

GIARDINO GARDENS



AN EXCLUSIVE SELECTION OF LUXURY VILLAS AT THE PEARL ISLAND

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A development by UDC

Anyone can join the one hour session that begins at 7:30pm every day except Fridays, says the instructor Jaison James, whose motive was to get people active before it is too late for them. Jaison believes that exercise not just helps an individual's immune system but also takes care of their mental health and so encourages all his friends and acquaintances to make use of this programme as working out with a group also has its own advantages.



Instructor Jaison James during the training session at the Airport Park.



Fitness for all: Expat trainer provides free sessions

ANISHA BIJUKUMAR
THE PENINSULA

As a step towards getting Qatar residents active, an expatriate fitness trainer started free fitness training sessions every day for anyone who is interested at the Airport Park.

Anyone can join the one hour session that begins at 7:30pm every day except Fridays, says the instructor Jaison James, whose motive was to get people active before it is too late for them. "There is an increasing incidence of heart attack and other lifestyle

diseases among young people, and this is due to the sedentary life that one leads. Simple movement and staying active can reduce health risk," said Jaison.

A professional personal trainer to many in and around Doha, Jaison started it all in December through a post in one of the community social media pages. "Initially the plan was to have a month of free workout sessions. Even though around 200 registered, the initial sessions had about 45 to 50 people on regular basis. And then through word of mouth, many more

joined. Seeing the response, I decided to continue it beyond the initial plan of one month," the instructor, who holds an international certification in fitness, said.

Due to the COVID-19 precautionary restrictions, the exercise sessions were discontinued and restarted in February when the rules were eased. Since then, 25 to 30 men and children meet up at the park daily for training. "We welcome men, women, and children for the sessions, but many women are not comfortable doing exercise in the open so very few come. Most of the

participants are men, who sometimes get their children who are above 10-years-old, as well," said Jaison adding that interested individuals need to carry an exercise mat and a bottle of warm water.

Jaison even arranges lectures by physicians and doctors on diet and exercise. "Doctors from Naseem Al Rabeeh, Dr Anas Salih, General Physician, and Dr Bigesh Unnikrishnan Nair, Cardiologist, have been of great help. They have conducted free seminars and talks on diet and on workout guidelines for those who have

recovered from COVID-19," said Jaison.

Jaison believes that exercise not just helps an individual's immune system but also takes care of their mental health and so encourages all his friends and acquaintances to make use of this programme as working out with a group also has its own advantages.

Jaison can be contacted on 74498449 or can be seen working out with his group at the Airport Park between 7:30pm and 8:30pm. "End your day on a high note with us," says the instructor!

Moldova envoy visits Mahaseel Festival at Katara



Ambassador of Moldova H E Victor Tvircur interacting with an exhibitor during his visit to the Mahaseel Festival at Katara's southern area.



People flock during the Sixth Mahaseel Festival which has been running on its fourth day today in Katara. The festival offers finest crops and fresh Qatari agricultural products produced by local companies and the yields of national farms are presented in addition to sheep meat, poultry, birds, nurseries, dates, honey, flowers and ornamental plants for home gardens. Thirty-nine companies are participating this year. Also there are six food stalls selling pastries, crepes, tea, and juices. The festival will run until Saturday. However, the Mahaseel Souq will continue until May 15 from Thursday to Saturday. It is open from 9am to 9pm.

PICS: SALIM MATRAMKOT/THE PENINSULA



MLAT systems

Busy air traffic requires constantly operating and accurate technological solutions. Planes should enter and leave airports at coordinated times and distances between each takeoff and landing. While the radar technology has been a staple of the sector for decades, today's world requires more efficient and reliable services.

This is where the multilateration technology (MLAT) comes in. According to the International Civil Aviation Organisation (ICAO), the MLAT system improves air traffic management in various sectors, whether it be traffic control or the enhancement of the surface movement awareness. First developed for detection in military use, it is now largely employed around the airports worldwide.

Much more powerful than radars, MLAT spots aircrafts through the use of transponders. These, in turn, communicate information about the exact location of the aircraft to the ground stations. Interestingly, these transponders have been developed as an auxiliary for the modern airports, since the military makes use of MLAT for stealth purposes.

This is where the very precise technology, airports are now able to guarantee access to more visitors over the year and have "busier" air spaces. Qatar, for one, is going to welcome the FIFA World Cup at the end of 2022. This means that the air traffic will be largely increased with all of the coming visitors. It is therefore crucial to keep the skies safe and avoid any potential airplane collisions. This is something the radars cannot guarantee.

While still being very commonly employed in the aviation field, to monitor weather and ensure communication, radars are rather obsolete in comparison to the multilateral technology. The latter are much more responsive and reliable, which could prove paramount in a critical situation. Absolute safety must be maintained at all times. The MLAT that transfers positional information of an airplane within a single second, compared to the radar's bigger delay of about four times the



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multilateral. And while it may seem like a minor difference, the outcomes of a longer reception time could be absolutely drastic.

It is no surprise that Hamad International Airport, currently one of the world's best, has employed the MLAT system. Bayanat Engineering, responsible for equipping the air hub, has been the technology's provider. On their website, bayanatengineering.qa, you will be able to learn more about MLAT and other aviation, military, as well as oil and gas solutions.

