QATAR BRANCH MEETING MINUTES

Branch: IOSH Qatar Branch
Date: 6th February, 2019
Time: 18:42Hrs–20:50Hrs
Venue: Radisson Blu, Doha-Qatar

Sl. No	MEETING AGENDA	PRESENTED BY
1.	Introduction, Housekeeping, welcome address and Emergency Safety Briefing	**Mr. Alan Crawford (Branch Chair)**
	Program / Agenda	
	2. Miscellaneous announcements (Job vacancies to be share with members, World Health and Safety Day to be hold on April 28, Opening of Nomination for executive committee members for 2019/2010 session,	**Mr. Alan Crawford (Branch-Chair)**
	3. Introduction of Group of Speakers from Students at the College of the North Atlantic – Qatar Health, Safety, Environment Program (Abdulrahman Al-Ishaq, Abdulla Ansari, Kavya Mary Thomas) who presented on Controlling Work-Related Mental Stress.	**Mr. Alan Crawford(Branch- Chair)**
	4. Introduction of IOSH Qatar Branch linkedln to the attendees	**Mr. Saif Al Shadfan (Branch Co. Co-ordinator**:
	5. AOB-(. Refreshment and Networking and closing remarks)	**Mr. Alan Crawford (Branch-Chair)**

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1	The introduction, opening remarks and safety briefing was given by Alan Crawford (Branch- Chair). He outlines what it is expected by the members in the meeting hall in the event of emergency in the hotel. He also pointed out all the locations of emergency exit routs in the building. Meanwhile, he also mentions the nearest restrooms for the convenience of the attendees. He also informed all the attendees to kindly put their mobiles on silent mode to avoid any disturbance of the meeting when their phone rings.	Info Only	
2	Alan Crawford (Branch Chair) made miscellaneous announcements which comprises informing members to share any Job vacancies in their companies to the attendees to help IOSH members who lost their jobs to secure new one. He also told the attendees that there will be World Health and Safety Day that will be coming on the 28 of April, 2019. Meanwhile he also informed the members that the Opening of Nomination for Executive Committee Members for 2019/2020 Session is on. He encouraged members to participate in the nomination.	Info Only	

3	Alan Crawford (Branch Chair) Introduces Group of Speakers from Students at the College of the North Atlantic – Qatar Health, Safety, Environment Program (Abdulrahman Al-Ishaq, Abdulla Ansari, Kavya Mary Thomas) that presented on Controlling Work-Related Mental Stress. The presentation was divided into three phases and was addressed by the three student speakers and it lasted for 40 minutes. The presenters outlines the early signs and symptom of mental stress which triggers the physiological responses of the victim which in turn altered his or her Physical, Emotional Behavioral and Cognitive performance in the workplace. The Physical effects come in the form of the victim having chest pain, headache, nausea and stress fracture etc. The Emotional affects causes the victim easily agitated, feeling over whelmed, difficulty in relaxing and low self esteem etc. The behavioral affects causes changes to appetite, increased use of alcoholic and cigarette and avoiding of responsibility etc to the victim. Finally, the Cognitive affects creates constant worrying, poor judgments, pessimistic, forgetfulness and disorganization etc to the victim. The speakers outlines the key preventative measures to control work-related mental stress, these include the victim regular accessing of counseling services from a trained professional, involving in exercising and recreational activities in his or her location, the employees been educated on hazards and control of work-related mental stress and Training of the supervisors on how to recognize early signs and symptoms of work-related mental stress in order to minimized the affect on the workforce. Questioning and answering section was created and five questions were raised and the speakers and their co-students answered the questions. .	Info only	
4	**Mr. Saif Al Shadfan (Branch Co. Co-coordinator**) have encouraged the attendees to connect to IOSH Qatar Branch linkedIn to enable them get information that relate to activities of the branch.	Info only	

5	AOB- Refreshment and Networking and closing remarks was conducted by Alan Crawford (Branch Chair), he encouraged the members to network among each other and have some refreshment and thank the speakers for their wonderful speeches and the members for attending the meeting, meeting come to an end after the closing remark and small answering and questioning section by him at about 20:16 hours.	Info Only	

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Prepared by: Remigius Chika (Branch Secretary)

Acknowledgement: Alan Crawford (Branch Chair)

Principle Officers Committee Members 2018-19:

Chair: Alan Crawford	IPD/CPD Coordinator: Alaaldeen Al AlaaSoukni
Vice Chair: Ahmed Elidrisy	Executive Committee Member: Petter Bohan
Secretary: Remigius Chika	Executive Committee Member: David Onchagwa
Treasurer: Shaik Sadiq	
Co. Co-ordinator: Saif Al Shadfan	

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PHOTOGRAPHS		
Attendees View	Speakers, their colleagues and teachers	Branch executives, Speakers, their colleagues and Teachers

Second Speaker (B) View	Entire attendees view	

ATTENDANCE LIST (IOSH Members)					
1	Alan Crawford	32	Amimul Ahsan	63	Vijay R
2	Ahmed Elidrisy	33	Jallal Mohammed	64	Ajujo. E
3	Remigius Chika Amaechi	34	Emeka Oluwafemi Titus	65	Pkanav
4	David Onchagwa	35	Samuel Njoku	65	George Anthony
5	Alan Aldeen	36	S.Mukhejee	66	Miliai Pastara
6	Peter Bohan	37	Ruhand Esegine	67	Culumbus
7	Saif Al Sheelfa	38	N. Mohammed	68	Antonio Fumo
8	Remigius U. Obara	39	W,R.A Sanath P. Kumar	69	Kareem Ismael
9	Gopalarathan	40	Sijo Varghese	70	Tijani T Adebusola
10	Aniykumar	41	Mohamed Jeben	71	Jimoh O. Sikiru
11	Gopakumar	42	Alaa Adel Mohammed	72	Ifeanyi S. Adekoyejo
12	Chris Casided	43	Oluwaseyn Oluwafemi	73	George W. Norouha
13	Aftab Mujawar	44	Ryan Leronimo	74	Arwar Hussan
14	Shola Bello	45	V. Anil Suderre	75	Oyelakin Olorode
15	Anthoney Owughalu	46	Mohammed Arif	76	Oluwafemi Ige
16	Willian Mendos	47	Shaji Thomas	77	Henry Muganda
17	Jajakumar	48	Peters Omornyi	78	Roque Dcurto
18	Wazhi David	49	Bill Sutherland	79	Hillary Kiplagat
19	Harnid Raza	50	Wavas	80	Mohammmed Hassain
20	Michael Anyanwu	51	Huda Abdel	81	Mohd S. Tabicue
21	Rajaih	52	Kester C- Uwakwe	82	Muritable Olanipekur
22	Rino Varghese	53	Victor Obogho Efe	83	Jayloro Baligon
23	Patrick Olise	54	Mufuta A. Jimoh	84	Christopher Dennis
24	Ashakur Rahman	55	N. Tyyarmar	85	
25	Michael Ihekwaba	56	Neyes	86	
26	Renesh Krishnan	57	Okpan Ovuoderoye	87	
27	Faison Mathew	58	Raheem Rafice	88	
28	Khaled Abiali	59	Mohammad Yaseen	89	
29	Karl Niemack	60	Abayomi O.K	90	
30	Balamurugma	61	Jemin Joseph	91	
31	Adv. Syermlal	62	Sir Praveen S.	92	