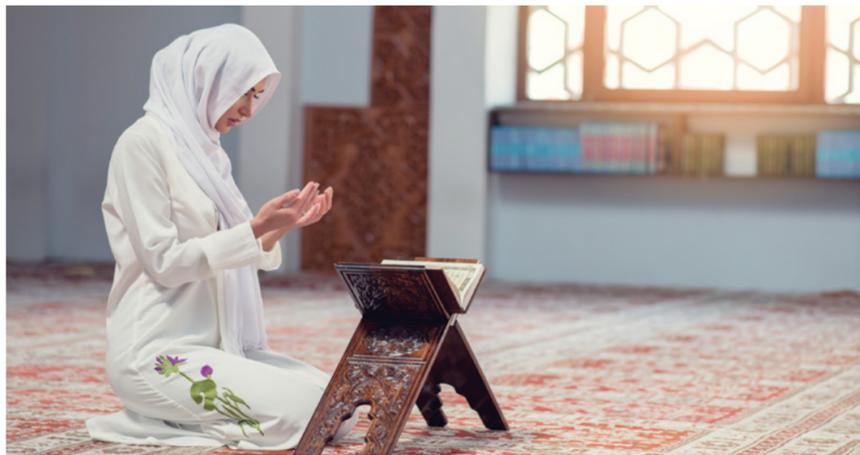
Ramadan offers a rare opportunity to harmonize productivity, spiritual devotion, and personal wellness in a way that enriches every aspect of life.

Balancing work, worship, and wellness during Ramadan requires more than simply adjusting schedules. It calls for a shift in mindset—one that embraces moderation, mindfulness, and conscious prioritization. Rather than viewing the month as a period of exhaustion or limitation, it can be embraced as a season of meaningful living, where each action is performed with greater awareness and purpose.

## Understanding the rhythm

The daily rhythm of Ramadan differs significantly from other times of the year. The pre-dawn meal, suhoor, marks a quiet beginning to the day, often accompanied by prayer and reflection. The hours that follow are defined by fasting, requiring patience and energy conservation. As the day progresses, physical strength may gradually decline, but spiritual awareness often deepens. With sunset comes iftar, a moment of relief, gratitude, and renewal. The night then opens into extended hours of prayer, social connection, and reflection.

Recognizing and respecting this natural rhythm is essential for maintaining balance. Instead of forcing the body and mind to operate according to usual routines, professionals and families can adjust their expectations and structure their days to align with their energy levels. By doing so, they avoid unnecessary strain and create space for both productivity and spiritual fulfillment.



## Integrating worship into daily life

One of Ramadan's greatest gifts is the opportunity to reconnect deeply with worship. However, balancing professional and family responsibilities can make extended hours of prayer or Qur'an recitation seem difficult. The key lies in integration rather than separation.

Prayer naturally divides the day into segments, providing moments of pause and renewal. These pauses offer more than spiritual benefit—they provide mental clarity and emotional calm. Taking time to pray mindfully can reduce stress, improve focus, and restore perspective.

Even small acts of remembrance, such as quiet reflection during a commute, listening to Qur'an recitation, or offering brief prayers of gratitude, help maintain spiritual connection throughout the day. These moments do not require large blocks of time, but their impact can be profound.

For families, shared worship strengthens unity. Reading together, praying together, or simply

possible is essential. Short naps during the day can restore energy and improve mood. Even brief periods of rest can significantly enhance alertness and emotional resilience.

Light physical activity, such as walking after iftar, can further support physical health. Movement improves circulation, aids digestion, and enhances mental clarity, contributing to overall wellness.

## Supporting emotional and mental well-being

Ramadan is not only a physical and spiritual experience—it is also an emotional journey. The changes in routine, combined with fasting and responsibilities, can create moments of fatigue or stress. Recognizing and addressing emotional needs is essential.

Practicing self-compassion is key. Not every day will unfold perfectly, and that is part of the human experience. Ramadan encourages growth, not perfection. Being gentle with oneself fosters resilience and prevents unnecessary stress.

Maintaining meaningful social connections also supports emotional well-being. Sharing iftar with family, visiting friends, or participating in community activities creates a sense of belonging and joy. These interactions remind individuals that Ramadan is a shared journey, not a solitary one.

Moments of quiet reflection, gratitude, and mindfulness further enhance emotional balance. Taking time to appreciate blessings, reflect on personal growth, and express gratitude cultivates inner peace.

## Creating harmony within the family

For families, Ramadan offers a powerful opportunity to strengthen bonds. However, balancing work schedules, school routines, and household responsibilities requires coordination and understanding.

Planning ahead can significantly reduce stress. Preparing meals in advance, organizing schedules, and sharing responsibilities ensure that no single individual carries the entire burden. Involving children in preparations fosters a sense of participation and teaches valuable lessons about responsibility and tradition.

Family rituals, such as breaking the fast together or sharing evening prayers, create lasting memories. These moments provide stability and emotional connection, reinforcing the spiritual essence of the month.

Flexibility and communication are essential. Recognizing each family member's needs and adjusting expectations accordingly fosters harmony and mutual support.

## Aligning professional responsibilities with spiritual goals

Professionals often worry that Ramadan may affect their performance. In reality, the discipline cultivated through fasting can enhance professional effectiveness. Ramadan encourages focus, patience, and intentional action—qualities that benefit both spiritual and professional life.

Approaching work as an act of responsibility and integrity transforms it into a form of worship. Performing tasks with honesty, fairness, and dedication aligns professional duties with spiritual values.

Effective planning, clear prioritization, and open communication with colleagues help maintain productivity while respecting spiritual commitments. Many workplaces also recognize the importance of flexibility during Ramadan, creating opportunities for balanced routines.

## Embracing the deeper meaning of balance

Balance during Ramadan is not about achieving perfection in every area. It is about creating harmony between physical needs, professional responsibilities, and spiritual growth. It is about recognizing limits while striving for meaningful progress.

Ramadan teaches that time itself is a blessing. Each moment offers an opportunity to grow, to reflect, and to connect—with faith, with loved ones, and with oneself. By approaching the month with intention, patience, and mindfulness, professionals and families can transform daily routines into deeply enriching experiences.

## A lasting transformation

The true impact of Ramadan extends far beyond its final day. The habits developed during the month—mindful time management, balanced living, spiritual awareness, and emotional resilience—can continue to shape life long after Ramadan ends.

Professionals may carry forward improved focus and discipline. Families may continue shared rituals and stronger bonds. Individuals may retain a deeper sense of peace, gratitude, and purpose.

Ultimately, balancing work, worship, and wellness during Ramadan is not about managing competing priorities, but about integrating them into a unified, meaningful whole. It is about living each day with intention, honoring both worldly responsibilities and spiritual aspirations.

In this balance lies the true beauty of Ramadan—not as a disruption to life, but as a gentle realignment of it, guiding individuals and families toward greater harmony, fulfillment, and inner peace.



## Reframing productivity with purpose

Productivity during Ramadan is not measured solely by output, but by intention and efficiency. Fasting encourages mindfulness, which can enhance focus and reduce distractions. Many professionals find that early morning hours, after suhoor and Fajr prayer, offer exceptional clarity and calm. This period can be ideal for tackling complex tasks, strategic thinking, or creative work.

As the day progresses, it becomes important to manage energy wisely. Scheduling routine or less demanding tasks during lower-energy periods helps maintain steady progress without overwhelming the body. Frequent short breaks allow the mind to reset, preventing fatigue and maintaining mental sharpness.

Equally important is the willingness to accept a slower pace. Ramadan teaches patience and moderation. Attempting to maintain the same level of intensity as other months may lead to burnout. Instead, focusing on meaningful accomplishments rather than sheer volume creates a more sustainable and fulfilling experience.

breaking the fast together transforms daily routines into meaningful spiritual experiences.

## Preserving physical wellness and energy

Physical wellness is essential for sustaining both productivity and worship during Ramadan. Fasting places unique demands on the body, making proper nutrition, hydration, and rest critical.

Suhoor should provide slow-releasing energy through whole grains, protein, fruits, and healthy fats. These foods help stabilize blood sugar and maintain stamina throughout the day. Hydration is equally important. Drinking sufficient water between iftar and suhoor supports cognitive function, physical endurance, and overall well-being.

Iftar should begin gently, traditionally with dates and water, allowing the body to transition gradually. Balanced meals that include vegetables, lean protein, and moderate carbohydrates provide nourishment without causing heaviness or fatigue.

Sleep management plays a vital role in maintaining balance. While Ramadan often involves late nights and early mornings, prioritizing rest whenever



## Waldorf Astoria Doha Lusail Unveils a Serene Ramadan Setting for Layali Lusail



In celebration of the Holy Month, Waldorf Astoria Doha Lusail introduces Layali Lusail, welcoming guests to Ramadan evenings designed for moments of togetherness and shared moments.

Set within the hotel's Lusail Ballroom and seamlessly connected to the garden, the refined Ramadan tent offers an easy, welcoming atmosphere. Covered yet open, the space allows the evening to unfold naturally, from the quiet start of Iftar to the late conversations of Suhoor.

The experience centres around food that feels comforting and familiar. A generous buffet bringing together traditional Arabic dishes alongside international favourites, offering something for every taste. Live cooking stations bring warmth and energy to the space, featuring culinary flavours from SUSHISAMBA, Scarpetta, Bywater, Wyld Erth, Praia, and Peacock Alley. Guests can enjoy freshly prepared grills, an array of sushi, and a generous selection of Mediterranean mezze.



As the night goes on, Layali Lusail takes on the gentle rhythm of Ramadan. The sound of an oud, subtle percussion and the presence of henna artists add character without overwhelming the moment. Families are especially at ease here, with children welcomed through simple, joyful activities like face painting and various other activities in the Kids Club, allowing parents to relax and enjoy the evening.

For those who prefer to host Ramadan gatherings, the experience extends beyond Layali Lusail with outside catering available for Iftar, Suhoor and Ghabgha, to be enjoyed in more personal settings. Offered in buffet style, with the option of live stations, the menus are designed for sharing, bringing the same sense of ease and togetherness to celebrations at home or beyond.

The Ramadan experience continues across the hotel. Peacock Alley presents a special Ramadan sweet selection, including two cakes created exclusively for the season, available from sunset until 2am. During the Holy Month, the classic afternoon tea is replaced with a refreshed sharing concept, offering small sharing bites that blend Western and Arabic flavours, ideal for pre-Suhoor moments. Scarpetta and Bywater also remain open throughout Ramadan, welcoming both in-house and outside guests.



At Waldorf Astoria Doha Lusail, Ramadan comes alive in every moment, from sharing heartfelt meals to enjoying intimate gatherings that celebrate warmth, hospitality, and connection.

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# Qatar Oasis

## Ramadan, Community, and the Everyday Acts That Bring People Together



**R**amadan is a time when everyday moments take on deeper meaning. Across Qatar, the holy month is marked not only by fasting and prayer, but by a collective spirit of generosity, togetherness, and shared responsibility. While families gather at iftar tables and communities come together in mosques and neighbourhood spaces, it's the small acts of care that strengthen social bonds and endure long after the month has passed.

In this context, community support during Ramadan is not about grand gestures alone. It is often found in the quiet, consistent presence of organisations that understand the importance of being part of people's daily lives, supporting health, wellbeing, and connection at moments that matter most.

For Qatar Oasis, Ramadan represents both a moment of reflection and a continuation of a year-round commitment to community engagement across the country. Through sustained involvement in educational, cultural, sporting, and wellness initiatives, the brand has positioned itself not only as a provider of drinking water but also as a reliable partner in the rhythms of everyday life in Qatar.

### Ramadan as a Continuation of Community Commitment

While Ramadan naturally heightens the focus on giving and solidarity, Qatar Oasis's approach to community engagement extends well beyond a single month. Over the past year, the brand has supported a wide range of initiatives that reflect the diversity and vibrancy of Qatar's social fabric, working with schools, sports organisations, cultural associations, and community groups across the country.

During Ramadan, this commitment becomes evident through support for community iftars and gatherings, where hydration plays a practical yet essential role. Providing water at these moments is not merely a logistical contribution; it is part of ensuring comfort, care, and wellbeing during long fasting hours, particularly in communal settings where people of all ages come together.

By supporting iftar initiatives organised by cultural and social groups, Qatar Oasis helps enable shared experiences that reinforce the values of compassion and inclusion that define the holy month.



### Supporting Health, Wellness, and Active Lifestyles

Beyond Ramadan-specific activities, Qatar Oasis has maintained a strong presence in initiatives that promote health and wellbeing, an area closely aligned with both Islamic values and Qatar's broader emphasis on active, balanced living.

Throughout the year, the brand has supported community sports events, school tournaments, wellness programmes, and public gatherings that encourage physical activity and social participation. From basketball and volleyball tournaments to running events and school sports days, these initiatives bring together families, students, and community members in environments that celebrate teamwork, discipline, and shared achievement.

Hydration is fundamental to these activities, and Qatar Oasis's role as a consistent hydration partner reinforces its connection to everyday wellness. By ensuring access to safe, balanced drinking water at such events, the brand contributes quietly but meaningfully to experiences that support healthy lifestyles across generations.



### Education, Youth, and the Future

Education has also been a key pillar of Qatar Oasis's community engagement. The brand's support for school-led initiatives, academic events, and youth-focused programmes reflects an understanding that long-term community wellbeing begins with investment in younger generations.

From academic competitions and Model United Nations conferences to school celebrations and sports days, these initiatives create opportunities for learning, confidence-building, and social development. Qatar Oasis's involvement in such events underscores its commitment to nurturing environments where young people can thrive, both during Ramadan and throughout the year.

These efforts resonate strongly during the holy month, when values such as responsibility, patience, and self-improvement are emphasised, reinforcing the connection between education, character development, and community wellbeing.

### A Brand Built on Balance and Trust

At the heart of Qatar Oasis's approach is a philosophy centred on balance, both in its products and in its role within the community. As one of Qatar's leading bottled water brands, Qatar Oasis has built its reputation on delivering balanced drinking water that meets the needs of households, workplaces, and public spaces across the country.

Its product range, which includes multiple bottle sizes alongside specialised offerings such as sodium-free and alkaline water, reflects an understanding of varied lifestyles and preferences. This versatility allows the brand to support everything from family iftars and school events to large-scale community gatherings and corporate environments.

Importantly, this product diversity is integrated naturally into community settings, without overt promotion. Whether placed on iftar tables, at sports venues, or in educational institutions, Qatar Oasis products are ever-present, supporting moments of connection within the community.

### Quality, Reliability, and Responsibility

Trust plays a central role during Ramadan, when families and communities are particularly mindful of quality, safety, and reliability in the products they bring into their homes and shared spaces. For Qatar Oasis, this trust is built on advanced production capabilities, rigorous quality controls, and a deep commitment to responsibility at every stage of the process.

At the core of the brand's operations are its state-of-the-art production facilities, designed to meet international standards for food safety, hygiene, and operational efficiency. The facilities are equipped with automated and precisely controlled bottling lines, ensuring consistency across every product while minimising human intervention and potential contamination. This high level of automation is complemented by a fully equipped, in-house laboratory that conducts continuous testing throughout the production cycle.

From sourcing to packaging, each stage is monitored in line with strict local and international regulatory

requirements. Advanced ozone sterilisation processes maintain water purity and freshness. At the same time, robust packaging solutions, particularly our large-capacity polycarbonate bottles, are tested to withstand pressure and temperature variations, ensuring safety during transport, storage, and use.

These systems are reinforced by Qatar Oasis's adherence to globally recognised certifications covering food safety, quality management, environmental responsibility, and occupational health and safety. Together, they reflect a holistic approach to quality.

Such reliability becomes especially important during Ramadan, when gatherings are frequent, and expectations are high. The presence of a trusted local brand contributes to peace of mind, allowing communities to focus on what matters most – togetherness, reflection, and generosity.

### Ramadan Values, Year-Round Impact

While Ramadan provides a natural moment to highlight community initiatives, Qatar Oasis's impact is shaped by continuity rather than seasonality. The brand's ongoing involvement across cultural celebrations, health initiatives, educational programmes, and social gatherings reflects a long-

term vision rooted in responsibility and care.

This approach aligns closely with the spirit of Ramadan itself, which encourages acts of kindness not as temporary gestures, but as habits to be carried forward into everyday life. By embedding community support into its core operations, Qatar Oasis demonstrates how brands can play a constructive role in society – quietly, consistently, and with purpose.

As Qatar continues to grow and evolve, the importance of strong, connected communities remains constant. Ramadan serves as a reminder of shared values and collective responsibility, but the work of building inclusive, healthy communities extends far beyond the holy month.

Through its sustained engagement across Qatar's social landscape, Qatar Oasis continues to support moments that bring people together, whether at iftar tables, on sports fields, in classrooms, or across neighbourhoods. In doing so, it reinforces the idea that meaningful impact is often found in everyday acts, delivered with care, balance, and reliability.

During Ramadan and throughout the year, these contributions help nurture a sense of belonging that strengthens communities and enriches daily life across Qatar.



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