

Ever Wondered



Yoga is a form of meditation that has become popular across the world. It first appeared in India five thousand years ago. Yoga improves health, stimulates muscles, increases flexibility, and fosters a sense of tranquility. It also decreases anxiety and sharpens the mind. More information about yoga can be obtained through research – an exciting and rewarding way to find out more about a topic of interest. Qatar's Supreme Education Council is rising to the challenges of the 21st Century, in a highly-competitive, interconnected global society, by seeking to stimulate the minds of tomorrow. The council is actively fostering a culture of research and exploration, so that students learn to verify newly-acquired information - and how to satisfy a thirst for more. For more information on Research, check the website of the Supreme Education Council: <http://www.english.education.gov.qa/content/general/detail/5806>

In the Beginning There was Research
Research Skills Development Unit Awareness Program For
Encouraging Research in the Qatari Society