

# SAWALEF

AUTUMN SEASON

NEWSLETTER

**WIN**  
*dinner  
for two!*



**MEET THE PROJECTS AND ENGINEERING DEPARTMENT**

## A NOTE TO OUR READERS

I would like to take the opportunity to welcome the newcomers to the Al Habtoor Group.

This edition of Sawalef is packed with the latest news from Al Habtoor Group companies; including the Groups first foray into Hungary and our Chairman's entry into the world of social media. See page 5 if you want to follow Khalaf Al Habtoor on Facebook or Twitter.

In our 'Meet the Department' section we get 'personal' with the Projects & Engineering Department.

In our health and lifestyle section we provide tips on how to prevent back pain and look at a new yoga practice called 'artistic yoga'.

Finally, we have a competition for you! The winner will receive dinner for two at the Shahjahan restaurant at the Habtoor Grand Beach Resort & Spa; and remember: You've got to be in it, to win it!

NOURA  
BADAWI

## CONTENTS

### THIS ISSUE'S MESSAGE

- 3 By Yusef Shalabi

### 4 AL HABTOOR GROUP NEWS

- AHG partners with Starwood  
A new hotel in Budapest  
5 AHG gets social  
6 Al Habtoor Royal Windsor Cup  
8 EIS News  
10 Al Habtoor Motors teams up with McLaren  
11 Diamond Lease Football Tournament

### STAFF NEWS

- 7 The whistleblowing service  
12 Meet the Projects & Engineering Dept  
14 Rameshan Vaniyan goes under the spotlight  
15 Employee of the Season: It's Josephine!  
20 Welcome to the team: Meet the newbies!  
21 Speaking from experience: Syed Jaluddin

### HEALTH & LIFESTYLE

- 16 Top tips to avoid back pain  
18 AHG employees take up artistic yoga  
22 Birthdays: Sept-Nov  
23 Competition: Win a meal for two at Shahjahan

### AHG the Sawalef team:

Atef Mousa

Gilda Castro

Joanna Andrews

Noura Badawi

Premjit MP

Radwa Wagdi Abd El Salam

Subhro Chakraborti

Photography by:

Faisal Boucekhi



### YUSEF SHALABI

Project & Real Estate Department

Tucked into a small corner of the Al Habtoor Group head office is the Projects and Real Estate Department.

The department is currently at the centre of many of the group's major activities. I have the privilege of managing it under the guidance and hands-on leadership of the Chairman.

The Projects Department is handling projects valued at over AED3 billion and once completed, these will add significantly to the physical presence of the group in Dubai.

The hotel on the Palm will be a premium Hilton Brand and will operate under the Waldorf Astoria name. The Habtoor Palace complex on Sheikh Zayed Road will include the luxury St Regis Hotel, the iconic W Hotel and the 5-star Westin Hotel, with a total of over 1,660 keys. In addition, this project will include a water-themed theatre which will be the first of its kind outside the US and China and will be a significant addition to the entertainment attractions currently available in the city of Dubai.

Four years ago the Chairman asked me to come back and work for him as his representative at the site of the new hotel that the company was starting to build on the Palm. I agreed immediately as it appeared to me a golden opportunity to achieve the eventual retirement plan I had worked out in my head. I thought I would ease into a sinecure and slowly enjoy a few more years of work with a lot of free time and travel thrown in. I got it right on the travel bit, but it is not the travel I had planned. Business travel it is not! As for free time, I have now forgotten all about it.

Joking aside however, I feel rejuvenated and look forward to coming to the office early every morning. One of the attributes of the Chairman, an attribute that contributes to his success, is his ability to mould his staff and those closest to him into working as he himself does. His relentless drive for achievement in all fields, drives all those around him into the same frame of mind. No vision or task is impossible or unachievable. We, at the Projects Department have adopted that attitude - with enthusiasm!

## YUSEF SHALABI



## AL HABTOOR GROUP PARTNERS WITH STARWOOD

The Al Habtoor Group announced on April 26, 2012 that it had teamed up with Starwood Hotels and Resorts to open three hotels in Dubai by 2017.

The new establishments will be part of the one million square-foot property on Sheikh Zayed Road, currently being built. They will include the first St Regis in Dubai, a stylish W Hotel and a new Westin, with 1,675 rooms between

them. The Starwood company already operates 23 properties in the UAE, including 15 in Dubai.

The three new ones will be located in a prime business location, overlooking the Burj Khalifa, near the Dubai International Financial Centre and Business Bay areas. Each will have spectacular views of the Dubai skyline and offer a variety of elegant restaurants and bars.



The multi-billion dirham development will also feature a one-of-a-kind entertainment theatre and will be surrounded by exquisitely landscaped gardens.

Mohamed Al Habtoor, Vice Chairman and CEO of Al Habtoor Group commented, "We're excited to partner with Starwood in bringing three of their world-class brands together for this monumental project."

## HISTORIC 5 STAR HOTEL IN BUDAPEST ADDED TO AL HABTOOR PORTFOLIO

The Al Habtoor Group announced on May 7, that it had added another asset to its growing list of hotel properties – this time in Budapest.

Le Méridien Budapest is a stunning five-star establishment in the heart of the city. Close to all the attractions that Budapest has to offer, it's just minutes away from Hungary's famous River Danube.

Housed in a magnificently restored building which dates back to the turn of the century and is of historical importance, it has a unique old-world

charm combined with contemporary chic design. Le Méridien Budapest is already a well-known landmark in Budapest.

This elegant hotel, which is managed by Starwood Hotels and Resorts under the Le Méridien brand, has 218 bedrooms.

It features a beautiful ballroom and seven boardrooms for conferences. It also houses a spa with an indoor swimming pool, a Jacuzzi, a sauna and a steam bath. What's more, its two restaurants – 'Le Bourbon' and 'The Atrium' have established reputations.

**"BUDAPEST IS A BEAUTIFUL, HISTORIC CITY WITH A UNIQUE ATMOSPHERE. I FIND ITS PEOPLE BOTH WARM AND WELCOMING AND ITS CULTURE DELIGHTFUL.**

This is the first time the Al Habtoor Group has invested in Budapest and Khalaf Al Habtoor the Group's Chairman said he was delighted with the acquisition.

"Budapest is a beautiful, historic city with a unique atmosphere. I find its



people both warm and welcoming and its culture delightful. I am pleased to be able to contribute in some small part to its tourist industry as I believe the country has a lot to offer and a bright economic future ahead of it."





## THE AL HABTOOR GROUP GETS SOCIAL

In May 2012 Khalaf Al Habtoor launched a personal social media strategy – opening his own Facebook page and Twitter account.

Just four months on and already he has over nearly 6,000 followers – an extremely high number in comparison to others of his status.

It's a strategy which he believes is important because although still in its infancy, it is the way forward.

"I appreciate the invention of social media sites as they have undoubtedly helped to bridge the gap between different cultures and allowed people to express their opinions and feelings openly," he said adding that he uses such sites to put across his own personal views on society and politics, as well as presenting the right image of the Arab World and Islam abroad.

FOLLOW KHALAF AL HABTOOR BY  
SCANNING THESE QR CODES:



facebook  
/khalafalhabtoor



@khalafalhabtoor



## twitter

#UAE the ONLY Arab country to be included in World Economic Forum's Global Competitiveness Report for 2012-13 driven by "Innovation".

05 September 2012



@KhalafAlHabtoor

"Success is not final, failure is not fatal. – Winston Churchill" #KAH\_t

04 September 2012



@KhalafAlHabtoor



## THE AL HABTOOR ROYAL WINDSOR CUP FINAL ONCE AGAIN A GREAT SUCCESS

This year's Al Habtoor Royal Windsor Cup final proved to be the most successful yet. Clarita Black walked away the trophy after a thrilling match against El Remanso/ Loro Piano on the Queen's Ground at Windsor Park in London.

This was the fifth year for the tournament which is sponsored annually by the Al Habtoor family and the attendance rate was higher than ever.

Clarita Black took the lead from the start of the match but El Remanso/

Loro Piano fought back bravely finding their feet in the third chukka. Neither team lived up to their earlier promise, with both sides fielding only two further goals each in the final two chukkas. This ensured Clarita Black won the competition by 15-goals, securing their first Royal Windsor Cup victory.

Her Majesty Queen Elizabeth II attended as usual. She was accompanied by HRH Prince Philip and together they awarded rosettes to the championship winners. It was a fitting finale to a truly wonderful day.



## THE AL HABTOOR GROUP SPONSORS UAE BASKETBALL ASSOCIATION

The Al Habtoor Group announced on May 29, 2012 that it is sponsoring the UAE Basketball Association.

A partnership agreement from 2012 to 2014 between the Group and the national basketball association was signed at a press conference to announce the venture at the Al Habtoor head office on Al Wasl Road. The sponsorship agreement

will continue for two seasons and will cover all of the association's activities, including meetings, competitions and general expenses involved in training the national teams. The League Championship tournament will now be known as the 'Al Habtoor Basketball League' after the Al Habtoor Group.

The deal was signed by Mohammad Khalaf Al Habtoor, Vice-Chairman and CEO of the Al Habtoor Group, and

Ismail Abdallah Al Qarqawi, President of the UAE Basketball Association. Leading members of the UAE Basketball Association and the basketball clubs also attended.

Mohammad Al Habtoor commented; "This sponsorship deal emphasises the Al Habtoor Group's continuous support of a variety of sporting events here in the UAE and the youth of our country in general."



## THE WHISTLEBLOWER SERVICE OF THE AL HABTOOR GROUP ITISAL AL NAZAHAH

Over the years, the Al Habtoor Group management has always insisted on integrity and ethical practices from its employees. The Group does not tolerate fraud or concealment of fraud. What's more, it refuses to accept unethical behaviour constituting impropriety, harassment or discrimination.

The Al Habtoor Group has long been aware that in any business there's always the risk of fraud or other malpractices occurring. It believes such activities need to be identified and eliminated at the outset for benefit of the business and its employees.

In line with this policy and as part of its corporate governance initiative, AHG management in 2008 implemented a 'whistleblowing service' called 'Itisal Al Nazahah' where by employees across the group could report any fraudulent or unethical activities anonymously. It was one of the first companies in the Middle East to adopt this service.

While personality clashes, petty arguments and general employee grievances are not to be reported, serious abuses which involve a genuine level of injustice are. So for example fraud, corrupt conduct, abuse of company resources, nepotism and favouritism can all be reported to an unbiased third party.

The service provides a multi-channel reporting mechanism so that employees can speak in their first languages like English, Arabic, Hindi, Urdu and Malayalam. Also, the complainant does not have to disclose his or her identity. Hence there is no fear of retaliation.

Furthermore, the service is run by a third party - KPMG which itself ensures independence.

Until now the response to the service has been very encouraging. *The National* newspaper in an article titled 'Corruption fight takes front seat' published on 29 May 2012 praised the Al Habtoor Group for being one of the first companies in the Middle East to implement this service.

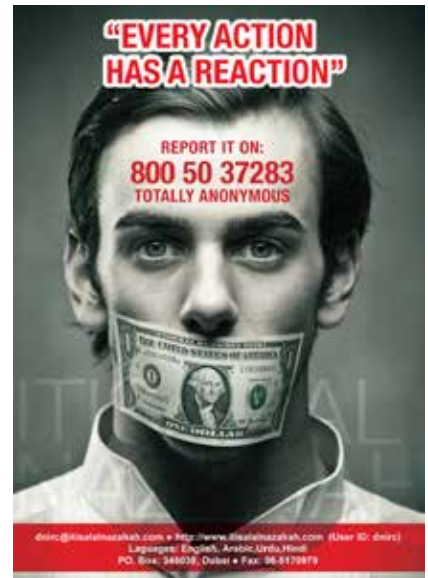
The Al Habtoor Group encourages all its employees to make use of the service by reporting for any actual or suspected fraudulent or unethical activities.

The service provides the following reporting channels:

- Toll free number : 800 50 37283 (8.30am to 6.30pm)
- Secure Fax number : 06 5170 979
- Secure E-mail address : [habtoor@alnazahah.com](mailto:habtoor@alnazahah.com)
- Secure Post Box address : PO Box 346038, Dubai & PO Box 28653, Sharjah
- Website: [www.itisalalnazahah.com](http://www.itisalalnazahah.com) [Login credentials: alhabtoor]

For any clarification on the service, employees can contact the Al Habtoor Group Internal Audit department (IA) or visit: [www.itisalalnazahah.com](http://www.itisalalnazahah.com) and read the FAQ section.

Additionally, IA has recently been conducting awareness sessions along with the service provider across the group units.







Arabic & Islamic Cultural Award - Omar Adel





# EIS STUDENTS

## GRADUATE WITH FLYING COLOURS

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The annual graduation ceremony for students of Emirates International School – Meadows took place on May 26 this year and was marked by an event which included an award ceremony and a musical performance by the students.

Those graduating were presented with certificates and prizes by Sultan Al Habtoor - President of Al Habtoor Motors, Rashid Al Habtoor and the school principal David Hicks. Noora Al Habtoor also attended the event, as did over 200 parents of the students, family members and teachers.

David Hicks delivered the graduation address and Mastoureh Jafarzadeh provided the Valedictorian Address. Yahya Odeh and Ruqaiya Yahya gave the Arabic address and English translation respectively.

The Al Habtoor family and the school staff joined in congratulating the students and wishing them luck in the next stage of their education.

“It is great to see so many high achieving, ambitious young men and women here today,” commented Sultan Al Habtoor. “I would take this opportunity to wish them every success in the future.”

## EIS MEADOWS AWARDS:

### **Khalaf Al Habtoor Award for Excellence:**

Mastoureh Jafarzadeh

### **Academic Award for Excellence in Grade 13:**

Divit Sood

### **Arabic and Islamic Cultural Award:**

Omer Adel

### **Principal's Award:**

Rolf Stirnimann

### **International Student Award:**

Ruqaiya Yahya

### **DP Coordinator's Award:**

Reem Al-Ani

### **CAS Award:**

Niraj Mukhi

### **Senior Sports Award:**

Pranav Walia

### **Service Award in Grade 13:**

Anna Santhosh and Sama Jaafari

### **Academic Award for Excellence in Grade 12:**

Naval Handa

### **Service Award in Grade 12:**

Cecile Pedersen





# AL HABTOOR MOTORS TEAMS UP WITH MCLAREN

Formula 1 champion Lewis Hamilton created a stir when he came to Dubai for the announcement of an exclusive collaboration between Al Habtoor Motors and the luxury sports car manufacturer McLaren.

The world renowned racing driver attended the opening of the first-ever McLaren showroom in Dubai on November 9. The event was hosted by Sultan Al Habtoor, the President of Al Habtoor Motors and Greg Levine, the McLaren Automotive Sales and Marketing Director. It was attended by more than 150 VIP guests.

"It's great to be here in this amazing city at the launch of McLaren Dubai," commented Hamilton.

"Al Habtoor Motors have delivered an exceptional showroom and tonight, looking back at McLaren's achievements over the past 30 years, has filled

everyone with a sense of pride in being associated with McLaren, and also with an excitement at what is to come in the future."

He went on to say, "The UAE has one of the greatest car cultures in the world: they love cars out here. And you can especially see the appreciation for new, innovative and high-tech sports cars."

The new McLaren showroom is located in the Lofts on Emaar Boulevard and is overlooked by the Burj Khalifa. It's one of just 35 McLaren showrooms around the world and is one of the largest.





# DIAMOND LEASE FOOTBALL TOURNAMENT

## A GREAT DAY OUT!

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The annual Diamond Lease football tournament took place this year on February 24 2012, and once again was a great success.

This was the second time the event was staged and it took place at the Diamond Lease grounds, in Dubai Investments Park (DIP). Six teams, made up of Diamond Lease employees, competed in the seven-a-side tournament.

The final match proved very exciting as the Diamond Sales Operations team went head-to-head against the Diamond Service team. There was a high level of competitiveness in the air as neither team succeeded in scoring a goal in the 30 minute match which meant it all came down to penalties.

The Diamond Sales Operations team emerged triumphant in a dramatic penalty shoot-out. The final score was 5–3.

The trophies were presented by Ilias Aneefa, HR and Admin Manager, along with Abdul Hameed, Operations Manager, and Naresh Behl, Assistant Service Manager.



## Meet the Department



# MEET

## THE PROJECTS & ENGINEERING DEPARTMENT



**1**  
**Sasi Vazhappilly**  
**Driver**  
 Joined: Nov 1, 2011  
 Married to wife Sheeja with  
 two children – Agnel and Anlin  
 Enjoys watching TV, music,  
 singing and reading



**2**  
**Ernanie Pepito-Basha**  
**Secretary – Habtoor Palace**  
**Hotels Complex Development**  
 Joined: Jan 15, 2012  
 Married  
 Enjoys cooking, baking,  
 gardening



**3**  
**Rameshan Vaniyan**  
**Projects Coordinator**  
 Joined: Feb 4, 1999  
 Married to wife Sheela with  
 one son - Abhijith  
 Enjoys watching TV, visiting  
 malls with family & friends



**4**  
**Minerva B. Lasam**  
**Secretary**  
 Joined: Dec 4, 2011  
 Single  
 Enjoys badminton, traveling,  
 watching movies





**5**  
**Tamer Nimer Ayesh**  
**Project Eng, Civil Eng**  
 Joined: Aug 8, 2011  
 Married with one child



**6**  
**Bashar Shekh Al Najjarin**  
**Project Manager**  
 Joined: Oct 10, 2011  
 Married with four children  
 Enjoys traveling



**7**  
**Yusef Shalabi**  
**Director of Projects and Real Estate**  
 Joined: Jan 3, 2009



**8**  
**Martyn Wild**  
**Project Director - Habtoor Palace Hotels Complex Development**  
 Joined: Nov 22, 2011  
 Married to Debbie with three Children; Claudia (19), Sam (16) Garcia (13)  
 Enjoys cycling, reading, architecture, surfing the net, football (sadly only watching these days!)



**9**  
**Yelena Petrovic**  
**Project Architect**  
 Joined Oct 2011  
 Married with one child  
 Enjoys reading, music, art



**NEW**  
**David Kerr**  
**MEP Technical Manager**  
 Joined: May 20, 2012  
 Married with one child  
 Enjoys golf



**11**  
**Nicholas Cole**  
**Project Manager - Commercial**  
 Joined: July 15, 2012  
 Married with two children; Faith (5) and Noah (3)  
 Enjoys socializing, snowboarding and going to the beach



**12**  
**Airis Andrea Capapas-Larraga**  
**Executive Secretary**  
 Joined: April 22, 2012  
 Enjoys camping, watching movies, exploring different places, going to the beach



## Under the Spotlight



# Rameshan Vaniyan

**Project Coordinator in the Projects and Engineering Department of the Al Habtoor Group**

### What is your position at the Al Habtoor Group?

I work in the Projects and Engineering Department as the Projects Co-coordinator.

### What is the function of the Department?

We manage the new projects in coordination with the consultants and contractors in a cost effective and professional manner, ensuring that each project is delivered to schedule.

Our department also supports the Real Estate Division with regard to maintenance issues, to ensure that properties are in compliance with the Government Authorities' standards.

### How long have you been with the company?

I joined Habtoor Engineering two years ago and I have spent 13 years with the Al Habtoor Group.

### What do you like about your job?

I like the fact that most of the people I work with are passionate about moving forward and continuing to develop with world leading practices.

### What do you like least about your job?

I am not fond of the decision-making processes.

### How do you handle pressure?

I try to take time before I react. I study the situation carefully, think about it and come up with a plan. This is a better way to respond in my opinion than being hasty.

### Are you married?

Yes. My wife's name is Sheela and we are blessed with a son – Abhijith.

### How do you balance work with the rest of your life?

I enjoy my work and it has a ripple effect

on the the rest of my life. I gain enjoyment from everyday life.

### When you are not working what do you enjoy doing most?

I enjoy spending quality time with my son. Both my wife and I look forward to this more than anything else. I love to go to the mall at the weekend with my family and friends. I also like to watch TV - when my son allows. He owns the remote control!

### What is your philosophy on life?

I believe that life is short and it goes fast. Don't waste it! Be a kind hearted person. Never be afraid.

Appreciate the things you have now and grow as much as you can in the right direction. Learn things that are useful and you know you will use again. Don't listen to those people who only give their opinions based on bad experiences. Life is good.



## JOSEPHINE SALONGA

SECRETARY TO THE  
HEAD OF OPERATIONS  
AND THE HR DIRECTOR

We're delighted to announce that

## JOSEPHINE SALONGA

Secretary to the Head of Operations and the Director of HR at the Al Habtoor Group has been nominated as 'Employee of the Season'.

Ms Josephine has been with the company for over eight years and in that time she has proven that she is a loyal and hard working employee.

When she first joined the company, she worked on Al Shindagah Magazine as a Media Executive. She spent two years in this position before becoming Secretary to Director of Operations and transferring to the administration department.

Aside from performing the general functions required by her role as Secretary to Director of Operations, she provides full assistance to the HR Manager.

Josephine is known for her ability to stay calm under pressure and her witty personality. She is much liked by her colleagues at the Al Habtoor Group.

*Congratulations*

# Back & pain posture

By Erin Mc Cafferty



Studies have shown that working long hours per day, confined to a chair and looking directly at a computer screen, often with no opportunity to move around, can have a detrimental effect on the back. And in the long run can cause severe problems.

In fact people who work in offices are amongst the most likely to suffer from back pain, according to the British Chiropractic Association. Studies have shown that poor posture developed sitting at a computer over long periods of time can cause more back problems in the long run than the excessive lifting and carrying done by manual workers.

It's not just sitting that is the problem. Tim Hutchful from the BCA explains, "For many who work in an office environment, it is the day-to-day mundane routines that are at the root of back problems. Hunching over computer keyboards and cradling the phone between the ear and shoulder can all contribute to lower back and neck stiffness, not to mention the fact that many office workers sit for hours at a time with very little movement."

But what can be done to counteract the problem? Doctor Dillon, a US expert on back problems, advises the following:



# Tips:

## For avoiding back pain in the office

### Improve your posture

Get into the habit of sitting up straight at all times. Hunching over a desk causes undue stress on your back and neck which can lead to back pain and headaches.

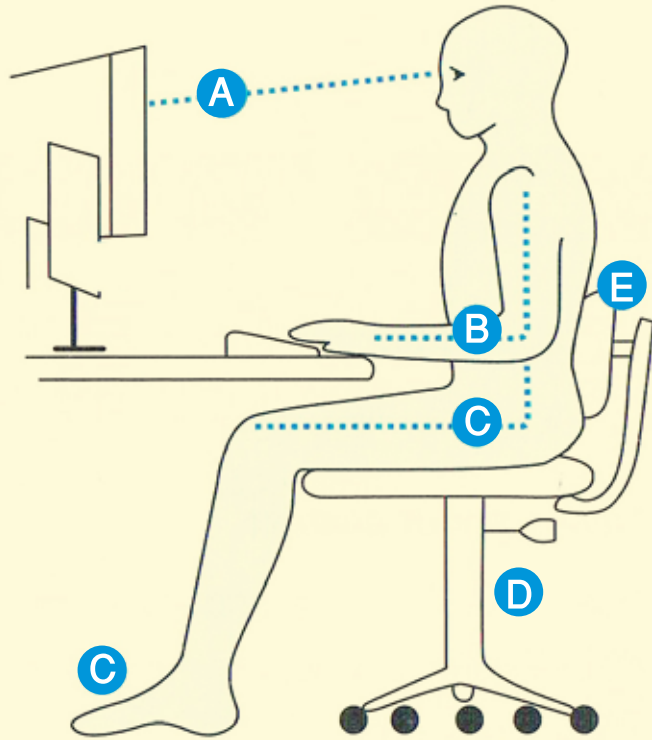
### Get the right Chair

Make sure your chair is comfortable and supports the small of your back in particular. Lumbar support is crucial when you remain seated for hours at a time. It's also key to adjust your chair to the right height.

- A** Make sure you are eye level with your computer screen, not arching your neck to peer down.
- B** Your elbows should form a 90 degree angle with your desk.
- C** Your knees should be at a 90 degree angle from your chair to the floor.
- D** The chair should not be too high or too low as to be difficult to sit in or get up from.
- E** Make sure you have lumbar support for the arch of your lower back; using a lumbar brace is a good way to guarantee structural support when you are seated.

### Be careful when lifting

Many people make the mistake of bending from their back or hips while picking up boxes or other items. Be sure to bend from your knees when picking things up so your knees bear the weight and not your back.



### Sleep well

Each of us has different requirements for sleeping. Some need very firm mattresses; others require a specific type of pillow for neck support. Be sure to talk to your doctor or a specialist about your particular condition to find the correct mattress and pillows to give you the support and rest you deserve when you're sleeping. This will affect your working day.

### Wear the right shoes

Always wear comfortable, low-heeled shoes as poorly constructed or very high heeled shoes put a strain on your back.

### Relax

Stress tenses muscles in your body and prolonged tension can cause pain. Release muscle tightness and stress by exercising, going for a walk on your lunch break or taking a soothing bath at night.

### Get a massage

Different types of massage exist to focus on different issues, but they will all relax and de-stress you as well as loosening

key muscles groups that may have been tense or tightened.

### Avoid sitting for long hours

Walking and lying horizontally are the activities that put the least amount of pressure on the spine (standing is third and sitting is in fourth; the worst for spines). If at all possible get up every hour or so and move around and stretch even for five minutes a time – it will make all the difference in the long run.

### Exercise

Cardio and strength training keeps your back strong and the muscles that support it limber. When the supporting muscle groups are healthy and in shape, that leads to less strain and pressure on your vertebrae and fewer backaches.

Many people are unaware of how important the abdominal and lateral muscles (core muscles) are in keeping your back healthy. If some muscles groups are weak, your back will have to compensate for other body parts. This double duty can cause damage in the long term.



# ARTISTIC YOGA

by Abdul Hameed

**Artistic yoga** is a new style of yoga – fast gaining popularity in the UAE. Abdul Hameed says it has changed his life

Hatta, Asthanga, Bikram, Annanda... the list goes on and on. There are many different types of yoga and it can be hard to know which you are best suited to when you first begin.

'Artistic yoga' however encompasses them all. It applies to any technique that works to give you results and is a new way of looking at the practice. Yoga in general aims to restore peace of mind, strengthens the muscles, and encourages cardiovascular endurance, agility and improved coordination. It tries to ensure a person is optimally fit and alert in order to move towards higher practices like meditation.

The eminent yoga guru Bharat Thakur combined his yoga training with an education in exercise physiology to develop the system of artistic yoga which also has roots in traditional yoga. As a result it incorporates Asana postures.

However it differs to other types of yoga in that although every class is structured for a specific purpose, it is improvised







Ashraf Koleth



Abdul Hameed



Abdul Hameed

and therefore it is always different to the last. And while it is enjoyable and fun to practice – it gives quick results.

I've been practising Artistic yoga with Bharat Thakur since November 2011 and I find it has increased my stamina and made my body flexible. I feel exhilarated after every class.

Attending three classes a week on a regular basis has had a big affect on my body shape and posture. I noticed the difference three months after I started, and after six months I was getting comments from everyone about how good I looked.

I never knew that yoga was so good for weight loss and helped to provide a sound sleep until a colleague at work advised me to attend the trial session. Had I known this earlier I would have joined years ago.

What's more, I love taking every class because they're always so different and I never know what to expect. It could take the form of a series of stretches or it could be a full-on yoga inspired cardio session, or indeed a class of classical yoga poses.

The instructors really do maintain variety. Most classes involve some breathing exercises and sometimes meditation for five minutes or so. I feel amazing after every class and my general fitness, flexibility, strength and mental calmness have all improved considerably.

Recently the 'Art of Living' foundation organised a yoga competition at Zabeel Park in Karama, Dubai. Yoga practitioners who performed 108 Surya

Namaskar (sun salutations) comprising of 1,296 postures were given a certificate. I'm pleased to say that both myself and Mr Ashraf Koleth, who started taking the class with me last November, were awarded a Golden Yogathon certificate.

I'd recommend artistic yoga to anyone. In fact I believe it would benefit all my colleagues in the Al Habtoor Group.

Not only does it provide a morale boost, it helps to maintain good health and improves self-confidence. It also makes people more productive, cheerful and able to handle stressful situations.

"Not only does it provide a morale boost, it helps to maintain good health and improves self-confidence."

I've read articles in publications from many developed countries around the world, like Japan, China and Korea, which talk about how yoga and physical exercise are incorporated into the average working day by companies.

Studies have shown that by practicing exercise for just half an hour a day, employees become more productive and their mood improves. I'm pleased to say that I've persuaded many of the Diamond Lease staff to join my yoga class.

Yoga has yielded good results for me and it has prompted me to write this article.



# WELCOME

to the team

---



David Joseph Kerr  
AHG - Project & Engineering Dept.  
Project Manager - MEP



Safeer Alangadan  
AHG - Executive Administration  
Driver



Chadi El Dick  
AHG - Governance and Risk  
Group Insurance Manager



Nasser Saeed Nasser Ali Alali  
AHG - Executive & Administration Dept.  
Director HR and Emiratisation



Nicolas Cole  
AHG - Project & Engineering Dept.  
Project Commercial Manager



May Adel Abdulla Saif Albuflasa  
AHG - Executive & Administration Dept.  
Contract Specialist



Joanna Andrews  
AHG - Media & Communications Dept.  
Editor-in-Chief

# SYED JALUDDIN



I was born in Channapatna, Bangalore in India in 1938. From an early age I showed an aptitude for figures and I studied accounting after school at the University of Mysore. I graduated in 1959 with an accounting qualification.

In 1961, I married, and later had two sons and two daughters – all of whom are now married with children of their own.

I became a chartered accountant in 1978 and came to Dubai in 1980. My first job here was with a marble factory and later the Gulf Chemical and Soap factory for HEE. Back then, computers were still in their infancy. All transactions were recorded manually and we worked very hard as a result.

In 1984, I was transferred to Jordan and given the position of internal auditor with HEE. Afterwards I took on the role of accountant/financial advisor with a contracting firm in Doha, Qatar where I spent one year. I returned to

Dubai in 1990 and have been here ever since, working with the HEE accounts department where I actively participated in installing the new accounting software package. Later I became a finance manager for HEE.

In January 2009, I was honoured to receive the 'Financial Employee Award' from Khalaf Al Habtoor in recognition of my long service with the company. Although I retired in October 2010, I'm still working for the Habtoor Leighton Group. I love to work and I've done so for most of my life.

It has been a pleasure to work with so many great businessmen and experienced colleagues.

I hope I have many more years to come. I would like to spend it working, travelling, meeting interesting people and spending as much time with my family as possible.

xxx  
xxxx



## Birthdays



# September

Sept 5	Haris Cherichi Dharampal	Habtoor Residence	Gym Receptionist
Sept 10	Zubair Hussain	Real Estate - All locations	Housekeeper
Sept 14	Paul Anthony Rayner	AHG-Exec & Admin	Advisor to the Chairman and VC
Sept 26	Vanessa Della De Caires	V.C CEO Office	PA to VC & CEO
Sept 26	Silviu Conciu	Al Khawaneej Farm	Estate Manager

# October & November

Oct 3	Riham Abdelraouf	AHG – Exec and Admin	Guest Relations & Reception Officer
Oct 4	Ali Abdelraouf	AHG – Media & Comm	Administration Exec
	Thani Abdulla		
	Saqer Mohammad		
Oct 5	Lokesh Shesappa	Real State - Micallef	Maintenance Tech
Oct 5	Mohammed Kutty	AHG – Exec & Admin	Driver
	Vellichathan Kulengerea		
Oct 12	Saeed Abdulla Ali Mohd Al Balooshi	AHG – Exec & Admin	PRO
Oct 12	Airis Andrea C. Larraga	AHG – Project & Engineering	Executive Secretary
Oct 12	Abdul Imran Sheikh	Real Estate – all locations	ACTechnician
Oct 15	Elizabeth Tidd	AHG – Chairman's Office	PA to the Chairman
Oct 16	Tamer NM Ayesha	AHG – Real Estate	Site Engineer
Oct 20	Khamis Almas	AHG – Exec & Admin	Receptionist
	Mohammed Al Habtoor		
Oct 22	Minerva Bunagan Lasam	AHG – Project & Engineering	Secretary – Palm
Oct 23	Philomina Pereria	AHG – Exec and Admin	PA to MD
Oct 24	Rowel Labadan Bayucot	Real Estate – All Locations	Painter
Oct 27	Bashar Shekh Alnajarin	Real Estate	Project Manager
Oct 31	Jonathan Pangilinan Juan	AHG – Information	IT Support Engineer
Nov 9	Frank Kenneth Detriquito Cosico	AHG – Audit	Internal Auditor
Nov 12	Rajendra Bhoi	Real Estate – All Locations	
Nov 16	Manojkumar Ponnarassery Appu	AHG – VC CEO	Driver
Nov 17	Mohammad Afzal Azam	Real Estate – 90 villas	AC Technician
Nov 29	Pramod Kumar Shrestha	Real Estate – Business Tower	Security Officer

Competition

# WIN DINNER FOR TWO AT THE SHAHJAHAN RESTAURANT!

## Little India

The Shahjahan restaurant at the Habtoor Grand Beach Resort and Spa is a truly special experience. One of the finest Indian restaurants in Dubai, the Shahjahan, which specialises in Mughlai cooking - the cuisine of royalty, brings to life a country that is famed for its exotic spices and its variety of flavours in its food.

We're offering one lucky couple the chance to sample this fine cuisine for themselves with a voucher for a meal for two at the Shahjahan.

To win simply answer the following question and email the answer to [sawalef@habtoor.com](mailto:sawalef@habtoor.com) by November 15, 2012.

### QUESTION:

**Which team won the Diamond lease football tournament this year?**

(Note the Shahjahan is open from 12.30pm to 12 midnight, seven days a week).



# get social

A few more ways to stay connected with

## Khalaf Al Habtoor

Founder and Chairman of Al Habtoor Group



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