

# AL Muntazah Newsletter

أمواج  
AMWAJ

issue 16  
October 2014

## AMWAJ-EW CAMP CELEBRATES INDIAN INDEPENDENCE DAY



CHECK **OUT** OUR  
OCTOBER MOVIES!

LGV **TENNIS**  
**DOUBLES**  
PRODUCES NEW CHAMPS

YOUR  
FUN AFTER WORK GUIDE

# WELCOME MESSAGE

Dear friends,

I would like to take a moment to wish you all a heartfelt Eid Mubarak as we get ready to celebrate Eid Al Adha, the Feast of the Sacrifice and one of the most significant holidays in the Muslim calendar.

As we look ahead to the fall we are happy to announce that we have four very important events taking place in October, 2014. In entertainment we are happy to inform you all that we will be celebrating the LGV Eid Al Adha Fun Games and we will be hosting our regular LGV Talent Night. Then in the sports front we will be organizing the LGV Inter-Camp Tennis Single Opening and the LGV Inter-Camp Tug of War Competition 2014.

Inside the pages of the October edition of our Al Muntazah newsletter you will also find information on how to learn to forgive yourself and to forgive others, a very important advice to live a happy and balance life from Dr. Sendhil Kumar, Psychologist – ESS-AMWAJ Recreation & Welfare Department. Meanwhile Babu C. Johny, our Welfare Coordinator talks about the importance of watching sports. Then in events highlights we take a look at how the residents of the camp celebrated the 68th Indian Independence Day.



Inside the pages of the October edition of our Al Muntazah newsletter you will find information on how to learn to forgive yourself and to forgive others



The celebration commenced with a flag-hoisting ceremony and culminated with great joy and a big festivity. In other news the residents organized a BBQ night party with a selection of an irresistible meat and seafood feast, grilled to perfection in appreciation for the CO. Mourik hard work and commitment.

There are also countless more activities and happenings in our pages this issue so we hope you'll keep turning to us to keep yourself informed on everything that's relevant in your community.

**ATEF SAYED HASSAN**

EXECUTIVE OPERATIONS MANAGER



## NOW THAT'S WHAT I CALL MUSIC! 87

This is packed with billboard chart-toppers! With two CDs featuring the best top-40 hits, the latest release in the series is a sure bet when you want to get the party started. Featuring artists like Pharrell Williams, Avicii, Lady Gaga, Martin Garrix and many more, it's a funky mix of pop, R&B and house for people who like to party. Retail price: QR 120.

# HEALTH & WELLNESS

Up to date information on your health and wellbeing so you can take better care of yourself



## LEARN TO FORGIVE YOURSELF AND TO FORGIVE OTHERS

By Dr. Sendhil Kumar  
Psychologist – LGV Recreation  
& Welfare Department

Forgiving yourself can be harder than forgiving someone that hurt you. When you are carrying around a sense of blame and guilt for something that happened in the past this amount of negativity can take its toll and give you a sense of unhappiness and frustration.

Here are some suggestions on how to forgive others and more importantly on how to forgive yourself.

### Forgive Yourself

Forgiving yourself is an important act of moving forward and releasing yourself from the past.

#### Self-forgiveness tips:

- Pick an area of your life you would like to work on. It could be failed relationships, family problems or business mistakes
- Make a list of all of the people you might have hurt along the way
- After you've compiled your list, systematically go through each person on the list. Think about the situation. Validate the circumstances and forgive yourself for hurting them, and take a deep breath. Once you've completed this practice you'll instantly feel a slight sense of relief

### Forgive Others

If you've been hurt in the past, you don't need to keep suffering. You have the ultimate power to clear the air by simply forgiving those who have hurt you.

#### Tips for forgiving others:

- Close your eyes and picture the person standing in front of you
- In your mind's eye, explain to them how you felt then, how you feel now and what happened during those hurtful times
- After you've stated your views, let them acknowledge your pain. Watch their reactions and wait for a response. There's a good chance they will understand your point of view
- Then hug them and tell them that you forgive them. Yes, really do this with all of your emotional might, it's a powerful process. Release them from your troubled past and let your thoughts come back to the present
- After completing only a few of these processes, you'll find yourself breathing deeper and interacting differently with these people

#### Therapy

If your self-hatred seems unconquerable, professional help may be necessary or at least a good decision.



## 12 BENEFITS OF BEING A SPORTS FAN

By Babu C. Johny  
Welfare Coordinator

It's been determined that watching sports has surprisingly positive perks for your health and all relationships in your life. Bonding over sports strengthens ties with your family and friends and makes you feel supported.

Here are 12 surprising benefits of being a sports fan.

1. It inspires you to get active
2. Watching live sports is a workout in itself
3. It's good for your relationship
4. It will make you smarter
5. The mental and the physical must be integrated and work in harmony
6. Watching sports teaches you how to function in a competitive society
7. Learning the rules of good sportsmanship
8. Watching sport on television increases people's heart rate, just as a workout does
9. Watching sports with your friends help you to stay active, cope with stress, and just feel better in general
10. It will help you to make a strong social network. It can also reduce health risks because it keeps us both physically and mentally active
11. People who watches sports in groups exhibit better communication skills in workplace, with friends and family.
12. Finally, watching sports will helps you absorb and digest information better than people who do no watch sports and it will improve your brain power.





# AMWAJ-EW CAMP CELEBRATED 68TH INDIAN INDEPENDENCE DAY

Indian Independence Day is a national holiday in India that commemorates the nation's independence from the British Empire on 15 August 1947. India's independence was conquered following an Independence Movement famous for largely nonviolent resistance and civil disobedience. AMWAJ-EW Camp celebrated this historic day with different activities.

The Indian Independence Day celebration commenced with a flag-hoisting ceremony by Sabeerullah, Head of AMWAJ security. After the flag hoisting Mr. Sabeerullah conveyed his independence day wishes to all the residents and sweets were distributed to all the residents as a mark of happiness. Mr. Norwin Dela Cruz, Recreation Supervisor, ESS, Mr. Francis Almeida, Procurement Manager ESS, Mr. Naveen, Security Officer AMWAJ, Mr. Paraveen and Mr. Silverster, from AMWAJ attended the flag hoisting ceremony.

Mr. Govind Raj, Finance Manager ESS, delivered the Independence Day message. "To me, being an Indian means upholding the age-old values that form the fabric of Indian society — humility, patience, plurality and diversity. A sense of unity binds every Indian to their motherland. Celebrating the Indian Independence Day keeps me connected to my roots and makes me realize that in spite of the various economic hardships that the majority of the Indian population faces, there are many that have risen above their background to contribute to the economic growth of India." Raj concluded.

Mr. Manoj Kumar, recreation supervisor AMWAJ made his acknowledgement as well. "India's richness lies in its culture, tradition, heritage, artistic expression and, above all, family values. We must ensure that these rich traditions are passed on to our youth, helping to preserve them for generations," Kumar said.





# EVENT HIGHLIGHTS



## ENTERTAINMENT

### Barbecue Night

In appreciation for the CO. Mourik hard work and commitment, AMWAJ workers organized a BBQ night party with a selection of an irresistible meat and seafood feast, grilled to perfection. It was a very special occasion for both companies to enjoy some quality and friendly time.



## ENTERTAINMENT

### LGV Talent Night

#### Entertains Big Audience

The much-anticipated LGV Talent Night took place on Thursday, August 28 at the Al Muntazah town Center. The event started at 8:00 p.m. Prior to performances Mr. Manoj Kumar, AMWAJ recreation supervisor gave the opening remarks. A number of performers from the different camps inside the Laffan Global Village showcased an array of talents that kept everyone in the audience entertained. Denny NDSQ, Starwin ccc and Kamal Venture Gulf, performed song numbers. Thilak Venture Gulf, Rajesh sing ESS, Kapil ESS entertained the crowds as well with dance numbers. Ashish Kumar from Kentech performed mimicry.

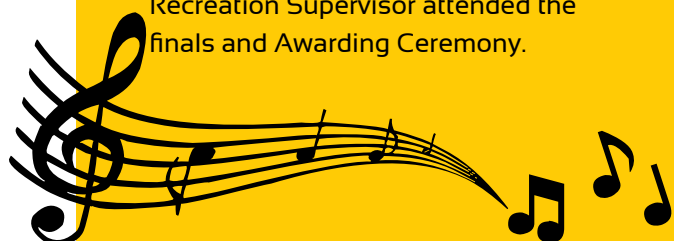


## CRICKET

### Team Barzan Star wins LGV Cricket Tournament

The Laffan global village cricket tournament has come to a fitting close with the championship game held last Saturday, August 23, 2014. In the final, team Barzan Star displayed the all-round performance and that made them the favourites throughout the tournament, upending Bop Admin, who were beaten in the final. NDSQ Spirit salvaged third place honours by winning the losers' final held days earlier.

Mr. Adil from the team Barzan Star displayed excellent performance in the final and made him the 'Man of The Match' award. Mr. Nithesh Kumar performance excelled throughout the tournament and that made him achieve, the 'Man of The Series' award. Mr. Iijesh selected for the outstanding player of the tournament. Mr. Manoj Kumar, AMWAJ Recreation Supervisor, Mr. Faizal Ahmed Ali, AMWAJ Recreation in Charge, Bob Storer, JGC Manager, Shirley Perera, Welfare Coordinator C6 Camp, Mr. Johann Alcalde, and ESS Recreation Supervisor attended the finals and Awarding Ceremony.



Every month the residents of LGV enjoy various activities organised by the management ranging from sports to entertainment. Here are the most exciting events that took place last month at the camp.



## TENNIS

### LGV Tennis Doubles Tilt Produces New Champs

The LGV Inter-Camp tennis doubles tournament came to an electrifying on Monday, September 8, 2014 with the finals and awarding of the winners in the Beginners, Intermediate and Advance categories. The finals opened with a safety message by Mr. Johann Alcalde, ESS Recreation Supervisor. Team Gill & Aril won in the Advance category while team Michael & Nolie settled with the second place. Team Dr. Eric & Pong came behind team Michael & Nolie. In the intermediate category, team Cris & Ric emerged triumphant, winning the championship over team G4s from EWC and team Buchen Red from AMWAJ Camp, which finished first and second runners-up, respectively. In the Beginners category, team Vineeth & Mritual from NDSQ copped the championship, with team NDSQ Shadows and team Anil Koshy & Aay from NDSQ garnering the first and second runners-up positions, respectively. In the Beginners level team Shadows gained 'Most Valuable Team' award and the skilled performance

of Rogger & Gimmi achieved the 'Most Valuable Team' in the intermediate category. Team Eman & Regi were honoured with the 'Most Valuable Team' award in advance level category.

Mr. Faizal Ali, AMWAJ Recreation in Charge, Mr. Manoj Kumar, AMWAJ Recreation Supervisor, Mr. Anil Koshy Camp Boss NDSQ, Mr. Suresh Sundaram Camp Manager NDSQ, Mr. Ravisubramaniam JGC Recreation Manager and Mr. Shirley Perera Welfare Coordinator and C6 Camp attended the function.

Recreation Supervisor Mr. Manoj Kumar gave the special message. The Welfare Leads of the different camps also attended the program. The organizers also extended their wholehearted gratitude to all the guests, players, welfare leads and the residents of Laffan Global Village who took the time to attend the occasion. A total of 22 teams from different camps registered for the tournament.

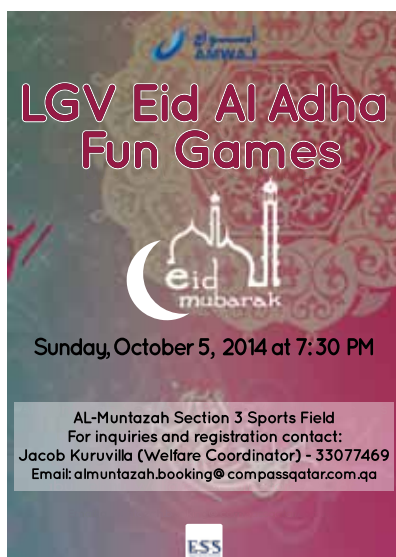




# FUTURE EVENTS

Check out the latest future events!

Please be mindful of the dates, so you don't miss out on the fun .



**LGV Eid Al Adha Fun Games**

Sunday, October 5, 2014 at 7:30 PM

AL-Muntazah Section 3 Sports Field  
For inquiries and registration contact:  
Jacob Kuruvilla (Welfare Coordinator) - 33077469  
Email: almntazah.booking@compassqatar.com.qa



**LGV Inter-Camp Tennis Singles Opening**

Tuesday, October 14, 2014  
at 7:30 PM - Al Muntazah,  
Section 1 Tennis Courts



**LGV Inter-Camp Tug Of War Competition 2014**

Friday October 24, 2014 at 7:30 PM

Al Muntazah, Section 4 Beach Volleyball Courts  
Deadline Of Entries: October 17, 2014  
Details: For inquiries and registration contact:  
Babu Johnny, Welfare coordinator: 33078681  
Email: almntazah.booking@compassqatar.com.qa



**LGV Monthly Talent Night**

THURSDAY, 30 October 2014  
AL-Muntazah Section 2 Town Center  
8:00 PM to 9:30 pm

Deadline of Entries: Thursday, October 23, 2014  
For Inquiries and Registration contact:  
Babu Johnny, Welfare Coordinator-33078681  
Jacob Kuruvilla, Welfare Coordinator-33077469  
Email: almntazah.booking@compassqatar.com

# CINEMA GUIDE

CINEMA WILL OPERATE  
EVERYDAY FROM  
SATURDAYS TO FRIDAYS

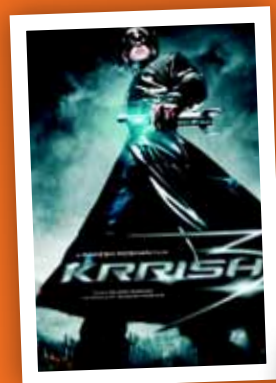


## THE MONUMENTS MEN (English Movie)

Date: From  
September 27  
till October 3  
Time: From 7: 30 p.m.  
untill 9:23 p.m.

## FERRARI KI SAWAARI

Date: Oct 4 till 10  
Time: From 7:30  
p.m. till 9:44 p.m.

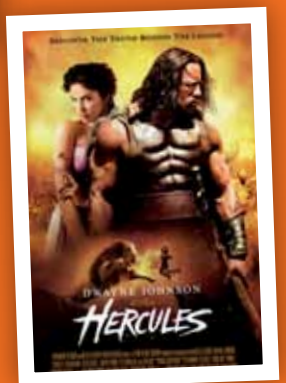


## KRRISH 3

Date: Oct 18 till 24  
Time: From 7:30 p.m.  
till 10:03 p.m.

## THE LEGEND OF HERCULES

Date: Oct 11 till 17  
Time: From 7:30  
p.m. till 9:04 p.m.



## THE SCORPION KING 2

Date: Oct 25 till 31  
Time: From 7:30  
p.m. till 9:19 p.m.