

## GREAT WORDS

Someone is sitting in the shade today because someone planted a tree a long time ago.

- Warren Buffett

## MANAGING DIRECTOR

Mr. Sabeer V.P.

## CEO

Mr. Afzal Ali.

## DIRECTOR - KUWAIT

Mr. Nawaf Ali I Alanazi

## MANAGEMENT ADVISOR

Mr. Askar Alenezi

## EDITORIAL BOARD

Shaju Melaveettil

Ajay Pisharody

Ayub A Ali

Abdul Aziz

Zareena AK

Shamnas Sabeer

## DESIGN &amp; COMPILATION

Chaithanya Asokan

Any comments/suggestions

info@delta4group.com

(For private circulation only)

## NARRATION

Strengths can be defined as “a pre-existing capacity for a particular way of behaving, thinking, or feeling that is authentic and energizing”. In fact, strengths are distinguished from other kinds of potentials, such as skills or talents. Whereas strengths are assumed to come naturally to a person, skills are learned through training or experience. Talents on the other hand are innate abilities that are characterized by a strong biological background. Talents do somehow come naturally to a person however they do not necessarily evoke feelings of energy, joy, or authenticity, as the use of character strengths does.

Although every person has certain signature strengths, it is argued that most people are not truly aware of the strengths they possess. It is suggested that a person cannot only possess strengths but also enhance his or her own strengths as they develop new ones. However, if ignored “our strengths can atrophy, much in the same way a muscle, if not used, may wither”.

The narration of one’s own life story with a vision plays an important role in their life because it allows them to explicitly apply their strengths. Narrative therapy is a psychological approach that seeks to adjust the stories one tells about one’s life in order to bring positive change and better mental health. It considers people to be experts on their own lives and separates them from their problems.

- Editor

**DELTA 4**

**ENGINEERING &  
CONSTRUCTION**

**S O L U T I O N S**

- ✓ Civil
- ✓ Structural
- ✓ Infrastructural
- ✓ Architectural
- ✓ Mechanical
- ✓ Electrical & Instrumentation
- ✓ HVAC Installation & Maintenance
- ✓ Plumbing & Firefighting
- ✓ IT Solutions

☎ 65945888 / 99803404

info@delta4group.com www.delta4group.com



## Live Healthy & Promote Health

Being healthy or leading a healthy lifestyle is more than just keeping yourself from falling sick. The World Health Organization (WHO) defines "health" as complete 4 dimensional healthcare to the people - Physical, Psychological, Spiritual and Social, rather than simply the absence of disease or illness.

Many people are spending an astonishing amount of money and resources on treating illnesses that are surprisingly easy to prevent. The new goal for worldwide Good Health promotes healthy lifestyles, preventive measures and modern, efficient healthcare for everyone.

Here are some basic tips on how to maintain a healthy lifestyle:

1. Measure and Watch Your Weight. Keeping track of your body weight on a weekly or monthly basis.
2. Limit Unhealthy Foods and Eat Healthy Meals. Choose a nutritious meal with more protein and fiber and less fat, sugar, and calories.
3. Take Multivitamin Supplements. Many micronutrients are vital to your immune system and taking a daily multivitamin supplement is a good idea.
4. Drink Water and Stay Hydrated, and Limit Sugared Beverages.
5. Exercise Regularly and Be Physically Active.
6. Reduce Sitting and Screen Time.
7. Get Enough Good Sleep which helps keep your body systems functioning properly.

Valida nutritional supplements has the potential to change your life for the better. It can prevent any potential deficiencies and help achieve a healthy lifestyle.

## Artificial Intelligence (AI) in day to day life

Voice assistants, image recognition for face unlock in cellphones, and ML-based financial fraud detection are examples of AI software currently being used in everyday life.

Drones, self-driven vehicles, assembly-line robots, and the Internet of Things (IoT) are examples of AI implementation in hardware. This includes the development of specific devices that incorporate AI capabilities.

Lares is a fully managed machine learning service that goes beyond rigid static rule-based recommendation systems and trains, tunes, and deploys custom ML models to deliver highly customized recommendations to customers.



**NUTRITIONAL SOLUTIONS  
TO ENJOY LIFE  
HEALTHIER**

**WILL BE IN KUWAIT SOON** 





# DELTA4 UPDATES



**K  
U  
W  
A  
I  
T**

**DELTA4  
ENGINEERING & CONSTRUCTION**

**COMPLETED PROJECT**

+965-65945888  
+965-99803404  
info@delta4group.com



**DELTA4  
ENGINEERING SERVICES**  
PROACTIVE PROFESSIONAL PROFICIENT

**HVAC INSTALLATION & MAINTENANCE**

- ✓ ON CALL SERVICES
- ✓ REPAIR WORKS
- ✓ INSTALLATIONS
- ✓ MAINTENANCE CONTRACTS

**CALL NOW  
+965-6589 5050**

**K  
U  
W  
A  
I  
T**

## WELCOME TO DELTA4 TEAM



**JOHNSON  
SUPERVISOR  
ENGINEERING CONSTRUCTION**



**MANESH JANARDHANAN  
BUSINESS DEVELOPMENT SUPERVISOR  
DELTA4 GROUP - KUWAIT**

**CONGRATULATION**

*It's a Baby Boy*

*Warmest wishes*  
from Management & Staff of Delta4 Group  
**to Mr.Jaleel**  
on becoming a new parent








www.sparcot.com

# LAUNCHING IN KUWAIT EARLY 2023



ADD MAGIC TO YOUR DISHES  
WITH OUR PREMIUM QUALITY FOOD PRODUCTS



[www.delta4group.com](http://www.delta4group.com) [info@delta4group.com](mailto:info@delta4group.com) +965- 24340475

KUWAIT | UAE | QATAR | USA | INDIA | CHINA | BAHRAIN | GEORGIA

