AMWAJ lifestyle

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AMWAJ

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2015

AMWAJ OPENS ITS FIRST "CHOCOLATE AND SWEETS" CORNER

HOW TO DEAL WITH
MENTAL
HEALTH CONDITIONS

AMWAJ CAFÉ launches TWO NEW CAFES

AMWAJ'S PURSUIT FOR EXCELLENCE

contents

04 AMWAJ OPENS ITS FIRST CHOCOLATE FACTORY IN QATAR

Following the success of AMWAJ's catering services, the company opened on July 15, 2015 its first "Chocolate and Sweets" Corner

07 FAREWELL TO A DEAR FRIEND

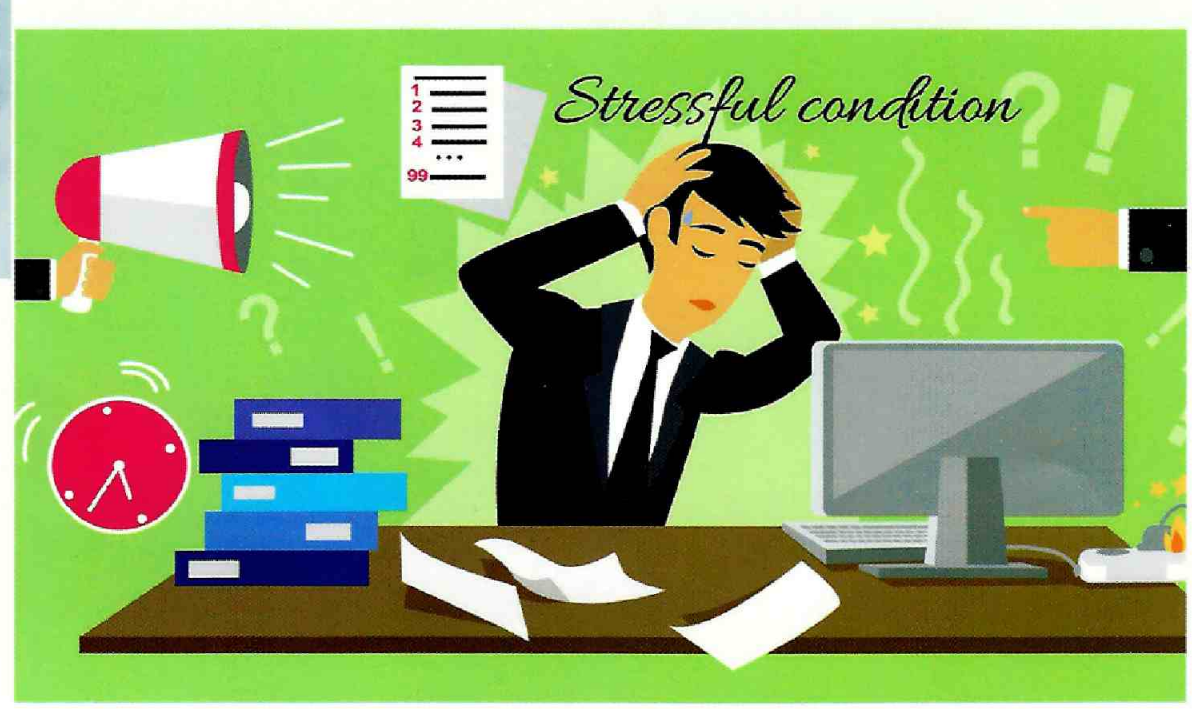
AMWAJ announces the retirement of Mr. Fayez Ibrahim Hussein Mostafa, Operation Manager

14

We are extremely happy to present our STARS OF THE MONTH

08 AMWAJ CAFÉ LAUNCHES TWO NEW BRANCHES

AMWAJ, the catering service provider is proud to announce the opening of two new branches



09 MENTAL HEALTH CONDITIONS

We explore the impact that mental illness has in a person, their family and the community and ways to help the patients

FROM THE DESK OF THE MANAGING DIRECTOR

Welcome to the 20th edition of our AMWAJ Lifestyle Newsletter. I would like to take this opportunity to welcome you all to the fall. After the long heat of the summer we are once again experiencing the nice weather Doha has to offer for the upcoming months. I do hope all of you take this opportunity to do outdoor activities and enjoy with family and friends.

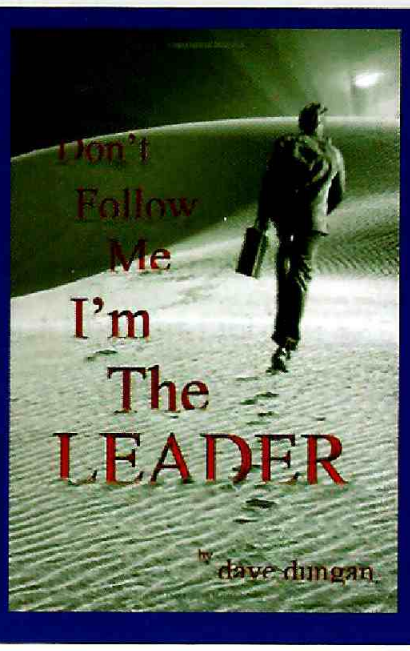
This issue of our newsletter is packed with very exciting news and useful information on important topics such as mental health and how to understand this illness that affects many people around the globe.

First of all I am extremely proud to announce the AMWAJ recently opened its first "Chocolate and Sweets" corner in Mesaieed. Our goal is to produce the best local chocolate in the country to cover the needs of our clients. We are also planning to distribute the product in all of our outlets and in the future cater for weddings and special events. Further plans will be announced soon.

Another exciting news is the opening of two AMWAJ Café's in QP- World Trade Center and another branch in the same building of Ministry of Transport. The opening of these two Cafes marks another milestone in the success of our services. On the health front we bring you information on mental health illness. A mental illness is a condition that impacts a person's thinking, feelings and moods. It is important to learn about the condition so we can help those who are in need of our assistance.

I hope you enjoy our 20th edition of our newsletter.
Thank you for making us part of your lives.

Mr. Jassim Mohammed Ali Al Kuwari
Managing Director



DON'T FOLLOW ME: I'M THE LEADER

BY DAVE DUNGAN, A leader is more than someone who is in charge. A true leader is someone who understands how important it is to empower others. One of the greatest privileges you can have is the opportunity to be the leader of leaders. There are plenty of bosses but very few true leaders. What of success? I have come up with three truths about success. The first is that it is never a constant, second it is relative and third it is circumstantial. As to its lack of consistency, success may be held one moment and taken away the next. Success is relative to a focus. You may be great at business but fail as a husband/wife, father/mother or friend. And not everyone holds success to the same standard. In any set of circumstances you may be a huge winner in their eyes or you may be a loser. In this book you will find truths about leadership that make it more than a rung on a ladder and much more than a position. Not everyone was designed to be a leader and that is not a bad thing.

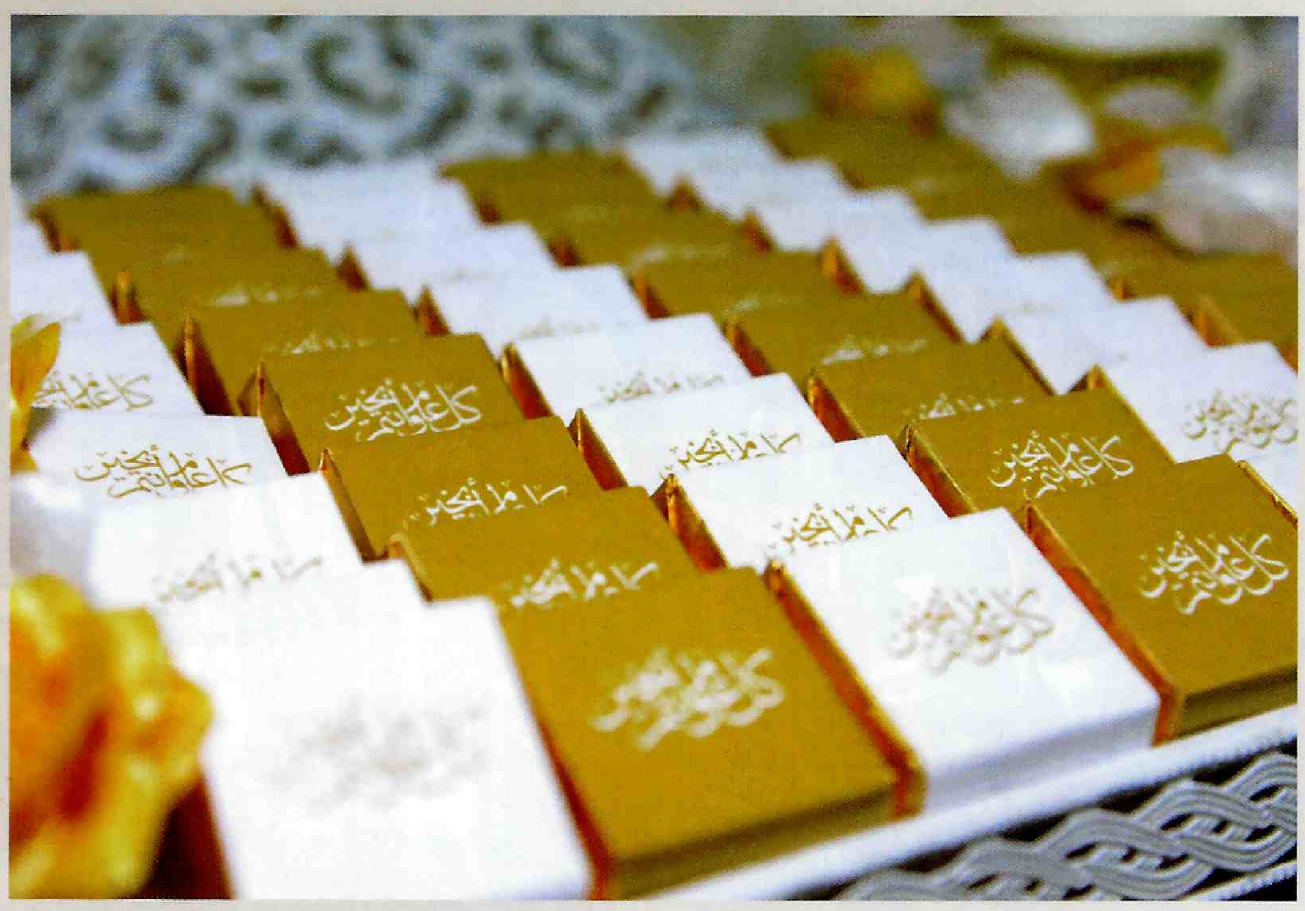
AMWAJ OPENS ITS FIRST "chocolate and sweets" IN QATAR

Following the success of AMWAJ's catering services, the company opened on July 15, 2015 its first chocolate section, AMWAJ's "Chocolate and Sweets" corner to further cover the needs of its corporate clients.

AMWAJ is working closely with the prestigious and famous European company Chocolate World to produce chocolate grade A in the Arabian country.

The chocolate is produced locally and all associates are based in Qatar. Based on our principle to give back to the community and businesses, the catering provider is committed to train and develop their associates as well as to bring the best expertise from across the world. An expert chef from Belgium has been training the staff for months. The new facility is producing a range of dark chocolate and milky chocolate with fruity feeling as well as caramel and pistachio flavors.

AMWAJ also announced its future plans to sell the product in all of the AMWAJ cafes all over the country. "We are very proud to be producing our own chocolate and to be working with local staff. Soon we will be able to distribute our product in all of our



outlets. We are also planning to cater for weddings and special events", Razan Sardouk, AMWAJ's Retail Manager said.

The production of local chocolate aims to diversify the country's economy. Currently, men and women have been employed in the production line.

RAMADAN FOOTBALL TOURNAMENT MGV1

SCHEDULES (JUNE 27 TO JULY 07,2015)

NATIONALITY	SCORE		NATIONALITY	SCORE	DATE
NEPAL	2	VS	EGYPT	2	27/06/15
BANGLADESH	0	VS	ETHIOPIA	5	
KATHMANDU	1	VS	KENYA	4	28/06/15
MOROCCO	4	VS	TUNISIA	0	
EGYPT	1	VS	ETHIOPIA	1	29/06/15
NEPAL	9	VS	BANGLADESH	0	
TUNISIA	0	VS	KENYA	4	30/06/15
KATHMANDU	1	VS	NEPAL	4	
BANGLADESH	0	VS	EGYPT	6	01/07/15
ETHIOPIA	0	VS	NEPAL	1	
NEPAL	0	VS	MOROCCO	0	02/07/15
KENYA	0	VS	EGYPT	0	
		FINAL			
KENYA	6	VS	MOROCCO	1	07/07/15

PLAYER GROUP LIST

TEAM A	TEAM B
BANGLADESH	KATHMANDU
ETHIOPIA	KENYA
EGYPT	MOROCCO
NEPAL	TUNISIA

CHAMPION TEAM
KENYA

RUNNER UP TEAM
MOROCCO

THIRD PLACE TEAM
NEPAL

farewell MESSAGE

It is with great regret but warm wishes that we announce the retirement of Mr. Fayez Ibrahim Hussein Mostafa, Operation Manager effective July 31, 2015 at the golden age of 60.

He started his career in the initial phase of AMWAJ on July 28, 2008 as Project Manager and has been on the cutting edge of Operation ever since. We are indebted to his vision and commitment for propelling us to our present position in the industry.

In addition to his incredible competence and skill, he has been a friend to all with his thoughtfulness and quiet encouragement. Mr. Fayez's retirement is our loss, but a well-deserved respite for him. Please join us in extending our best wishes to Mr. Fayez for a long and healthy retirement life.

AMWAJ CAFÉ LAUNCHES two new branches

AMWAJ, once again is proud to announce the opening of it new AMWAJ Café branches in QP- World Trade Center and Qatar Ports Managment Company (MWANI) in the same building of Ministry of Transport.

AMWAJ Café continusly strives to create a modern experience that reflects the company's commitment to simplicity and high quality food. In addition to the usual offerings the two branches will have a dine-in facility. An opportunity for employees and guests to enjoy and savour delicious and healthy meals from Sunday to Thursday.

QATAR PORT BRANCH
Location: Corniche Road on the 1st floor
Timings: From 7:00 a.m. till 3:00 p.m. From Sunday to Thursday

QP- WORLD TRADE CENTER BRANCH
Location: Corniche Road beside Doha Tower on the 1st floor
Timings: From 7:00 a.m. till 2:00 p.m. From Sunday to Thursday

The QP – World Trade Center is a world class designed building that houses 1,600 QP employees with VIP style of offering. An upgraded AMWAJ Café services was created to suit everyone's taste whilst complementing a five-star experience and ambience.

FROM THE QHSE OFFICE

MENTAL HEALTH CONDITIONS

A mental illness is a condition that impacts a person's thinking, feeling or mood and may affect his or her ability to relate to others and function on a daily basis. Each person will have different experiences, even people with the same diagnosis.

Recovery, including meaningful roles in social life, school and work, is possible, especially when you start treatment early and play a strong role in your own recovery process.

A mental health condition isn't the result of one event. Research suggests multiple, interlinking causes. Genetics, environment and lifestyle combine to influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events like being the victim of a crime. Biochemical processes and circuits as well as basic brain structure may play a role too.

RECOVERY AND WELLNESS

As per international statistics 1 in 5 adults experiences a mental health condition every year. One in 20 lives with a serious mental illness such as schizophrenia or bipolar disorder. In addition to the person directly experiencing by a mental illness, family, friends and communities are also affected.

Fifty percent of mental health conditions begin by age 14 and 75% of mental health conditions develop by age 24. The normal personality and behavior changes of adolescence may mimic or mask symptoms of a mental health condition. Early engagement and support are crucial to improving outcomes and increasing the promise of recovery.

HEALTHY gut, HEALTHY mind

FIVE FOODS TO IMPROVE MENTAL HEALTH

A few simple dietary changes may boost cognitive function and reduce symptoms of depression, anxiety and other mental health disorders.

When most people think of boosting their brain power, they think of learning something new or engaging in thought-provoking debate. As it turns out, one of the best ways to improve your mental health is through your gut. Like your brain, the gut has it's own nervous system, which sends information to the brain via the vagus nerve. This helps explain why you might feel queasy when you're nervous or stressed. Just as the brain impacts the gut, what we put in our gut can impact the functioning of the brain. Here are five foods that keep the mind working at its best:

1 FATTY FISH

In studies, foods high in omega3 fatty acids, such as wild cold water fish (e.g., salmon, herring, sardines and mackerel), seaweed, chicken fed on flaxseed and walnuts, have been shown to reduce symptoms of schizophrenia, depression, attention deficit hyperactivity disorder and other mental disorders. This is likely because of the effect omega3's have on the production of neurotransmitters (brain chemicals responsible for our moods), including dopamine and serotonin. By supporting the synapses in the brain, omega3's also boost learning and memory.

2 WHOLE GRAINS

The primary source of energy for the brain is glucose, which comes from carbohydrates. Simple carbohydrates exacerbate low mood by creating spikes in blood sugar and have been shown to have effects on the brain similar to drugs of abuse. By contrast, complex carbs release glucose slowly, helping us feel full longer and providing a steady source of fuel for the brain and body. Healthy sources of complex carbohydrates include whole-wheat products, bulgur, oats, wild rice, barley, beans and soy.

3 LEAN PROTEIN

The foods we eat are broken down into substances that are used to make neurotransmitters and other chemicals that allow different parts of the nervous system to communicate effectively with each other and the rest of the body. Next to carbohydrates, protein is the most abundant substance in the body. The amino acid tryptophan, a building block of protein, influences mood by producing the neurotransmitter serotonin. Sometimes called nature's Prozac, serotonin is associated with depression. Lean protein sources, including fish, turkey, chicken, eggs and beans, help keep serotonin levels balanced. Even more important are complex carbohydrates, which actually facilitate the entry of tryptophan into the brain, reducing the symptoms of depression and anxiety and improving overall cognitive functioning.

4 LEAFY GREENS

Popeye was on to something with a diet high in spinach. Leafy greens such as spinach, romaine, turnip and mustard greens, and broccoli are high in folic acid, as are beets and lentils. Deficiencies in folate as well as other B vitamins have been linked with higher rates of depression, fatigue and insomnia. Broccoli also contains selenium, a trace mineral that plays an important role in our immune system functioning, reproduction and thyroid hormone metabolism. Some studies suggest that low levels of selenium contribute to depression, anxiety and fatigue. Other sources of selenium include chicken, onions, seafood, walnuts and brazil nuts, and whole-grain products.

5 YOGHURT WITH ACTIVE CULTURES

Fermented foods, such as yogurt with active cultures, kefir, kimchi, tempeh and certain pickled vegetables, contain probiotics (healthy bacteria) which have been shown in studies to reduce anxiety and stress hormones and effect the neurotransmitter GABA. By contrast, eating too many processed foods may compromise the delicate balance of healthy and unhealthy bacteria in the gut.

TODAY'S CHOICES AFFECT TOMORROW'S WELFARE

Our modern diet is significantly different from that of our ancestors. We can blame busy lifestyles, food manufacturing and the affordability of processed foods, but most of us can make changes to counteract these influences; for example, increasing our intake of fruits and vegetables, limiting processed foods that come from bags and boxes, and cooking meals from scratch.

Sadly, the genetic and environmental influences passed down by our ancestors, though far from perfect, were likely better than the ones we're passing on to future generations. An emerging body of research is showing that the way we eat today not only affects our own health but also that of our children and grandchildren.

WARNING SIGNS

- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regulary, feeling fatigued, feeling unmotivated).
- Trying to harm or kill oneself or making plans to do so.
- Out-of-control, risk-taking behaviors that can cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Note earting, throwing up or using laxatives to lose weight; significant weight loss or gain.
- Severe mood swings that cause problems in relationships.
- Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated)
- Extreme difficulty in concentrating or staying still that can lead to failure in school.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

UNEXPECTED mental benefits OF EXERCISE

For the past decade or so, scientists have pondered how exercising can boost brain function. Regardless of age or fitness level (yup, this includes everyone from mall-walkers to marathoners), studies show that making time for exercise provides some serious mental benefits. Get inspired to exercise by reading up on these unexpected ways that working out can benefit mental health, relationships, and lead to a healthier and happier life overall.

1. REDUCE STRESS

Rough day at the office? Take a walk or head to the gym for a quick workout. One of the most common mental benefits of exercise is stress relief. Working up a sweat can help manage physical and mental stress. Exercise also increases concentrations of norepinephrine, a chemical that can moderate the brain's response to stress. So go ahead and get sweaty — working out can reduce stress and boost the body's ability to deal with existing mental tension. Win-win!

2. BOOST HAPPY CHEMICALS

Slogging through a few miles on the 'mill can be tough, but it's worth the effort! Exercise releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can even alleviate symptoms among the clinically depressed . For this reason, docs recommend that people suffering from depression or anxiety (or those who are just feeling blue) pencil in plenty of gym time. In some cases, exercise can be just as effective as antidepressant pills in treating depression. Don't worry if you're not exactly the gym rat type — getting a happy buzz from working out for just 30 minutes a few times a week can instantly boost overall mood.

3. IMPROVE SELF-CONFIDENCE

Hop on the treadmill to look (and more importantly, feel) like a million bucks. On a very basic level, physical fitness can boost self-esteem and improve positive self-image. Regardless of weight, size, gender, or age, exercise can quickly elevate a person's perception of his or her attractiveness, that is, self-worth . How's that for feeling the (self) love?

4. ENJOY THE GREAT OUTDOORS

For an extra boost of self-love, take that workout outside. Exercising in the great outdoors can increase self-esteem even more. Find an outdoor workout that fits your style, whether it's rock-climbing, hiking, renting a canoe, or just taking a jog on the corniche. Plus, all that Vitamin D acquired from soaking up the sun (while wearing sunscreen, of course!) can lessen the likelihood of experiencing depressive symptoms.

5. PREVENT COGNITIVE DECLINE

It's unpleasant, but it's true — as we get older, our brains get a little... hazy. As aging and degenerative diseases like Alzheimer's kill off brain cells, the noggin actually shrinks, losing many important brain functions in the process. While exercise and a healthy diet can't "cure" Alzheimer's, they can help shore up the brain against cognitive decline that begins after age 45 . Working out, especially between age 25 and 45, boosts the chemicals in the brain that support and prevent degeneration of the hippocampus, an important part of the brain for memory and learning.

6. ALLEVIATE ANXIETY

Which is better at relieving anxiety — a warm bubble bath or a 20-minute jog? You might be surprised at the answer. The warm and fuzzy chemicals that are released during and after exercise can help people with anxiety disorders calm down.

7. BOOST BRAINPOWER

Those buff lab rats might be smarter than we think. Various studies on mice and men have shown that cardiovascular exercise can create new brain cells (aka neurogenesis) and improve overall brain performance.

8. SHARPEN MEMORY

Regular physical activity boosts memory and ability to learn new things. Getting sweaty increases production of cells in hippocampus responsible for memory and learning. For this reason, research has linked children's brain development with level of physical fitness. But exercise-based brainpower isn't just for kids. Even if it's not as fun as a game of Red Rover, working out can boost memory among grown-ups, too. A study showed that running sprints improved vocabulary retention among healthy adults.

9. HELP CONTROL ADDICTION

The brain releases dopamine, the "reward chemical" in response to any form of pleasure, be that exercise, smoking, drugs or food. Unfortunately, some people become addicted to dopamine and dependent on the substances that produce it. On the bright side, exercise can help in addiction recovery. Short exercise sessions can also effectively distract making them de-prioritize cravings (at least in the short term).

10. INCREASE RELAXATION

For some, a moderate workout can be the equivalent of a sleeping pill, even for people with insomnia. Moving around five to six hours before bedtime raises the body's core temperature. When the body temp drops back to normal a few hours later, it signals the body that it's time to sleep.

11. GET MORE DONE

Feeling uninspired in the cubicle? The solution might be just a short walk or jog away. Research shows that workers who take time for exercise on a regular basis are more productive and have more energy than their more sedentary peers.

12. INSPIRE OTHERS

Whether it's a pick-up game of soccer, a group class at the gym, or just a run with a friend, exercise rarely happens in a bubble. And that's good news for all of us. Studies show that most people perform better on aerobic tests when paired up with a workout buddy . Pin it to inspiration or good old-fashioned competition, nobody wants to let the other person down. In fact, being part of a team is so powerful that it can actually raise athletes' tolerances for pain . Even fitness beginners can inspire each other to push harder during a sweat session, so find a workout buddy and get moving!

Nutrition and Exercise is key contributors to good mental health, but it's just two piece of the puzzle.

Dietary changes and exercise won't be sufficient for everyone and are not a substitute for other forms of treatment.

If you're struggling with symptoms of a mental health disorder, talk to a therapist or your family physician.

june

ONSHORE - WINNERS

Kawsar Alam Main Uddin
Office Waiter
QP Office Service - Mesaieed Industrial City
June 2015

Prakash Kumar Pandey
Team Leader
QPCC Plant
June 2015

James Norven Itong Enriquez
Duty Officer
Hamad Medical Corporation (HMC)
June 2015

OFFSHORE - WINNERS

Janaki Amma Sreekumar
Driver Heavy Duty
QP Halul Island Operation - Contractor Mess
June 2015

Santosh Gurung
Assistant Cook
North Field Bravo (NFB)
June 2015

Mohamed Ahmed Abdelmagid Mohamed
Waiter
QP Halul Island Operation - Senior
June 2015

Ajay Shrestha
Cleaner
L & T QATAR
June 2015

Chockalingam Panchapakesan
Pastry/Bakery Chef
North Field Bravo (NFB)
June 2015

ONSHORE - WINNERS

july

Rukman Mia Abdul Kader
Kitchen Utility Labourer
Jinan Recreation Center
July 2015

Mohammad Ashraf Uddin
Cleaner
QPCC - Dukhan
July 2015

Mohamed Anas Mohamed Haniffa
Butcher
Qatar Shell GTL - Container Kitchen
July 2015

OFFSHORE - WINNERS

Rajendra Bahadur K C
Roomboy
QP Halul Island
Operation - Senior
July 2015

Shyam Naran B.K
Loader
Offshore Operation
July 2015

Shameer Mon Kannampulakkal
Driver Heavy Duty
Offshore Operation
July 2015

Visakh Harikumar Nair
Indian Cook
North Field Bravo (NFB)
July 2015

Khaga Raj Sharma Jaisi
Cleaner
QP Halul Island
Operation - Contractor Mess
July 2015

ONSHORE - WINNERS

august

Bacchu Khan Edresh Ali
Cleaner
Qatar Gas Canteen
August 2015

Mohammad Imran Khan
Office Bullgang - Team Leader
QPCC Office
August 2015

Samsul Huda
Cleaner
Dolphin Energy - Al Khor Housing Complex
August 2015

OFFSHORE - WINNERS

Mohammed Mizanur Rahman
Roomboy
Al Jassra
August 2015

Narbahadur Limbu
Roomboy
North Field Bravo (NFB)
August 2015

MD Azad Bepary MD Siraj
Cleaner
Halul Island - Housekeeping
August 2015

Tejendra Ghimire
Laundryman
QP Halul Island
Operation - Senior
August 2015

Ning Dorje Tamang
Waiter
GDI Offshore - Zikreet
August 2015

Catering Services

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