AMWAJ lifestyle

issue 18
2015

AMWAJ Caters FOR THE CHAMPIONS

MEET AMWAJ'S stars

DISCOVER A HEALTHY FAMILY CHALLENGE FITNESS PLAN

AMWAJ'S PURSUIT FOR EXCELLENCE

contents

04 AMWAJ EVENTS

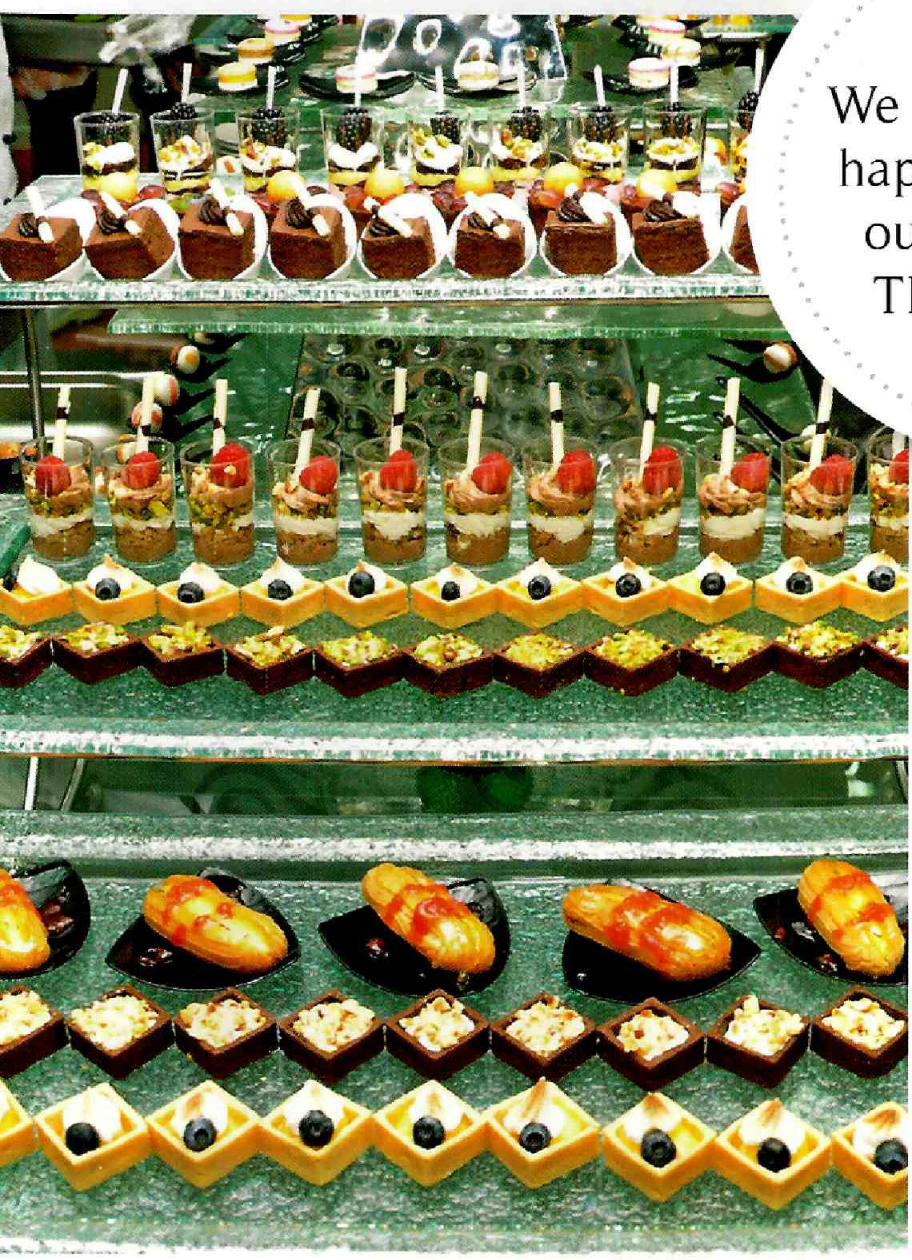
AMWAJ provided catering services during the 17th Asian Handball Club's League Championship Doha 2014.

06 ABOUT AMWAJ

AMWAJ Caters for the Qatar National Day Celebrations at RasGas Headquarters. The event took place on December 17, 2014 at the open terrace on the 10th floor.

12

We are extremely happy to present our STARS OF THE MONTH



08 NEW BRANCHES

The popular catering provider AMWAJ is enjoying a great success in the food and beverage industry. Many are the cafes that AMWAJ has opened in some of the most exclusive locations all around Doha.

14 HEALTH & WELLBEING

Get your family excited about healthy active living with this weekly Healthy Family Challenge!

10 IN THE NEWS

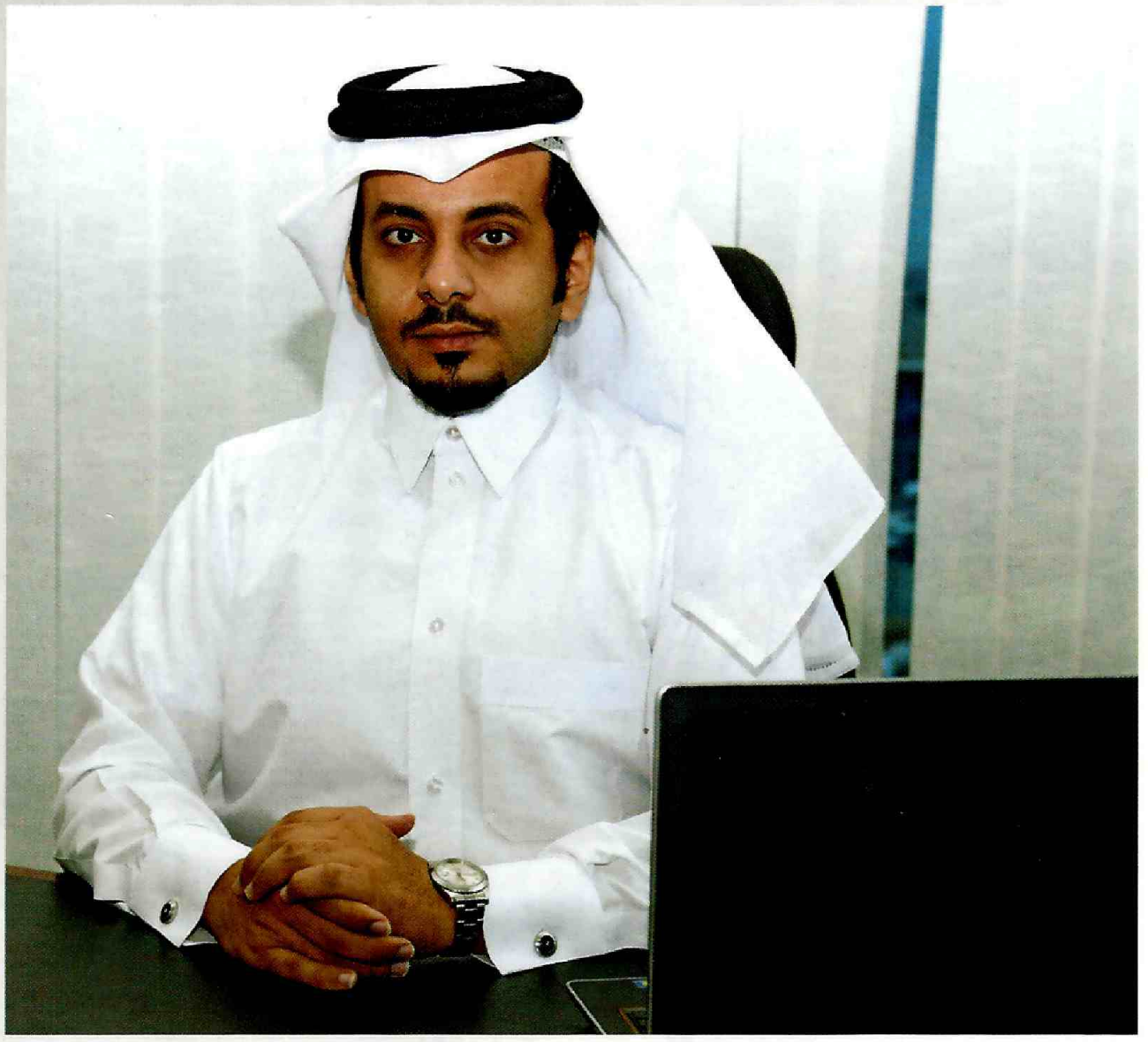
In-line with the MD's direction and vision, the IT & Technical Department is proud to announce that it has finalized significant projects that have enhanced AMWAJ's operations in many locations and with many clients.

11 SPORTS ACTIVITIES

AMWAJ is proud to announce the victorious season the company's Cricket Team has had.

FROM THE HR DESK
HUMAN RESOURCES MANAGER

Throughout the years, AMWAJ strived to build an environment where employees are challenged, empowered and rewarded. Hence, the role of the Human Resources Department is to set high standards for the employees, provide them with the necessary training but most greatly, to make sure that AMWAJ bases its development on the shared values of trust, excellence, innovation, integrity and independence.



In order to grasp the new challenges of the future and confirm its leading position in all aspects of its operation, AMWAJ has been building up its resources which the Human Resources Department contribute significantly by implementing efficient HR processes and resources, aimed at continuous optimization of employees' skills. In fact, our employees are our greatest asset and so, developing their capabilities means developing the company.

The responsiveness and business dynamism of AMWAJ are driven by a major performance management program which focuses on responsibility, delegation and management by objectives, all possible through ambitious individual training programs.

Our main aim in this department is to help employees share this feeling of belonging to the company and create a friendly environment which allows each one of you to succeed in your career, because your success defines the growth and success of the business.

This is possible due to the development of steady business objectives with a recruitment, development and reward mechanism to initiate more. Saying all that, I can assure you that our values will never change, such as our commitment to serve our customers, to look after the welfare of our employees and our responsibility towards the community.

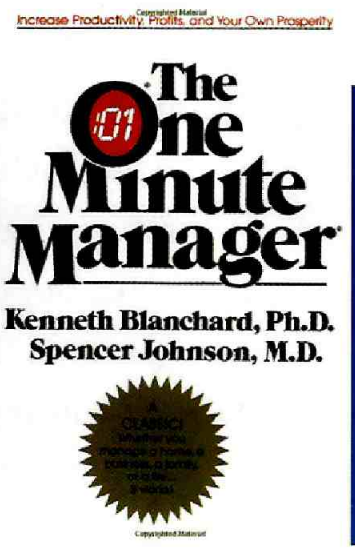
Without your effort and input, we would not be able to grow more and become the best.

Abdulla Ali AM Al Saadi
Human Resources Manager

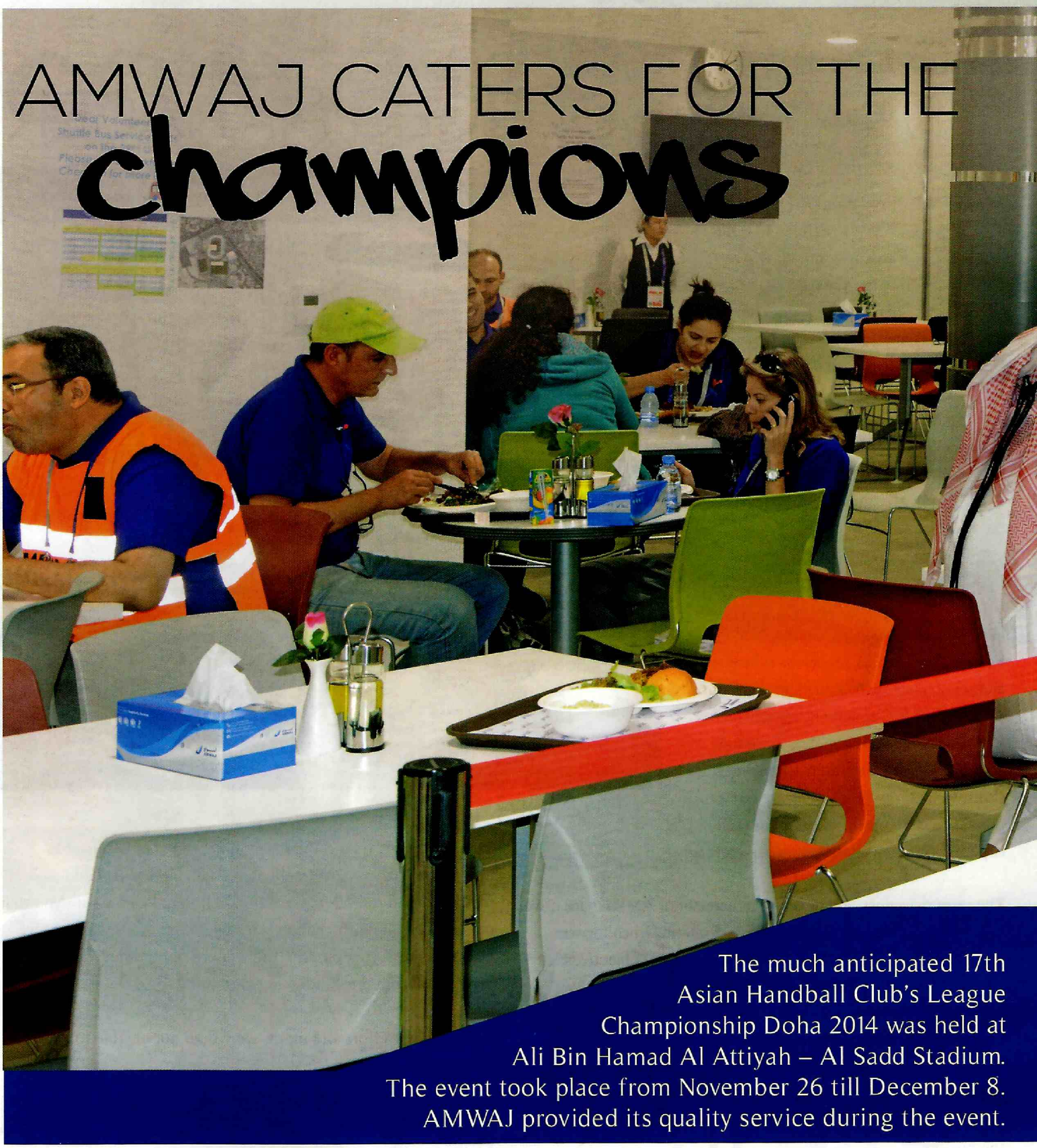
TOP MANAGEMENT BOOKS TO READ

THE ONE MINUTE MANAGER

The One Minute Manager, a book by Ken Blanchard and Spencer Johnson. According to Blanchard's website, it has sold more than 13 million copies and has been translated into 37 languages.[1] The brief volume tells a story, recounting three techniques of an effective manager: one-minute goals, one-minute praising and one-minute reprimands. Each of these takes only a minute but is purportedly of lasting benefit.



AMWAJ CATERS FOR THE *champions*

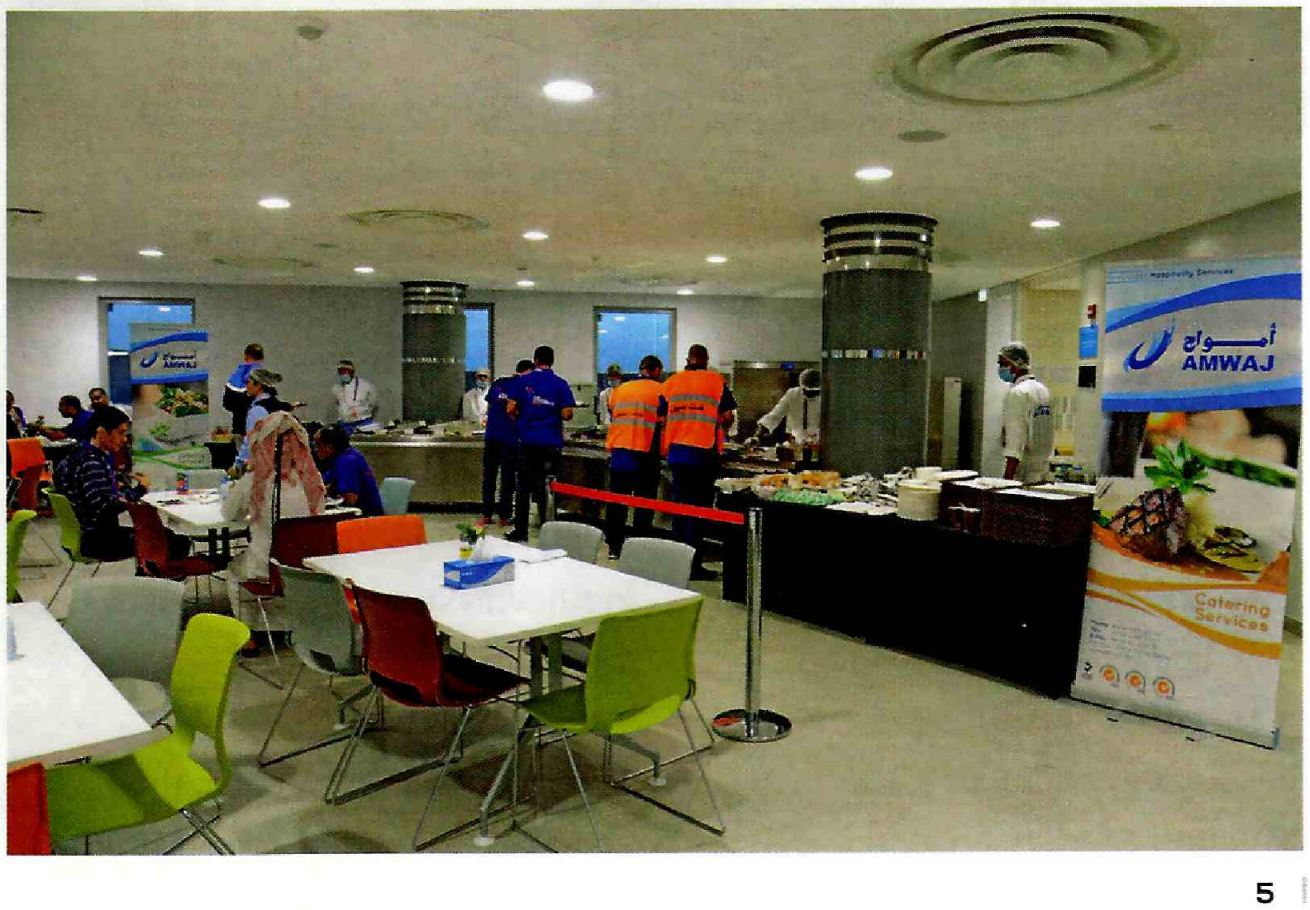


The much anticipated 17th Asian Handball Club's League Championship Doha 2014 was held at Ali Bin Hamad Al Attiyah – Al Sadd Stadium. The event took place from November 26 till December 8. AMWAJ provided its quality service during the event.

The championship is the official competition for men's handball clubs of Asia. The tournament serves as a qualifying tournament for the Super Globe. AMWAJ got a piece of the action by offering its extraordinary service and food to many of the handball stars and officials.

Known as one of the most influential catering companies in Qatar, AMWAJ provided catering services to many of those who helped make the **17th Asian Handball Club's League Championship Doha 2014 an absolute success.**

From media and workforce, to the field of players, International Handball Federation's official and the Uniform Accreditation Center, everyone was treated to succulent feasts served by the best professionals in the industry.


أمواج
AMWAJ
Catering Services

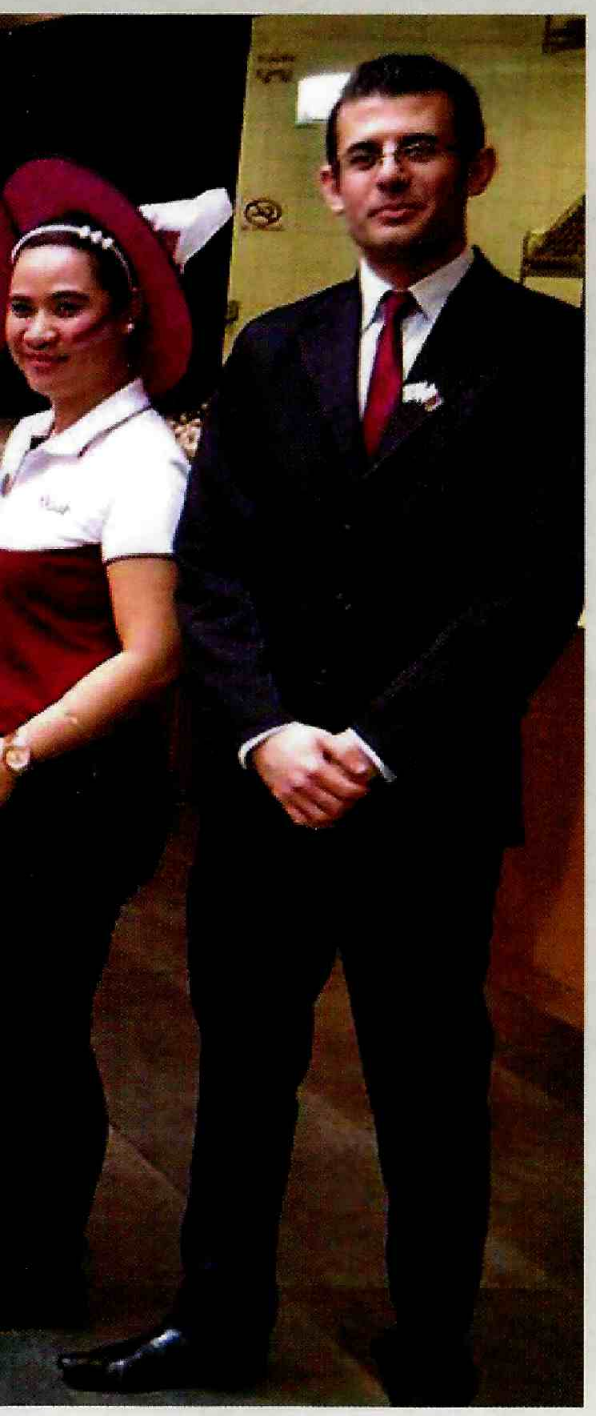
THANK YOU FOR A FORMIDABLE national day

The Qatar National Day Celebrations at RasGas Headquarters took place on December 17, 2014 at the open terrace on the 10th floor from 10:00 a.m. till 1:00 p.m.

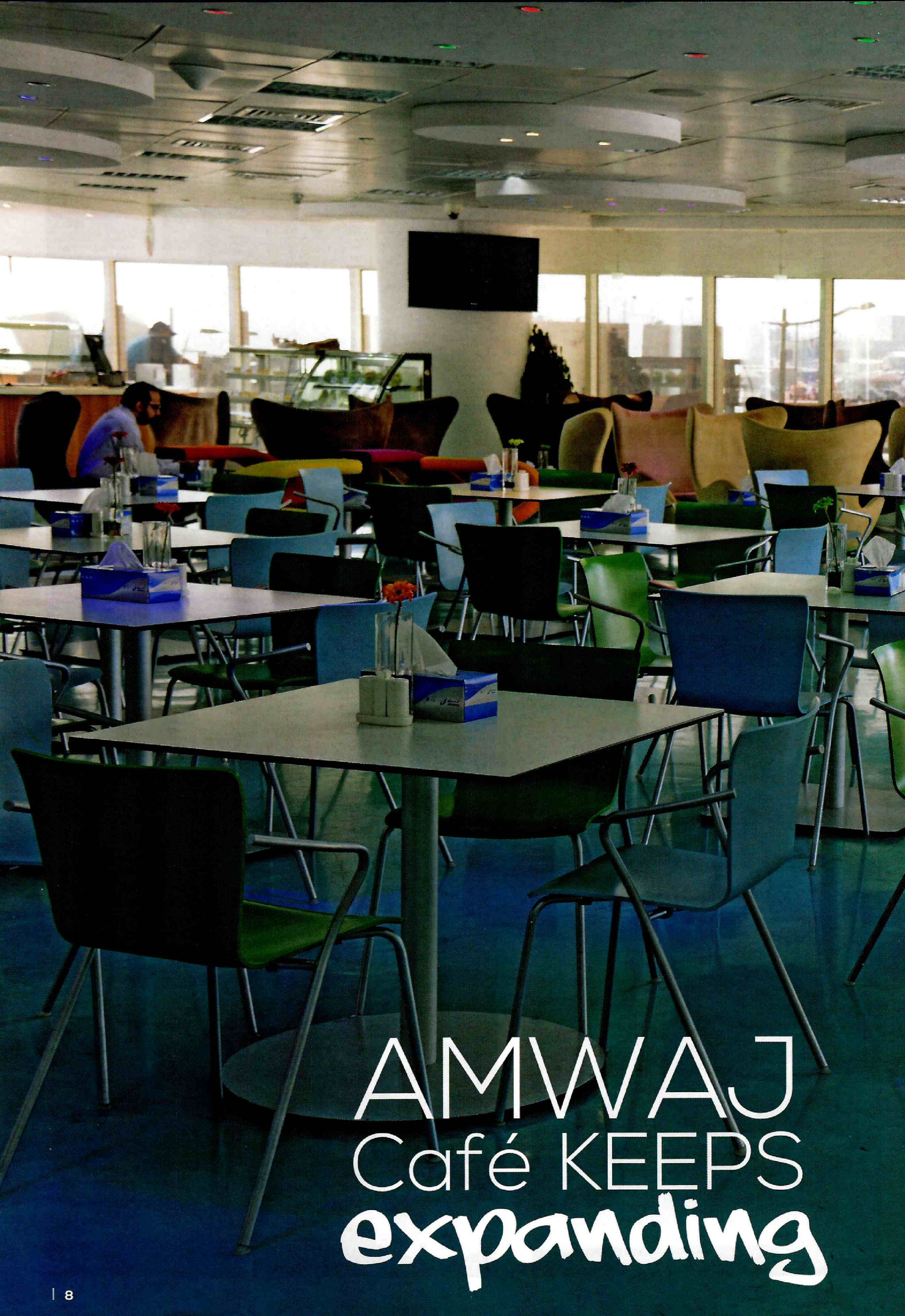
All guests were welcomed by the company's own staff. Head Waitress, Ms. Emmaruth, dressed in traditional Arabic dress and served special cookies with Qatar National Day theme to all the attendees.
A large cake was cut by distinguish guests, and traditional Qatari activities entertained all the staff.

A special buffet – that included karouf, harees, madrouba and traditional sweets - was conceptualized for this special occasion. It was a very emotional moment for everyone who came for lunch who seemed to have enjoyed the buffet and activities.

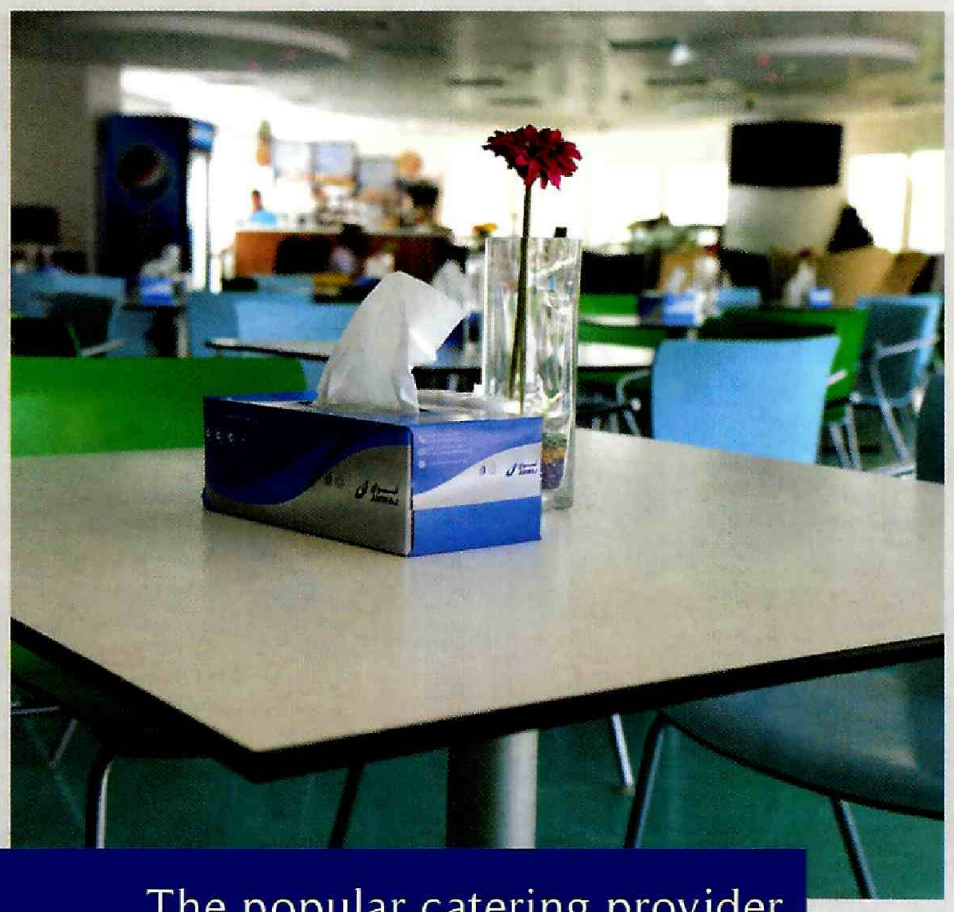
"I really would like to take this opportunity to thank the AMWAJ team for the magnificent, amazing and remarkable efforts in the 'National day celebration' celebration such a success. The team arranged a great buffet and worked hard to make the impossible possible. I would like to give special thanks to Chef Shrief and his team", Mr. Yasser Mahmoud Ali, Catering Supervisor of Ras Gas Company Limited said.



DELICIOUS TREATS FOR EVERYONE



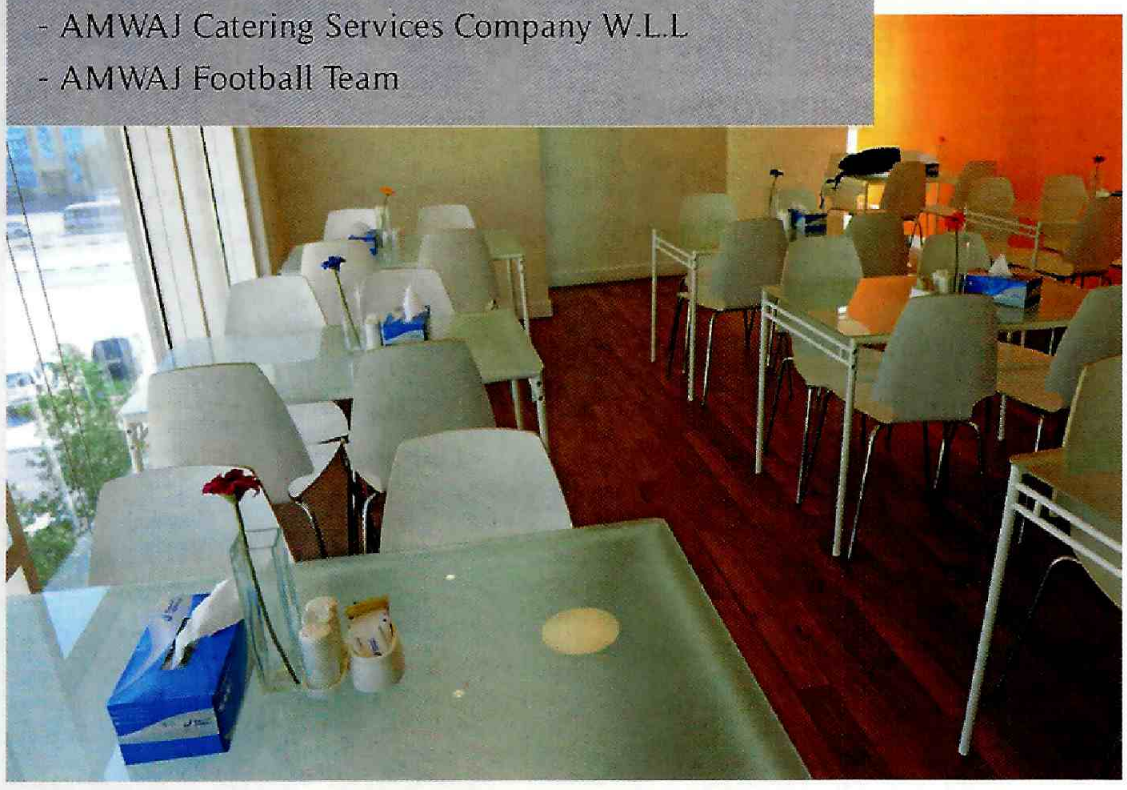
AMWAJ Café KEEPS expanding



AMWAJ's Café AL Khaliji West Bay

The popular catering provider AMWAJ is enjoying a great success in the food and beverage industry. Many are the cafes that AMWAJ has opened in some of the most exclusive locations all around Doha, most recently in Al Khaliji Commercial Bank near Landmark Mall and in Al Jazi Tower in West Bay.

AMWAJ launched two official Facebook pages.
One FB page for the company's activities and updates and the second FB page is for the football team.
- AMWAJ Catering Services Company W.L.L
- AMWAJ Football Team



AMWAJ Café opens its doors for the staff throughout the week to enjoy the delicious wonders of the café's incredible food options.

In both locations AMWAJ offers customers a big variety of different international cuisines and snacks from Sundays to Thursdays, from 7:00 a.m. till 5:00 p.m. The buffet is from 11:00 a.m. till 2:00 p.m. Visit the new branches and be mesmerized by amazing quality food and impeccable service.

In addition to Al Khaliji Commercial Bank, AMWAJ also opened a café on December 1st in the Qatar State Audit Bureau in in West Bay. The AMWAJ Café in this particular location operates from Sundays to Thursdays from 7:00 a.m. till 2:00 p.m.

AMWAJ's Café AL Khaliji Landmark

AMWAJ in the news...

In-line with the MD's direction and vision, the IT & Technical Department is proud to announce that it has finalized significant projects that have enhanced AMWAJ's operations in many locations and with many clients.

The projects listed below adhere to the improvement of AMWAJ's services, and some projects involve internal services improvements. One of the main enhancements includes the Independent IT Infrastructure and migration of all data and services from QP, improving overall control over the network in terms of higher data transfer speed, improving data security, quicker response to incidents, and a significant improvement in overall services provided by the IT & Technical department to AMWAJ.

The key projects include the following:

LGV – RLC Telecommunications Infrastructure

Completion of the handover for LGV - RLC Telecommunications infrastructure for Qatar Kentz, which is now being run completely by AMWAJ staff.

RLC Camp-1 Maintenance

Completion of the handover for Camp Maintenance from QP to AMWAJ.

Shared Files Migration - Microsoft File server 2012

Successful migration of shared folders and files from QP Network to AMWAJ Network. We have also implemented a folder hierarchy structure with file permissions.

Virtualization and Cloud Computing - VMWARE

Virtualization and cloud computing software for all AMWAJ computers.

Staff Active Directory - Microsoft Directory Service

Active Directory for AMWAJ staff accounts and a server for e-mail services provided through Microsoft Outlook. Migration of all AMWAJ e-mail data to the new Active Directory and management of AMWAJ staff e-mails

Zekreet New Camp Building & Infrastructure

AMWAJ's team is efficiently working with COMO to complete the infrastructure and buildings for the new camp in Zekreet.

AMWAJ Website

Development and Go-live of the new AMWAJ website – http://www.amwajservices.qa

New Help-Desk Services - Microsoft SCCM & SCSM

Help-Desk environment enables IT Admin to remotely connect and control user PCs for issue resolution. Remote management of client software / updates / patches / packages.

AMWAJ Fish Restaurant

AMWAJ's team have completed the Fish Restaurant project in cooperation with General Services Department and the project has been handed over to Retail Department for operations.

VIP QP Kitchen

Completion of the VIP-QP kitchen, in cooperation with the Operations Department. The project has been handed over to Retail Department for operations.

Antivirus server Symantec Endpoint Protection & SYMC BACKUP EXEC

Symantec Endpoint Protection and Backup Services.

Microsoft Printer server

Installation and configuration of the printers and scanners drivers on main server for secure and fast installation to user PCs and for network integrated funcionality.

THE WORLD OF CRICKET

AMWAJ is proud to announce the victorious season the company's Cricket Team has had. The team finished a very affluent year and were successful in retaining their place at the absolute top by winning two prestigious tournaments back to back (2nd Oil and Gas tournament and Qatar Foundation Champions trophy).

AMWAJ's MD Jassim-Al- Kuwari would like to congratulate the team for all their hard work, focus and determination.

STOP CARD PROGRAM

As you all may know, AMWAJ is solely dedicated towards the GDI Safety procedures and have been participating on the "Stop Card" program on a day to day basis. Mr. Bennedicto Jacinto, Store Keeper, picked up two unsafe points for the week and successfully closed the points as mentioned below.

Situation: I Observed personnel attending to take food from the counter themselves instead of the waiter to serve them.
Response: I stopped the person from doing so and explained the consequences, and also explained that designated food handlers with proper PPE are only allowed to handle food.

Situation: I observed personnel after opening a rice bag with the knife, left the knife un-attained.
Response: Immediately explained the person that after using such king of sharp equipment should be kept back safely to the designated area. Looking at Mr. Bennedicto's leadership and dedication towards the safety participation, GDI Safety team have congratulated and rewarded him.

stars of the month

ONSHORE - WINNERS

Shymal Sarkar
Waiter
Qatar Gas Canteen
October 2014

Ali Nassir Khamis
Cleaner - Bull Gang
QPCC - MIC
October 2014

Lennie Calacat Arat
Receptionist
Hamad Medical Corporation (HMC)
October 2014

Sajjad Hussain Choudhry
Maintenance Coordinator
GSD - Maintenance Department November 2014

Mohammed Abu Zubair Bappie
Reprographic Assistant
Ras Gas Tower - Doha
November 2014

Cherryl Lyn Levita Angon
Services Supervisor
Hamad Medical Corporation (HMC)
November 2014

OFFSHORE - WINNERS

Tuk Bahadur Adhikari
Camp Boss
GDI 11 - RUMAILLAH RIG October 2014

Praveenkumar Raveendran Nair
Chapatti Maker
GDI Offshore - Dukhan
October 2014

Bhuwan B.K
Cleaner - Domestic
QP Halul PS – 2 - Housekeeping October 2014

Dipak Khatri
Cleaner Industrial
Halul Island - Housekeeping
October 2014

Pintu Singh
Mess Hall Supervisor
L & T QATAR
October 2014

Prakash Badi
Kitchen Service Attendant
Halul Island - Housekeeping
November 2014

Sandip Thapa
HLA
Halul Island - Housekeeping
November 2014

Joynal Abdin Bazaler Rahman
Store Helper
Operation Support Services
November 2014

Krishna Phuyal
Laundryman
QP Halul Island Operation - Contractor Mess November 2014

Mohammad Kunhi Chaliyamgod Abdurazak
Chef De Partie
GDI 7 (DIXI)
November 2014

STAR OF THE MONTH AWARD ONSHORE - WINNERS

Eriberto VelaCruz Mediavillo
General Technician
QAPCO (QVC)
December 2014

Chudaraj Karki Messboy
Qatar Gas Canteen
December 2014

Avitho Anthony Fernandes
Continental Cook
Dukhan Cuban Hospital
December 2014

OFFSHORE - WINNERS

Prabin Katuwal Roomboy
Halul Island - Housekeeping
December 2014

Birbal Rana
Commis I - Indian Cook
QP Halul PS - 3
December 2014

Deepak Bahadur Sunar
Waiter
QP Halul Island Operation - Senior
December 2014

Bhim Bahadur Gharti Magar
Cleaner
GDI OFFSHORE - DUKHAN
December 2014

Chhesing Tamang Cleaner
GDI 7 (DIXI)
December 2014

CERTIFICATE OF APPRECIATION IS AWARDED TO
QATALUM MESS (MESAIEDD)
FOR COMPLIANCE AND EXCELLENT EXECUTION OF FOOD SAFETY/HYGIENE REGULATIONS DURING THE YEAR 214

قطر للبترول
Qatar Petroleum
INDUSTRIAL CITIES
Mesaieed • Ras Laffan

Certificate of Appreciation

This Certificate is awarded to

QATALUM MESS (Mesaieed)

for compliance and excellent execution of food safety/hygiene regulations during the year 2014.

ABDULLATIF IBRAHIM AL-MOHANADI
MANAGER, INDUSTRIAL CITIES OPERATIONS

ADEL ESMAEL RAHIMI
MANAGER, MESAIEED INDUSTRIAL CITY

November 27, 2014

HEALTHY FAMILY CHALLENGE

fitness plan: one week

Get your family excited about healthy active living with this weekly Healthy Family Challenge!

Are you ready to get moving? Hold a kick-off meeting with the whole gang to get everyone excited about the 'Healthy Family Challenge'. This is your chance to spend more time together and make a life-changing commitment as a family! Each day this week, try to fit in some extra play at school or the playground. Arrive at school or day-care 15 to 30 minutes early or stay 15 to 30 minutes later. Bring a basketball or soccer ball for older children to also get in the action.

day 1: BALLOON VOLLEYBALL

Equipment: Enough balloons of different shapes and colours for each person playing.
How to Play: To begin, try to keep the balloon in the air as a group, and count how many times you can hit the balloon before it touches the ground. Once you've mastered the game, add on challenges. Try having each person touch the balloon once before starting with the first person again. Then add two balloons to the mix, or set up a game similar to volleyball with a line separating two teams. Finally, send each child off with their own balloon to see how many times in a row they can hit it before letting it drop to the ground. **Recommended loction: your own living room or Aspire Park.**

day 2: ALPHABET GAME

Equipment: Get some music that your children would enjoy. (This is a great game for playdates—more people = more fun.)
How to Play: This is a perfect activity for kids who are starting to learn their letters. One person is the designated audience while other family members come up with a secret word. When the music starts, the participants dance or skip around in a circle, and then everyone lies down on the ground to form the shape of the first letter in the secret word.

The audience member shouts out the letter and everyone gets up, dances some more and then moves into the next letter. When the word is done, everyone jumps up and finishes in a final pose and the audience must guess the word. Everyone gets a chance to be the audience (young kids might need a parent to help them spell the word).

day 3: DANCE PARTY

Equipment: Playlist of dance songs (let everyone in the family contribute at least one favourite song), costumes and props. This could be anything your kids think of, such as toys, hats, glitter lights, etc.
How to Play: To begin, pick your first DJ, who will choose a song and a dance theme. Each participant gets a turn as DJ. Once a song is chosen, everyone dances. You can add simple themes and games to the dances, such as "Freeze Dance" or "Hopping Dance," and, for older kids, encourage them to choreograph a little routine to perform for the rest of the group.

day 4:
OUTDOOR OBSTACLE COURSE

Equipment: This course will use things that you already have in your backyard or outdoor play gear, strollers, wagons—whatever you have on hand that you can carry. If your backyard is very small, try this activity at your nearest park.
How to Play: Look around your backyard or outdoor space and pick areas where you will stop and do a specific activity. Exercises can include push-ups, sit-ups, two-leg hops, skipping, climbing, throwing a ball, kicking a ball and a balance activity. The course should take about five minutes to get through. Once you've done it a few times, try timing yourself and then try to improve your time on subsequent runs. To make it a team effort, add everyone's time together and try to beat that total time for the next round—instead of kids comparing and competing against each other, they'll be cheering each other on. You can also break into two groups: Let the first group make the course and take the second group through the course, then switch. Once they get used to the idea, kids will love designing the courses themselves. **Recommended location: Wakra Park.**

day 5:
FIND A NEW PLAYGROUND AND A NEW HEALTHY PLACE TO EAT

How to play: The end of the first week should be a reward day for your family. If possible, pick your kids up from school or day-care and plan to walk or drive to a playground that you've never been to before. If your kids are older and are not using playgrounds as much, hit up a recreation centre with free gym space, or an open field to play on. Bring a few balls or a Frisbee along to add some variety to your games.

Young kids love to explore a new playground for the first time—bring a healthy snack, too, to revive them after a long day of school. When you're finished playing, head to a restaurant you've chosen together that's new to you and serves health food. Remember that this meal is a celebration of your accomplishments this week: It should be fun for everyone. **Recommended location: Museum of Islamic Art Park and Dhal Al Hamam Park.**

day 6:
MORNING COFFEE WALK AND FAMILY SWIM

Weekend Activity 1:
Morning Walk to Your Local Coffee Shop
Equipment: A carrier, stroller or wagon for small kids.
How to play: When you all wake up, get dressed immediately and head outside. This is the first thing you do, before breakfast—just grab your sunglasses and a baseball hat and get out the door. Take a leisurely walk to your local coffee shop, or somewhere you can grab a coffee and a healthy snack, before you head home. **Recommended location: Souq Waquif.**

Weekend Activity 2: Swimming
Equipment: Bathing suits and towels, water wings or life jackets for novice swimmers.
How to Play: Check out local recreational centre's schedules for open swims in advance so that you're ready to go (a lot of commercial parks and compounds have heated swimming pools). Swimming is an essential physical skill for the safety and health of all kids and adults. If you are not a swimmer, start by investigating local swimming lessons and do a program as a family. **Recommended location: Hamad Aquatic in Aspire Park.**

day 7:
FAMILY HIKE

Equipment: Comfortable footwear, appropriate clothing to be outside for at least an hour, full water bottle.
How to Play: Get out the door for this hike right after breakfast, before you get busy with weekend chores. Find an area surrounded by as much nature as possible. You may need to drive to a destination and then leave your car at the entrance to the hike.

Pack a healthy snack and plan to rest at your halfway point. Kids older than four years old will be able to walk for 90 minutes to two hours, with a planned break in the middle. If you have a toddler, bring a wagon or stroller along. They can walk for a while and then take a break when they are tired. Encourage kids to collect rocks, sticks or leaves to keep them engaged in the activity. **Recommended location: Wakra Family Beach and Al Khor Corniche.**

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