

The Art of Self-Care: Nurturing Your Mind, Body, and Soul"

The enlightening article, "The Art of Self-Care: Nurturing Your Mind, Body, and Soul" emphasizes the significance of self-care in preserving general well-being and establishing a balanced life. Self-care is not a luxury but rather a requirement for leading a happy and healthy existence.

It starts off by defining self-care as caring for one's physical, mental, and emotional well-being and emphasizes the significance of prioritizing self-care because doing so can result in burnout, stress, and decreased productivity.

The value of mind care is highlighted, and it is advised to practice mindfulness techniques like journaling or meditation to foster mental clarity and lessen stress. It also promotes asking for professional assistance when necessary to manage mental health issues.

The value of consistent exercise, a healthy diet, and enough sleep when it comes to taking care of the body not only improves physical health but also fosters mental health.

Another key topic covered is **soul-nurturing**. It advises doing things that make you happy and fulfilled, such as pursuing hobbies, spending time in nature, or spending time with loved ones. Nourishing the soul promotes psychological health and a sense of purpose.

To avoid overextending oneself, suggestions for establishing limits and learning to say no. It emphasizes the value of self-compassion and the knowledge that taking time for oneself is acceptable without feeling guilty.

Finally, "The Art of Self-Care: Nurturing Your Mind, Body, and Soul" is a helpful manual for developing self-care routines that support holistic well-being. An individual can lead a more balanced, healthy, and satisfying life by taking care of their mind, body, and spirit.

It Encourages Readers to emphasize self-care as a crucial component of general wellness and personal development.

A Resounding Success: Blood Donation Camp Touches Lives & Saves Futures



The recent Blood Donation Camp held thru our Intertec Employees proved to be a resounding success, leaving a lasting impact on countless lives. With a spirit of compassion and generosity, participants came together to donate blood, reaffirming the importance of this life-saving act. The event garnered overwhelming support from the Hamad Blood Donation Center, creating a positive ripple effect that will continue to make a difference for those in need.



Know your Employee

Mohammad Adib Ur Rahman

As a Senior Telecom Technician / Supervisor ICT, Mohammad Adib Ur Rahman possesses a high level of technical expertise and problem-solving skills, coupled with the ability to work independently and mentor junior team members. Since 2007, he has held the esteemed position of "Senior Telecom Technician" at Intertec Group WLL in Doha, Qatar, where he specializes in TETRA Terminal Programming and Maintenance for Motorola and Hytera radios.

One aspect he appreciates about his role is the freedom to set his own schedule, allowing him to prioritize tasks and be more efficient. He values team spirit at work, which encourages collaboration and idea-sharing with his supportive manager. The dynamic nature of his position, involving both people and service, allows him to be flexible and use his problem-solving skills to find innovative solutions.

Beyond work, Mohammad finds joy in reading, playing cricket, and volunteering, which contributes to his overall well-being. An additional passion he pursues is cooking, exploring various cuisines, and honing his culinary skills. Integrity is a principle he steadfastly upholds, and he strives to preserve the trust placed in him by others. Notable achievements include providing technical support during the FIFA World Cup 2022 and offering 24/7 support to esteemed clients, ensuring smooth operations for prominent organizations.

Mohammad values the professional growth opportunities provided by his company, making it an ideal environment for his career. He aims for career stability and to achieve a good work-life balance as he continues to develop professionally. Overall, Mohammad Adib Ur Rahman exemplifies dedication, integrity, and passion in his role as a Senior Telecom Technician, contributing significantly to the success of his organization and his personal growth.

Launch of Honor 90 at United Arab Emirates



Medical Service Discount for Intertec Staff and Family



We are pleased to announce our tie-up with Naseem Medical Center. This enables our staff and their families to benefit from exclusive savings on an extensive list of services. The offer is applicable to All Branches of Naseem Medical Center. For further inquiries, you can connect with our HR Team.