GULF JOBS & OPPORTUNITIES

QATAR

URGENTLY REQUIRED

OILY TRAILER DRIVER

Alias (S/805-99557) (9658) 6337752

Qualification:

• Experience in
driving Oily Tractor

Salary:

• Oily Dredging

Contact:

M/s. OIL AND GAS

OMAR& OASIS

SAUDI ARABIA

URGENTLY REQUIRED FOR REPUTED AUTO SERVICE CENTER

OMAN

URGENTLY REQUIRED FOR LEADING COMPANY IN OMAN

ABU DHABI

FREE RECRUITMENT

Client Interview Shortlisted

A REPROMPT TRADING COMPANY REQUIRED:

INBOARD MECHANICAL

TECHNICIAN (mechanic knowledge)

FIBERGLASS TECHNICIAN

MARINE PAINTER

MARINE CARPENTER

Oman Global Services Pvt. Ltd.

Oman Global Services Pvt. Ltd.

Oman Global Services Pvt. Ltd.

Oman Global Services Pvt. Ltd.

Oman Global Services Pvt. Ltd.

OMAN

A leading Contracting Co. requires for

their PDO Project (Oil & Gas Pipeline)

WELDERS - DSS

WELDERS - ALLOY

FABRICATIONS - DSS

GRINDERS - DSS

QC INSPECTORS - DSS

OMAN

CLINE INTERVIEW ON 29TH & 30TH JAN 2020

AT: ALMOOJ, R - 421, RABALE, NAVI MUMBAI

www.seagullindia.net

URGENTLY REQUIRED FOR SAUDI ARABIA

FOR ONE OF THE LEADING WATER & BEVERAGES COMPANY

Must have Min 7-8yrs Exp in Water/Food/FMCG Industry Only. Good English Speaking

SALES DEPARTMENT

• BRANCH MANAGERS

(Head office)

• SALES MANAGERS

• SALES PERSONS

• MERCHANDISERS (Khalid spaqua/ GCC Linc.)

• MECHANICAL/ ELECTRICAL/ TECHNICIANS - Opportunities for nationals.

• ELECTRICAL/ MECHANICAL ADVISORS/ TECHNICAL SUPPORT

M/S. OMAN SALES & MARKETING SERVICES

OMAN

URGENTLY REQUIRED FOR SAUDI ARABIA

URGENTLY REQUIRED FOR LEADING COMPANY IN OMAN

KUWAIT

URGENTLY REQUIRED FOR GULF JOBS & OPPORTUNITIES

Please visit

www.workandconnect.com

www.newsandnriconnect.com

www.3gulfjobs.com
URGENTLY REQUIRED FOR SAUDI ARABIA
FOR ONE OF THE LEADING WATER & BEVERAGES COMPANY

CLIENT INTERVIEW 3rd WEEK OF FEB 2020 AT OUR MUMBAI OFFICE

**INTRODUCTION DEPARTMENT**

- **ELECTRICAL ENGINEERS**
  - Degree in Electrical Eng., 5+ years relevant exp. Interview on 16th & 17th of January. Interview will take place in Mumbai office. Medical will be conducted on 18th & 19th of January. The interview panel will consist of a selection committee with a representative of the company. Candidates with 5+ years of experience in electrical engineering and management are encouraged to apply. Interested candidates can submit their applications through the company’s official website.

- **LINE OPERATORS**
  - Degree in Mechanical Engineering, 3+ years relevant exp. Interview on 17th & 18th of January. Interview will take place in Mumbai office. Medical will be conducted on 19th & 20th of January. The interview panel will consist of a selection committee with a representative of the company. Candidates with 3+ years of experience in mechanical engineering and management are encouraged to apply. Interested candidates can submit their applications through the company’s official website.

**QUALITY DEPARTMENT**

- **LEAD QHSE ENGINEERS**
  - Degree in Engineering, 5+ years relevant exp. Interview on 16th & 17th of January. Interview will take place in Mumbai office. Medical will be conducted on 18th & 19th of January. The interview panel will consist of a selection committee with a representative of the company. Candidates with 5+ years of experience in quality engineering and management are encouraged to apply. Interested candidates can submit their applications through the company’s official website.

- **MICROBIOLOGIST**
  - Degree in Microbiology, 3+ years relevant exp. Interview on 17th & 18th of January. Interview will take place in Mumbai office. Medical will be conducted on 19th & 20th of January. The interview panel will consist of a selection committee with a representative of the company. Candidates with 3+ years of experience in microbiology and management are encouraged to apply. Interested candidates can submit their applications through the company’s official website.

**RECRUITING FOR GULF COUNTRIES**

- **DOCTOR**
  - Medical degree, 5+ years relevant exp. Interview on 15th & 16th of January. Interview will take place in in Mumbai office. Medical will be conducted on 17th & 18th of January. Interested candidates can submit their applications through the company’s official website.

- **TECHNICAL DIRECTOR - CABLE & NETWORK**
  - Engineering degree, 7+ years relevant exp. Interview on 17th & 18th of January. Interview will take place in Mumbai office. Medical will be conducted on 19th & 20th of January. Interested candidates can submit their applications through the company’s official website.

- **BARISTA (Espresso Maker)**
  - Culinary degree, 2+ years relevant exp. Interview on 16th & 17th of January. Interview will take place in Mumbai office. Medical will be conducted on 18th & 19th of January. Interested candidates can submit their applications through the company’s official website.

- **CLEANERS**
  - Vocational degree, 2+ years relevant exp. Interview on 17th & 18th of January. Interview will take place in Mumbai office. Medical will be conducted on 19th & 20th of January. Interested candidates can submit their applications through the company’s official website.

- ** HVAC TECHNICIAN**
  - Technical degree, 5+ years relevant exp. Interview on 15th & 16th of January. Interview will take place in Mumbai office. Medical will be conducted on 17th & 18th of January. Interested candidates can submit their applications through the company’s official website.

- **PLUMBER**
  - Vocational degree, 5+ years relevant exp. Interview on 15th & 16th of January. Interview will take place in Mumbai office. Medical will be conducted on 17th & 18th of January. Interested candidates can submit their applications through the company’s official website.

- **Welder**
  - Vocational degree, 5+ years relevant exp. Interview on 15th & 16th of January. Interview will take place in Mumbai office. Medical will be conducted on 17th & 18th of January. Interested candidates can submit their applications through the company’s official website.

**DISCLAIMER**

Candidates should be aware that the company reserves the right to accept or reject any applications. All candidates are encouraged to submit their applications through the company’s official website. Interested candidates should ensure that they meet the minimum requirements outlined in the job description before applying.

[Contact Information]

[Website Link]
**Mushrooms help in managing blood sugar levels**

According to a Department of AYUSH, Ministry of Health and Family Welfare, overview, the consumption of mushroom species could be effective in controlling glycemic control, lipid profile and diabetic quality of life, and acceptability of mushroom batters were excellent."

Additionally, a study published in the Journal of Functional Foods, states: "eating white button mushrooms daily could act as probiotic by improving microbial community in the gut, which improves metabolic profiling of glucose in the body. Studies have consistent evidence that mushroom consumption has a direct impact on blood sugar levels as it reduces the amount of carbs that do not lead to a spike in the blood sugar levels as sigmoid compared to high carbohydrate foods like bread and pasta."

Mushrooms also have a very low glycemic index which means they contain low amount of carbs that do not lead to a spike in the blood sugar levels as sigmoid compared to high carbohydrate foods like bread and pasta.

Mushrooms are also known to keep one fuller for longer, preventing overeating. Besides, they contain vitamin A, vitamin C, and vitamin K.

"Adding more mushrooms into your diet even reduce the amount of bad cholesterol in your body."

**Your wellness**

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**Your wellness**

**Your wellness**

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**Tuesday, January 28, 2020**

**A Report 5-Star Hotel in KUWAIT**

**SKYPE INTERVIEW**

Waiters

**Housekeeping Attendants**

Pool / Beach Attendants

**Laundry**

**Receptionist / Wasteman**

**Trade Show Office**

**ENHANCED DENTAL CARE IN DAMMAM**

**CIVIL FOREMAN**

**PLUMBING FOREMAN**

**SURVEYORS**

**STORE LABORS**

**PLASTER LABOR**

**SAFETY SUPERVISING - CONSTRUCTION**

**CIVIL ENGINEER**

**TELEPHONE INTERVIEW**

**STUDY DESIGN ENGINEER**

**MEP SENIOR ENGINEER**

**ELECTRICAL ENGINEER**

**DESIGN OFFICE IN ARCHITECT**

**CONSTRUCTION MANAGER**

**MANUFACTURING MANAGER**

**LEAD ELECTRIC FACTORY IN JEDDAH**

**ELECTRIC INCHARGE FOR MELI SHOP**

**ELECTRICIAN**

**HEAVY HYDRAULIC MECHANIC**

**LEADING DENTAL HOSPITAL IN DAMMAM**

**SPECIALIST DENTAL**

**COFFER MAKERS / ASSISTANTS**

**LAUNERY MAN**

**OFFICE Nr. 1401, 1402, First, Newspapers & City Co - & Society Ltd., Leningrad Road, Dr. D. Marg, Mumbai Central, Mumbai - 400 004.**