

# UG NEWSLETTER



مجموعة المتحدة  
UNITED GROUP

QUARTER III | 2018



“WE VALUE  
EVERY SINGLE  
MEMBER OF  
THE UG TEAM”



We treat one another with respect and take pride in the significant contributions that come from the diversity of individuals and ideas. Our continued success requires us to provide the education and development needed to help our people grow. We are committed to openness and trust in all relationships.

“If your actions inspire others to dream more, learn more, do more, and become more, you are a Leader.” *John Quincy Adams*

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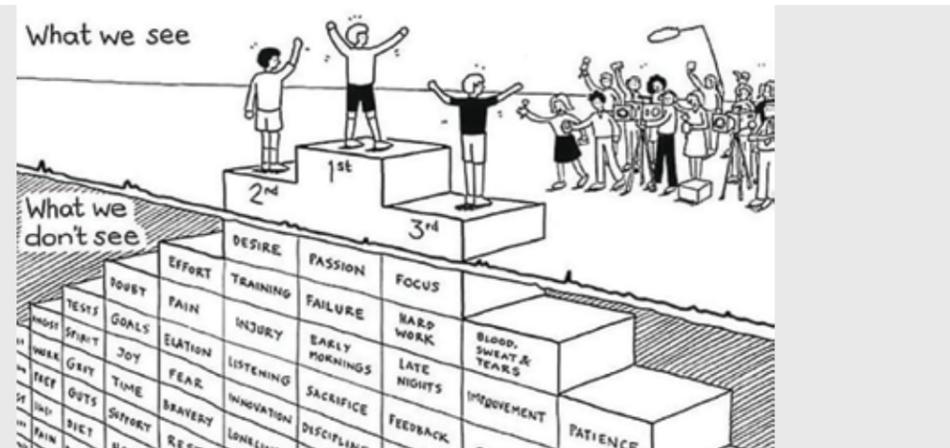
BRAIN GAMES P.8



[www.unitedgroup.com.sa](http://www.unitedgroup.com.sa)

# 1. HOW TO BECOME A BETTER YOU EVERYDAY (shared by Mario Ibrahim)

1. Become more observant. Notice everything that surrounds you. The world is full of examples, ideas, words, wisdom, mistakes and experiences.
2. Collect ideas. Ideas and thoughts tend to evaporate from your mind too fast. Try to capture them before it is too late. Ideally write down or sketch every single one.
3. Read. Read a lot. Reading is probably the best investment of time ever. Devote at least 30 minutes per day to reading. Ideally, have a book always with you.
4. Analyze your day. Before going to bed, spend 10 minutes analyzing your day. Consider what things you managed to do well and what mistakes you made.
5. Start writing. The biggest value of a good writing skill is that it cultivates a discipline. First of all, the discipline of thinking. Your thoughts will cease to be random and chaotic. They will gradually become systematic and structured instead.



# 2. THE HONORABLE HEROES

## “CONGRATULATIONS ON COMPLETING 10 YEARS OF SERVICE!”

- |    |                          |           |
|----|--------------------------|-----------|
| 1  | SHAIK MOHAMMAD SHAFIULLA | UFIC      |
| 2  | ELIE KHALIL KHALIL       | UFIC      |
| 3  | SHARIF AL AMIN           | AL DIYAFA |
| 4  | WASEEM AHMED             | UFIC      |
| 5  | TANVEER AHMED ABBASI     | UFIC      |
| 6  | IMRAN TAUHEED            | UFIC      |
| 7  | AKHTARZEB AURANGZEB      | UFIC      |
| 8  | HAMID MEHMOUD ABBASI     | UFIC      |
| 9  | AQSAD MEHMOUD            | UFIC      |
| 10 | YASIR MEHMOUD            | UFIC      |
| 11 | ASIM NAWAZ ABBASI        | UFIC      |
| 12 | ANSAR AKHTER MEHMOUD     | UFIC      |

# 3. THE SUPER SOLDIERS



“WE VALUE EVERY SINGLE MEMBER OF THE UG TEAM”

## “CONGRATULATIONS ON COMPLETING 5 YEARS OF SERVICE!”

- |    |                                 |      |
|----|---------------------------------|------|
| 1  | ZOHEB ABDUL WAHAB PARKAR        | UTN  |
| 2  | ISMAIL SHAH                     | UWDS |
| 3  | MAHMOOD KALLIL PUTHIYA PURAYIL  | UFIC |
| 4  | MOHAMMED ALTHAF AHAMED BAVA     | UFS  |
| 5  | MOHAMMED AZARUDDIN MOHAMMED     | UFS  |
| 6  | SAJIMOON PODIYAN                | UWDS |
| 7  | MOHAMMED ASHIK                  | UFIC |
| 8  | NIJESH THEKKE MALAYIL           | UFIC |
| 9  | MUHAMMAD TAYYAB USAMN M. RAMZAN | UTC  |
| 10 | HOSSAM SOLIMAN ARAFA KHALIFA    | UTN  |
| 11 | AHMED TERRO                     | UWDS |
| 12 | MOHAMMED MOURSI ABDELGANI ALI   | UFIC |

# 4. DILAWAR DESAI'S FAREWELL

Farewell to one great employee after spending 22 years in United Group. Your hard work and dedication were an important part of our team. We extend our formal appreciation wishes for your good work over the years in the organization as you bid farewell. Your service has been much valuable and as you turn the page in your life's story, we join together in wishing you every success in all your future endeavors



## 5. HOW TO FEEL F.R.E.S.H. AT WORK EVERY DAY

“IT STARTS WITH UNDERSTANDING WHERE YOU SIT ON THE ENGAGEMENT MATRIX”

Have you been through a tough period lately? Too much to do and not enough time?  
Feeling a bit low on energy but not sure what to do about it?  
What you need is a F.R.E.S.H. approach to work. It starts with understanding where you sit on the engagement matrix:

**Green** - When most people start a new job (even if they have prior experience elsewhere) they have lots of enthusiasm but may lack the skills to do the job.

**Keen** - As they develop their skills they move towards the ideal combination of ability and enthusiasm . . . I like my job and I know how to do it.

**Mean** - They still have the skills to do the job but not the enthusiasm for it. This could be a temporary situation or something more permanent. Mean not only represents their attitude it also can signify that their performance has reached the mean or average of those around them.

**Has Been** - If they spend too long in “Mean” they risk entering the final phase when not only is their enthusiasm long gone, but now their skills have slipped due to a lack of interest in staying up to date. Boosting your performance is easy when you understand the factors that lead to success. The F.R.E.S.H. approach is a simple, 5 step process that can be applied to any situation.

**Forward thinking** - The best way to stop living in the past is to have a clear vision of the future. There has been a lot of change in schools. Try to keep the BIG picture in mind. Why has this change been initiated? What is the intent behind the change? How will it be beneficial? This allows you to recognize opportunities when they come along.

**Resilient** - The ability to bounce back from the ups and downs of life is vital. Avoid becoming an emotional yo-yo by understanding how to separate what happens to you from who you are as a person. Your self-talk is vital. Instead of thinking like a victim “Why me?”, try to see challenges as an opportunity, “I wonder what I’m meant to learn from this challenge?”

**Enthusiastic** - Nothing worthwhile can be achieved without enthusiasm. Tapping into the passion that lies within all of us is the key to maintaining high levels of enthusiasm. Working in schools is important. You make a difference in other people’s lives.

**Stretching** - Get out of your comfort zone and experience the freedom that comes with it. Find ways to stretch yourself symbolically and you will see results. Look for interesting projects or initiatives that can provide you with new viewpoints and different people to work with.

**Holistic** - Keeping it all in balance will ensure your ongoing success. Learn to recognize the danger signs when you are out of balance in the six key areas of life.



## 6. EMPLOYEE’S CORNER SHAJI THOMAS



“WE VALUE EVERY SINGLE MEMBER OF THE UG TEAM”



“CULTURE IS THE WIDENING OF THE MIND AND OF THE SPIRIT.”

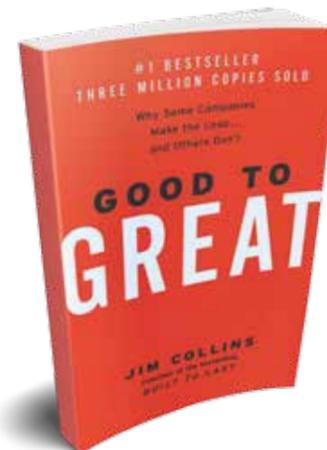
JAWAHARLAL NEHRU

Name: Shaji Thomas  
Date of joining: 26th May 1994  
Favorite food: Sea foods  
Favorite color: Sky Blue  
Favorite vacation spot: Green Valleys and high range areas  
Favorite music: Melodies  
Favorite singer: K. J. Yesudas  
Favorite actor/actress: Naseeruddin Shah and Mohanlal  
Favorite car: Audi  
Favorite hobby: Listening music  
Favorite season: Autumn  
Favorite time of the day: Early morning during sunrise  
Favorite perfume: Gucci  
Favorite book: Devotional books  
Favorite place to relax: My home  
Favorite movie: Legaan ( Hindi) and Kireedom (Malayalam )  
Favorite quote: Culture is the widening of the mind and of the Spirit ( Jawaharlal Nehru )  
Favorite clothing: Business Casuals  
Favorite place in KSA: My place of stay  
Favorite dessert: Apple pie  
Favorite cartoon: Mickey Mouse

Favorite pet: Dog  
Favorite city: Alleppey  
Lucky number: don’t believe in those  
How long have you been living in KSA? 25 years  
Do you enjoy KSA and why? Yes, living conditions and working atmosphere are very conducive  
When you were young where did you see yourself? Civil services  
What is the one thing you dream of doing that you didn’t do yet? Full time social services  
One thing you can’t stand: Humiliating the poor and corruptions  
Things to work on: Keep learning  
Things you’re proud of: My family  
Things you’re good at: Team work, achieving goal  
Describe yourself in 2 words: Sincere, confident  
If you had only 1 wish what would it be? World peace  
If you were to take any position in the company what position would that be? IT field

## 7. MEANINGFUL QUOTES

extracted from JIM COLLINS’s Book “Good to Great”



Good is the enemy of great. And that is one of the key reasons why we have so little that becomes great

- Greatness is not a function of circumstance.
- Greatness, it turns out, is largely a matter of conscious choice, and discipline
- Creativity dies in an undisciplined environment
- A culture of discipline is not a principle of business, it is a principle of greatness
- For, in the end, it is impossible to have a great life unless it is a meaningful life. And it is very difficult to have a meaningful life without meaningful work
- Great vision without great people is irrelevant
- What separates people is not the presence or absence of difficulty, but how they deal with the inevitable difficulties of life

## 8. NEW JOINERS

We wish all the luck to the new employees who joined our group, Good Luck!



**MOHAMMED JAWAD SARSOUR**  
– FINANCIAL CONTROLLER (AL DIYAFA)



**ABDUL NASSAR**  
– JUNIOR ASSISTANT IT APPLICATIONS (UTN)



**HAMMAM MOHAMAD MOUSSA**  
– SALES REPRESENTATIVE FOOD SERVICE (UFIC)



**SUMAIR MAQSOOD**  
– BUSINESS DEVELOPMENT EXECUTIVE (UTC-FS)



**QASSEM HASSAN AL KHAMIS**  
– RECEPTIONIST (UTN)



**ALI ABDELKADER EL HADDAD**  
– CASH VAN SALESMAN (UFIC)



**SHAH ROOZ BAIG**  
– DATA ENTRY OPERATOR (UTC)



**IMAD PIERRE ELHAKIM**  
– REGIONAL FOODSERVICE KEY ACCOUNTS MANAGER (AL DIYAFA)

## 9. WE HAVE A WINNER



	1	2	3
JULY 2018	<b>KESHAV PRASAT</b> -Khobar	<b>ESSAM DARWISH</b> -Khobar	<b>AHMED EID</b> -Jeddah
AUG 2018	<b>KESHAV PRASAT</b> -Khobar	<b>HANI MAHNI</b> -Riyadh	<b>BIGYAN KHANAL</b> -Riyadh
SEP 2018	<b>KESHAV PRASAT</b> -Khobar	<b>ESSAM DARWISH</b> -Khobar	<b>MOHAMED TOHAMY</b> -Jeddah

## 10. WE HAVE A WINNER

“WE VALUE EVERY SINGLE MEMBER OF THE UG TEAM”



	Retail	Wholesale	Cash Van	Food Service
JULY, AUGUST, SEPTEMBER 2018	<b>ALI SAFI ALSAKRAF</b> -Khobar	<b>ALI ALKHAYYAT</b> -Western region	<b>SHERIF SAAELDIN</b> -Khobar	<b>MOHAMED WAGIH MOHAMED</b> -Central region
	<b>ISSAM JAMAL ABUHALTAM</b> -Jeddah	<b>MOHAMMED ANWARUDDIN</b> -South	<b>AMIR RAMADAN SYED</b> -Western region	<b>HUSSAM MOHAMED SAEED</b> -North Region
	<b>MAHMOUD JAALOUK</b> -Riyadh	<b>HANI IBRAHIM ABDUL SALAM</b> -Central region	<b>AHMED MAHMOUD SALEM</b> -South region	
	<b>JALALUDEEN NASSURUDEEN</b> -Tabuk		<b>IBRAHIM ABDEL WAHID MOHAMED</b> -Central region	<b>HESHAM MARWAN</b> -North Region

“ **GIVE** BUT DON’Y ALLOW TO BE USED.  
**LOVE** BUT DON’T ALLOW YOUR HEART TO BE ABUSED.  
**TRUST** BUT DON’T BE NAIVE  
**LISTEN** TO OTHERS BUT DON’T LOSE YOUR OWN VOICE.

# 11. BRAIN GAMES



"WE VALUE EVERY SINGLE MEMBER OF THE UG TEAM"

## CRYPTOQUOTE

A	B	C	D	E	F	G	H	I	J	K	L	M
										3		
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
									7			

22 19    17 20 25 24 20    24 2 19 3 5 13 18    5 24  
 22 4 20    20 25 24 5 20 24 22    22 4 5 13 18    5  
 19 26 18 4 22    22 19    3 13 19 7    5    23 20  
 14 19 13 20    5 22    25    22 4 19 26 24 25 13 14  
 22 5 2 20 24    - Mark Twain

## WORD PUZZLE

K	W	S	U	N	T	B	I	B	X	V	L	Z	A	A	D	P	K	C	T	L	I	S
Y	L	G	Y	Z	D	T	N	A	T	I	S	E	H	A	N	Z	B	O	N	U	S	E
F	F	O	K	A	E	R	B	S	C	G	C	T	W	M	F	D	I	N	A	N	M	M
L	H	C	N	H	S	P	A	B	C	I	F	P	U	W	V	E	D	S	V	N	I	M
U	A	A	T	E	K	U	C	U	U	L	L	N	V	O	L	I	F	I	R	A	N	A
F	S	G	L	P	D	S	O	A	G	A	Y	N	N	A	C	R	G	D	E	Y	D	L
H	M	U	Q	T	L	M	W	I	V	N	I	W	D	B	E	R	O	E	S	E	F	E
C	T	A	O	N	Q	K	H	E	T	T	O	E	C	V	H	O	A	R	B	V	U	R
T	C	R	Z	T	H	O	E	M	K	U	P	O	V	Q	S	W	X	A	O	T	L	T
A	E	D	B	J	I	G	E	P	X	K	A	S	S	M	A	R	T	T	W	A	R	Y
W	P	E	B	O	L	C	D	M	C	P	V	C	H	K	Q	N	B	E	E	O	J	T
A	S	D	D	R	U	N	I	A	E	W	D	X	E	I	Q	O	A	H	V	V	U	H
H	M	U	A	F	I	B	L	P	B	U	T	F	Y	M	B	U	A	I	N	D	O	
Y	U	D	W	H	E	N	D	T	O	V	M	P	R	U	D	E	N	T	T	H	I	U
C	C	A	P	P	R	E	H	E	N	S	I	V	E	Z	O	L	E	Q	N	G	C	G
Q	R	I	Z	H	A	E	G	R	N	W	F	E	P	I	L	O	W	C	E	I	I	H
E	I	Q	H	V	C	Q	G	K	E	R	D	I	S	C	R	E	E	T	T	Q	O	T
T	C	J	B	N	W	Y	V	A	Z	C	E	X	L	Z	P	I	M	I	T	Z	U	F
W	C	Y	S	A	U	E	O	V	R	S	O	C	S	K	G	Y	L	Y	A	B	S	U
N	H	T	N	R	H	U	Z	P	L	D	V	I	N	M	V	O	E	T	Y	W	C	L
D	A	V	P	Y	Z	S	E	L	U	M	F	X	Y	O	P	Y	Q	E	A	L	E	J
I	R	V	J	P	Y	K	G	K	D	J	Q	U	B	D	C	Y	A	P	Z	V	A	H
F	Y	A	M	U	M	F	J	Q	K	P	V	B	L	H	Z	R	Y	P	X	H	H	N

## SUDOKU

Every row, column and box must contain all the digits 1 to 9. Each number can only appear once in every row, column or box.

2		8			7	3		
	4		8					
	7					9	6	
	6	5						
	3	1				6		5
	2	9	6				7	
6	9						2	1
				5	1			6

- |              |             |            |
|--------------|-------------|------------|
| ALERT        | CONCERNED   | ONGUARD    |
| APPREHENSIVE | CONSIDERATE | POLITIC    |
| ATTENTIVE    | DISCREET    | PRUDENT    |
| AWAKE        | GUARDED     | REGARDFUL  |
| AWARE        | HALT        | SOLICITOUS |
| CANNY        | HEED        | THOUGHTFUL |
| CAREFUL      | HESITANT    | VIGILANT   |
| CAUTIOUS     | JUDICIOUS   | WARY       |
| CHARY        | MINDFUL     | WATCHFUL   |
| CIRCUMSPECT  | OBSERVANT   | WORRIED    |

“ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH.” — HELEN KELLER

To cease smoking is the easiest thing I ought to know. I've done it a thousand times. Mark Twain.

3	8	7	2	5	1	4	9	6
5	1	2	4	9	6	8	3	7
6	9	4	3	7	8	5	2	1
4	2	9	6	8	5	1	7	3
8	3	1	7	2	9	6	4	5
7	6	5	1	3	4	2	8	9
1	7	3	5	4	2	9	6	8
9	4	6	8	1	3	7	5	2
2	5	8	9	6	7	3	1	4