



# Staff Social Club Report 2020



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# ABOUT ISDB GROUP STAFF SOCIAL CLUB (SSC)

The main objective of the IsDB Group Staff Social Club (SSC) is to enhance interaction between IsDB Group staff members and their families, thus fostering understanding between people and cultures. More interactions between staff members and their families requires first and foremost finding a suitable environment, i.e. occasions to which staff members will be invited to share, exchange and learn about each other.

SSC was established as a voluntary association of all IsDB Group staff members comprising of the Islamic Development Bank (IsDB) and members of the IsDB Group (IRTI, ICIEC, ICD, ITFC and ISFD). The main purpose of the SSC is to organize social activities and events for the benefit of all IsDB Group staff and their families.



# OBJECTIVES OF STAFF SOCIAL CLUB (SSC)

Promote cooperation and knowledge sharing among all IsDB Group staff members (IsDB HQ and Regional Hubs)

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Help IsDB Group staff members balance their work and family social life

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Encourage social interaction among IsDB Group staff members and their families

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Facilitate communication between the staff members and the Senior Management of the IsDB Group in an informal context

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To establish a “Voluntary Staff Donation Fund” in order to help the emergencies situation for staff members

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Welcoming new staff and encourage them to volunteer for SSC activities

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Announcing any happiness or sorrow for all staff members

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The SSC Executive Team will organize social, spiritual events, farewell events, UN Days ...etc

# THE SSC EXECUTIVE TEAM STRUCTURE

The SSC Executive Team comprised of a Chairperson, Deputy Chairperson, Treasurer and Members. It is supported by a full-time coordinator

The SSC Executive Team is the executive body of the SSC and shall act on its behalf both within the IsDB Group and externally

The SSC Team member nominees from IsDBG Entities (IsDB, IRIT, ICIEC, ICD, ITFC, ISFD)

The SSC Executive Team shall carryout its functions as per the IsDB Group applicable systems, procedures and policies

One staff member may be elected from each regional hub to carry out social events and activities in close coordination with SSC

# SSC EXECUTIVE COMMITTEE



**Sahal Almarwai, THIQAH**  
Chairperson



**Dania Sadiq, IsDB**  
Deputy Chairperson



**Ousama Khoujali, ICD**  
Treasurer



**Abdurrahman York, IsDB**  
Member



**Mohmoud Abdel Hamid, IRTI**  
Member



**Imran Saleque, IsDB**  
Member



**Hassan Idris, ICIEC**  
Member



**Ali Khan, IsDB**  
Member



**Rana Alguthami, IsDBG**  
Staff Social Club  
Coordinator

## Volunteers from other entities



**Aisha Al-Ayafi, ISFD**  
Volunteer



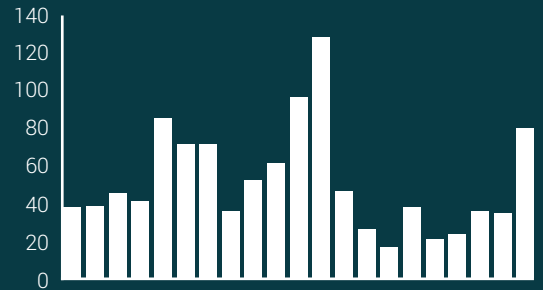
**Sara Ben Himd, ITFC**  
Volunteer

# 450+

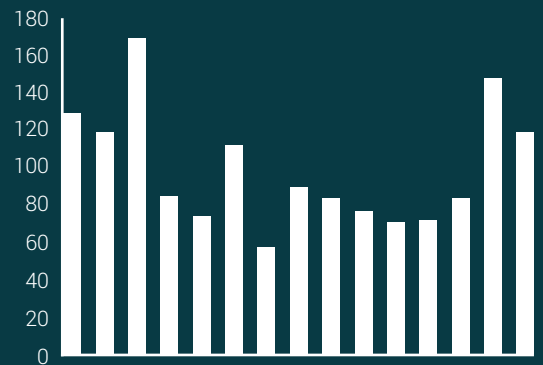
## IDEAS, ACTIVITIES AND EVENTS RECEIVED FROM ISDB GROUP STAFF



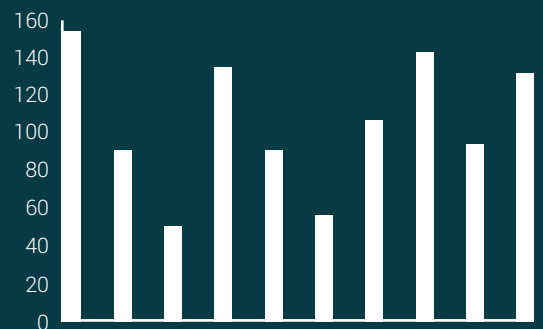
### Sport



### Family

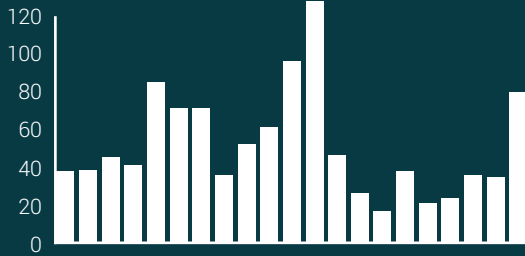


### Workplace

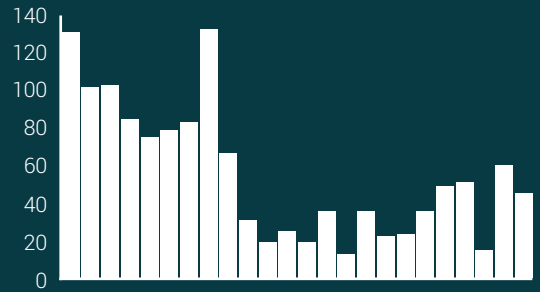




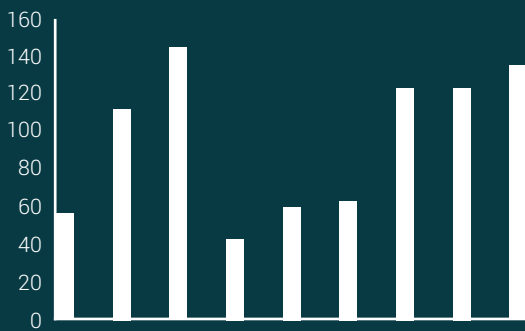
 Social



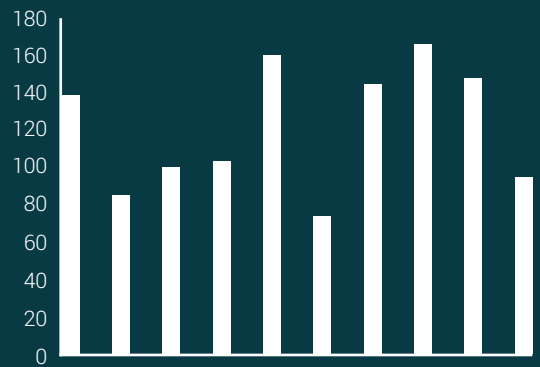
 Education/Awareness



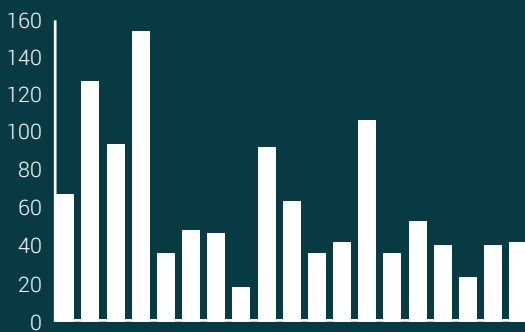
 Entertainment



 Religious

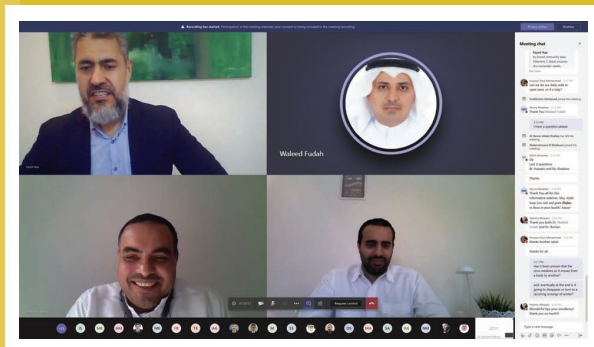


 Health/Well-being



# IsDB GROUP STAFF SOCIAL CLUB RESPONSE TO COVID- 19

The IsDB Group Staff Social Club (SSC) has adjusted and changed the annual event plans to accommodate the current situation of the Covid-19 pandemic, as all gatherings (physical and indoor activities) were suspended until further notice. A plan was set to cover the different aspects for the wellness of our IsDBG staff members (in HQ and Regional Hubs) and their families during this difficult time and to help them to cope with uncertainty and change. This is to ensure the IsDB Group Community wellness both physically and emotionally.



The first step was to send out a survey to all staff to vote for their preferred activities and events. After that, the online activities and events were arranged according to 6 categories as we have received 150 ideas. The outcome of this exercise helped SSC to organize and facilitate online sessions, webinars, related activities and one-to-one coaching.

For Regional hubs, it is suggested to encourage staff to participate in a survey about the online social activities they would prefer and plan accordingly in close collaboration with a focal point from each regional hub.



**WELLBEING  
AWARENESS  
SESSIONS**



**VIRTUAL SPORTS  
AND RECREATIONAL  
ACTIVITIES**



**RELIGIOUS  
ACTIVITIES**



**EDUCATIONAL  
COURSES AND  
ACTIVITIES**



**FAMILY  
AND SOCIAL  
ACTIVITIES**



**ENTERTAINMENT  
AND ONLINE  
GAMES**

# SSC EVENTS 2020

**PARTICIPATION**

**7,500+**

SN	Event Name	Total Number of Participants
1	IsDB Group Annual Eid Al-Adaha Gathering	400
2	Saudi National Day Celebration	300
3	World Mental Health Day (SSC & HSC)	250
4	Breast Cancer Awareness Campaign (SSC & HSC)	150
5	Al-Madinah Al-Munawarah Trip	100
6	World Diabetes Day Campaign (SSC & HSC)	150
7	Barakah Culture vs. Hustle Culture Session	60
8	IsDBG Retirees Farwell Event	200
9	World Arabic Language Day	400
10	International Education Day	700
11	Establishing an International Toastmasters Club in the IsDB Group	60
12	Basketball Tournament	150
13	International Women's Day	50
14	Cricket Tournament	50
15	Know Your Enemy Session (Covid-19)	120
16	Interactive Live Webinar on the Productive Guide to Work from Home	250
17	Kids Art Sessions	150
18	Ahlan Ramadan Workshop	200
19	TAI CHI Female session	30
20	Boot Camp Classes	50
21	Zumba Classes	15
22	Body Balance Classes	15
23	EQ café Uncertainty Webinar	100
24	IsDB Group Online Ramadan Gathering	900
25	IsDB Group Ramadan Competition	950
26	Body Immunity Booster Workshop	70
27	Stories of the Prophets	50
28	How to Quit Smoking	40
29	IsDB Group Online Eid Al-Fitr Gathering	1100
30	Kids Art session for kids under 5 years	30
31	International Day of Yoga	15

## INTERNATIONAL DAY OF EDUCATION 2020

On Monday, 27th January 2020, the IsDB Group Staff Social Club has organized the International Day of Education, which was held at the Tent Hall - IsDB HQ, with more than 700 attendees, representing more than 100 international organizations, ministries, universities, colleges, funds, entrepreneurs, media representatives, and other institutions & centers supporting education.

The event's program comprised of several interesting shows and vocal & visual performance by children representing 57 member countries. The event also included short films on the achievements and contributions of the IsDB Group in its member and non-member countries in the education sector. Finally, it was concluded with two panel discussions, the first panel highlighted

the challenges towards achieving (SDG 4: quality education) globally, and the second panel highlighted the entrepreneurial projects in the education sector. Speakers were high-level representatives specialized in educational development.

In addition, there was an exhibition representing IsDB Group programs and initiatives in the education sector, also distributing educational books to the participants by IsDBG library. There were also some additional spaces allocated for other educational institutions. It is worth mentioning that this event has received a wide media coverage locally and regionally in many newspapers, channels and social media platforms.

[WATCH FULL VIDEO HERE](#)

[WATCH VIDEO HIGHLIGHTS HERE](#)





## ESTABLISHING AN INTERNATIONAL TOASTMASTERS CLUB IN THE IsDB GROUP

The Islamic Development Bank (IsDB) Group Staff Social Club (SSC) organized a meeting for the upcoming IsDB Group Toastmasters Club. The meeting was attended by more than 60 IsDBG staff members from all entities, as well as guests from Toastmasters leadership in Jeddah and was addressed by Mr. Ayman Sejiny, CEO of the Islamic Corporation for Development (ICD), as the guest of honor. Mr. Sejiny welcomed the audience, congratulated them for the initiative of establishing the Club and emphasized the importance of Toastmasters in developing communication and leadership skills, wishing them every success in their endeavors, and promising to attend the Club's meetings whenever possible.

Following Mr. Sejiny's welcoming remarks, the Toastmasters guests conducted a "demo" meeting. It included prepared speeches, table topic (e.g. impromptu speeches) session, and evaluations. Several attendees participated actively in the meeting. Moreover, the participants voted for best speakers and evaluators. The meeting was well received. Many of the attendees expressed their interest in joining the IsDBG International Toastmasters Club and thanked the SSC organizers for the successful event.

Organized  
**13**  
IsDB Group  
Toastmasters  
meeting

**WATCH VIDEO HIGHLIGHTS HERE**




## BASKETBALL TOURNAMENT


The IsDB Group Staff Social Club (SSC) organized Basketball tournament for All IsDB Group staff members. High level management was attended the opening and the final as well as families and staff. Light refreshment was provided for players and the audience were cheering their teams. Four teams have participated, from all IsDB Group and the ICD team has won the competition and there were a trophies and medals of honor for all players.

[WATCH VIDEO HIGHLIGHTS HERE](#)









  
 Societies around the world have seen decades of inequality and denied women and girls the opportunity to thrive and contribute to positive global development. The time for change is now, and equality in funding opportunities may be at the very heart of restoring the balance.

On International Women's Day I would like to take the opportunity to reaffirm the commitment of IsDB in ensuring that women and girls in our member countries and around the world are supported in their pursuit of equality in funding.

**Dr. Bandar Hajjar,**  
 President of the Islamic Development Bank




## INTERNATIONAL WOMEN'S DAY

The IsDB Group Staff Social Club in collaboration with Women & Youth Empowerment division have celebrated the International Women's Day where every woman working in the IsDB Group has received a chocolate and purple flower which is the color of this year's theme. Also, the Staff Social Club has produced a video on the occasion of the International Women's Day which included touching messages from IsDB Group staff who shared their support to all women around the world.

"Societies around the world have seen decades of inequalities and denied women and girls the opportunity to thrive and contribute to positive global development. The time for change is now, and the equality in funding opportunities may be at the very heart of restoring the balance.

On International Women's Day I would like to take the opportunity to reaffirm the commitment of IsDB in ensuring that women and girls in our member countries and around the world are supported in their pursuit of equality in funding."

**Dr Banda Hajjar**  
 President of the Islamic Development Bank

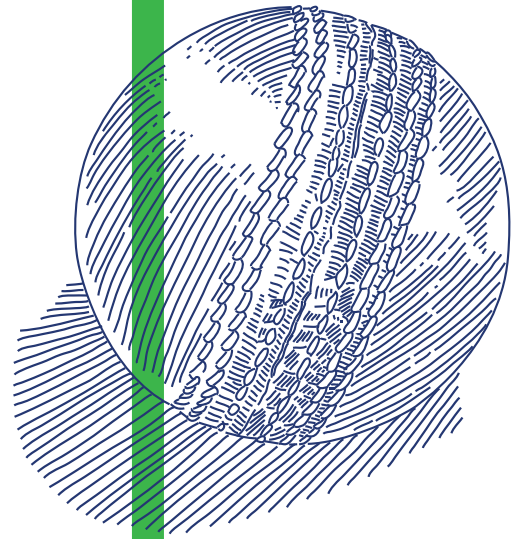
**WATCH VIDEO HIGHLIGHTS HERE**



**International Women's Day**

## CRICKET TOURNAMENT

The Islamic Development Bank (IsDB) Group Staff Social Club (SSC) organized Cricket Championship for All IsDB Group staff members. There were four teams: Green, Yellow, Red and Blue. The final competition where scheduled to take place on late March but due to the Covid-19 it was suspended until further notice.





## KNOW YOUR ENEMY SESSION (COVID-19)

On Sunday, 5th April 2020 the IsDB Group Staff Social Club in close cooperation with HRMD and HSC organized the 2nd interactive live webinar titled “Know Your Enemy – COVID-19” as part of the Online Wellness and Agility Program, which meant to provide a better understanding of COVID-19, starting from its structure, infection symptoms, sample collection of the virus, sample processing, results and results’ interpretation, comparison between regular flu and COVID-19 from the Epidemiological angle, ending with prevention and control tips. Dr. Burhan Fakhurjy, the lecturer of the webinar has also emphasized the role of each person in hindering the spread of the virus by staying at home.

The webinar was started at 2:15 PM till 3:15 PM, concluded with an interactive Q&A session, and was attended by approximately 120 IsDBG staff members. Furthermore, the Staff Social Club is planning to organize and facilitate different online activities and programs based on the survey results which was circulated to all IsDBG staff to provide continuous support for our brothers and sisters and to maintain the well-being of IsDB Group staff members and their families during this exceptional outbreak.

[WATCH FULL VIDEO HERE](#)

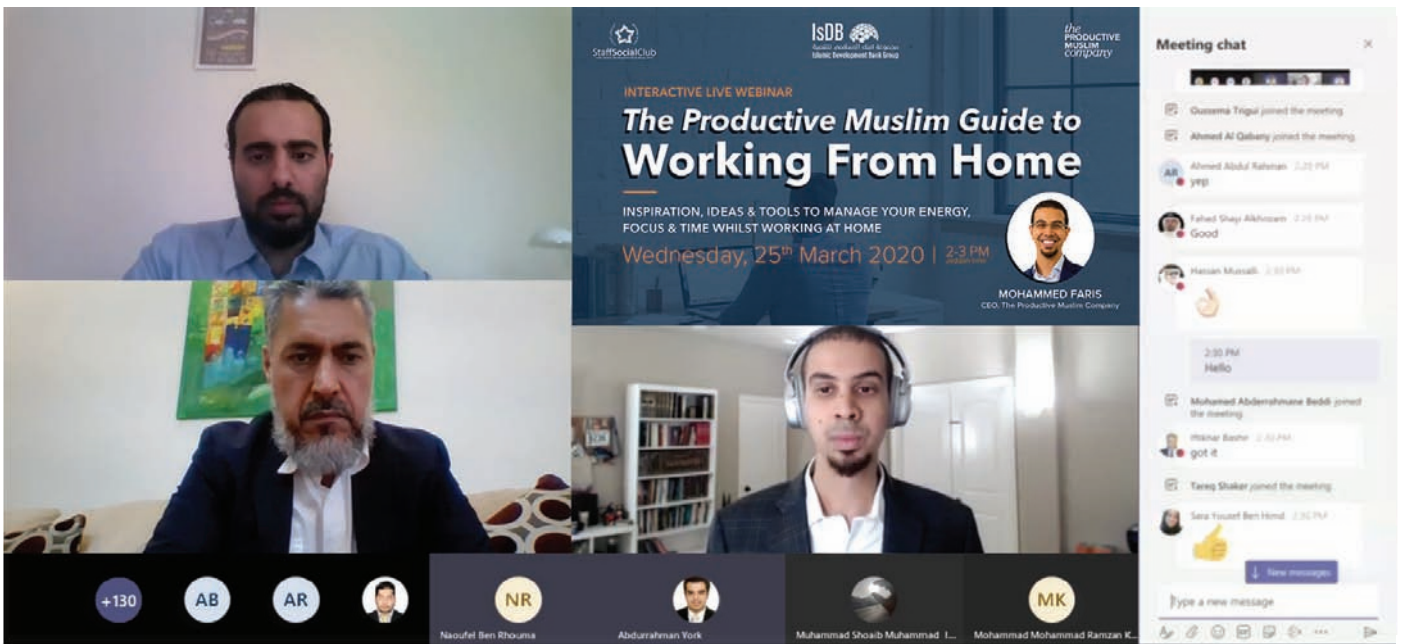
## INTERACTIVE LIVE WEBINAR ON THE PRODUCTIVE GUIDE TO WORK FROM HOME

On Wednesday, 25th March 2020 the IsDB Group Staff Social Club has organized an interactive live webinar titled “the productive Muslim guide to work from home”, which meant to provide inspiration, ideas and tools to manage IsDBG Staff energy, focus and time whilst working at home. The webinar was attended by more than 250 IsDBG staff members which was started on 2:00 pm till 3:00 pm ending up with an interactive Q&A session.

The key benefits of the webinar included understanding the importance of focus and energy management vs. time management, specific personal and work rituals to improve productivity and well-being, practical tools and apps to manage the time and focus at home, and Barakah culture mindsets, values and rituals to help manage work / life balance and deal with the uncertainty of the global pandemic.

Furthermore, the Staff Social Club invited all IsDB Group staff to share their ideas in order to organize online social activities soon to engage the staff and their families during this difficult time and to provide social support to our brothers and sisters.

[WATCH FULL VIDEO HERE](#)



**ورشدة أساسيات رسم الشخصيات للأطفال**  
**CHARACTERS DRAWING BASICS WORKSHOP FOR KIDS**

IsDB  
Islamic Development Bank Group  
StaffSocialClub

الجلسة الأولى للأطفال ١١ أبريل  
والجلسة الثانية من ١٢:٠٠م إلى ١٣:٣٠م

الجلسة الأولى للأعمار ١١ أبريل  
والجلسة الثانية ١٢ أبريل من ١٢:٠٠م إلى ١٣:٣٠م

معايير الورشة:  
١- استعراض الأشكال الأساسية في رسم الأطفال  
٢- تدريب الأطفال على رسم الشخصيات وتلوينها  
٣- أساسيات رسم وتكبير الشخصيات

English course will be available soon

For more inquiries, please contact Sit. Rana Al Guthami, phone/ +966551338733 or SSC@isdb.org

**T A I C H I**  
**ONLINE FOR LADIES**

IsDB  
Islamic Development Bank Group  
StaffSocialClub

1<sup>st</sup> SESSION  
Sunday, 12 April

2<sup>nd</sup> SESSION  
Tuesday, 14 April

3<sup>rd</sup> SESSION  
Thursday, 16 April

From 4:00 PM  
Until 5:00 PM

To do Tai Chi you need to wear comfortable clothes with flat shoes

Keep chair near to you just in case you need some rest.

Master, Amatullah Bahziq  
First Certified Tai Chi Master in MENA Region

For Registration  
We have pre-qualified members

For more inquiries, please contact Sit. Rana Al Guthami, phone +966551338733 or SSC@isdb.org

**أهلاً رمضان**  
نَدْعُوكُمْ أَحِبَابِنَا  
لورشة عمل أهلاً رمضان  
لتتعرف على روحانيات الشهر الكريم  
وهدي رسولنا في رمضان

الأحد 19 أبريل من 8:30 إلى 7:00 مساءً  
الأربعاء 15 أبريل من 6:30 إلى 5:00 مساءً

التسجيل عبر الرابط المرفق

عبر الإنترنت

IsDB  
Islamic Development Bank Group  
أمانة القارة  
StaffSocialClub

## THREE ONLINE EVENTS FOR LADIES AND KIDS

IsDB Group Staff Social Club (SSC) has organized three online events, the 1st event was a course titled “Tai Chi for Beginners” which targeted female staff and female family members. The rest of the events were workshops. 1st workshop titled “Characters Drawing Basics”, which mainly targeted kids between 7 to 14 years old, and the 2nd workshop titled “Ahlam Ramadan”, mainly targeted kids between 6 to 10 years old. The first two events, “Tai Chi” course and “Characters Drawing Basics” workshop conducted three separate sessions, The first sessions were executed on Sunday, 12th April, the second on Tuesday, 14th April, and the third on Thursday, 16th April. The 3rd event, “Ahlam Ramadan” workshop took a place on Wednesday, 15th April and Sunday, 19th April.

“Tai Chi” Course was scheduled to start at 4:00 PM till 5:00 PM. “Tai Chi” was originally created as a wellness art, and it was chosen among the selected online events due to the effect and the medical benefits of this ancient Chinese form of exercise on the general health and wellness of the body. The course was provided in collaboration with Tai Chi for Health institution, and by Master. Amatullah Bahziq, first certified Tai Chi master in MENA Region.

The “Characters Drawing Basics” workshop had two different groups, 1st group’s sessions were scheduled to start at 5:00 PM till 6:30 PM, 2nd group’s sessions were scheduled to start at 7:00 PM till 8:30 PM. The workshop contents aimed to improve the understanding of how to use basic shapes in kids’ drawings, train the kids to draw and color characters, and to provide basics on drawing and designing characters.

“Ahlam Ramadan” workshop has been scheduled to start at 5:00 PM till 6:30 PM on Wednesday, 15th April, and at 7:00 PM till 8:30 PM on Sunday, 19th April. This workshop was selected at this period of time to prepare kids spiritually for Ramadan, and learn more about prophet Mohammed’s and muslims’ religious practices during Ramadan, and the spiritual rewards of fasting during this month.

Furthermore, the Staff Social Club is planning to organize and facilitate different online activities and programs based on the survey results which was circulated to all IsDBG staff to provide continuous support for our brothers and sisters and to maintain the well-being of IsDB Group staff members and their families during this exceptional outbreak.

## ONLINE SPORT CLASSES AND ACTIVITIES

IsDB Group Staff Social Club (SSC) in collaboration with One More Fitness Studio has organized online fun sports classes program, the event titled “Mommy & Me”, and targeted female staff and staff female family member and their children. The event was comprised of three different exercises, “Boot Camp”, “Zumba”, and “Body Balance”. It was inaugurated with a “Boot Camp” class on Saturday, 18th April, while “Zumba” classes took a place on Sunday, 19th April, and Tuesday, 21st April, and “Body Balance” class on Monday, 20th April. “Boot Camp” and “Zumba” classes were both scheduled to start at 4:00 PM till 5:00 PM, and “Body Balance” class was schedule to start at 6:00 PM till 7:00 PM.

“Boot Camp” class was a preparatory class for the other upcoming exercises by burning calories, increasing strength, boosting confidence, and improving aerobic endurance. “Zumba” class is known as a fitness Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere.

The “Body Balance” class provided was a Yoga-based class, which also included Pilates and Tai Chi Techniques, this exercise was believed to improve the mind, the body, and as a result, the life.

Furthermore, the SSC has prepared to organize many various educational, entertaining, religious, social, and sport events and activities during Ramadan. Also, there will be different competitions with valuable prizes for IsDB Group staff and their families.

**IsDB** مجموعة البنك الإسلامي للتنمية  
Islamic Development Bank Group

**One more**  
Fitness Studio

**StaffSocialClub**  
www.staffsocialclub.org

**MOMMY & ME**  
**ONLINE**  
**SPORTS**  
**CLASSES**  
**FOR LADIES & KIDS**

**CLASSES SCHEDULE**

**4:00 PM - 5:00 PM**

- 1 BOOTCAMP**  
Saturday, 18 April
- 2 ZUMBA**  
Sunday, 19 April
- 3 ZUMBA**  
Tuesday, 21 April

**6:00 PM - 7:00 PM**

- 4 BODY BALANCE**  
Monday, 20 April

Please wear comfortable clothes and sport shoes

Keep a chair near you in case you need some rest

For more inquiries, please contact Sis. Rana Al Guthami, phone +966551338733 or SSC@isdb.org



## ONLINE RAMADAN GATHERING

On Tuesday, 5th May 2020, the IsDB Group Staff Social Club (SSC) has organized an Online Ramadan Gathering for IsDB Group staff and their families. The gathering was inaugurated by H.E. Dr. Bandar Hajjar, President of IsDB Group. The event was started at 10:15 PM and attended by more than 700 staff and family members. Ramadan Gathering's program started with welcoming remarks by Br. Sahal Almarwai, Chairman of SSC, followed by a speech by H.E. Dr. Bandar Hajjar, President of IsDB Group.

In his speech, H.E. Dr. Bandar Hajjar thanked SSC for organizing this online event "I would also like to thank the Staff Social Club for keeping the tradition going by organizing this

special gathering, despite the circumstances" said Dr. Bandar Hajjar. He also signified the importance of the group's staff and their families "Since the start of the pandemic, your [IsDB Group staff] health and safety and the wellbeing of your loved ones have always been our priority" Dr. Bandar Hajjar stated.

After Dr. Bandar Hajjar's speech, a short video on previous events and activities by SSC was played. The Strategy and Transformation Department was also involved in the program, as Dr. Ahmed El-Khodary, Director of the Department, shared a presentation on the new US\$ 2.3 Billion COVID-19 Platform. The SSC also shared an infographic video on upcoming online events and activities organized by the SSC. H.E. Mr. Sayed Aqa, Vice President, Administration delivered brief remarks just before Br. Hasan Alzahrani, who presented the Business Continuity Management (BCM) and shared their

updates and surveys during these times where most staff are working from home. In addition, Dr. Abdulhakim Elwaer, IsDB Group's G20 Sherpa and Advisor to President, has delivered brief remarks about G20 updates and IsDB Group website on G20.

The program was ended with two entertaining activities, Interactive Q&A Competition via Kahoot!, and a prize draw, beside the final results of the entertaining activity, IsDB Group online short video contest. The interactive Q&A contest via Kahoot! was played by over 370 of IsDB Group staff and their families, and more than 400 of IsDB Group staff and their families registered for the prize draw, which was done by using the wheel of names. The 1st place winners for the interactive Q&A questions won a GoPro Hero8 Cameras, while the 2nd place winners won Apple Watches, and the 3rd place winners won AirPods Pro. IsDB Group online short video contest results were also revealed during the event, the results were tabulated based on vote counts for each of the six videos per category, funniest clips category, and most productive or creative clips category. The contest's 1st and 2nd place winners in each category won Apple iPads Pro 2020, while the 3rd place winners won Apple iPads 2019.

The gathering was a success according to most attendees. The SSC team received many positive feedbacks from IsDB Group staff and their families during and after the event. SSC will keep holding several online events and activities, especially during this difficult time, where SSC's main mission became keeping spirits up, ameliorating any negativity, and maintaining IsDB Group staff and their families' health and wellbeing.

[WATCH FULL VIDEO HERE](#)

[WATCH VIDEO HIGHLIGHTS HERE](#)

## INTERNAL COMPETITIONS AND EMOTIONAL INTELLIGENCE SESSION

IsDB Group Staff Social Club (SSC) has organized an interactive emotional intelligence webinar titled "EQ café Uncertainty", in addition to two separate competitions, "Ramadan Competition 2020", and "Short Video Contest". All the three events targeted IsDB Group staff and their families. The interactive webinar "EQ Café Uncertainty" was started on Thursday, 30th April, at 9:30 PM till 10:30 PM, provided with the collaboration of Six Seconds, while the "Ramadan Competition 2020" and the "Short Video Contest" have begun on Sunday, 26th April.

"EQ café Uncertainty" webinar is a practical emotional intelligence course that explores answers to the important question about uncertainty, "How does uncertainty drive us?" and "How can we deal with it?", assisting participants discovering how emotions and emotional intelligence help them handle uncertainty. Generally, "EQ Cafés" are insightful fun sessions for people who are curious about emotional intelligence. The webinar is instructed by Ms. Solafa Batterjee, Chief Executive Officer of Dorooob, Saudi Arabia.

"Ramadan Competition 2020" is a daily quiz during weekdays from Sunday to Thursday, each quiz is comprised of three questions inspired

from the Islamic history. Every day's quiz starts at 10:00 AM and ends at 6:00 AM the following day. The competition is a sum of thirty questions in total, all must be answered in order to win. Winners are going to be announced on Tuesday, 12th May along with the answers and will receive valuable prizes. Competition's last quiz will end on Friday, 8th May at 6:00 AM.

"Short Video Contest" is a contest that's comprised of two different categories, the first category is "The Funniest Clips", and the second "The Best Clips on Creative or Productive Activities at Home". The SSC team developed this internal contest with specific guidelines. The evaluation process is based on IsDB Group staff votes. There will be three winners in each category, and a total of six winners for the entire contest. The deadline of receiving the short, twenty seconds clips is going to be by the end of next Saturday, 2nd May.

Furthermore, the SSC has prepared many various online educational, entertaining, religious, social, and sport events and activities during Ramadan, among them the usual annual Ramadan gathering which is going to be organized virtually this time.





**IsDB** مجموعة البنك الإسلامي للتنمية  
Islamic Development Bank Group

نادي الموظفين الاجتماعي بالتعاون مع مركز الخدمات الصحية ينظم

**StaffSocialClub**

**ورشدة تعزيز مناعة الجسم**

الأحد، ١٠ مايو ٢٠٢٠ مساءً  
الوقت جديد (GMT+3)

د. رويدة إدريس  
Dr. Ruwaida Edris  
المدير التنفيذي لفرقة حياتي  
فئات الخدمات الصحية  
Executive Director, Hayati  
Ghathel for Healthy Meals  
التحدث الرئيسي  
Guest Speaker

د. وليد فضة  
Dr. Waleed Fudah  
مدير مركز الخدمات الصحية  
المجموعة البنك الإسلامي للتنمية  
Manager of Health Services  
Center of the IsDB Group  
رئيس الجلسة  
Moderator

**ملاحظات**  
سيتم تقديم هذه الورشة بالعربية  
This workshop will be provided  
in English language soon

**محاوور الورشة**  
• أساسيات الجسم الصحي  
• هل هناك أغذية تقوي المناعة؟  
• في فترة الحجر المنزلي يلجأ الكثير  
للأكل من باب التسلية، فما هو الحل؟  
• أفضل أنواع الأغذية التي يمكن  
تخزينها لفترة طويلة

رابط الورشة  
URL: Lead.metsDB4

For more inquiries, please contact Sis. Rana Al Guthami, phone +966551338733 or SSO@iedb.org

WhatsApp chat messages:

- Sahar Almansour: Sunday 11:33 PM  
will give you the fair now after Dr. Zaryak
- Wahammed Ghouse: joined the meeting
- Ezyah Mohamed Nisar: Sunday 11:33 PM  
Issue with the mic
- Sahar Almansour: Sunday 11:33 PM  
Dr. Abderrahman, you are next. thanks  
هل هناك مشكلة بالميكروفون
- Ezyah Mohamed Nisar: Sunday 11:33 PM  
بالحمد لله نحن الآن ننتهي من رحلتنا في برنامجنا "تعزيز المناعة" وندعو الجميع للمشاركة في هذه الورشة القادمة
- Hanan Mousalli: Sunday 11:33 PM  
هل هناك برنامج خاص للشخصيات؟
- Sahar Almansour: Sunday 11:33 PM  
هل يوجد برنامج خاص للشخصيات أو يمكن مشاركة كل شخص؟
- Mohammed Mousa Dabbab: has left the meeting
- Hanan Mousalli: Sunday 11:42 PM  
مساء الخير أريد أن أعرف كيف يمكن المشاركة
- Sahar Almansour: Sunday 11:42 PM  
السلامة للجميع
- Fahad Shayk Alkhasan: has left the meeting
- Amal Al-Juburi: Sunday 11:43 PM  
السلامة للجميع وأتمنى أن يسهل علينا مشاركة كل شخص
- Sahar Almansour: Sunday 11:43 PM  
السلامة للجميع
- Abderrahmane Ferkhal: Sunday 11:43 PM  
مساء الخير هل هناك برنامج خاص للشخصيات أو يمكن مشاركة كل شخص؟
- Hanan Mousalli: Sunday 11:43 PM  
مساء الخير
- Hani Al-Hadi: Sunday 11:43 PM  
مساء الخير هل هناك برنامج خاص للشخصيات أو يمكن مشاركة كل شخص؟
- Hanan M. Al-Thalab: Sunday 11:43 PM  
مساء الخير

## BODY IMMUNITY BOOSTER WORKSHOP

On Sunday, 10th May 2020, the IsDB Group Staff Social Club (SSC) in collaboration with Health Services Center has organized an online interactive live workshop titled “Body Immunity Booster Workshop”. The workshop was in Arabic and delivered a better understanding of how to maintain the body’s health during this pandemic through a better nutrition, by conducting points such as healthy body basics, and best types of foods that can be stored for a long time, in addition to answering questions about foods that strengthen the immunity, and presenting solutions for who consume food for entertainment during the curfew.

The workshop was started at 10:30 PM, moderated by Dr. Waleed Fudah, Manager of Health Services Center at the IsDB Group, provided by Dr. Rowaidah Edris, Executive Director of Hayati Ghethei, and concluded with an interactive Q&A session. More than 70 of IsDB Group staff and their families attended the workshop and commented positively for the workshops’ materials. Also, there will be another workshop on the same subject which will be delivered in English language soon.

[WATCH FULL VIDEO HERE](#)

## STORIES OF THE PROPHETS

IsDB Group Staff Social Club (SSC) organized two Online interactive webinars about "Stories of the Prophets" for IsDB Group staff and their families. The 1st webinar took place on Friday, 15th May 2020 and was delivered in Arabic, while the 2nd webinar was held on Saturday, 16th May 2020 and was delivered in English.

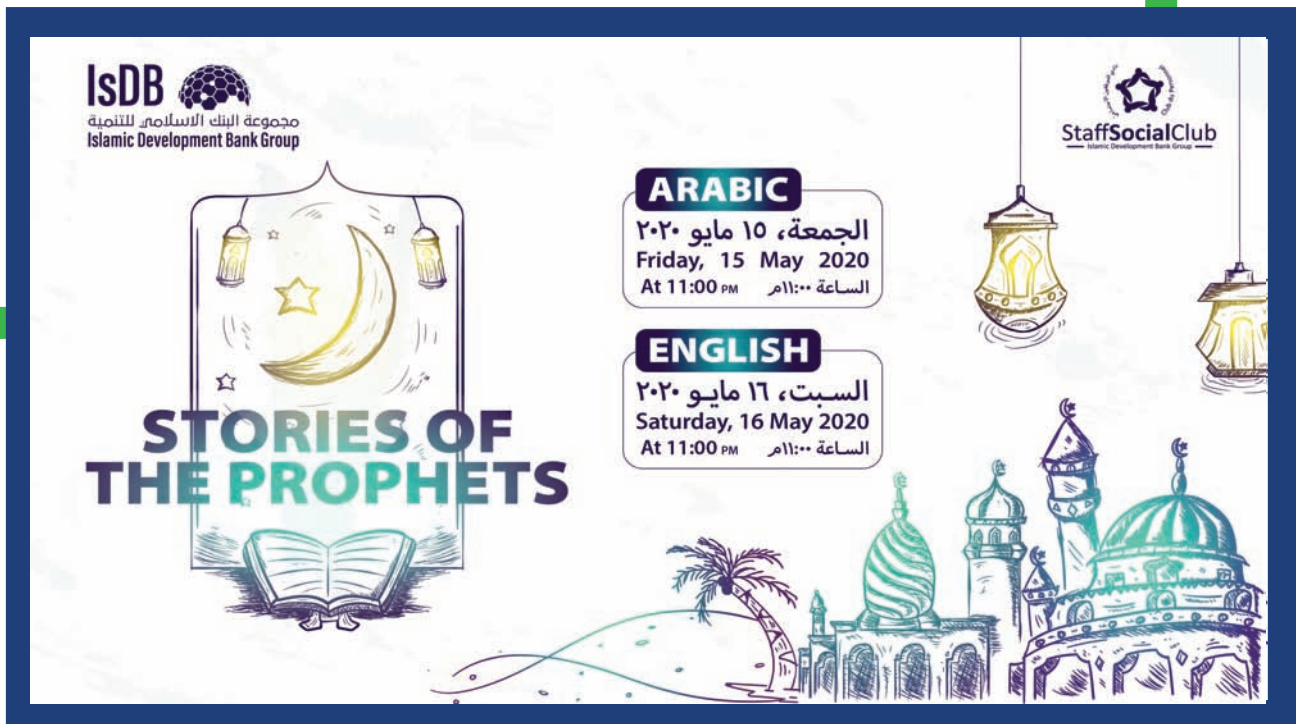
The webinars started at 11:00 PM with an introduction about the prophets and the message they conveyed to the humanity, highlighted the story of prophet Ibrahim with a focus on his childhood and character during the time of Da'wah, and concluded with Q&A session.

The 1st webinar featured Shiekh Abdullah Abdulhamid, Imam and Counselor at Ottawa Main Mosque in Canada, and the 2nd webinar featured Dr. Lamyia Almas, Associate Professor at Alabama State University.

SSC team received positive feedback from the participants and will shortly announce further events and activities after Eid Al-Fitr vacation.

[WATCH ENGLISH VIDEO HERE](#)

[WATCH ARABIC VIDEO HERE](#)





## HOW TO QUIT SMOKING

On Monday, 18th May 2020, the IsDB Group Staff Social Club (SSC) in collaboration with Health Services Center (HSC) organized an interactive live webinar for IsDB Group staff and their families titled “How to Quit Smoking”. The webinar began at 10:30 PM and was delivered in Arabic. It was comprised of two main sessions followed by a Q&A, all moderated by Dr. Waleed Fudah, Manager of Health Services Center at the IsDB Group.

The first 20 minutes session focused on raising the awareness about the risks of smoking, presented some hidden facts about smoking, revealed the collateral damage, provided evidence from reality, and addressed misconceptions. The session featured Mr. Mohammed Al Houli, expert on awareness at Kafa association.

The second 20 minutes session focused on the health aspects of smoking, highlighted strategies for changing bad habits, provided information on how to motivate smokers to quit, and reviewed treatment types and procedures. The session featured Dr. Ali Bajaber, medical supervisor at Kafa association. At the conclusion the last 20 minutes were designated for Q&A.

Furthermore, the SSC is planning to organize variety of online educational, entertaining, religious, social, and sport events and activities after Eid Al-fitr vacation.

**WATCH FULL VIDEO HERE**

## ISDB GROUP ONLINE EID AL-FITR GATHERING

On Thursday, 4th June 2020, the Islamic Development Bank (IsDB) Group Staff Social Club (SSC) organized an Online Eid Al-Fitr gathering for IsDB Group staff and their families.

The gathering was inaugurated by H.E. Dr. Bandar Hajjar, President of IsDB Group and viewed by more than 1100 staff and family members.

Eid Al-Fitr Gathering's program started with welcoming remarks by Mr. Sahal Almarwai, Chairman of SSC, followed by a speech by H.E. Dr. Bandar Hajjar, President of IsDB Group. In his speech, Dr. Bandar Hajjar thanked SSC for organizing this online event and the "fun activities to celebrate this blessed occasion." He said, "I really appreciate the fantastic job they (SSC) have been doing lately through several initiatives and innovative ideas to alleviate the stress and strain experienced by most of the staff mainly due to the exceptional circumstances associated with the global pandemic."

After Dr. Bandar Hajjar's speech, a short stand-up comedy act performed by Alcomedy Club. The program also included entertaining activities, an interactive Q&A competition via Kahoot!, a prize draw and assessment of the

final results of the short video contest on Eid Celebration at Home, and the announcement of the winners of Online Ramadan Competition. The results were tabulated based on vote counts for each of the shortlisted ten videos, and 245 of IsDB Group staff has voted.

The interactive Q&A contest via Kahoot! was played by approximately 300 of IsDB Group staff and their families, and more than 500 of IsDB Group staff and their families registered for the prize draw, which was done by using the wheel of names.

The SSC team received very positive feedback from IsDB Group staff and their families during and after the event.

The SSC team is also preparing to launch the virtual games and activities for IsDB Group staff and families, these games mean to be fun, team building, and self-developing. Stay tuned! More information on this will be shared soon.

**WATCH FULL VIDEO HERE**



## KIDS ART SESSION


The Islamic Development Bank Group Staff Social Club (SSC) organized an online Kids Art Session for all IsDB Group kids which mainly targeted kids under 5 years old.

## INTERNATIONAL DAY OF YOGA

On the Occasion of the International Day of Yoga, the Islamic Development Bank Group Staff Social Club (SSC) organized 2 online sessions (Male and Female) for IsDB Group staff and their families.


# STAFF SOCIAL CLUB (SSC) PORTAL




 About SSC (Objectives, Team members, Contact details...etc...)

 Latest news or videos

 Services & Activities


 Event details (Agenda, Location, Speakers, Registration...etc...)

 Events

 Multimedia Library (Videos, Photos, Audios, Documents, e-Newsletter)

 Publications

 Online games

 IsDB Group Activities (IsDB, ICD, ICIEC, ITFC, IRTI, ISFD, Regional Hubs)

# SSC RECREATIONAL AREA

## RELAXING AREA

Sand beach flooring



Positioned at the windows hammock style swing chairs hanging from the open ceiling with rattan service table and chic umbrella. The window treatment is glass sticker with sea view scenery and beach small house.

## TABLE GAMES AREA

Bamboo mat walls



This area had an indoor cabin house vibe with bamboo mat walls and accent wallpaper. Service areas are bicycle coffee, corner and tiki bar for hot & cold beverages. You can play foosball, billiard...etc.

## VIDEO GAMES

Artificial grass flooring



This is the only area that represent the nature in the lounge room. It is suitable to be the theme for the video game area. Wood wallpaper is great accent to this area and a suitable transition to the beach zone. We use car sofas to be placed on a plant wall art with tree trunk coffee table and rattan chair comfortable and casual.

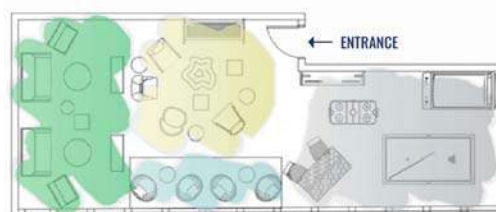
## GATHERING AREA

Concrete raw flooring



The gathering area is a multi-material (new, old and reclaimed). Unique bespoke furniture pieces, reclaimed painted colorful wooden door, coastal wallpaper-and accessories to enhance the room.

## FULL AREA

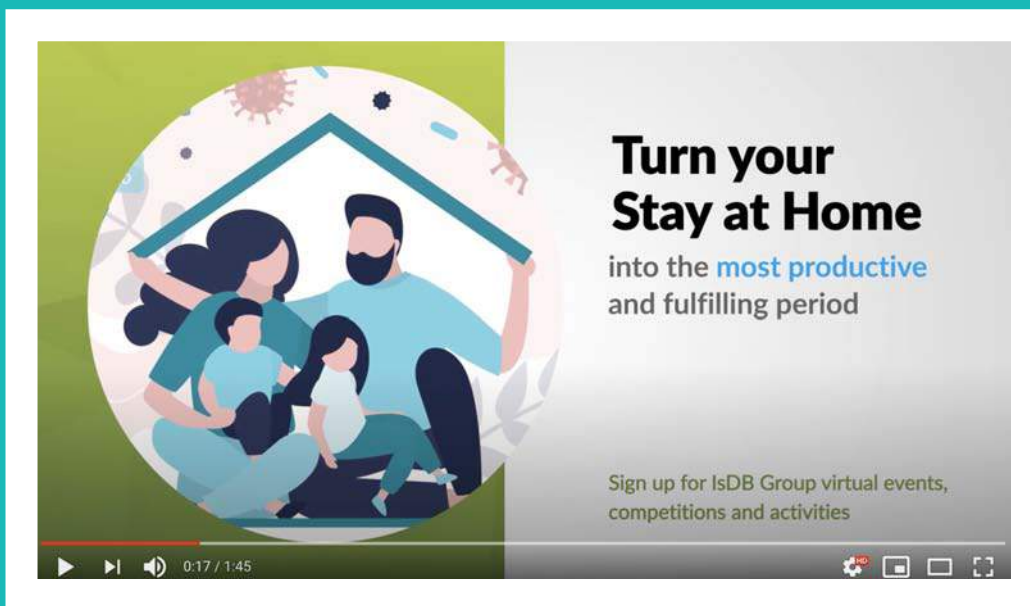


VIDEO GAMES LOUNGE RELAXING TABLE GAMES

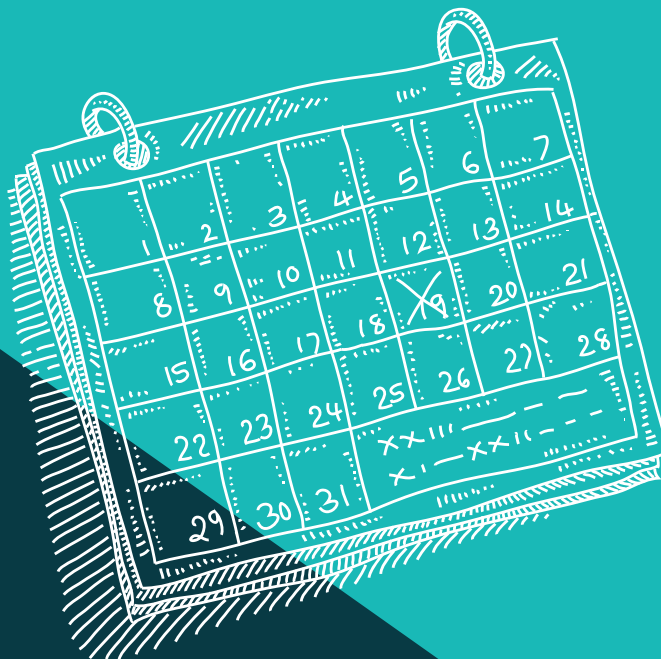


# VIDEOS

## IsDB GROUP STAFF SOCIAL CLUB (SSC) UPCOMING VIRTUAL EVENTS AND ACTIVITIES



**WATCH HERE**

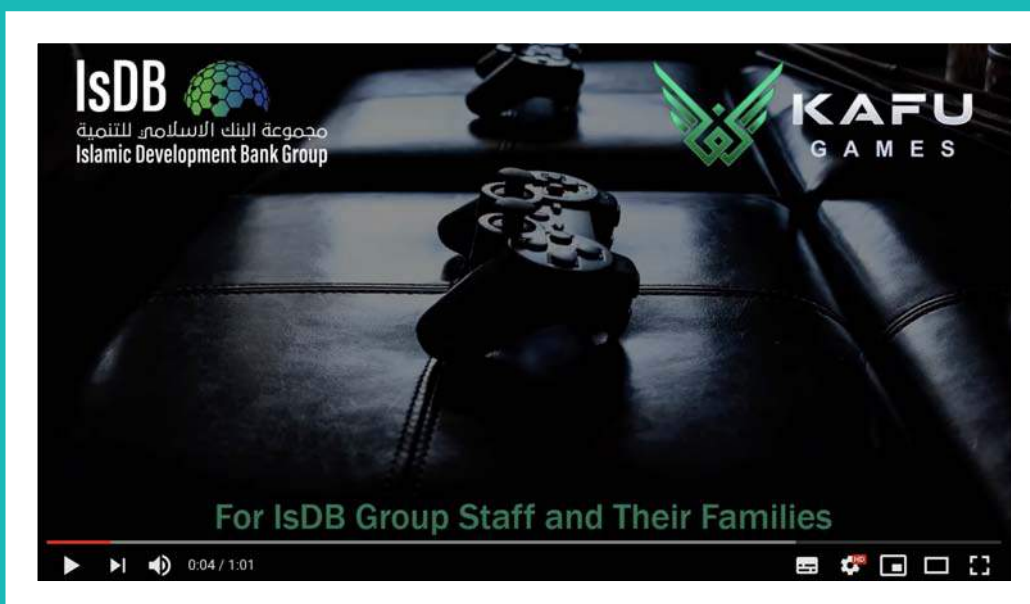




## IsDB GROUP STAFF SOCIAL CLUB (SSC) PREVIOUS EVENTS & ACTIVITIES VIDEO



## ONLINE GAMES VIDEO





**StaffSocialClub**  
— Islamic Development Bank Group —

IsDB Group Staff Social Club  
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