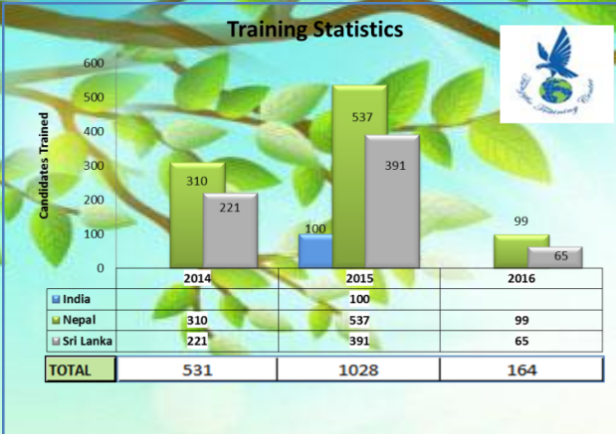




## In the Spotlight: Tanzifco Training Centre Completes Two Successful Years



Our state of the art Tanzifco Training Centres (TTC) completed two successful years of recruiting and training in Nepal, India and Sri Lanka. The Centres have been set-up with the objective of orienting, training and recruiting locally aspiring job seekers for the soft services industry in the Gulf.

Since its opening in June 2014, about 1723 workers have graduated; all successfully working in various

assignments in the Middle East much to our satisfaction and pride.

We have also witnessed the opening of the re-vamped Training Centre in Kochi, India this June 2016; also as per BICSc standards as the other two centres. We are committed to training and managing world class professional staff.

**Mr. Ali Deryan**, General Manager, Tanzifco Emirates says, "The demand for the skilled labour remains strong in the GCC. More projects require more workers and there is a huge potential work force that is present in the Asian sub-continent market. You can sense a real hunger for knowledge and experience in them and our recruits are making the most of the opportunity they've been given."



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## Editor's Note

Hello Readers! It's time once again to share updates about the happenings in our organization in the past few weeks. So, here's to another edition of Seerat with loads of client appreciation, prestigious new contracts, your very own Ramadan guide and tips for tackling harsh summers while working outdoors. Further, please note that the theme for this newsletter has been worked around World Environment Day which was commemorated on 5<sup>th</sup> June 2016. Enjoy reading this news filled edition!

*Sadhvi Sabherwal*





## Tanzifco to Maintain the Complete FM Portfolio for the World's First 3D Printed Building in Dubai



*In line with the vision of His Highness Shaikh Mohammad Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, the world's first fully functional 3D printed office building was inaugurated on 23<sup>rd</sup> May 2016 and Tanzifco takes pride in sharing the news of winning the facilities management contract for this prestigious edifice housing the office of Dubai Future Foundation.*

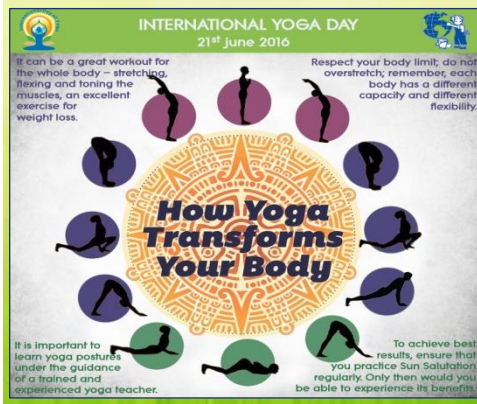
*"We are truly honoured to be a small part of the vision of our ruler of Dubai reflecting "UAE (as) an incubator of innovation and future technology". Dubai Future Foundation will lead the way for strategic sectors and we are glad to contribute to this pioneering institution by way of serving them with absolutely proficient and industry bench-marked FM services," says Mr. Ali Deryan, General Manager, Tanzifco Emirates.*

## Success Stories: New Projects

*The last two months have been ear-marked with winning some prestigious new contracts as follows:*

- Zayed Military Hospital, Bataya
- Bourn Hall Clinic
- Mai Dubai - UAQ Accommodation & Warehouse
- Dubai Future Foundation, Prime Minister's Office
- Mai Dubāi - Al Qudra
- Ministry of Health - Khorfakkan Hospital

## Our CSR Initiatives – Yoga Day, Environment Day and Labour Day



Associate Member



Tanzifco Memberships & Accreditations

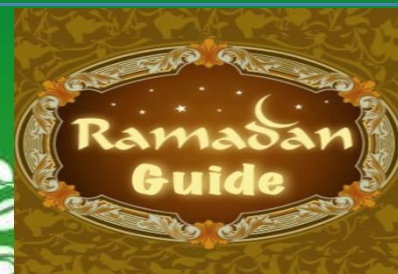






## Healthy Fasting During Ramadan

Fasting during Ramadan can improve one's health if done in the proper manner. It is advisable to eat healthy at Iftar and Suhoor and ensure adequate nutrition. These tips will help you make a few lifestyle changes to get the best out of this Ramadan. Let this season be a time of a revival in spirit, soul and body. Here are some tips on healthy fasting.



**1. Don't skip Suhoor (pre-dawn meal):** Breakfast is the most important meal of the day and during Ramadan, it becomes even more important. Suhoor is a vital meal in Ramadan. It gives you strength and vitality for the day and can make fasting easier. Make sure that this meal is rich in slowly absorbed carbohydrates such as whole grain breads, rice and whole grain cereals that can help maintain your blood sugar levels.

**2. Don't overeat during Iftar:** Just as it is not advisable to skip Suhoor, overeating when it is time to break the fast can harm your body. Iftar should be a well-balanced, nutritious meal and not a feast. Overeating and excessive consumption of high-fat foods in particular may result in indigestion and weight gain. Ideal foods to eat include eggs, avacados, bran muffins, fava beans, Greek yogurt, quinoa, peanut butter and such food that is rich in proteins & nutrients, keeps thirst at bay, low in fat and keeps you full, reducing spikes in blood sugar.

**3. Avoid eating fried foods, salty foods and high-sugar foods:** These foods make you feel good in the short run, but they can make fasting the next day more difficult. Instead, try incorporating foods from all the major food groups, including fruits and vegetables, rice and alternatives, as well as meat and alternatives. Consuming fibre-rich foods during Ramadan is also ideal as they are digested slower than processed foods, so you feel full longer.

**4. Drink as much water as possible:** Don't forget to drink plenty of water during the holy month of Ramadan. Drinking water reduces your risk of dehydration during fasting. Fluids can include juices, milk, beverages and soups; but water is the best choice. Also, cut down on caffeinated drinks like coffee, tea and colas as these have a diuretic effect and promote fluid loss.

## Client Appreciation

Tanzifco received appreciation in recognition of our dedicated service and outstanding contribution to the development of services provided by the clients. We received appreciation from - **Nedaa Professional Communication Corporation., Dubai Taxi Corporation, Saqr Hospital, and Dubai Municipality.**



### Tanzifco Memberships & Accreditations







## Employee Recognition – UAE & Oman



## Tackling the challenges of working outdoors during the harsh summers

Working in the heat and doing heavy physical work can affect the body's temperature and cooling mechanism. Following are some tips shared by **Mr. Khalid Hassan, Operations Manager, Tanzifco Emirates, Abu Dhabi** to combat the heat and stay hydrated and energized throughout the day.

- We ensure that the required training and education is provided and undertaken by all managers, supervisors and employees.
- We see that work sites adhere to the UAE Ministry of Labour requirements for a mid-day break during the summer months for employees working outdoors.
- Personal Protective Equipment (PPE) training is provided to recognize and thus, prevent heat stress and training is given on how to deal with heat illness, in case of emergency.
- We balance shifts of the external staff so as to minimize the heat exposure.
- Sufficient cool drinking water and other hydration liquids are provided to all the workers.
- Proper resting place is provided for the external staff.
- During external cleaning, workers are not allowed to work alone and are under proper supervision.
- Workers are advised to finish the external cleaning before 07:00AM. as far as possible.
- Basic first-aid measures are taught so that they can provide immediate and necessary relief in case a co-worker collapses due to heat.



Mr. Khalid Hassan,  
Operations Manager,  
Tanzifco Emirates, Abu  
Dhabi

### Tanzifco Memberships & Accreditations

