

# Aspetar, Minister of Endowments (Awqaf) and Islamic Affairs to Hold Hajj Health Seminar for Qatari Pilgrims

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Doha, Qatar: 14 May 2026 — Aspetar, Orthopaedic and Sports Medicine Hospital, in cooperation with Minister of Endowments (Awqaf) and Islamic Affairs, represented by the Hajj and Umrah Affairs Department, will organise a health awareness seminar for Qatari pilgrims this year under the title “Your Health Completes Your Journey.” The initiative aims to equip pilgrims with reliable medical guidance that supports them in performing the Hajj rituals in safe and healthy conditions.

The virtual seminar will take place on Sunday, 17 May 2026, at 6:30 p.m., and will be open to all officially registered pilgrims in Qatar through a Microsoft Teams link. At the end of the session, participants will have the opportunity to engage with Aspetar experts and raise questions, allowing the benefit of the seminar to extend into practical, real-world guidance for pilgrims.

Khalid Abdulrahman Al Naama, Director of Marketing and Communication at Aspetar, said “the seminar reflects the hospital’s

scientific and community mission and its commitment to serving local community through evidence-based medical awareness. He noted that Hajj requires both physical and mental preparation, given the crowding and varying temperatures pilgrims may face, adding that Aspetar seeks to present its expertise in a simple and accessible way that helps pilgrims remain healthy and perform their duty with confidence”.

The seminar will highlight key health topics relevant to the Hajj journey, including physical preparation, proper nutrition, fatigue management, foot health, sleep quality, and psychological balance. It will also address common field challenges such as heat stress, crowding, and sleep deprivation, while offering practical advice on choosing suitable footwear, maintaining hydration, organising time, and preventing food-related health issues.

The scientific programme has been designed to meet the needs of pilgrims and will begin with guidance on preparing the body and supporting movement during the rituals, with particular emphasis on preventing foot injuries caused by extensive walking. It will also cover ways to maintain calm in crowded settings, improve sleep routines, and adopt nutritional habits to reduce the risks of dehydration and digestive problems.

This initiative reflects Aspetar’s continued approach of launching evidence-based awareness programmes that translate medical knowledge into practical public benefit, support the health of the Qatari community, and enhance quality of life during major religious and seasonal occasions.

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