AMWAJ lifestyle

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AMWAJ

issue 19
2015

AMWAJ Caters AT THE 24TH MEN'S HANDBALL WORLD CHAMPIONSHIP 2015

protect yourself

From the dust seasons in Qatar

AMWAJ opens a new branch

LEARN THE MANY BENEFITS OF

SWIMMING

AMWAJ'S PURSUIT FOR EXCELLENCE

contents

04 AMWAJ SYNONYMOUS WITH LARGE CATERING EVENTS

AMWAJ had the privilege to become the exclusive food, beverage and hospitality provider for the 24th Men's Handball World Championship 2015

15

We are extremely happy to present our STARS OF THE MONTH

06 FLAVORS OF AMWAJ

The catering service provider opened a new café at DOMB Building (Dukhan Operations Management Building)

10 SUMMER IS HERE! EVER CONSIDERED SWIMMING FOR FITNESS?

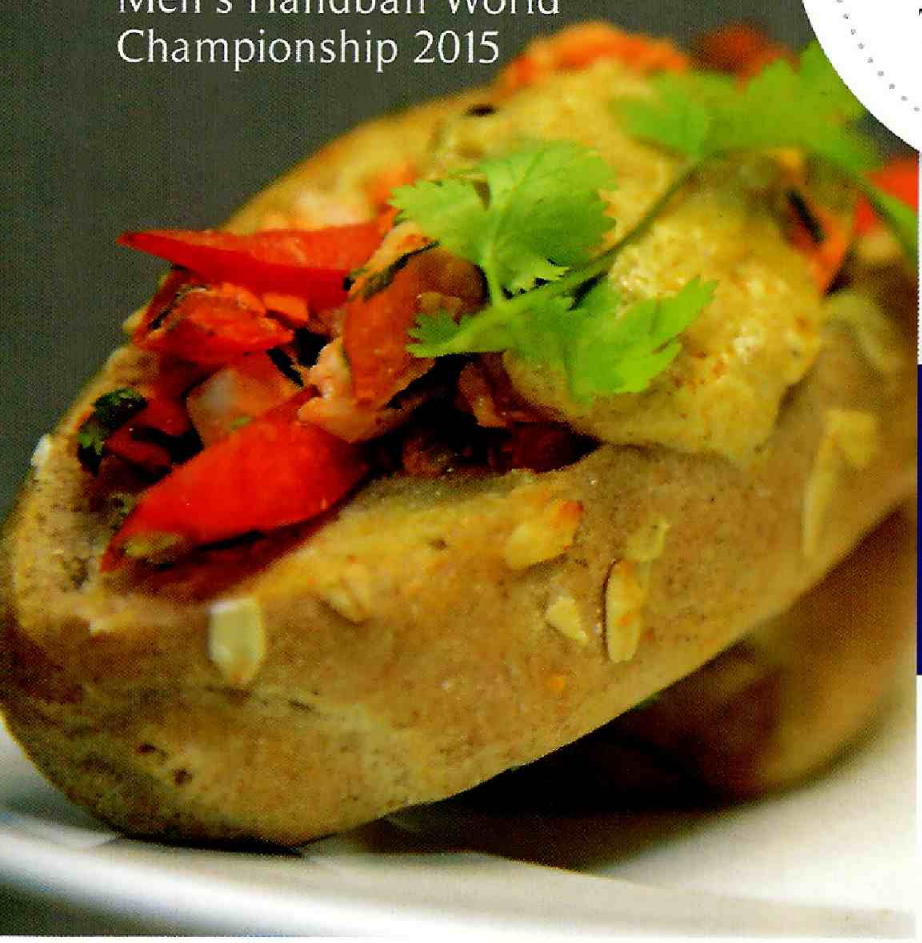
Swimming is a fun sport that will keep you fit and healthy

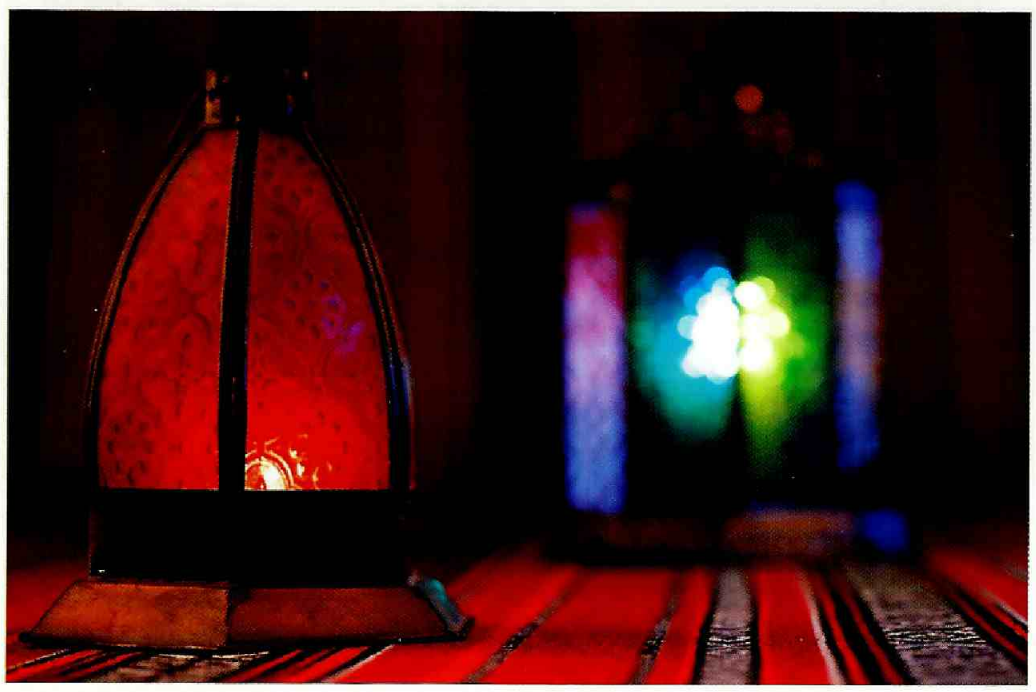
12 HEALTH PRECAUTIONS DURING DUST STORMS

It is necessary to take basic health and safety precautions during the dusty season in Qatar

14 DIABETES AND FASTING DURING RAMADAN

People with diabetes are advised to take precautions before fasting





FROM THE DESK OF THE MANAGING DIRECTOR

Welcome to the 19th edition of our AMWAJ Lifestyle Newsletter. I would like to take this opportunity to welcome you all to the summer. I would also like to extend a heartfelt Ramadan Kareem and Eid Mubarak to all of you as we embrace the Holy Month once again this June and July. Ramadan is the ninth month of the Islamic calendar – a time when Muslims all over the world fast from dawn until sunset. This is a special time for reflection and supplication and we look forward to welcoming our friends and loved ones who will join us in this celebration.

Moving forward we are proud to dedicate this edition of our newsletter to the many achievements we have accomplished in the last few months, particularly our involvement in the 24th Men's Handball World Championship 2015.

Doha played host to this incredible sporting extravaganza and AMWAJ had the prestige and great honor to provide our catering services to the athletes, technical officials, media, workforce, volunteers and many more individuals that took part in this event. AMWAJ provided its catering services in three different venues; Ali Bin Hamad Atia Arena, Lusail Multiple Purpose Hall and at Duhail Handball Complex. Our success in this event is taking us one step further to become the preferred catering service provider for any major event in Doha.

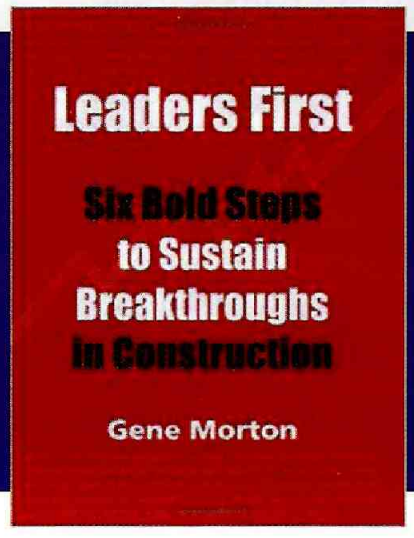
In addition to catering for the 24th Men's Handball World Championship 2015, we also became the sole caterer sponsor for the 1st Qatar International Open Taekwondo Championship 2015, organized by the Qatar Taekwondo & Judo Federation.

Another successful story to tell you all is the opening of a new café at DOMB Building (Dukhan Operations Management Building) last March 29.

In the health front we have a very important story for those of you who suffer from diabetes and will be fasting during Ramadan. We recommend all of you who suffer from this disease to take special care during the Holy Month.

There is much more to discover in this edition of our newsletter. We hope you enjoy the ride.

Mr. Jassim Mohammed Ali Al Kuwari
Managing Director



TOP MANAGEMENT BOOKS TO READ

In **LEADERS FIRST,** Gene Morton tells the story of a fictitious construction company as it makes the challenging transition from its entrepreneurial roots to a professionally managed organization. Using this story as a case study, Morton outlines the six steps companies must take to define their most important objectives, align their leaders, improve accountability, and get results.

AMWAJ SYNONYMOUS WITH LARGE catering events

QATAR hosts The 24th Men's Handball World Championship 2015

The 24th Men's Handball World Championship is considered one of the most important sporting events held in Doha in 2015. Twenty four countries from around the globe participated in the sporting extravaganza. The event took place from January 15 until February 1, 2015.

Three newly built competition venues (Lusail Multipurpose Hall, Ali Bin Hamad Al-Attiya Arena and Duhail Handball Complex) with modern technically ostentatious features were utilized during the championship. Having successfully delivered catering services during the Arab Games in 2011, AMWAJ was once again honored to provide its services during the 24th Men's Handball World Championship 2015. AMWAJ provided its services to all client groups that included VIPs and VVIP's, athletes, team officials, international and local media, workforce and volunteers and medical and anti-doping. The number of meals served during the duration of the event exceeded 80,000.

AMWAJ MARCHED ON TO THE 1ST QATAR INTERNATIONAL OPEN taekwondo CHAMPIONSHIP 2015

AMWAJ was the sole caterer sponsor for the 1st Qatar International Open Taekwondo Championship 2015, organized by the Qatar Taekwondo & Judo Federation. The event took place from March 6 till 9, 2015 at the Women's Sports Hall at Aspire Zone in Doha. The catering services included pass around in the VIP area and daily lunch and dinner for the judges and staff.

flavours OF AMWAJ

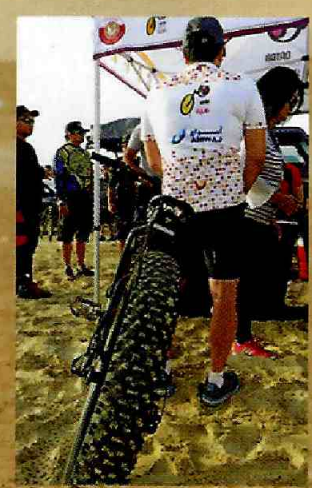
AMWAJ has another successful story to tell. The catering service provider opened a new café at DOMB Building (Dukhan Operations Management Building) last March 29.

More than 700 employees in the DOMB Building will be treated to delicious meals all week long from 7:00 a.m. till 2:00 p.m. from Sundays to Thursdays. The café that is located at the main entrance Ground Floor of Block C offers a wide variety of pastries, sandwiches, savories, drinks, and other snacks.

AMWAJ SPONSORS cycling race

On Friday, April 17, more than 50 cyclists participated in one of Doha's most exciting cycling events, the Cycling Desert Safari. Dedicated cyclists from all walks of life in Doha gathered at 7:00 a.m. in the starting point at Sealine to take part in the event.

The race's title sponsor AMWAJ, the catering service provider, distributed refreshments to all participants and workforce along the route race. The race that was organized by the Qatar Cycling Federation concluded in the finish line at Al Khor Al Ud Aid.



QP MANAGEMENT VISITS HALUL ISLAND (OFF SHORE) FOR A SUCCULENT DINNER ON MARCH 26, 2015

AMWAJ WINS THE "qatar amateur league"

AMWAJ won the "Qatar Amateur League", the 3rd division for non-professional teams created by the Qatar Football Association.

AMWAJ won the Qatar Amateur League on May 8 during the finals against Al Waab with a score of 2-1. Throughout the season AMWAJ football team had a steady performance. Out the 30 games they played AMWAJ team won 24 games with six ties and zero losses scoring.

The season kicked off on September 22, 2015 and 16 teams participated in the league (AMWAJ, Al Waab, Madinat Khalifa, Lusail, EISPC, Al Quds, Al Tadamoun, Doha, Sudanese Community, Kahramaa, Lebanese Community, Al Matar, Military Sports, Latin, Sumaisma, Copros). All matches were held in different stadiums around Doha including Al Khor Stadium, Doha Stadium, Al Wakra Stadium, Al Gharrafa Stadium, Al Arabi Stadium and Qatar Stadium.

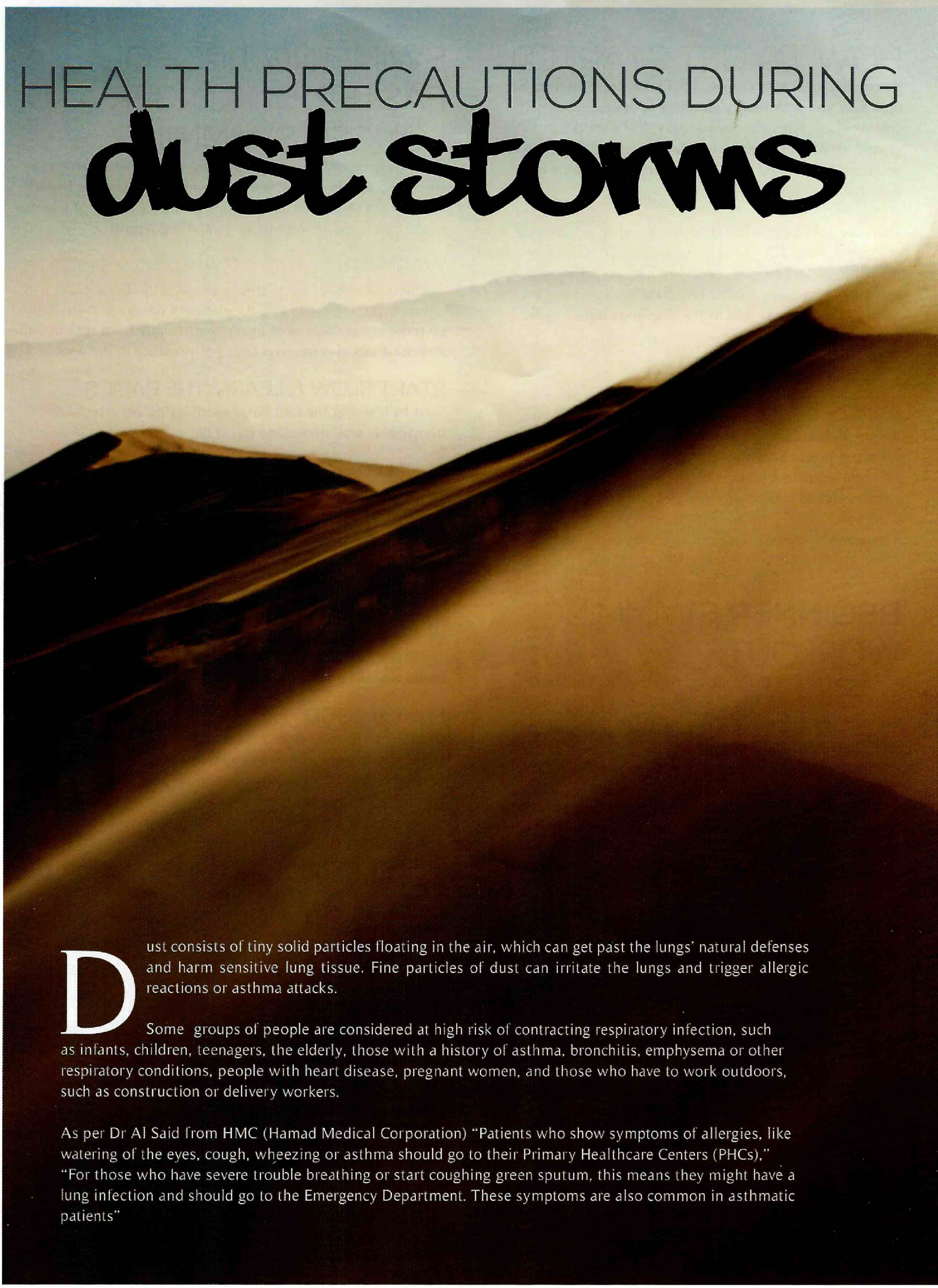
AMWAJ's player Ibrahim Fawzi was crowned top scorer of the league with 32 goals.

QAL

الاتحاد القطري لكرة
Football Association
بطل النسخة الثانية من بطولة الدوري القطري للهواة للموسم ٢٠١٤/٢٠١٥
QATAR AMATEUR LEAGUE CHAMPIONS 201
QNB
QAL
Qatar Amateur League
بطل
جائزة
Qr. 150,000/

تتويج بطل النسخة الثانية من بطولة الدوري القطري للهواة
TEUR LEAGUE CHAMPIONS 2014/15
QAL
QNB
Top Scorer
Qr. 5,000/-

HEALTH PRECAUTIONS DURING dust storms



Dust consists of tiny solid particles floating in the air, which can get past the lungs' natural defenses and harm sensitive lung tissue. Fine particles of dust can irritate the lungs and trigger allergic reactions or asthma attacks.

Some groups of people are considered at high risk of contracting respiratory infection, such as infants, children, teenagers, the elderly, those with a history of asthma, bronchitis, emphysema or other respiratory conditions, people with heart disease, pregnant women, and those who have to work outdoors, such as construction or delivery workers.

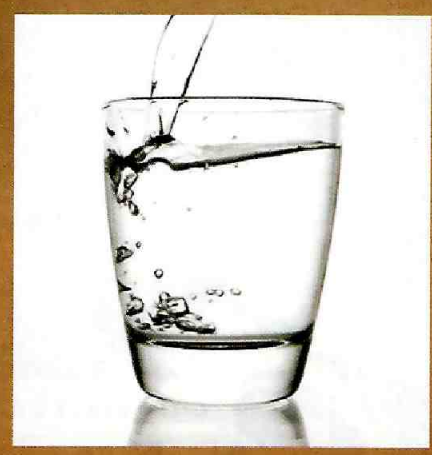
As per Dr Al Said from HMC (Hamad Medical Corporation) "Patients who show symptoms of allergies, like watering of the eyes, cough, wheezing or asthma should go to their Primary Healthcare Centers (PHCs)," "For those who have severe trouble breathing or start coughing green sputum, this means they might have a lung infection and should go to the Emergency Department. These symptoms are also common in asthmatic patients"

HMC FURTHER RECOMMENDS PEOPLE TO TAKE THE FOLLOWING PRECAUTIONS DURING DUSTY WEATHER:

• Avoid going outside, especially during high winds or low visibility when the dust levels are particularly harmful. If unavoidable, spend as little time outside as possible, and avoid doing outdoor exercise. Keep your windows and doors closed.

• Cover your nose and mouth with a mask or damp cloth to reduce inhalation of particles of dust when going out.

• When driving, keep the car's windows closed, and opt for air conditioning instead of fresh air.



• Avoid rubbing your eyes in order to prevent eye infection, which is common during this season. Wear protective gear such as airtight goggles. If your eyes become irritated, rinse with water. Be especially careful if you wear contact lenses.

• During hot weather, always carry a supply of water to stay well hydrated.

• People who are prone to bad allergies should start using their antihistamines during this season, even before the symptoms start.

• People at high risk of contracting respiratory infection are infants, children, elderly, people with a history of asthma, bronchitis, emphysema or other respiratory conditions, people with heart disease, pregnant women and people who have to work outdoors, such as construction or delivery workers.

• Those with chronic conditions should see their doctors as soon as possible if an infection occurs.

DIABETES AND FASTING DURING Ramadan

People with diabetes are advised to take necessary precautions and consult their doctor or diabetes educator before fasting during Ramadan. Hamad Medical Corporation, advice diabetics who want to fast during the holy month should obtain an early diabetic assessment and advice on treatment and dietary adjustments.

Most people with type 2 diabetes should be able to fast without much problem but will need some adjustments in their treatment by their doctor. People with type 1 diabetes can also fast but need pre-Ramadan assessment by their doctor or diabetes nurse educator, and advice on insulin regimen change or dose alteration.

Diabetes mellitus, one of the most common chronic diseases worldwide, is broadly divided into two types. Type 1 diabetes, which requires insulin treatment at all times, results from autoimmune destruction of insulin-producing beta cells of the pancreas, leading to increased blood glucose. Type 2 diabetes occurs when there is a deficiency in insulin, or the body does not respond correctly to insulin. Diabetes is caused by factors such as family history and genetics, low activity level, unhealthy diet and excess body weight.

stars of the month

SPOT AWARD

Najamudin Phakir
Laundryman
GDI Onshore - Dukhan
January 2015

ONSHORE - WINNERS

Rajindra Rai
Cleaner
QAPCO (QVC)
January 2015

Deepak Thapa Magar
Cleaner
Qatar Gas Canteen
January 2015

Peshal Thapa
Butcher
Qatar Shell GTL - Container Kitchen
January 2015

MD Alauddin Rain
Storekeeper
QAPCO (QVC)
February 2015

Suzun Abdur Rahim
Cleaner - Bull Gang
QPCC - MIC
February 2015

Prabin Banjara
Waiter
Qatar Shell GTL - Container Kitchen
February 2015

OFFSHORE - WINNERS

Sabbir Hossain Akand
Cleaner
Al Jassra
January 2015

MD Din Islam MD Delower
Cleaner
North Field Bravo (NFB)
January 2015

Rajendra Acharya
Cleaner - Industrial
Halul Island - Housekeeping
January 2015

Varaprasad Naga Kodiguddu
Office Waiter
Operation Support Services
January 2015

Rajendra Bist
Cleaner
QP Halul Island
Operation - Senior
January 2015

Sulthanmaraikayar Abduljabbar
Laundryman
GDI Offshore – Gulf 5 – Al Zubarah
February 2015

Meera Sahib Pareethu Kunju
Driver - Heavy Vehicle
Halul Island - Housekeeping
February 2015

Aneesha Mendis Agampodi
Waiter
GDI 7 (DIXI)
February 2015

Kehar Singh Pariyar
Store Helper
Operation Support Services
February 2015

Gyan Bahadur G C
Waiter
QP Halul Island
Operation - Contractor Mess
February 2015

Catering Services

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Hospitality Services

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ISO 22000 SGS
OHSAS 18001 SGS