26.07.11

Duaa of The Day

Rabbana la tu zigh qulubana ba'da idz-hadaitana wa hablana min ladunka rahmah, innaka antal wahhab

'Ya Tuhan kami, janganlah Engkau condongkan hati kami pada kesesatan setelah Engkau beri petunjuk pada kami & karuniakanlah kepada kami rahmat dari sisiMu, sesungguhnya Engkau Maha Pemberi'
( QS. Ali-Imran : 8 )

--> doa agar keluarga kita teguh Iman & Islamnya

Thought of The Day

Always do what you want to do in life.
Never mind what other people say
because whether you do or not
people always have something to say. So, we need to take only the constructive feed back

Have a day!!!
Tips of The Day

HEALTHY JUICES

Carrot + Ginger + Apple - Boost and cleanse our system

Apple + Cucumber + Celery - Prevent cancer, reduce cholesterol, and improve stomach upset and headache

Tomato + Carrot + Apple - Improve skin complexion and bad breath
Bitter gourd + Apple + Milk - Avoid bad breath and reduce internal body heat

Orange + Ginger + Cucumber - Improve Skin texture and moisture and reduce body heat

Pineapple + Apple + Watermelon - To dispel excess salts, nourishes the bladder and kidney

Apple + Cucumber + Kiwi - To improve skin complexion
Pear & Banana - Regulates sugar content

Carrot + Apple + Pear + Mango - Clear body heat, counteracts toxicity, decreased blood pressure and fight oxidization

Honeydew + Grape + Watermelon + Milk - Rich in vitamin C + Vitamin B2 that increase cell activity and strengthen body immunity

Papaya + Pineapple + Milk - Rich in vitamin C, E, Iron. Improve skin complexion and metabolism
Banana + Pineapple + Milk - Rich in vitamin with nutritious and prevent constipation

Tiest Today Activity

08.30
tugas ISO
11.00
rapat ISO dengan staff

13.00
cucurak di dapur Geulis

15.00
rapat ISO dengan sekretaris eksekutif dan divisi --> notulen