

Magazine

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QATAR STEEL

Issue No.98 • First quarter 2014

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Forum 2014

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Qatar Steel
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2014

«Qatar Steel
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Steel Company

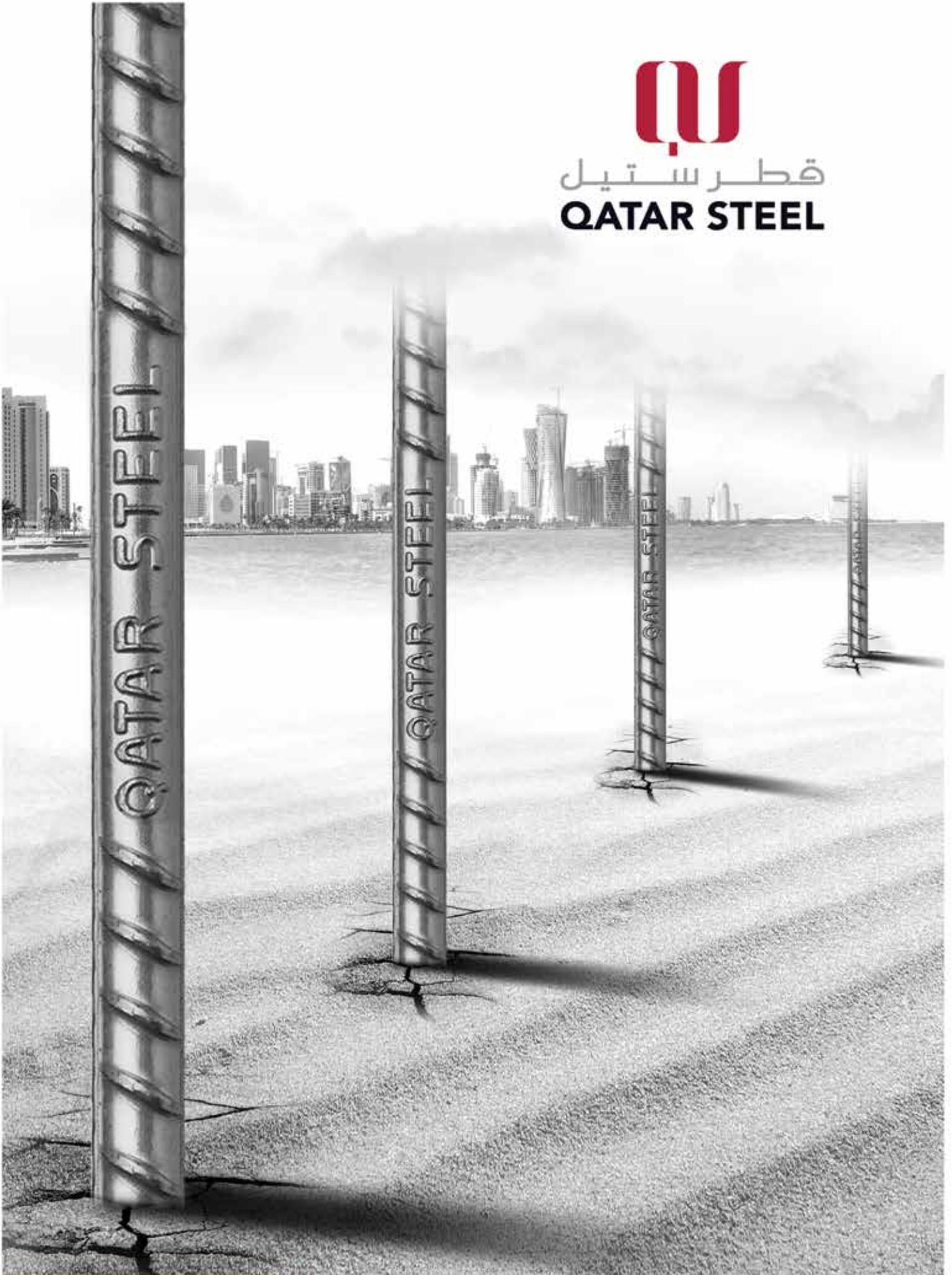
Launch of Electric Arc Furnace No.5

"EF5"

QATAR STEEL SIGNS IRON ORE PELLET SUPPLY CONTRACT WITH VALE
& SIGNS LIGHTERAGE CONTRACT WITH ESHIPS OLDENDORFF LOGISTICS



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QATAR STEEL

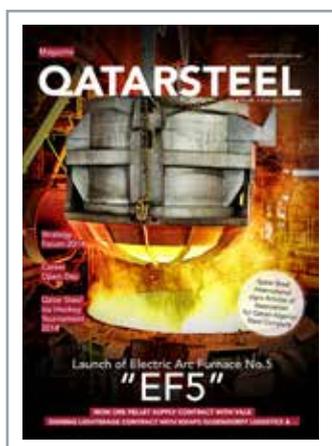


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EDITORIAL ISSUE

Qatar Steel Magazine • Issue No.98 • First quarter 2014 • Under the supervision of Public Relations and Communications



Welcome Note Qatar Steel Magazine

Our PR & Communications team are delighted to introduce you the new issue of Qatar Steel magazine, which comes in continuation of the previous issues, but this time it is different, in the sense that it appears now in a new look and richer content., hoping it is more informative, diversified and more exciting to the reader.

However, our ambition for the future is to be more creative and innovating, in terms of choosing the content and the design to live up to yours expectations, making you look forward to see the new issue.

In this respect, we welcome your valuable suggestions, comments and new ideas to further develop the magazine, to satisfy your hopes and aspirations.

With the best compliments from the Editing team

W E M A K E S T E E L M A T T E R



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QATAR STEEL INTERNATIONAL SIGNS ARTICLES OF ASSOCIATION FOR QATARI-ALGERIAN STEEL COMPANY



Within the framework of its commitment to sustainable development, and in line with its ambitious policy to increase and expand the scope of its investments, Qatar Steel International signed, on 19 December, 2013, in the capital of Algeria, the Articles of Association for the Qatari-Algerian Steel Company.

The Articles were signed, on behalf of Qatar, by Mr. Ali Bin Hassan Al-Muraikhi, Chairman of Qatar Steel International, while Mr. Hasnawi Shaiboub, Chairman of Sidar Company, signed on behalf of Algeria.

The signing ceremony was attended by a high ranking Qatari delegations, represented by H.E. Dr. Khalid Bin Mohamed Al-Attayah, Minister of Foreign Affairs, H.E. Dr. Mohammed Bin Saleh Al-Sada, Minister of Energy and Industry and H.E. Mr. Ahmad Bin Mohamed Al-Sayed, CEO of Qatar Investment Fund.

On the Algerian side, the signing ceremony was attended by Mr. Amara Bin Younes, Minister of Industry & Investment Development. Ambassadors accredited in both Qatar and Algeria attended the event as well. The joint venture is scheduled to be registered in the first week of January 2014.

Qatari Algerian company is a joint venture between

Qatar (represented by Qatar Steel 24,5%, and Qatar Mining 24,5%) holding the 49%, and Algeria (represented by Sider Co. & National Investment Fund) holding the remaining 51% stake.

The new company is designed for the construction of a steel complex in Algeria, at the industrial Area of Bellara, (Jijel). The steel complex will initially cost about \$2 billion.

The planned steel complex will have a total production capacity of 4 million tons per year, while it is designed to produce 2 million tons of steel rebars in its first phase. (1,5 MT of steel rebars & 500,000 Tons of Wire rod,) to meet the requirements of the local Algerian market, on a priority basis. The engineering and construction works are expected to take approximately 4 years.

The project is expected to create more than 1000 direct jobs and thousands of indirect jobs.



QS Board Meeting held at Mesaieed Site



Qatar Steel held a Board Meeting on 13th Feb, 2014 at its plant in Mesaieed Industrial City.

The meeting was chaired by HE Dr. Mohamed Bin Saleh Al-Sada, Minister of Energy & Industry and Qatar Steel Chairman. Mr. Ali Bin Hassan Al-Muraikhi, Managing Director and General Manager welcomed HE the Chairman and the Board of Directors. The Board discussed several important issues related to the company's activities and future projects.

The Board members went on a tour to Qatar Steel plant, and visited the new Electric Furnace (EF-5), which started production in January 2014.

QATAR STEEL ACHIEVES A- RATING IN SUSTAINABILITY REPORTING

In recognition of its excellence in sustainability reporting, and in compliance with sustainable development, Qatar Steel's 2012 sustainability report has achieved an "A" rating from Global Reporting Initiative (GRI) following an external audit for assurance on the accuracy of its content.



Mr. Ali Bin Hasan Al-Muraikhi,
Managing Director
& General Manager
of Qatar Steel

Qatar Steel was recognized for excellence in producing 2011 sustainability report, and it was awarded among other seven large-scale leading industrial companies in Qatar with "Runner-Up Certificate, for commitment to sustainable development, and for the company's performance, and progress in environmental, social and economic domains.

Mr. Ali Bin Hasan Al-Muraikhi, Managing Director and General Manager of Qatar Steel affirmed that this achievement reflects employee's commitment to sustainable development, and constant effort to preserve the environment, in line with Qatar National Vision 2030, and the National Development Strategy 2011-2016. He further stated that efforts are in process to make the operation fully environment-friendly, by using state-of-the-art production technology to reduce its impact on environment.

During its past three decades of operations, Qatar Steel has built an outstanding reputation for unrivalled quality, consistency and reliability. In 2006, Qatar Steel received CARES Sustainable Reinforcing Steel certificate, which highlights the integration of sustainability into Qatar Steel's organizational strategy and operations. Stakeholder

engagement helps to identify Qatar Steel's sustainability priorities, and focus the company's efforts to achieve a higher degree of sustainability in operations.

Qatar Steel's sustainability framework is aligned with the company's Corporate Strategy Map, and demonstrates Qatar Steel's commitment to Qatar National Vision 2030, National Development Strategy 2011-2016 and Qatar Petroleum (QP) DG SDI initiative.

Qatar Steel has been a practitioner of the Balanced Scorecard model (BSC) over the last ten years, and has adopted the best practices of Strategy Execution Premium Model XPPTM by Palladium Group, the founders of BSC. This model links VMV (Vision-Mission-Value) and Strategy Map to Qatar Steel's day-to-day operations.

Qatar Steel's strategy is based on six basic elements mentioned as under.

- Contributing to Qatar's Development:
- Reducing Environmental Impact:
- Ensuring a Safe and Healthy Work Environment:
- Developing a High Performing and Motivated Team:
- Demonstrating Good Governance & Accountability:
- Achieving Profitable Growth:



Launch of EF 5

Qatar Steel's electric arc furnace No. 5 (EF5) project consisting of a greenfield steel meltshop built adjacent to its main facility in Mesaieed Industrial City, Qatar was set into operation in January 2014.

Commercial operations at the facility commenced in February 2014.

The project is expected to increase the group's billet production capacity by 1.1 million tpy, ensuring that it will remain the principal supplier in the run-up to the country's hosting of the football World Cup in 2022.



STRATEGY FORUM 2014



Qatar Steel organised its Strategy Forum at Doha Marriot hotel. The company's top executives grouped in cross functional teams were engaged in brainstorming sessions to discuss its strategic priorities oriented towards achieving operational improvements and sustainable growth in line with its long term strategic goals.

In his keynote address, Mr. Ali Bin Hassan Al Muraikhi, Managing Director & General Manager of Qatar Steel, emphasized on the need for Strategy Forum and feels that it facilitates the company executive to be well prepared to face new challenges of the steel industry as it operates in a dynamic and highly competitive environment. He urged his executives to be more proactive and creative in their thinking and use this platform for collaborative work and open discussion to bring about new ideas and solutions to resolve organizational challenges impacting the company.

While supporting the need for such forum to be conducted every year, he called all to remain committed and responsible and actively associate themselves with a clear plan of action

and implementation to manage a portfolio of strategic initiatives drawn up from such high level meetings.

At Qatar Steel, the key stake-holders aspirations are well articulated in its Theme-based Corporate Strategy Map that is upgraded once in 3 years. The Company Strategic Themes reflects Operational Excellence in production, Market Pioneer approach and service in target markets and growth of the Integrated Business Portfolio in Qatar and abroad, supported by High-performing organization and commitment to Qatar Vision. They collectively drive Strategy Execution towards achieving its organization goals and Vision.

Qatar Steel is the first Qatari company who successfully made its way to Palladium's Hall of Fame for Strategy Execution as a result of extensive adaptation of the Balanced Scorecard Methodology in line with best practices.

Qatar Steel Strategy Forum 2014 was organized by the company's Strategic Planning Department and facilitated by Palladium Group, the global leader in strategy execution consulting.

Hosting Executive Master Class on Strategy



In collaboration with Palladium Group, Qatar Steel organized an Executive Master Class on Strategy under the able guidance of Dr. David Norton on 3rd December 2013 in Al-Sharq Hotel. It was exclusively for Qatar Steel senior executives.

Qatar Steel was inducted into Palladium's Hall of Fame for Strategy Execution in 2012 as a result of their extensive adaptation of Dr. Kaplan-

Norton's Balanced Scorecard and Execution Premium Process [XPP Model].

Mr. Ali Hassan Al-Muraikhi, Managing Director & General Manager acknowledged by saying, 'Qatar Steel has a strong performance history and our success over the years, have been built on sound management practices. We are preparing ourselves for new frontiers of organizational and

operational excellence through continuous improvements. We have ambitious plans to achieve better growth in the future with Allah's grace.'

He further added, "as we are gearing up for these ambitious plans and new challenges, it is important that we keep ourselves abreast of the latest thinking and practices on strategy".

The Executive Master Class, led by Dr. Norton, addressed on the Importance of balancing management and leadership skills as well as "how to make Strategic Alliances work". With his outstanding consulting and academic experience, Dr. Norton enriched his lecture with recent case studies from top organizations and clients around the world. He was accompanied by James Creelman's presentation sharing insights on the latest Palladium's 4C's Leadership Model for Strategy Execution.



QATAR STEEL SIGNS

IRON ORE PELLET SUPPLY CONTRACT WITH VALE



Qatar Steel has signed an iron ore pellets supply contract with VALE (earlier known as CVRD), a globally renowned company, specialized in exploration and extraction of iron ore, required for the production of steel.

The contract is for a period of 3 years and renewable for further period of 3 years.

The contract was signed at Qatar Steel Head Office in Doha, by Mr. Ali Bin Hassan Al-Muraikhi, Managing Director & General Manager of Qatar Steel & Mr. Jose Martins – Executive Director of Vale. High ranking officials from both sides attended the event.

Vale is the world's largest producer of iron ore and iron ore pellets, key raw materials for steel making, and the world's second largest producer of nickel. They also produce manganese, Ferro alloys, thermal and coking coal, copper, cobalt, platinum group metals, and fertilizer nutrients.



.. & SIGNING LIGHTERAGE CONTRACT WITH ESHIPS OLDENDORFF LOGISTICS



Qatar Steel has signed a contract with Eships Oldendorff Logistics LLC, (EOL), for lighterage of capesize vessels for iron ore consignments.

The contract was signed at Qatar Steel Head Office in Doha by Mr. Ali Bin Hassan Al-Muraikhi, Managing Director & General Manager of Qatar Steel and Ms. Linda Kongerslev, General Manager of EOL.

Eships Oldendorff Logistics LLC (EOL) is engaged in dry bulk shipping and logistics. EOL was set up in 2007 to offer total marine transportation and logistics solutions for clients in the Arabian Gulf. EOL own and operate a modern fleet of tankers, gas tankers and bulk carriers.



Participation in Exhibitions in the region

In our effort to remain at the helm of eminence, Qatar Steel will be participating in the leading exhibitions that would take place in the region in 2014.

The first one to participate in was "the Big 5" in March 2014 in Saudi Arabia.

The next exhibitions will be "Project Qatar" to be held in May and "The Big 5 Dubai" in November. While, the "Big 5" is the largest trade show for the Construction and industry in the Middle East and North Africa, On the other "Project Qatar" is an International Construction Technology & Building Materials Exhibition.

Participation in these exhibitions is focused on consolidating Qatar Steel brand image in the region and maintain its

leadership drives.

As a leading sustainable steel producer in the region, Qatar Steel will also be participating in the QP Environment Fair 2014 to be held in Qatar National Convention Center in April 2014. Over the years, Environment Fair has become an effective platform to generate awareness among the general public on various environmental issues currently affecting our planet.

The 4-day exhibition in April 2014 will focus on 'USE OF WATER IN OIL AND GAS INDUSTRY' and highlight initiatives that has been implementing by various companies to protect the environment while supplying the energy necessary to sustain modern living.





Within the framework of implementing the Qatarization policy, Qatar Steel organized a career open day on 17th Feb, 2014, at Doha Marriott Hotel.

Aimed at attracting the young national graduates to join the first integrated steel company in the region, the whole day drive brought nationals from different streams showing interests to join and launch their career on a reliable platform.

Organizing Career Open day was a good opportunity for the nationals to get familiar with the company's mission and vision and acquaint themselves with various openings/vacancies available in various Departments, like, Engineering, Finance, IT, Business Administration and others.

Overall, the Career Open day was a success, as it attracted a large number of visitors who were interested to apply for a job in Qatar Steel.





Qatar Steel Ice Hockey Tournament 2014

Coinciding with National Sports Day 2014, Ice Hockey Cup tournament was sponsored by Qatar Steel. It was organized by Winter Sports Committee from February 7-11 at Villaggio Ice skating ring. Qatar Steel was the main and official sponsor of the tournament.

On behalf of Qatar Steel, Mr. Saud Mohammed Al Merri, Sales Manager, Mr. Mohammed Rashid Al-Marri, PR & Communications, officials and other coordinating staff members attended the event.

Six teams took part in the tournament; five from the Canadian community and one was the National Ice Hockey Team. The 'Horses' team won the Ice Hockey Cup defeating the 'Chivalry' team, scoring 5-3 in the final.

The winners of the tournament were awarded in the presence of Mr. Rashid Al Sulaiti, Chairman of Qatar Winter Sports, Mr. Adel Al-Mutlaq, Secretary General, Mr. Hassan Hababi, Assistant Secretary, representative of the Canadian Embassy in Doha and Qatar Steel members. A large number of VIPs and high ranking officials attended the event.

Mr. Saud Mohammed Al Marri, Sales Manager of Qatar Steel said: "It is our pleasure, under the guidance of Mr. Ali Bin Hassan Al-Muraikhi, Managing Director and General Manager, that Qatar Steel participated and agreed to be the official sponsor in the Ice Hockey for 2014. We are also pleased that this tournament coincides with the Sports Day. We shall continue to support sports due to its importance and role it plays in the lives of individuals and communities.



We shall continue to strengthen our cooperation with the officials of all Sports authorities and committees on various sports events in the future.'

QS's sponsorship of Ice Hockey Tournament this year comes within the context of supporting the community events and activities held in Qatar, and it is considered as part of our corporate social responsibility and obligations towards the community.", Mr. Merri added.

Mr. Rashid Al Sulaiti, Chairman of Qatar Winter Sports, thanked Qatar Steel in his statement for participating and supporting the event. Mr. Adel Al-Mutlaq, Secretary General, also extended his thanks and appreciation to Qatar Steel management for their pro-activeness and effective contribution to the success of the tournament.

QS Team won T-20 Cricket Championship

Qatar Steel Cricket team has won the prestigious crown of "Qatar Foundation Champions Trophy T-20" by defeating 'Nakilat' in the final tournament held in Dukhan.

The tournament was played between top 12 teams of Qatar, selected by Qatar Foundation. Qatar Steel team has reached the TOP position by winning this esteemed tournament.

Reaching out to community

Support to Al Khor Community Development Center



Within the framework of its Corporate Social Responsibility, and in line with supporting community activities, Qatar Steel has contributed financially to Al Khor Community Development Center, affiliated to Qatar Charitable Society on the occasion of Qatar National Day celebrations, planned on 18th Dec.

Mr. Ahmed Ali Al-Ansari, Commercial Division Manager in Qatar Steel handed over the cheque for this contribution to Qatar Charitable Society.

Qatar Steel's contribution stems from its proactive role in societal development, and in compliance with its corporate responsibility towards community and country. Qatar Steel constantly strives for establishing partnerships with different local community organizations and authorities.

Qatar Steel's participation in the national day celebration is an expression of its sense of belonging and deep patriotism for its motherland.

Financial Contribution to Qatar Red Crescent

As part of Corporate Social Responsibility, and in line with support to charitable institutions in Qatar, Qatar Steel has offered a financial contribution to Qatar Red Crescent (QRC), in support of their fifth disaster management training camp, which will be held at its headquarters from April 1 to April 10, at Al Khor Marine Scout Camp, under the patronage of the Prime Minister and Interior Minister H E Sheikh Abdullah bin

Nasser bin Khalifa Al Thani.

As part of its annual program, a training camp was organized with an objective of building disaster preparedness capacity of the volunteers and the community in general. The program, organized by a group of QRC's disaster management specialists, aimed at providing training to 26 volunteers of different nationalities. It contained a series of theoretical and practical training sessions as well.

Supporting Al-Andalus Primary School

As part of our committed corporate social responsibility, and in compliance with its corporate policy to support the community, Qatar Steel sponsored the inter school athletic tournament and donated Qr.6,000 in support of their activities. Al Andalus is an independent schools following Qatari curriculum



Presenting Laptops to Mesaieed Primary & Preparatory Independent School for Boys

Extending our efforts to facilitate Schools with educational resources, Qatar Steel has donated a set of new laptops to Mesaieed Primary & Preparatory independent School for Boys. This is to support the students to access a wide range of educational resources on all school subjects and facilitate them to improve in their learning process.

Delegation from Learning & Development and PR & Communications Department visited the school and offered the laptops to the principal and license owner, Mr. Mohamed Rida Abdullah,

Mr. Yousef Abdullah Al-Manasouri, Learning



& Development Manager expressed his delight in presenting the laptops to the school, said: "this initiative stems from Qatar Steel's policy to support and sponsor activities and functions organized by educational, humane and

charitable institutions and organizations, and in compliance with the company's commitment of being socially responsible and play a role towards the community welfare.

Mr. Mohamed Rida Abdullah, the school principal and license

owner extended his thanks and appreciation to Qatar Steel and said: 'We are very grateful to Qatar Steel for the generous donation of laptops, which will significantly add to our school's educational and technical resources'.

Osama Bin Zeid Preparatory Independent School Visited Qatar Steel

A group of 20 students and 2 teachers from Osama Bin Zeid Preparatory Independent School visited Qatar Steel plant on 27th Feb, 2014.

The visit by the students along with teachers was aimed at getting a first-hand insight into the steel making process. The guests were welcomed at Qatar Steel plant by company officials from Learning & Development Centre and PR & Communications Dept. They were briefed on company's manufacturing process, and were taken on a tour around the various units and sections



of the plant.

At the end of the visit, the guests extended their thanks and appreciation to

Qatar Steel's management for accepting their request for such field visit and for responding their queries on Steel plant.

They expressed that such a visit had added a lot to their knowledge about the steel industry.

Sponsoring 4th Civil Defense activities



Consistent with its support to contribute to the awareness campaign made by General Directorate of Civil Defence, Qatar Steel signed an agreement with Administration of Civil Defense to sponsor all activities and functions related to 4th Civil Defense Exhibition & Conference, held from 11th -13th Nov. 2013 at Qatar National Conventions Centre. Under the patronage of His Excellency Sheikh Abdullah Bin Nasser Bin Khalifa Al-Thani, Prime Minister and Minister of Interior, the 3 day exhibition was participated by more than 100 local and global companies.

Mr. Ahmed Abdulaziz Al-Ansari, Commercial Division Manager, signed the agreement on behalf of Mr. Ali Bin Hassan Al-Muraikhi, Managing Director & GM of Qatar Steel and Staff Brigadier Abdullah Mohamed al-Suwaidi, Director-General of Civil Defense Administration, signed on their behalf. Staff Brigadier Abdullah Mohamed Al-Suwaidi, Director-General of Civil Defense Administration expressed his pleasure to have a partnership agreement with Qatar Steel.

Mr. Ali Bin Hassan Al-Muraikhi, Managing Director & General Manager of Qatar Steel affirmed that the agreement

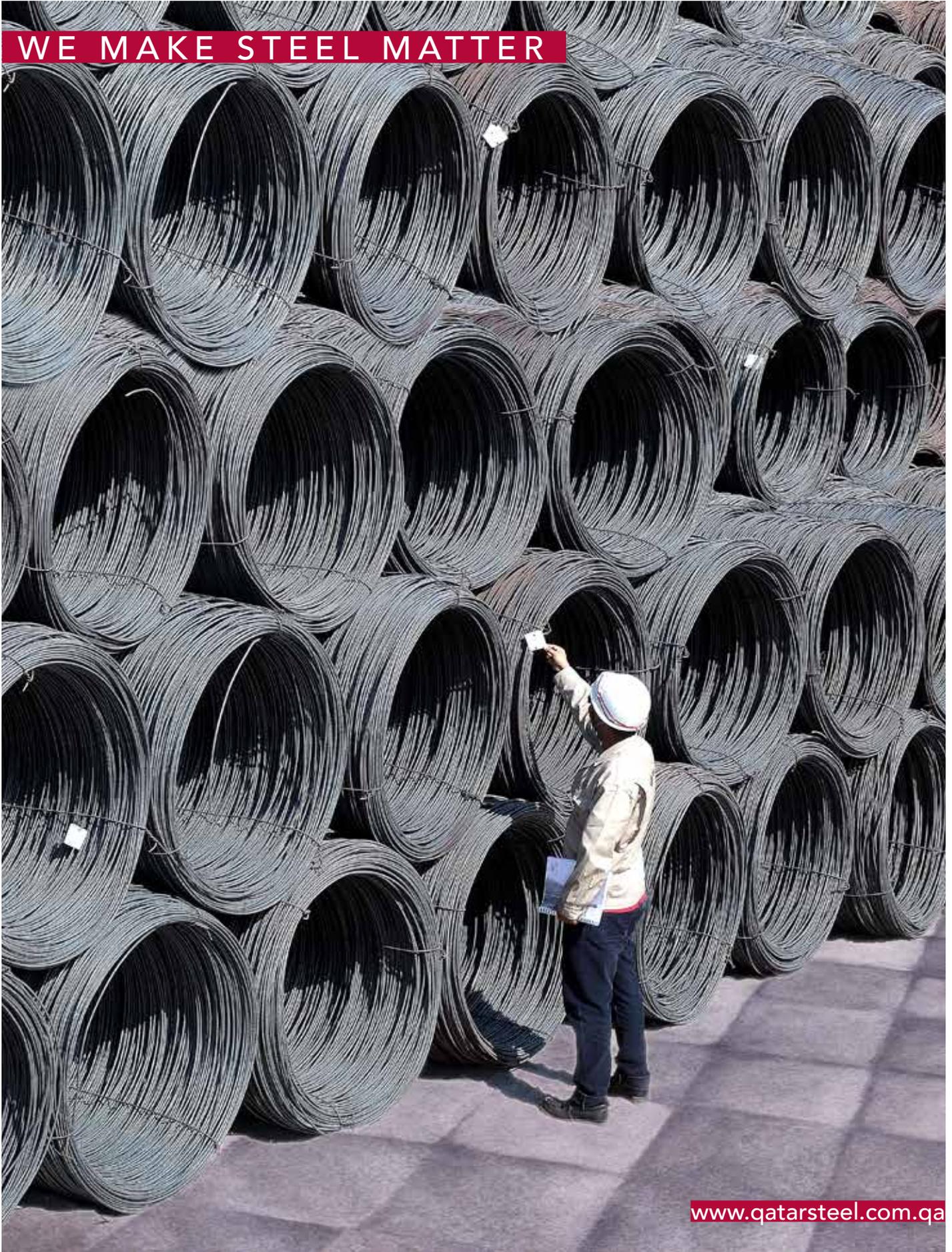
with Administration of Civil Defense is an expression of support for the role being played by them, the needed services they offer and the responsibilities they carry for the community. He further stated that Qatar Steel's proactive support would lead in achieving their objectives.

The Expo-related activities were launched two weeks prior to the commencement of the exhibition. Stands were installed by Civil Defense in strategic locations in Doha, like, City Centre, Land Mark, and Villaggio, in addition to Qatar Foundation. Awareness generation programs included games to educate children and quiz on culture. Special arrangements were made for drawing and painting competition. Efforts were taken by Civil Defense officials to explain to the public about the safety procedures and way to prevent danger. Publications were distributed as well to the public about general safety.

Activities also included Qatar Camping expo, held from 23-25 Oct. at Doha Exhibition Centre, and setting up of an awareness tent in Souq Wagif. Additionally, other event like Qatar Pools and spa Expo was also organised All these events and functions were much admired by the public.



WE MAKE STEEL MATTER



The Art of Management



What is management? What do managers do? How do I manage?

These are standard questions that most of us in the management profession have been asked more than once. Here, is a basic look at the Art of Management.

Art and Science

Management is both art and science. It is the art of making people more effective than they would have been without you. The science is, how you do that. There are four basic pillars: plan, organize, direct, and monitor.

How to make difference, as a manager- Make your team More Effective

Four workers can make 6 units in an eight-hour shift without a manager. If I hire you to manage them and they still make 6 units a day, what is the benefit to my business of having hired you? On the other hand, if they now make 8 units per day, you, the manager, have value.

The same analogy applies to service, or retail, or teaching, or any other kind of work. Can your group handle more customer calls with you than without? Sell higher value merchandise? Impart knowledge more effectively? etc. That is the value of management - making a group of individual more effective.

Basic Management Skills

There are four basic skills for a successful management:

(1) Plan

Management starts with planning. Good management starts with good planning. Without a plan you will never succeed. If you happen to make it to the goal, it will have been by luck or chance and is not repeatable.

(2) Organize

Now that you have a plan, you have to make it happen. Is everything ready ahead of your group so the right stuff will get to your group at the right time? Is your group prepared to do its part of the plan? Is the downstream organization ready for what your group will deliver and when it will arrive?

Are the workers trained? Are they motivated? Do they have the equipment they need? Are there spare parts available for the equipment? Has purchasing ordered the material? Is it the right stuff? Will it get here on the appropriate schedule?

Do the legwork to make sure everything needed to execute the plan is ready to go, or will be when it is needed. Check back to make sure that everyone understands their role and the importance of their role to the overall success.

(3) Direct

Now flip the "ON" switch. Tell people what they need to do. I like to think of this part like conducting an orchestra. Everyone in the orchestra has the music in front of them. They know which section is playing which piece and when. They know when to come in, what to play, and when to stop again. The conductor cues each section to make the music happen. That's your job here. You've given all your musicians (workers) the sheet music (the plan). You have the right number of musicians (workers) in each section (department), and you've arranged the sections on stage so the music will sound best (you have organized the work). Now you need

only to tap the podium lightly with your baton to get their attention and give the downbeat.

(4) Monitor

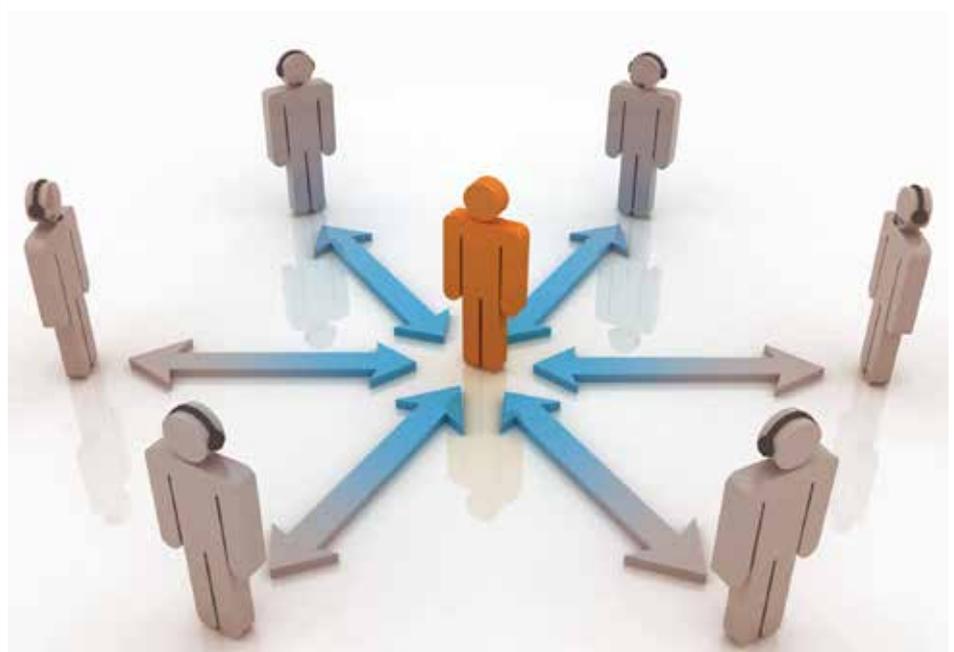
Now that you have everything moving, you have to keep an eye on things. Make sure everything is going according to the plan. When it isn't going according to plan, you need to step in and adjust the plan, just as the orchestra conductor will adjust the tempo.

Problems will come up. Someone will get sick. A part won't be delivered on time. A key customer will go bankrupt. That is why you developed a contingency plan in the first place. You, as the manager, have to be always aware of what's going on so you can make the adjustments required.

Organize the resources to make it work, Direct the people who will make it happen, and continue to Monitor the effect of the change.

Is It Worth It

Managing people is not easy. However, it can be done successfully. And it can be a very rewarding experience. Remember that management, like any other skill, is something that you can improve at with study and practice.



Qatar's Biggest Mosque: The Imam Muhammad Ibn Abdul Wahhab Mosque in Doha!

The Imam Muhammad Ibn Abdul Wahhab Mosque is Qatar's biggest mosque. It was inaugurated on Friday 16th December 2011, by H H Sheikh Hamad bin Khalifa Al Thani, the Emir of Qatar.

The mosque covers a total area of 175,164 sq.m. As many as 11,000 men can offer prayers in the air-conditioned central hall of the mosque and the adjacent special enclosure is spacious enough for 1200 women.

There are three main doors and 17 side entrances to the mosque. As many as 28 large domes cover the central hall while 65 domes

cover the outer quadrangle. On the whole the mosque can hold a congregation of 30,000 people.

The mosque which was popularly known as the state mosque has been named after the great reformer and renowned Muslim theologian of the 18th century, in honor of the scholars who still carry Imam Abdul Wahhab's thought and message to serve Islam and Muslims

Muhammad Ibn Abd Al Wahhab (1703–1792) was born in Najd, Saudi Arabia. He advocated purging Islam of what he considered to be impurities and innovations. His great movement, popularly known as "Wahhabism" is

the dominant form of Islam in Saudi Arabia.

Wahhabism adheres strictly to the Islamic doctrine of Tawheed, the Uniqueness and Unity of Allah, shared by all Islamic sects. He was influenced by the writings of Ibn Taymiyya and questioned the classical interpretations of Islam, and preached the Muslims to rely on the Quran and the Hadith the true spirit of Islam.

The mosque consists of:

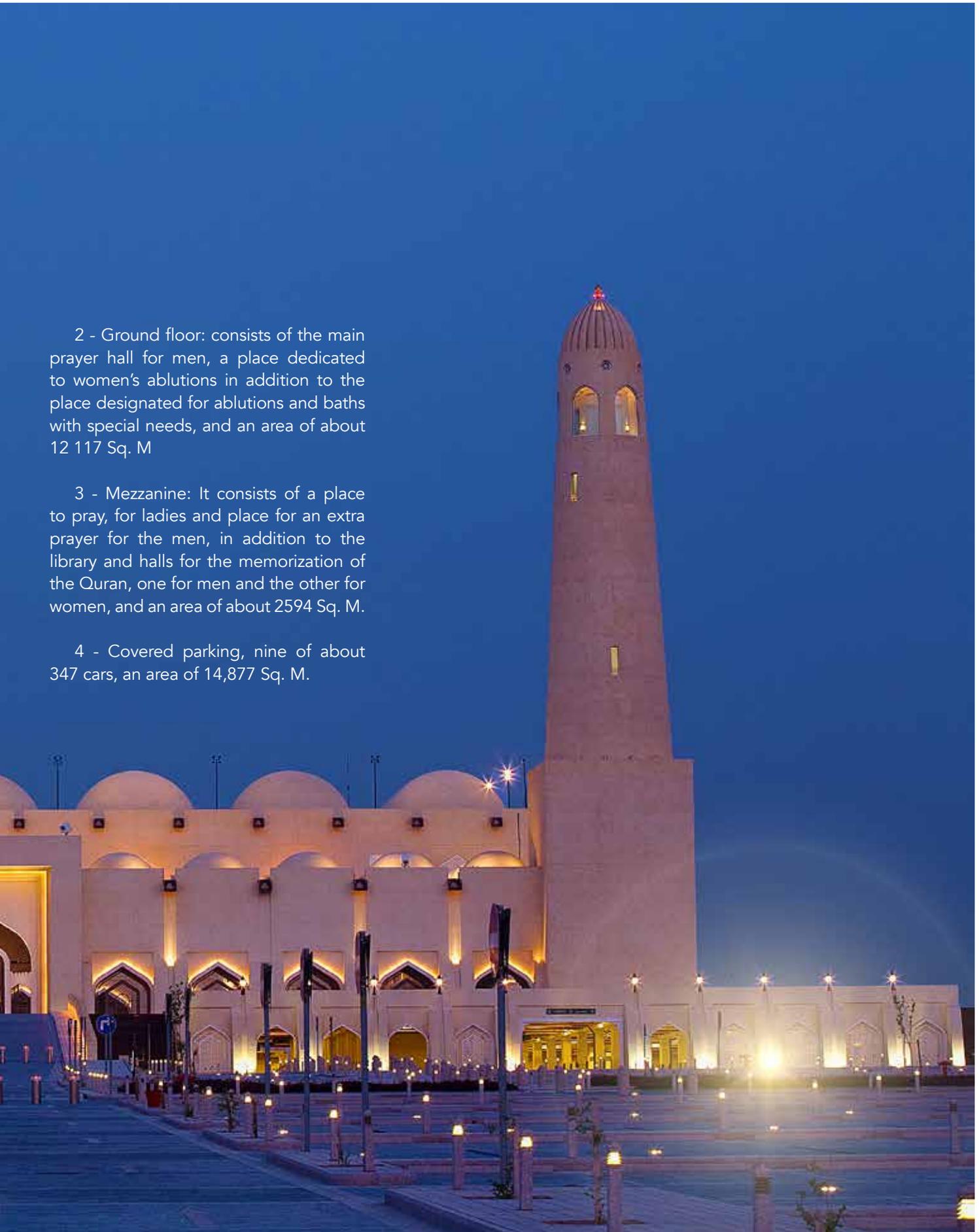
1 - Basement: includes ablution place and bathrooms for men, in addition to the part for the machines, and an area of about 3853 Sq. M.



2 - Ground floor: consists of the main prayer hall for men, a place dedicated to women's ablutions in addition to the place designated for ablutions and baths with special needs, and an area of about 12 117 Sq. M

3 - Mezzanine: It consists of a place to pray, for ladies and place for an extra prayer for the men, in addition to the library and halls for the memorization of the Quran, one for men and the other for women, and an area of about 2594 Sq. M.

4 - Covered parking, nine of about 347 cars, an area of 14,877 Sq. M.





HEALTHY & SAFE

Use of Computer

A computer is no longer a sort of fun or luxury, but it has become an important part of work and home. However, it turned out that computers can cause a lot of harm and passive effects on prolonged users. So what can we do to avoid such risks and work more safely?

Musculoskeletal problems

Carpal tunnel syndrome :

Wrong use of computers can cause a number of physical diseases, as well as social ones, including but not restricted to, vertebra pain due to wrong postures, neck pain, dryness and redness of eyes, conjunctivitis, mental and nerve stress. Wrong use of computers can lead to numerous musculoskeletal problems such as Carpal tunnel syndrome; Chronic inflammation of tendons and finger joints, especially the wrist, stiffness of shoulders and back, deep vein thrombosis, obesity due to lack of movement resulting from long use of computers.

Cardiac and vascular diseases:

They are caused due to lack of movements resulted from long stay at computer. There are other diseases; physical, social and psychological. Hereby some tips how to work safely at computer, and to avoid the diseases that may result from chronic wrong use of computer.

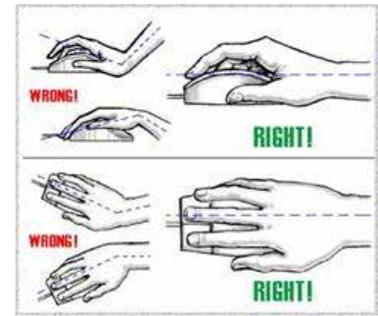
1. Avoid overworking at computer.
2. Do not twist your back while sitting to avoid back pain.
3. Do not twist your neck while sitting to avoid neck pain.

4. Use wheel chairs instead of fixed ones.
5. The computer seat should be adjustable up or down, in a way to make the seat at the level of your knees.
6. The computer chair should be adjustable back and forth for back rest.
7. The chair should be stuffed and comfortable to avoid pressure on the body due to long sitting.
8. The chair should have forearms for leaning the elbows, preferably choosing rubber ones and not wooden.
9. The elbows forearms should be adjustable up or down, in a way to suit the level of shoulders and the desk.
10. The seat should have back rest to suit with the back's natural bending.
11. Use a mouse mat with a gel filled wrist rest .
12. The size of the Mouse should fit the hand size.
13. The eye level should be at the middle of the screen.

14. The screen should be adjustable up and down.
15. Avoid sitting too close to the screen, and keep a distance of 45-70 cm away from the screen.
16. Avoid too bright screen, and select dark backgrounds. Use LCD (dim light instead of traditional screens).
17. Use anti-reflection screens. Eye doctors advise to wear antireflection medical glasses.
18. Keep the screens clean. Dust may lead to extra light bouncing and reflection.
19. Use a footrest for your feet.
20. Move your body while sitting, and relax every now and then. Do some little exercise every one hour, or walk a little.
21. To avoid eye dryness, take some rest, close your eyes every now and then, drink enough water, and minimize drinking caffeine contained drinks. Use eye drops as per prescription of the physician, use air freshener in winter, and wash your face with cold water every two hours.
22. The keyboard should be adjusted upward a little and not to be flat on the desk.
23. Using the right way to type reduces the pain of the wrist and fingers.
24. If you feel any pain in fingers, wrist, shoulders, neck or back, see your doctor immediately.
25. Use a document holder when copying from a manuscript. The holder should be fixed at the level of the eye and in the same

angle of the screen, to avoid moving in different directions, which may stress the eye and make the neck muscles stiff, and consequently it may lead to headache and stress.

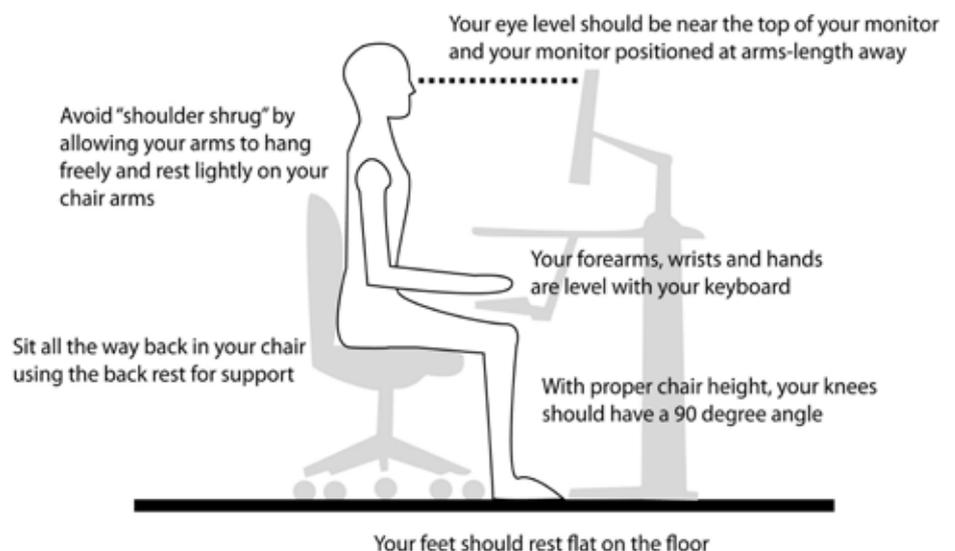
26. To get protection from arthritis pain, use wooden desks instead of glass or plastic ones.
27. If you are viable to have deep vein thrombosis (DVT) in feet, see your doctor to give you the right advice.
28. It is natural that the mouse and the keyboard are at the same level. The mouse can be positioned between the screen and the keyboard. It's quite exhausting if the mouse is at the side or back of the screen.
29. The best writing position for using the keyboard is at an angle between the elbow and the arm and not in obtuse angle, so it is advisable to move the joints every time and not to fix it for a lengthy period of time in one static position.
30. To summarize the medical and preventive methods, a comprehensive approach



should be followed, and not to cure individual symptoms. Use warming to relax the muscles, while use ice to reduce pain.

The best strategy is to change/correct the position that causes stress. This means using ergonomic keyboards, which is a term referring to the techniques of safe and effective use of computers. A Mouse with Cushion that supports the wrist should be used.

- Adjust the seat height until your forearms are horizontal and wrists straight while using the keyboard. The seat should be upright, and not vertical or tilted, and to use adjustable screen according to viewing angle, and the seating position, taking into considerations that muscles should be relaxed through doing some exercises in order to change the physical and mental position.



YOUR HEALTH IN MIND

BRAIN DAMAGING HABITS

1. No Breakfast

People who do not take breakfast are going to have a lower blood sugar level. This leads to an insufficient supply of nutrients to the brain causing brain degeneration.

2. Overeating

It causes hardening of the brain arteries, leading to a decrease in mental power.

3. Smoking

It causes multiple brain shrinkage and may lead to Alzheimer disease.

4. High Sugar consumption

Too much sugar will interrupt the absorption of proteins and nutrients causing malnutrition and may interfere with brain development.

10. Talking Rarely

Intellectual conversations will promote the efficiency of the brain.



5. Air Pollution

The brain is the largest oxygen consumer in our body. Inhaling polluted air decreases the supply of oxygen to the brain, bringing about a decrease in brain efficiency.

9. Lacking in stimulating thoughts

Thinking is the best way to train our brain, lacking in brain stimulation thoughts may cause brain shrinkage.

8. Working your brain during illness

Working hard or studying with sickness may lead to a decrease in effectiveness of the brain as well as damage the brain.

7. Head covered while sleeping

Sleeping with the head covered increases the concentration of carbon dioxide and decreases concentration of oxygen that may lead to brain damaging effects.

6. Sleep Deprivation

Sleep allows our brain to rest. Long term deprivation from sleep will accelerate the death of brain cells.