

PEPTGS elects workers' representatives

Pigeon Engineering Projects, Trading and General Services (PEPTGS) recently elected workers' representatives. Fourteen workers were elected based on voting process. Total of 591 among 603 workers turn casted their votes.

Election committee, including Workers Welfare Officer, Chief-HR, Accommodation Manager and HSSE Representative counted the casted votes in presence of Supreme Committee for Delivery and Legacy (SC) and International Labor Organization (ILO) representatives.

Tikaram Magar, Rafiqul Islam Mohammed Dhanwant Nishad, Upendra Dhungana, Sahinur Rahaman and Kamal Kishor Saini won the elections. Past Workers' Representatives were felicitated with a certificate of appreciation. A raffle draw was also a part of the event. The event also included cultural performances.

The event was hosted by Raj Bhattarai, Workers' Welfare Officer (WFO) of Pigeon Engineering. 21 staff members of Pigeon volunteered at the event. - **Text and photos by Usha Wagle Gautam**



ICAI - Doha Chapter marks International Women's Day

Institute of Chartered Accountants of India (ICAI) - Doha Chapter recently organised a workshop 'Combating Stress and Relaxation Techniques' at Oryx Rotana as part of International Women's Day celebrations. The event was attended by over 150 members and guests. Gulnaaz Dashti, renowned yoga practitioner who practices Iyengar Yoga, form of yoga which was developed out of ancient techniques and made famous by Yogacharya B K S Iyengar of Ramamani Iyengar Memorial Yoga Institute Pune India, was the key-note speaker on the occasion. Gulnaaz was accompanied with a team of specialist instructors from countries, including Hungary, Brazil, Japan, India, Iran and Egypt. Speaking on the occasion, Gulnaaz said, "Woman has the power to withstand physical strains and mental pressures to a far greater extent than man and this is not due to physical strength or power of endurance,

but is nature's gift to her". She also demonstrated simple stress combating yoga techniques which could be done at home or office using an ordinary table and chair. "Stress is a part of everybody and does not show up until Stress is stressed. GO out and DO," she added. The session was followed by a prolonged interactive session. Rukkaiya Pachisa, Chairperson of ICAI-Doha Chapter, emphasised on the relevance of the topic mentioning that stress is inevitable and at times of great stress it is necessary to achieve a complete freeing of the muscles. "Nurture yourselves by defeating every challenge and grow together," she said. Sandeep Chowdhary, Vice Chairman of ICAI-Doha Chapter, proposed a vote of thanks. Sandeep appreciated the speaker, members, executive committee team, volunteers and sponsors. The session concluded with a cake cutting ceremony.



MEET-UP: Students of DPS-Modern Indian School (DPS-MIS) recently met and interacted with AIMoez Ali, a Qatari professional football player and member of Qatar National Football Team. He holds the record for most goals scored in an AFC Asian Cup, scoring nine in the 2019 edition.