

Jawaherna

February 2018, Issue N° 13



اليوم الرياضي للدولة National Sport Day



Page 8

KAFU Awards

Page 12

QAFCO Cricket
League

Page 15

Effective
presentations



6673 2006

@Qafcopr



Inside this issue:

CEO Message	3
Snaps from Deep Dive workshop	6
Q-Zone	10
QAFCO—Contractors HSE meeting	11
Your page	13
Hello Edi	14
Healthy drink	17
Yoga	18
Al-Banush events	20
Quiz	21



Dear QAFCO Family,

As we welcome the New Year 2018, it is time to reflect on our performance and achievements in 2017.

Although challenging, good results were achieved in the three company-wide KPIs set for the year, viz., Safety, Production and Cost.

In 2017, efforts were focused on promoting a safety culture among all employees, which resulted in a TRIR of 0.94 as at year-end. Although the TRIR level was slightly higher than the target of 0.8, it was a learning phase for all, and thus, the target shall remain the same for 2018 as we continue to embrace the safety culture into our daily work and lives.

One of the key achievements was in Production where not only was an up-time of 88.6% achieved, the highest in QAFCO history, but a new record was also set in terms of production volumes. Further, the cost-optimization drive, and improved market conditions resulted in a remarkable profit instead of the forecasted loss for the year.

The Deep Dive project which was initiated as part of the QAFCO Productivity System (QPS),

has been successful so far, with a positive response being received overall. Note that the initiative is a long-term project, and will be implemented gradually over the next three years. Efforts to optimize always need to be maintained - this shall ensure the right resources are maintained in the right areas.

Simultaneously, the organizational optimization which commenced in 2016, shall continue during 2018. Consequently, the manpower in some areas will decrease while others will increase. This will depend on the level of efficiency required at each level.

Thank you all once again, for contributing towards QAFCO's achievements in 2017. Your excellent work and dedication is highly valued and encouraged.

Looking forward to a positive and productive 2018.

Abdulrahman M. Al-Suwaidi

Chief Executive Officer

On the occasion of National Sport Day, Jawaherna brings to you Ministry of Public Health's recommendations

Be Active



Key Recommendations

Adults should do moderate intensity physical activity at least 5 days per week (for at least 30 minutes) and/or vigorous intensity aerobic physical activity at least 3 days per week (for at least 20 minutes). Children and youth should accumulate at least 60 minutes of moderate to vigorous-intensity physical activity daily. Begin slowly, and gradually build activity time, frequency and intensity.

Participate in activities that strengthen your muscles and bones 2 or more times each week, such as climbing stairs and lifting weights.

If you have any medical conditions, consult your doctor before beginning any physical activity. For greater health benefits, increase the amount or intensity of both aerobic and strengthening activities.

Spend less time sitting (e.g. television and computer time). Instead, walk with your family, do housework or prepare healthy foods.

When exercising outdoors, expose your skin to the sun for limited periods to increase Vitamin D production.

osteoporosis. It is also a great stress reliever, can help to lower blood sugar and increase "good" cholesterol levels, and of course is essential to maintaining or losing weight. Regular physical activity maintains strength and flexibility, balance and coordination. For children, physical activity is essential for healthy growth and development, and develops cardiovascular fitness, strength and strong bones.

For adults over 65, weight-bearing physical activity reduces the rate of bone loss associated with osteoporosis. Regular physical activity helps prolong good health and independence, and can reduce the risk of falls. Research shows that as much as half the decline in function between the ages of 30 and 70 is from being inactive, not from ageing.

Tips

- Organize a regular walk with your family.
- Take the stairs, up and down.
- Reduce the time spent being physically inactive.
- Walk indoor or outdoor
- Start slowly and build up to the recommended amount of weekly physical activity.
- Be a role model for your children. Establishing positive habits early in childhood can last a lifetime.
- Organize a physical activity break at work or at school – even if it is just some gentle stretching!
- Join a fitness gym or take exercise classes.

Benefits

Physical activity benefits all ages. For all ages, physical activity has been shown to reduce the risk of over 25 chronic conditions, including cardiovascular diseases, stroke, hypertension, breast cancer, colon cancer, Type 2 diabetes and

ACHIEVEMENTS

Mr. Ahmed Rahimi on AIChE's Safety Committee

Mr. Ahmed Rahimi is the first engineer from Qatar and the Middle East to be a member of the AIChE's Ammonia Safety Committee.



Mr. Ahmed Rahimi

The American Institute of Chemical Engineers (AIChE) Ammonia Safety Committee elected Eng. Ahmed Rahimi, QAFCO Continuous Improvement Manager (QAFCO) as a member of this elite committee.

Mr. Rahimi's election to the committee was held during AIChE's '62nd Annual Safety in Ammonia Plants and Related Facilities Symposium' in New York.

On the achievement, Eng. Rahimi said, "It is a pleasure to be part of the AIChE's Ammonia Safety Committee and help implementing the safety measures across the companies. Being part of this commit-

tee proves QAFCO's commitment toward supporting plant safety and operations excellence".

The annual symposium is dedicated to improving the safety of plants that manufacture ammonia and related chemicals, such as urea, nitric acid, ammonia nitrate, and methanol. More than 400 attendees - including plant safety personnel, plant managers, and process engineers, maintenance engineers representing a spectrum of industries shared technological advances and discussed strategies for improving plant safety, maintenance, and management.

Congratulations! Mr. Abdulaziz Al-Jabri



Congratulations to Mr. Abdulaziz Al-Jabri who stood second at the Qatar National Sprint 2018, organized by Qatar Motor and Motorcycling Federation (QMMF) at the Losail International Circuit . Mr. Al-Jabri clocked 1:06.110secs in his Toyota GT 86. We wish Mr. Abdulaziz all the best in his future competitions.

Snaps from Deep Dive workshop

In today's business environment, operational excellence in all areas is more critical than ever. Businesses must have reliable, rapidly improving operating systems if they are to meet soaring demand for better quality, faster delivery and lower price. The QAFCO employees worked with McKinsey's Model Factory in a Box, that helped the teams to learn the effects of small system improvements – and understand what doesn't work and why.



Deep Dive appreciation lunch

QAFCO Management met the Deep Dive team and expressed their appreciation for their inputs in engaging and empowering the entire QAFCO family to improve efficiency, increase productivity and output across the entire company. During the ceremony the navigators were given KAFU Awards



KAFU Awards

The 'KAFU Award Program' is designed to recognize special contributions, as they occur, for a specific task or project. KAFU Awards are generally for a special contribution accomplished over a relatively short time period. The award lets employees stand out for their noteworthy contribution, at the same time, it recognizes and reinforces the behavior and values that are important to the Company.



ATKURU RAVI SANKAR

In recognition of his excellent coordination in "Re-Accreditation of ISO 17020- for Inspection & Materials Technology Section" for the years 2018-2020 in addition to fulfilling his assigned responsibilities. QAFCO Inspection & Materials Technology section is the first accredited user inspection body in Qatar.

ESSAM AWAD

In recognition for the successful execution of critical and challenging task in Urea-4 during Shutdown 2017. The task completion was met all safety, cost, quality and schedule objectives.



AHMAD E. A. ABU YOUSEF

In recognition of the successful execution of critical and challenging task in Urea-4 during Shutdown 2017, The task completion was met all safety, cost, quality and schedule objectives.

JAFRULLAH BIN MUHAMMAD JAFAR

In recognition of his initiative in reporting gas leaks which lead to the corrective maintenance of buried lines that supply natural gas to Ammonia 1&2 plants.



KAFU Awards

In recognition of their effort in improving the safety and reliability of Q5 Urea Bulk Hall reclaimer's electrical system by replacing the Variable Frequency Drives (VFD). This can avert highly anticipated failures of previously used VFD.



GOPI ETHIRAJ



YUSUP HIMAWAN



NOSHAD AHMED



ABDUL BASIT



USMAN SIDDIQUE



ADNAN SABIR

Safety Moment



SADANATH S VINOD

Fog Awareness competition Winners



N V SUBRAMANI



SEEMA SUNIL

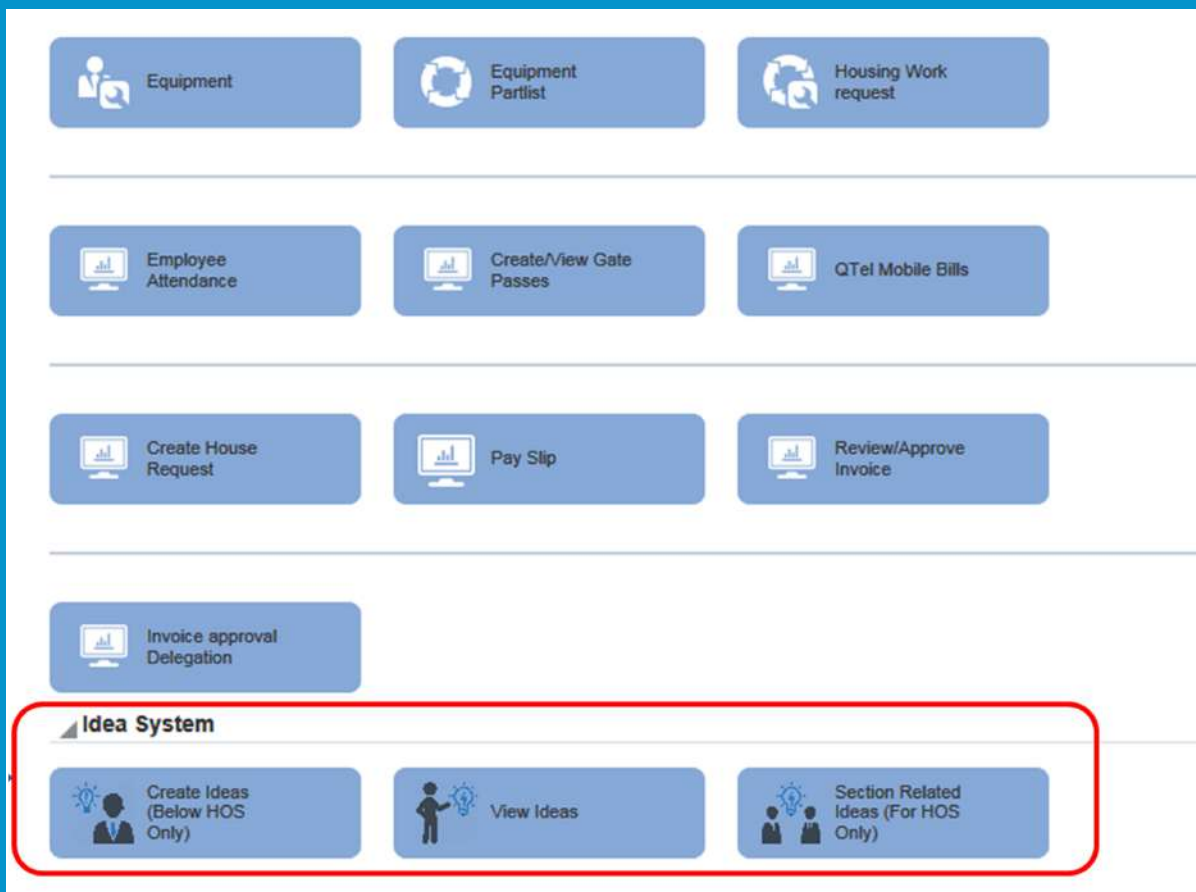
Please keep sending us your theme(s) in Powerpoint to participate in the competition for the Safety Moment to "HSEQ Department /SEQ /QAF COSAQ". The selected winner (every month) will be given the KAFU Award by the Management. Kindly note that the Safety Moment Entries is restricted to only **1 Entry** per month per participant. If a person submits 2 or more entries then he / she will be disqualified for the same.

Q-zone

Q-zone focusses on information related to QAFCO's Management Systems.

Do you have an idea or a suggestion that you would like to share with us?

Use the Oracle JD Edwards Idea System to express your suggestions.



Contact Quality section for more information.

QAFCO Contractor HSE Meeting



QAFCO and the contractors expressed their commitment to HSE.



QAFCO Maintenance Planning in coordination with Safety section organized a HSE Coordination Meeting on 16th January, 2018 at Al-Banush Club for QAFCO shut down contractors.

The meeting aimed to promote QAFCO's goal of zero total recordable injury and to communicate QAFCO's safety goals to achieve shut down safety targets set for the QAFCO -2 shutdown.

Mr. Thomas Schmitz, QAFCO Chief Operations Officer addressed the gathering which was followed by an interactive session on safety during shutdown. This also included contractor's initiatives to promote and implement safe practices during shutdown. Later on, Mr. Jamal Sawan, the acting Chief Technical Officer concluded the meeting. During the meeting, contractors were also rewarded for their outstanding contribution during QAFCO -6 shutdown in April' 2017.



QAFCO Cricket League



You have a story to tell, or an occasion to share, inspire or celebrate?
Then this is the place for you. Send your story to pr@QAFco.com.qa.

Share your story here



Congratulations !

Muhammad Wasim

On the birth of your bundle of joy **Muhammad Ali** on 6 January 2018.



Congratulations!

D.Naveen Kumar

On the birth of your bundle of joy **Aayan Naveen** on 18 January 2018.



Connected vehicle technology to be launched

The Qatar Mobility Innovation Centre (QMIC) will deploy the region's first Connected Vehicle technology on a pilot phase in Doha by March, a top official has said.

The Qatar University campus and the adjacent places have been planned for the deployment of the technology. *Source: Gulf Times*

QMIC has been working on the preparation of the local large scale pilot to test and validate the connected and automated vehicles technologies and application. Given here is a selection of the applications that have been shortlisted to be implemented and deployed in the pilot



Pic: QMIC

Hello! Edi

Jawaherna caught up with Mr. Edi Santoso, Accounts Officer, QAFCO. A photography enthusiast who has been providing his work of art to Jawaherna regularly. Here are the excerpts from a candid conversation with him.



First thing, that comes to your mind when you think of QAFCO?

A large company where people from different countries work together as well oiled machine.

What are your hobbies?

I like to watch movies and love photography. I like to capture the sights around me into a cherishing memory. When I see something unique, I try to observe it from different angles and try to capture that one thing that makes it unique. In short, I enjoy photography.

Which is your favorite place to spend your vacation and why?

Turkey. No doubt about that. Ever since my last visit, I have been smitten by Turkey. It is an awesome place, where rich culture and modernity blend to form a beautiful kaleidoscope.

Insha Allah, I am planning to visit again soon.

Turkey is an awesome place, where rich culture and modernity blend to form a beautiful kaleidoscope.



From Edi's Turkish sojourn.



Delivering Effective presentations



*Delivering an effective presentation is a skill which you can develop with constant practice and observing other presenters. **Sudhir Gujar** gives some tips which can help you take your presentation level a few notches up.*

Know your audience

Understand your audience and tailor your presentation accordingly. A presentation to your management might be a short, summarizing one, while the same to your peers could be a detailed one.

Rehearse, Rehearse...and Rehearse!

Rehearsing your presentation over and over again helps you get confidence on your subject and leaves no room for any disruptions.

Inject Humour

Having soft humour in your presentation can be a life-saver especially in very long technical presentations. For e,g,: To explain a long waiting time for procuring items, you can say "At least we won't have to wait as long as being in a queue at McDonald's on Friday afternoon!". Avoid humour on sensitive topics at all costs!

Take care of your supporting "actors"

A good movie is made better when supporting actors act well. Similarly, an effective presentation can be delivered when your support factors such as Projectors, Laser Pointers, computer systems, conference room, whiteboard, markers etc. are all in working condition.

Consult a Subject Matter Expert

Consult a Subject Matter Expert in case your presentation deals with topics other than your own expertise, as doing so may help you answer questions raised during the presentations effectively.

Join your local Toastmasters Club!

Toastmasters Clubs are an effective platform to enhance your communication & leadership skills. The Al-Barush Club Toastmasters can be that platform for you!

Tech Zone



Google has unveiled Datally, an Android app that helps smartphone users understand, control and save mobile data. The app includes a WiFi finder so people



spend less time on their mobile data. Additionally, the app keeps track of things like WiFi quality, app usage, and real time stat tracking.

Google really made this one simple and highly user friendly.

The key idea to behind the conception of Datally comes in after a group of people at Google found people switching their phone to airplane mode just to save their data usage. Datally was developed to help solve one of the biggest concerns of smartphone users around the world, worries about data usage. During extensive user research around the world, it was found that many smartphone users worry about running out of data, especially the new generation of Internet users known as the "next billion users". Not only are they constantly thinking about data balances, but they do not understand where their data is going nor do they feel like they can control allocating data to the apps they really care about.

Datally app empowers users to manage their data effectively on their smartphones through four key features:

Data saver: Apps frequently use data in the back-

ground for updating content and information. Datally's data saver feature lets users control data on an app-by-app basis, so that data only goes to apps they care about.

Data saver bubble: Once data saver is turned on, Datally's data saver bubble appears when a user goes into an app. Whenever that



app uses data, the data saver bubble shows the current rate of data usage, and users can easily choose to block that app's data use if things start to get out of control. The bubble is like a speedometer for mobile data.



Personalised alerts: Datally alerts users when apps start consuming a lot of data, and it allows them to see how much data they've used on a daily, weekly, and monthly basis.

Wi-Fi finder: There are times when users want to use more data than they have on their mobile plans, such as when they want to watch HD videos. Public WiFi is an important access point for high-bandwidth connectivity. Datally's 'Find WiFi' feature reveals the networks nearby, rated by the Datally community. Once connected, users can rate the WiFi networks based on their own experience.

<https://datally.google.com/>

What is it?



1. A Frisbee
2. A Smart plate
3. A Crop checker
4. Smart measuring tape

Answer to last month's question
C. A living plant lamp

A healthy drink

Recommended by Mrs. Hina Tariq

Ingredients

Uncooked Oats - 1-2 tbsp

Milk - 1 glass

Yogurt - 2 tbsp

Fruits: Mango, Banana or any fruit of your choice

Basil Seeds or Chia Seeds (soaked in water for few minutes)

Dry Fruits: Almonds, Pistachio – roasted and crushed

Dates paste or honey for sweetening

Put everything in a glass and leave it for 4-5 hours or overnight in the refrigerator.

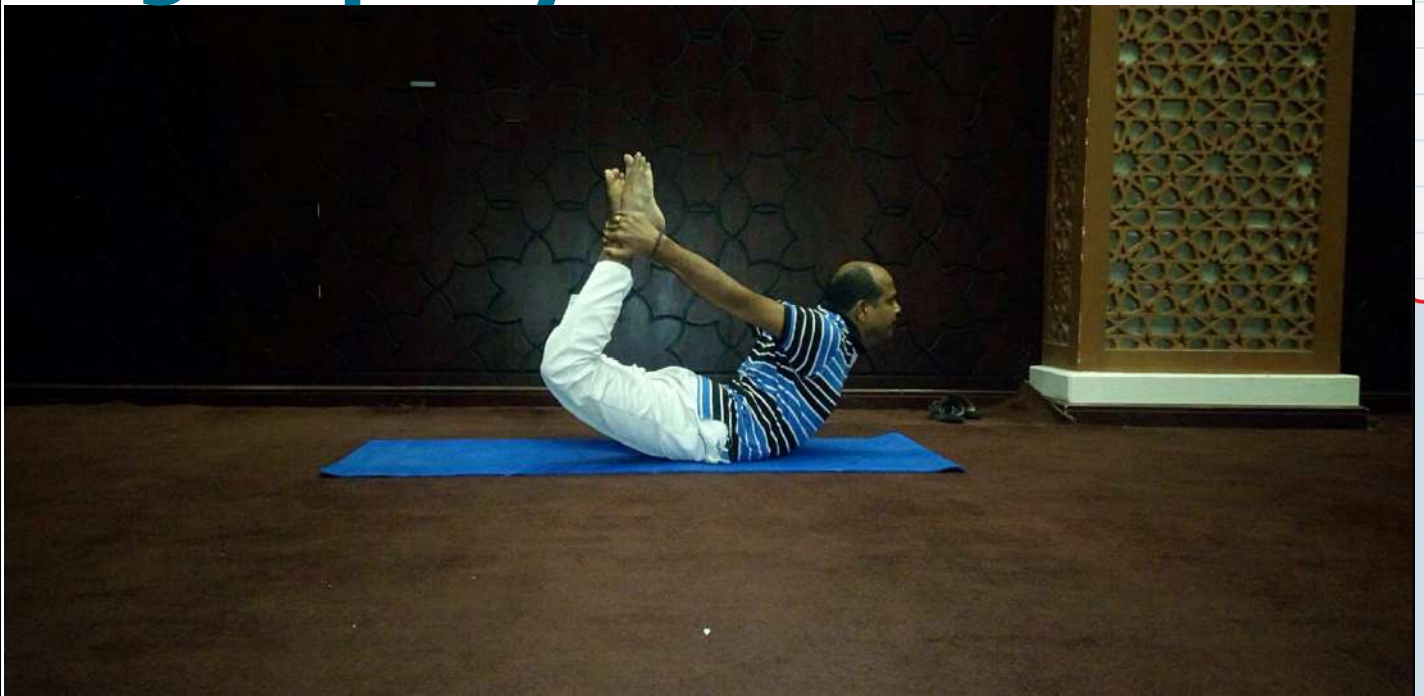


Recipe and pic by Rabbiya Khan

**"Let food be thy medicine and
medicine be thy food"
- Hippocrates**

physical health

Yoga tips by Ramanathan



Dhanurasana (Bow Posture)

Benefits:

Most beneficial yoga for the function of Pancreas, Intestines and Liver. Improves digestion process.

It strengthens the back bone structure, Lungs function and Thigh Muscles.

Improves blood circulation and helps to get good sleep pattern.

How to do?

Lie down on your stomach, breath-in fold both legs backwards and hold by both hands, breath out and relax

While breath-in push your legs outwards, don't leave your hands hold firmly and lift your upper body and thighs, to form like a bow.

In this position Breath-in and out normally for 3-4 rounds (Feel the movements in your stomach, stretching of chest, thigh and back muscles while breathing in & out).

Breath-out release your hands and returns to normal position. Repeat this for 2 rounds.

Caution:

Those who have Ulcer, Hernia avoid doing this yoga. Pregnant Women should avoid doing this Yoga.



(You may also visit www.sssyoga.com to know more about yoga).

Disclaimer: Jawaherna recommends the reader to consult with the doctor before practicing any of the exercises. The tips provided here are of general nature only and should not be considered as an alternative to medical practitioners advice.

Let's Go

Al-Jassasiya Rock Carvings



Reaching there

Around 90 Kms from Doha, Al-Jassasiya is a place to go during these months.

Go north on Al-Shamal Highway until you reach Exit 66. Go right there and continue until the intersection, where you take a left turn. After about 3 Kilometres you will see a large fenced off area. Park your car outside and enter through one of the gates on all sides of the area.

Best time to go

Due to the lighting, sunrise and sunset are the best times to visit the rock carvings in Jassasiya.

What can you do there?

Beautiful rocky scenery that invites to do a little hike. While it is not easy to find all the rock-carvings, you should find some when venturing out on the many paths. A great activity with kids! The rocks also host many small lizards, which are most active early in the morning and during late afternoon. There is a platform that provides a little bit of shade and invites to have picnic underneath.

Facilities

There are no facilities in the Area. However, the closest possibility to buy supplies is in Al Khor. Bring plenty of water, snacks and sun-protection and anything else you might need outdoors.

Source: <https://www.offbeatqatar.com/>



AL-BANUSH CLUB

Events & Activities

Al Banush Coloring & Drawing Competition



Al-Banush Badminton Tournament 2017

Al Banush Club Committee organized "*Badminton Tournament*" for its members. About 90 players participated across different categories. Trophies were distributed to winners and runners up.



Text and pics by Abdul Aleem



A splash in water

Photo of the month by

Mohammed Zabeel

Coming up this month



اليوم الرياضي للدولة National Sport Day

QAFCO celebrates the
National Sport Day on
February 13 from 8 AM at the
Al-Banush Club.

Further details will follow
via QAFCO email .

*Let us know if there are any events
that can be useful to other Jawaherna
readers. You may email us at
pr@qafco.com.qa*

Question of the Month

What topic was discussed in the "Lesson Learned" issued
on 24 January 2018?

Email your answer to pr@qafco.com.qa by 14th February 2018 and win exciting prizes.

Two Winners will be declared through a draw of lots from the correct entries.

***To be featured in the next issue of Jawaherna, please send in
your submissions by 11th of each month to pr@qafco.com.qa***



Send "Add me" to **6673 2006** to be up-to-date
with all QAFCO news and PR activities.



@Qafcopr