

QT

Indian Experience



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"The reason I exercise is for the quality of life I enjoy."
— Kenneth H. Cooper

SOME of the biggest resolutions of life, they say, sit prettier on special occasions. And why not? There's an aura that these special days or occasions carry with them binding us into solemn actions – with the hard resolve to make it come what may. The challenges can come. Rather, they will. But a resolute being presses on. And on. On a path that may test the will and resolve but would for sure churn out the results.

February 14 presented – to locals and expatriates – one such big occasion. Qatar is one rare example where a country has marked a special day dedicated to sports – Qatar National Sport Day. The first National Sport Day was observed in the year 2012. The day's basic objective is to promote sports and educate the local population on ways to reduce health risks associated with sedate lifestyle, such as coronary heart disease and diabetes and so on.

For a sports-loving country that has hosted one of the most successful World Cups in FIFA history, the following year's National Sport Day carried a special significance. No wonder the expatriates, very much like the locals, are far greater aware of what sports and a physically active lifestyle can do to boost our health. **Qatar Tribune** interacted with some Indian expatriates to find out what resolutions they have chalked out to mark this year's National Sport Day. Here's what they told us:

Shafqat Nabi, Brand and Fashion Management Professional

For me, being healthy should be our lifestyle choice and should come in a complete package – right from eating (and on-time!) healthy and balanced food to surrounding myself with positive people to being involved in activities that make us feel good. Six and a half hours of daily sleep and some outdoor activities (at least brisk walking, preferably in early morning sun) at least five days a week are a must. I try to include yoga in my daily routine even if it's for a short time.



Power-naps are a bliss too.

With this kind of lifestyle, we do not have to try harder or be a tad too calorie-conscious. And the best part is, even if I cheat myself at times, it doesn't hurt much. I end up having the best of both worlds!

Aftab A. Siddique, BSF-Q

National Sports Day is an occasion to encourage Qatari citizens and expatriates to include exercise in their daily regimen with a view to moving towards a healthier lifestyle. Exercise is defined as physical activity that you do to make your body strong and healthy. May we all get inspired to exercise daily so that we may be able to live a healthier life.

The main objective of Qatar Na-

tional Sport Day is to promote sports and physical activities and enhance people's awareness of their benefits. It's incumbent upon us to educate and encourage all to lead a healthy lifestyle so as to reduce health risks associated with leisure and in-activeness.

Taking a lead, BSF-Q organised its event to promote National Sport Day with 100 participants from the Bihari expatriate community in Qatar. The activities included soccer, running race for women and events especially tailored for children.

To mark the National Sport Day, BSF members resolved to focus on sports and physical activities which go a long way in helping us to maintain a healthy lifestyle.

What's more, the participants really enjoyed the activities and by the end of the day, they were more determined to promote sports as part of their daily routine.

Irfan Ansari, Founder, Bihar Social Forum

Qatar National Sport Day is an



occasion to celebrate the spirit of sports in a myriad of ways. It was to honour this sentiment that around 100 members of Bihar Social Forum-Qatar took the initiative of reaching the Rayyan Park early morning with their families and children.

The gathering enjoyed the day with a slew of sporting events arranged at the venue.

As for our resolutions to mark the Sport Day, we have decided to encourage one and all to engage in sports in daily life so as to become fitter and add more charm to life.

Jawed Ahmed, Founder, AMUAAQ

Here's my wish list/health resolutions on National Sport Day:



good sleep instead of 3-4 hours and stretch it to 6-8 hours

- Limit my intake of unhealthy food and eat healthy meals; mean and slim dinner; focus more on fruits and liquids

- Do swimming regularly, at least 1 to 2 km on alternate days; keep doing cycling or walking as well 1-2 km on alternate days

Jishan from Mannai

Qatar National Sport Day presents us an opportunity to prioritize our health, have fun with family and friends, and participate in a variety of activities. We support Qatar Sport Day as this is an occasion that encourages us to embrace an active lifestyle.

Parwez Ali Saifi, BSF

The first National Sport Day was held in 2012 and was designated for sporting endeavors by the citizens of Qatar. The day's main purpose is to promote sports and educate the people on the ways to reduce health risks associated with an inactive lifestyle, such as coronary heart disease and diabetes. BSF Qatar organised sports events at Al Rayan Park, where more than 100 people participated in a variety of games.



BSF founder Irfan Ansari and president S a t y - endra Pathak welcomed the gathering and distributed certificates to the winners. It was a day of true inspiration with regard to our resolve for active lifestyle and sound health.

'Qatar inspires everyone to think big, use creative skills to attain success'

Rahul Gupta, who has taught in Qatar schools for several years, says physical activity, as in dance, not only promotes chemical balance but also deepens the mind-body connection

RAHUL Gupta, a former dance teacher at a school in Qatar, has one big regret in life: That he missed out on watching the 2022 FIFA World Cup 2022 in Qatar. He goes even as far to admit that he felt "jealous" of his Qatar-based friends and acquaintances who were able to watch from the close quarters the biggest sporting spectacle of the world.

Qatar, says Gupta, is a global trendsetter country that puts its energies on out-of-the-box ideas, inspiring everyone to think big and use their creative forte to its optimum. "I just love Qatar," he says, while pointing out to one such out-of-the-box way of combating the COVID-19 gloom – the classical dance instructor and his pupils took to dance to beat the pandemic blues.

"I wish to share my views on how important physical activity is – as clearly evidenced during the previous periods of lockdowns. As the pandemic pressed on, people found innovative ways to come together. One of them was classical dance," says the former dance teacher of a Qatar school.

"Dance transcends all barriers and boundaries. In this kala [art], there is no race, religion, age, or colour. It's just about the joy of rhythm. A joy you experience when you celebrate the diversities. There is this power in dance to bring people together in one voice. Classical dance has always been used in various ways, be it prayers, or celebrations," notes Gupta, who is currently based in Dubai, and still gets requests in plenty for dance coaching in Qatar.

"It is amazing what the virtual



world has done to us globally in making the world such a smaller place. I feel that my bit, my contribution to this has been in encouraging people to dance their blues away."



Gupta, who has taught in Qatar for several years, says that students who enrolled in his Bharatanatyam dance classes, did so for a variety of reasons. "Some wanted to make a career in dance, others wanted to



tone up their bodies, while some wanted to get rid of their inhibitions of dancing at public shows and just have fun. However, one quest binds every student, which is that dance frees the mind and soul," he explains.

"Physical activity, as in dance, not only promotes chemical balance but also deepens the mind-body connection," he explains.

Talking about the online-offline challenges of yore, he admits, "In the beginning, teaching on an online platform seemed quite strange to me. However, I challenged myself to be in tune with the new system immediately. But then gradually it turned perfect and I was able to interact with students without any interruptions. It had become just like the regular classes."

A professional dancer and dance trainer who's been teaching Bharatanatyam and different types of Western and Indian dance forms to children, adults and those with

disabilities over the past 15 years or so, he rues there's still a maze of confusion about the various dance forms among the uninitiated. "And especially so in the Gulf countries, but the students and their parents who approach us now are much more aware about these aspects, for example, the difference between the various classical dance forms."

As for the response from the parents, he says it's been inspiring and positive. The online classes have a few advantages as they provide an opportunity to parents to get involved in classes and ascertain how the teacher is interacting with students, he says, adding, "it's refreshing for parents who are also passionate about classical dance". Bharat Gupta, the son of Rahul Gupta, concurs with the views of his father. "During the lockdown times, the one thing that kept me occupied and happy was my Bharatanatyam," he points out.