

NEWSLETTER

(JANUARY - MARCH 2025)

“

**Dr. Khalid Al-Naama
Director of Advocacy
& Outreach**

As we conclude the first quarter of 2025, we reflect on key milestones at the Doha International Family Institute (DIFI) and the growing role of technology in our family, educational, and cultural lives. This integration has become increasingly evident in our celebrations and traditions, particularly during the holy month of Ramadan, Garangao, and Eid Al-Fitr.

Over the past few months, we have witnessed how modern technologies have strengthened our core pillars, particularly in education, the Arabic language, and sports. Digital platforms have played a crucial role in revitalizing our language and culture, fostering stronger family bonds, and enhancing engagement in traditions like Ramadan and Garangao. Additionally, smart applications and digital tools have contributed to promoting physical activity and overall family well-being, making them an essential part of our daily lives.

Conversely, our participation in the Katara Tech Forum underscored the importance of maintaining a healthy balance in technology use. Safeguarding our children from digital risks and fostering effective family communication are priorities that require our continuous attention and effort.

We appreciate your ongoing support and engagement in our mission to promote family cohesion. Together, we look forward to a year of strengthened connections and a balanced integration of technology into our lives.

LOCAL STUDIES

Integrating Technology in Education in Qatar (Ministry of Education and Higher Education, 2025)

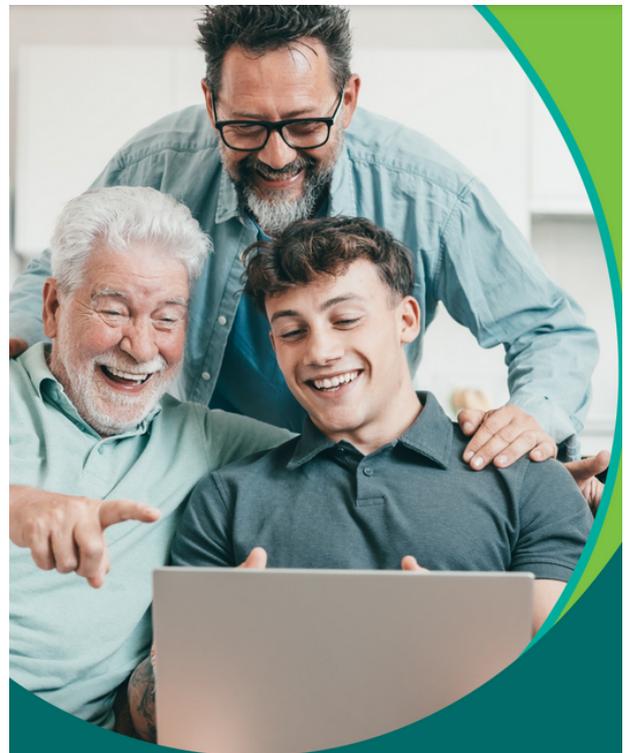
Local studies highlight Qatar's increasing efforts to integrate digital technologies into the education sector, aiming to strengthen national identity, support interactive learning, and preserve cultural heritage.

Families & Technology (Doha International Family Institute, 2024)

Research conducted by DIFI indicates that the mindful use of technology plays a significant role in enhancing communication and fostering intergenerational connections within Qatari families.

Ministry of Education and Higher Education Strategy 2024-2030

The Ministry of Public Health underscores the importance of digitally supported sports initiatives, particularly during Qatar's National Sports Day, in promoting physical and mental well-being and strengthening family unity.



REGIONAL STUDIES

Digital Ramadan in the MENA Region (Arab Center for Research, 2025)

Recent regional studies indicate that digital platforms have enhanced family engagement during Ramadan, helping to preserve cultural traditions and strengthen family bonds online.

Social Media's Role in Saudi Women's Participation in Sports (King Saud University, 2025)

A study from King Saud University reveals that social media and digital technologies have positively contributed to increasing Saudi women's participation in sports while also fostering family cohesion through the encouragement of healthy physical activities.

Youth and Technology Use: Parental Guidance (Middle East Youth Initiative, 2025)

Several studies highlight the crucial role of balanced parental supervision in managing teenagers' technology use, helping to mitigate screen addiction and social isolation while fostering stronger family bonds.



هدفت هذه الدراسة للكشف عن العوامل الاجتماعية المرتبطة بوعي المرأة السعودية لممارسة الرياضة البدنية، وذلك من خلال التعرف على دور الأسرة في تشكيل وعي المرأة السعودية لممارسة الرياضة، والتعرف على دور وسائل التواصل الاجتماعي في تشكيل وعي المرأة السعودية لممارسة الرياضة، والتعرف على دور جماعة الأقران في تشكيل وعي المرأة السعودية لممارسة الرياضة، يليه هدف التعرف على الأسباب التي تدفع المرأة لممارسة الرياضة، والتعرف على الأسباب التي تشجع المرأة الرياضية على الاستمرار في ممارسة الرياضة، والتعرف على أهم المعوقات التي تواجه المرأة لممارسة الرياضة، نتيجة منهج المسح الاجتماعي بالعينة، دراسة وصفية، وتكونت العينة من (١٠٢) مشاركة في الأنشطة الرياضية، بواسطة الاستبيان، معتمدة على العينة القصدية، وتوصلت الدراسة إلى عدة نتائج منها: أن الفئة الأعلى من العينة تتراوح أعمارهن ما بين ٦٦ إلى ١٠٣ سنة، وبغیر متزوجات، مستوى دخلهن متوسط، ويعملن بالقطاع الخاص، ومستوى تعليمهن جامعي، كما أنهن يمارسن الرياضة كل يوم تقريباً، ويفضلن الحصص الجماعية، وأن أكثر من يشجعهن لممارسة الرياضة هي «الأم»، كما توصلت الدراسة إلى وجود دور للأسرة وجماعة الأقران ووسائل التواصل الاجتماعي في تشجيع المرأة على ممارسة الرياضة، كما وضحت أن أكثر الأسباب التي تدفع المرأة لممارسة الرياضة هي من أجل زيادة قوة الجسم وبناء العضلات، كما بينت الدراسة أن من أكثر



INTERNATIONAL STUDIES

Artificial Intelligence and Multilingual Education (UNESCO, 2025)

A recent report by UNESCO highlights the increasing role of artificial intelligence in supporting multilingual education and strengthening cultural identity worldwide. The report presents innovative digital educational tools that support native languages and contribute to the preservation of linguistic heritage, emphasizing the importance of technology in fostering culturally connected communities.

Technology, Sports, and Family Mental Health (World Health Organization, 2025)

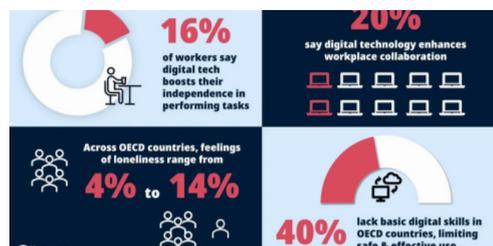
A recent study by the World Health Organization explores how a balanced use of technology, combined with regular physical activity, contributes to improved family mental health, reduced anxiety, and enhanced family communication.

Family Communication in the Digital Age (OECD, 2025)

A new report by the Organization for Economic Cooperation and Development (OECD) highlights the positive impact of digital technologies in strengthening family relationships and facilitating intergenerational communication across different countries.

How can technology and AI support multilingual education?

Technology is transforming multilingual education by offering innovative ways to teach and preserve languages. AI-driven tools, mobile apps, and digital archives facilitate the documentation and dissemination of Indigenous and minority languages. Digital learning resources, such as e-books and online courses, make language education more accessible, especially in remote areas.



DIFI NEWS

Seminar on “Financial Relationships Between Spouses” - January 15

In collaboration with Minaratein Center, DIFI participated in a seminar emphasizing financial transparency as a key factor in family stability



International Day of Education - January 24

DIFI partnered with Qatar Foundation to highlight the role of education in preserving national identity and the Arabic language.



Work-Family Balance Awareness Campaign January

A digital awareness campaign showcasing real-life success stories from Qatari families



Seminar on “Family Silence and Its Social Impact” - February 5

Discussing the negative effects of silence within families and the importance of open communication.



National Sports Day - February

DIFI collaborated with Qatar Foundation to promote tech-enabled sports activities at Oxygen Park.



Katara Tech Forum (22nd Edition) - March

Dr. Sharifa Al-Emadi participated alongside UN representative Jordi Martin Domingo in a panel on “Technology & Family: Balancing Digital Advancement and Child Protection.”



Digital Awareness Campaign for Families (Preparations for April)

A social media campaign guiding families on managing children’s technology use in a balanced and safe manner.