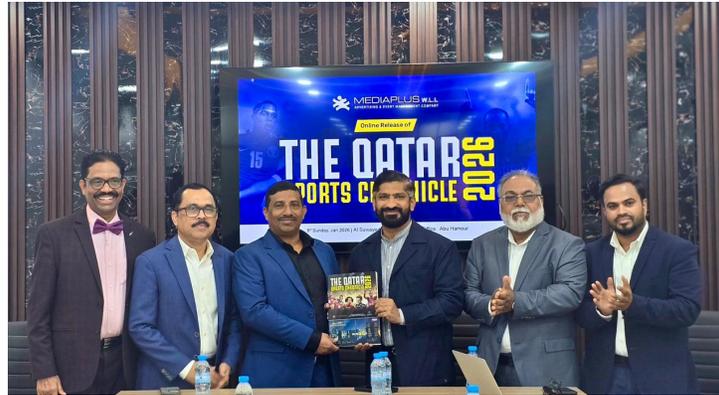


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## SHARAF P. HAMEED RELEASES “QATAR SPORTS CHRONICLE



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Doha: In a fitting tribute to Qatar’s vibrant sporting culture, Sharaf P. Hameed, President of the Qatar Indian Football Forum, and the CEO of City Exchange formally released Qatar Sports Chronicle, a special publication brought out by MediaPlus, Qatar’s leading advertising and event

management company, in connection with Qatar Sports Day.

The release ceremony was held in the City Exchange Main Branch amidst the presence of prominent community figures, sports enthusiasts, and media representatives. Mr. Sharaf P.

Hameed officially released the publication by handing over the first copy to renowned community leader P. N. Baburajn, marking the significance of community participation in promoting sports and healthy living.

Speaking on the occasion, Sharaf P. Hameed highlighted the pivotal role sports play in uniting people across cultures and nationalities in Qatar. He appreciated MediaPlus for bringing out a well-curated publication that chronicles Qatar's remarkable sporting journey, its world-class infrastructure, grassroots initiatives, and the nation's unwavering commitment to health, fitness, and excellence in sports.

"Qatar Sports Day is not just a celebration, but a powerful reminder of the importance of an active lifestyle. Qatar Sports Chronicle captures this spirit beautifully, showcasing how sports have become an integral part of the nation's social fabric," he noted.

Receiving the first copy, P. N. Baburajn congratulated MediaPlus for the timely and meaningful initiative. He stated that the publication serves as a valuable document reflecting Qatar's visionary leadership in sports and its inclusive approach that encourages participation from all

sections of society.

The event was graced by Jose Philip, CEO Ceptotec, Muhammed Al Fahad, MD of Spring International, Shanib Shamsudheen of City Exchange, Haroon Rashid Qureishy, chief editor of Rabhar International, Wellness influencer Adil, Saif Al Hashmi of Ahmed Al Magribi perfumes, along with social media influencers Subash, Ratheesh and Banu Wafi.

Published by MediaPlus, Qatar Sports Chronicle offers an in-depth look at Qatar's sporting milestones, major achievements, community-driven sports initiatives, and the nation's preparations that have positioned it as a global sports hub. The publication also underscores the objectives of Qatar Sports Day, inspiring residents to embrace fitness and well-being as a way of life.

The event reaffirmed MediaPlus's commitment to producing impactful publications that resonate with the community while aligning with national events and values. The release of Qatar Sports Chronicle stands as a celebration of sports, unity, and the shared vision of a healthier, more active society in Qatar.

The online edition and PDF versions of the publication was launched at a separate function held at Al Suwayed group, where KBF president Shaheen Muhammed Shafi, Dr.V.V.Hamza, MD of Al Suwaed group along with Ashraf Chirakkal and Muhammed Noushad Aboo launched the

publication. MediaPlus CEO Dr. Amanulla Vadakkangara welcomed the gathering and Faisal Razak, director of Al Suwayed group proposed a vote of thanks.

Prominent community leaders and professionals came together to underline the vital role of sports and physical fitness in building a healthy and progressive society, during the renews ceremony. The speakers emphasized that sports are not merely competitive activities, but powerful tools for physical well-being, mental strength, social bonding, and nation-building.

Addressing the gathering, Shaheen Muhammed Shafi, President of the Kerala Business Forum (KBF), stressed that an active lifestyle is essential for maintaining balance in today's fast-paced world. He noted that sports instill discipline, teamwork, leadership qualities, and resilience—values that are equally important in professional and personal life. He called upon the community to make fitness a daily habit rather than a once-a-year observance.

Dr. V. V. Hamza, Managing Director of Al Suwayed Group, highlighted the close connection between health, productivity, and national development. He pointed out that organizations and business leaders have a social responsibility to encourage healthy practices among employees and the wider community. Dr. Hamza appreciated Qatar's visionary leadership for institutionalizing Qatar Sports Day, which has become a model for promoting wellness at a national level.

Renowned ENTREPRENEUR AND SOCIO cultural leader Ashraf Chirakkal spoke about the role of

sports in nurturing social harmony and positive youth engagement. He observed that sports create a common platform that transcends nationality, language, and cultural differences, thereby strengthening community cohesion and mutual respect.

Echoing similar sentiments, Muhammed Noushad Aboo emphasized that regular physical activity is one of the most effective ways to prevent lifestyle-related diseases. He urged families to encourage children and youth to actively participate in sports, stating that a healthy generation is the foundation of a strong and sustainable society.

The speakers collectively applauded Qatar's continuous investments in world-class sports infrastructure and community-level initiatives, which have made sports accessible to people of all ages and backgrounds. They noted that Qatar Sports Day serves as a powerful reminder to prioritize health, fitness, and well-being as lifelong commitments.

The event concluded with a unified call for greater community participation in sports and fitness activities, reinforcing the message

Highlighting the growing need for health awareness in today's fast-paced lifestyle, Anvar Husain, Chief Executive Officer of Radio Malayalam 98.6 FM, and JK Menon, Chairman of ABN Corporation also called upon the community to adopt regular physical activity as an essential part of daily life.

They were speaking after receiving the Qatar Sports Chronicle. Anvar Husain stressed that

physical fitness is no longer a matter of choice but a necessity for maintaining both physical and mental health. He noted that lifestyle-related ailments are on the rise, largely due to lack of exercise and sedentary habits. Emphasising the influential role of media, he stated that platforms like Radio Malayalam carry a responsibility to spread awareness and motivate people to embrace healthy practices through consistent messaging and community engagement.

After receiving the copy JK Menon , the Chairman of ABN Corporation highlighted the importance of integrating physical activity into everyday routines. He pointed out that even simple activities such as walking, cycling, or participating in recreational sports can significantly improve overall health and quality of life. He also underscored the role of corporate organisations in encouraging wellness initiatives among employees and supporting community-driven sports and fitness programmes.

Both leaders appreciated Qatar's visionary initiative in observing Qatar Sports Day, describing it as a unique national movement that inspires residents of all ages to prioritise health and fitness. They noted that Qatar's continued investments in sports infrastructure and public fitness facilities have made it easier for people to lead active and healthier lives.

The speakers collectively urged families, youth, and professionals to look beyond occasional exercise and make physical activity a lifelong commitment. They reiterated that a healthy society

is built on the foundation of active individuals and that sustained community participation is key to achieving long-term well-being.

The programme concluded with a strong message that regular physical activity is one of the most effective ways to prevent lifestyle diseases, enhance mental well-being, and build a happier, more productive society.

Pic. Sharaf P Hameed releasing The Qatar Sports Chronicle by handing over a copy to ICC advisory board chairman PN. Baburajan,

2. KBF president along with Dr. VV. Hamza, Ashraf Cherakkal and Muhammed Noushad Aboo at the online launch  
3. Dr. Amanulla also presenting a copy of the publication to ABN corporation chairman JK. Menon

4. Dr. Amanulla also presenting a copy of the publication to Radio Malayalam CEO Anvar Hussain