

# HR TRANSMISSION



الشركة الكويتية للنفط الخليج (ك.س.ج)  
KUWAIT GULF OIL COMPANY (K.S.C)

"Our way of staying in touch"

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عيد مبارك  
عاش عيدنا  
بسلامة

## Happy Eid

KGOC Management would like to take this opportunity to congratulate all employees for the occasion of the forthcoming Eid Al-Fitr and wish you happy holidays. God bless Kuwait and its people.

### HSSE "Message"

#### 4 Ways to get rid of High Blood Pressure:

- 1. Maintain a healthy weight:** maintaining a healthy weight for your body type helps keep your blood pressure in check. If you carry excess weight, losing it is especially important for lowering blood pressure.
- 2. Exercise regularly:** simple aerobic activity, such as walking or doing chores around the house, can lower blood pressure. ACSM recommends a half hour minimum of moderate physical activity five days a week.
- 3. Reduce and manage stress:** Stress can increase blood pressure, at least temporarily. You'll want to pay particular attention to lowering your stress if you're at risk for high blood pressure due to being overweight.
- 4. Quit smoking:** It's currently unknown what effect smoking has on your long-term blood pressure. However, it's well-established that smoking harms your overall heart health, which makes quitting a smart choice.



#### HR "Tip of the Month":

Try to come to work few minutes early, it will save you from stress. You'll be much relaxed and work better.

Strive your best to keep deadline. If you cannot meet it, then apologize & ask for an extension.

## Children Celebrate

# Girgian



Kuwaitis love to celebrate the ancient tradition of Girgian, which is a celebration for children held on the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of the holy month of Ramadan. With rapid modernization, this tradition has changed very much. During these three days, kids used to go roaming in their neighborhood, knocking on doors of the houses and singing songs with the name of the son living in the house, and parents gave these kids sweets as few candies, nuts or lollypops and sometimes coins.

The kids used to collect it in a bag hanging on their neck, and always

wore special costumes for this occasion. In the present time. Parents have also expanded this tradition to distribute Girgian packages to friends and relatives with the name of their son or daughter. Some parents even distribute it at their workplaces to their colleagues. Some families organize celebrations at their homes and print invitation cards to invite guests and in addition, various authorities and organizations hold Girgian celebrations for children, which usually includes entertainment activities, competitions, prizes and other activities.

## Humor of the Month

A scientist and a philosopher are being chased by a hungry lion. The scientist makes some quick calculations and says, "It's no good trying to outrun it. It's catching up!" The philosopher keeps a little ahead and replies, "I'm not trying to outrun the lion, I'm trying to outrun you!"

