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Wednesday, November 11th 2026

# Qatar Radio feature highlights Dr. Mervat's call for positivity




Published on August 18, 2025

Document Date: Wed, Nov 11 2026 01:42:19 am

Category: ,English,Qatar - ,Snippets

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Doha, Qatar – Qatar Radio's popular program Doha Greets You recently hosted Dr. Mervat Ibrahim, Peace Ambassador for Qatar, author, and CEO of Ready Future Educational & Technological Consultancy, for a special episode dedicated to the power of positive thinking.

In a bilingual session delivered in both Arabic and English, Dr. Mervat blended scientific insights with practical applications, explaining how positive thinking stimulates key hormones such as serotonin and dopamine, which enhance mental health and overall well-being. The program, presented by Laila Ibrahim and directed by Jaber Saleh, featured lectures and interactive workshops designed for persons with disabilities and their families.

Dr. Mervat expressed her gratitude to Qatar's leadership, noting that their vision and support inspire her work in community empowerment and advocacy. She highlighted her initiative Your Voice is Power, which seeks to strengthen community engagement and ensure that persons with disabilities contribute actively to sustainable development.

In her capacity as Chairperson of the Board of Trustees at Fatima bint Al-Waleed Preparatory School for Girls, she also shared her efforts in promoting positive thinking among students. Initiatives such as anti-bullying programs, workshops on kindness, and joint awareness activities with parents have helped create a strong bond between home and school while fostering an

atmosphere of respect and cooperation.

The episode combined scientific perspectives with real-life examples, encouraging listeners to view positivity as a lifestyle rather than a slogan. Concluding her remarks, Dr. Mervat stressed that positive thinking is not a luxury but a vital tool for building inner resilience and social peace. She affirmed that Qatar continues to serve as a global model in nurturing human potential and honoring contributions to society.

Dr. Mervat Ibrahim also thanked the Qatar Media Corporation for providing this valuable platform through its program Doha Greets You, emphasizing its important role in promoting awareness, positivity, and social responsibility across the community.