

Tuesday, January 01, 2013 1:48 PM

Subject A word a day .. (1)

Word of the day:

Upbraid.

English Meaning: To scold or criticize harshly.

Arabic Meaning: انتقاد بشدة / توبيخ

In a sentence: Ghada **upbraided** Najwa for her boorishness.



Tuesday, January 01, 2013 1:49 PM

A word a day .. (2) Subject

Word of the day:

Validate.

English Meaning: To give official sanction, confirmation, or approval.

Arabic Meaning: / التحقق من الصحة

In a sentence: PharmNet team is validating the formulary list to send it to Cerner Solution Archtict.

Serendipity

Tuesday, January 01, 2013 1:49 PM

A word a day .. (3) Subject

Word of the day:

Serendipity.

English Meaning: The faculty of making fortunate discoveries by accident. Or: a talent for making fortunate discoveries while searching for other things.

Arabic Meaning: صدفة

In a sentence: we are committed to running an open bookshop, where it's possible to enjoy the serendipity of real book browsing.

PS: watch this movie <3 http://www.imdb.com/title/tt0240890/



Wednesday, January 02, 2013 7:32 AM

Subject A word a day .. (4)

Word of the day:

Magnificent.

English Meaning: Impressive to the mind or spirit .

Arabic Meaning: رائع / عظیم

In a sentence: It is magnificent to see a dedicated workers in KKUH.

PS: Look at these magnificent logo designs!

 $\underline{\text{http://www.psdeluxe.com/articles/inspiration/logo-design-ideas-for-company-logo/}}$

Sedulous - Diligent

Wednesday, January 02, 2013

7:33 AM

Subject

A word a day .. (5)

Word of the day:

Sedulous - Diligent.

English Meaning: showing continued hard work, effort, and determination. - someone who works very

hard and very carefully

Arabic Meaning: مجتهد / مواظب / يعمل بجد

In a sentence: You must be a **SEDULOUS** employee if you want to contribute on the new HIS project.

Warda is a diligent worker.

Nawal worked diligently on her HIM - PharmNet workflows.

PS: check this list of hard-workers around the world, who made a great success:

http://www.businessinsider.com/16-people-who-worked-incredibly-hard-to-succeed-2012-9?op=1

Bonus: Tips on how to be a hard worker: http://www.wikihow.com/Be-a-Hard-Worker



Wednesday, January 02, 2013 7:33 AM

Subject A word a day .. (6)

Word of the day:

Consolidate.

English Meaning: to join together into one whole.

دمج / توحيد Arabic Meaning: دمج

In a sentence: KKUH administration hopes that the new HIS will consolidate patients records.

PS: http://www.youtube.com/watch?v=IGaq biQ1B8



Wednesday, January 02, 2013 7:34 AM

Subject A word a day .. (7)

Word of the day:

Assured.

English Meaning: characterized by certainty or security; guaranteed; sure; certain.

Arabic Meaning: مُؤكد - أكيد / مثبت

In a sentence: The moment you commit yourself is the moment your goal is assured.

P.s: How to Be More Self-Assured

http://www.ehow.com/how_4728288_selfassured.html

Emphasize

Wednesday, January 02, 2013 7:34 AM

Subject A word a day .. (8)

Word of the day:

Emphasize.

English Meaning: to stress. / give priority to

Arabic Meaning: أكد / شدد

In a sentence: Think of ways to emphasize the good things about yourself in your daily life.

Mr. Mansour repeatedly **emphasized** the important of the newsletter content.

P.S:

Girrrrrrrrrrrls check it out :D

http://healthyliving.azcentral.com/emphasize-curves-looking-fat-3485.html



Wednesday, January 02, 2013 7:35 AM

A word a day .. (9) Subject

Word of the day:

Irony.

English Meaning: an outcome of events contrary to what was, or might have been, expected. سخرية / تهكم :Arabic Meaning

In a sentence: Ironic that we serve unhealthy food on the hospital on the kick-off Day!! We should serve healthy refreshments.

I left work early because I wanted to get home before the others, and because of the huge traffic jam, I arrived home at the same time as the others, This is IRONY!

Praiseworthy

Wednesday, January 02, 2013 7:36 AM

Subject A word a day .. (10)

Word of the day:

Praiseworthy.

English Meaning: to stress. / give priority to Arabic Meaning: پستحق الثناء / جدير بالإطراء

In a sentence: If you examine your face carefully, you'll find praiseworthy beauty there.

Anticipation

Wednesday, January 02, 2013 7:36 AM

Subject A word A day (11) ..

Word of the day:

Anticipation.

English Meaning: the feeling that something is about to happen / the act of providing vague advance indications; representing beforehand.

Arabic Meaning: توقع / حدس

In a sentence:

We're looking forward with eager **anticipation** to our next eSiHi event.



Wednesday, January 02, 2013 7:36 AM

Subject A word a day .. (12)

Word of the day:

Spectacular.

English Meaning: Having a quality that thrusts itself into attention; / impressive or sensational. Arabic Meaning: مذهل / دراماتیکی

In a sentence:

Flying across London on the way to Heathrow is pretty **spectacular**.



Wednesday, January 02, 2013 7:37 AM

A word a day .. (13) Subject

Word of the day:

Audit.

English Meaning: An examination of records or financial accounts to check their accuracy.

Arabic Meaning: فحص /تدقيق

In a sentence:

Clinical **audit** should be an integral part of clinical practice.



Wednesday, January 02, 2013 7:37 AM

Subject A word a day .. (14)

Word of the day:

Imitate.

English Meaning: To use or follow as a model.

Arabic Meaning: يحاكي / يقلد

In a sentence:

Ghada is imitating Nawal, because she has a crush on her :D.



Wednesday, January 02, 2013 7:37 AM

A word a day .. (15) Subject

Word of the day:

Genuine.

English Meaning: Being of pure or original stock \ not fake or counterfeit; original; real; authentic. Arabic Meaning: حقيقي / أصيل / غير مزيف

In a sentence:

Her feelings for him are quite genuine.

KSU uses genuine copy of Microsoft windows.



Wednesday, January 02, 2013 7:38 AM

Subject A word a day .. (16)

Word of the day:

Flattered. adjective

English Meaning: To be complimented excessively.

Arabic Meaning: إطراء

In a sentence:

I'm flattered by your nice comments .

Mr. Mansour's comments about our hard work in the kick-off day was very flattering.

This women is flattered:D





Wednesday, January 02, 2013

7:39 AM

Subject

A word a day .. (17)

Word of the day:

Extraordinary. adjective

English Meaning: Very unusual or remarkable. / Unusually great.

Arabic Meaning: استثنائي بشكل رائع

In a sentence:

- Tomorrow is Wednesday and we have been working so hard, so please let's do something **extraordinary**.
- I don't think i have ever come across a book like البوصلة القرآنية, it is absolutely **extraordinary**.

Wednesday, January 02, 2013 7:39 AM

Subject A word a day .. (18)

Word of the day:

HUG.

English Meaning: Squeeze (someone) tightly in one's arms, typically to express affection...

Arabic Meaning: عناق

In a sentence:

- I send you all my biggest ever **hug** <3 Love you girls.
- A hug a day keeps the depression away!

Tips on how to hug:p:

http://www.wikihow.com/Hug



Wednesday, January 02, 2013 7:44 AM

Subject A word a day .. (19)

Word of the day:

Hallelujah. halə looyə

English Meaning: God be praised/ Thanked . - An expression of worship or rejoicing.

Arabic Meaning: / الشكر والعظمة شه

In a sentence: hallelujah I'm having a baby!



Wednesday, January 02, 2013 7:44 AM

Subject A word a day .. (20)

Word of the day:

Illiterate.

English Meaning: having little or no education; especially: unable to read or write.

Arabic Meaning: أميّ لا يقرأ ولا يكتب

In a sentence: In some Third World countries, more than 90% of the population is illiterate.

Exculpate

Saturday, January 05, 2013 9:36 AM

Word of the day:

Exculpate.

English Meaning: verb: To clear of guilt or blame.

Arabic Meaning: (من التهمة) برّأ

In a sentence: The jury had to exculpate the defendant due to lack of evidence.

هي هيئة المحلفين في محاكمهم . Jury [: يلا اليوم كلمتين

Suppress

Sunday, January 06, 2013 10:25 AM

Subject A word a day .. (22)

Word of the day:

Suppress.

English Meaning: To put an end to forcibly. / To prohibit the activities of

Arabic Meaning: قمع / وضع حد / كبت الخ

In a sentence: Would you like to suppress your appetite? Then drink lots of coffee :D

Contrary

Sunday, January 06, 2013 10:26 AM

Subject A word a day .. (23)

Word of the day:

Contrary.

English Meaning: Opposite in nature or character; diametrically or mutually opposed.

عكس ، نقيض ي Arabic Meaning: عكس

there may be some who would agree ,contrary You have such a crazy opinions, on the :In a sentence .with you

Scattered

Sunday, January 06, 2013 10:26 AM

Subject A word a day .. (24)

Word of the day:

Scattered.

English Meaning: Throw in various random directions.

Arabic Meaning: مبعثر

In a sentence: I scattered around my room to find my watch.

Nawal was scattering her money on clothes:"(.

Miscellaneous

Tuesday, January 08, 2013 7:28 AM

Subject A word a day .. (25)

Word of the day:

Miscellaneous.

English Meaning: Adjective

- of items or people gathered or considered together) Of various types or from different sources.
- of a collection or group) Composed of members or elements of different kinds: "a miscellaneous collection".

Arabic Meaning: متنوع / متفرقات

In a sentence: I read book of miscellaneous essays on how to be a good parent.

Cut to the Chase

Monday, January 14, 2013

4:04 PM

After Completing 25 words I thought of spices it up a little bit. So I've decided that this week I'm gonna send you some idioms that will give your speech some kind of power.

Idioms Special Series (1) ...

Cut to the Chase.

Meaning: Leave out all the unnecessary details and just get to the point.

In a sentence: let's cut to the chase , there will be no overtime this year. 🗇

Down To The Wire

Monday, January 14, 2013 4:05 PM

Idioms Special Series (2) ..

Down To The Wire.

<u>Meaning:</u> Something that ends at the last minute or last few seconds.

Head Over Heels

Monday, January 14, 2013

4:05 PM

Idioms Special Series (3) ..

Head Over Heels.

Meaning: Very excited and/or joyful, especially when in love.

In a sentence: You've got me head over heels!

New York Minute

Saturday, January 19, 2013 10:12 AM

Idioms Special Series (4) ..

New York Minute.

<u>Meaning:</u> A minute that seems to go by quickly, especially in a fast paced environment..

Off The Hook

Saturday, January 19, 2013 10:13 AM

Idioms Special Series (5) ..

Off The Hook.

Meaning: No longer have to deal with a tough situation.

<u>In a sentence:</u> My sister broke up with her fiancé, so I'm off the hook for buying her a wedding present.

Objection

Saturday, January 19, 2013 10:13 AM

Word of the day:

Objection.

English Meaning: Noun

- the act of expressing earnest opposition or protest .
- an expression, statement, or feeling of opposition or a dislike .

Arabic Meaning: اعتراض

In a sentence: I wrote an objection letter to Mr. Mansour about the logo colors.

Objection from the neighbors have been received. I think it is because of the noise we made last night.

Assumption

Sunday, January 27, 2013 8:00 AM

Subject A word A day (27) ..

Word of the day:

Assumption. Noun | assumptive: adj

English Meaning:

• The act of taking for granted: assumption of a false theory.

Arabic Meaning: ادعاء / افتراض

In a sentence: Don't make assumptions or put us into boxes just because you don't like us.

Brilliant

Sunday, January 27, 2013 8:01 AM

Subject A word A day (28) ..

Word of the day:

Brilliant. adjective

English Meaning:

- Very bright and radiant..
- Marked by unusual and impressive intellectual acuteness.

Arabic Meaning: لأمع / متألق / ذكي

In a sentence: I wrote an objection letter to Mr. Mansour about the logo colors.

PS. Gurlz if you didn't see this movie yet, then you just wasted a beautiful story, a brilliant scenario , a heart breaking human case (a) </3 oh my heart goes BOM BOM just remembering this movie (a) http://www.imdb.com/title/tt0268978/

SEE IT NOW:"(



Chaos

Sunday, January 27, 2013 8:02 AM

Subject A word A day (29)..

Word of the day:

Chaos. noun

English Meaning:

• A condition or place of great disorder or confusion.

A di -ِA disorderly mass Arabic Meaning: فوضى / تشوش

ار محتي! In a sentence: - Ghada you're room is chaos! رتبيها لو

- There was so much chaos at the game, they had to ask for the police help to keep it under control.

Sarcasm

Sunday, January 27, 2013 8:02 AM

Subject A word A day (30) ..

Word of the day:

Sarcasm.

English Meaning: The use of irony to mock or convey contempt. - Harsh or bitter derision or irony.

Arabic Meaning: سخرية / تهكم

In a sentence: Ghada is a very sarcastic women.

Despise

Sunday, January 27, 2013 8:04 AM

Subject A word A day (31) ..

Word of the day:

Despise.

English Meaning: look down on. Arabic Meaning: احتقر / ازدرى

In a sentence: - I despise myself for saying bad things about you..

- Now my desire is to live long enough and at liberty to take my grandchild to the crappy entertainments i once despised.

Impolite

Sunday, January 27, 2013 8:04 AM

Subject A word A day (32) ..

Word of the day:

Impolite.

English Meaning: having bad manners - Not polite.

Arabic Meaning: غير مهذب

In a sentence: She was very **impolite** when she talked with her mouth full. It is **Impolite** to use the left hand for passing or accepting things.

Fundamental

Sunday, January 27, 2013 12:08 PM

Subject A word A day (33) ..

Word of the day:

Fundamental._Adj-noun

English Meaning: A central or primary rule or principle on which something is based. - Forming a necessary base or core; of central importance.

أساسي – جو هري – رئيسي :Arabic Meaning

In a sentence: - He is going to present a fundamental class on how to use eSiHi.

- One of the **fundamental** principles of the way of life is to worship Allah.

Awareness

Wednesday, January 30, 2013 3:05 PM

Subject A word A day (34) ..

Word of the day:

Awareness._Noun

English Meaning: having knowledge or well understanding of a subject.

وعي :Arabic Meaning

In a sentence: - We have to increase the awareness of eSiHi in order to obtain a meaningful use.

- Ghada has no awareness of her messy lifestyle.

Circumstances

Wednesday, January 30, 2013 3:06 PM

Subject A word A day (35) ..

Word of the day:

Circumstances. Noun

English Meaning: A fact or condition connected with or relevant to an event or action.

Arabic Meaning: ظروف

In a sentence: - Due to Visa circumstances the fundamental class was postponed to 28 JAN.

Overwhelmed

Wednesday, March 27, 2013

8:23 AM

Word of the day:

Overwhelmed. adj

English Meaning: if work or a problem overwhelms someone, it is too much or too difficult to deal with.

if someone is overwhelmed by an emotion, they feel it so strongly that they cannot think clearly.

مبهور / مغلوب / يشعر أنه غير قادر على معالجة الوضع Arabic Meaning: مبهور

In a sentence: - At the beginning of eSiHi we were all **overwhelmed** by the amount of information was given to us.

- Rather than waiting until the last minute and feeling **overwhelmed** with the size of the job, start now and take small bites.
- I'm **Overwhelmed** by the generosity of all those who have helped me work in eSiHi project.

Curiosity

Wednesday, March 27, 2013 8:24 AM

Word of the day:

Curiosity. Noun

English Meaning: A strong desire to know or learn something.

A desire to know about people or things that do not concern one

Arabic Meaning: فضول

In a sentence: - just out of curiosity, how old are you?.

Trouble

Wednesday, March 27, 2013 8:25 AM

Word of the day:

Trouble . Noun

English Meaning: Difficulty or problems..

Arabic Meaning: مشكلة / صعوبة

In a sentence: - I never meant to cause you trouble.

- If you don't study you well get in trouble.

Suspicious

Wednesday, March 27, 2013 8:25 AM

Word of the day:

Suspicious.

English Meaning: Having or showing a cautious distrust of someone or something..

مشبوه – مریب – مشکوك فیه ، Arabic Meaning

In a sentence: - Because of the man's suspicious behavior, the cop suggested that he was a criminal.

- If you don't study you well get in trouble.

Enthusiasm

Wednesday, March 27, 2013 8:26 AM

Word of the day:

Enthusiasm.

English Meaning: Great excitement for or interest in a subject or cause.

Arabic Meaning: حماس

In a sentence: - I gained enthusiasm during she's project.

Horizon

Saturday, April 06, 2013 10

10:46 AM

Word of the day:

Horizon. Noun

English Meaning: The line at which the earth's surface and the sky appear to meet.

Arabic Meaning: الأفق

In a sentence: - keep looking at the horizon, it feels good.

Donation

Saturday, April 06, 2013 10:47 AM

Word of the day:

Donation. Noun

English Meaning: An act or instance of presenting something as a gift, grant, or

contribution.

Arabic Meaning: تبرع

In a sentence: - Please help Nawal to buy Cartier watch by making a **donation** now.

- I gave a 200 S.R donation to the local homeless shelter.

Underestimate

Saturday, April 06, 2013

10:47 AM

Word of the day:

Underestimate. Noun

English Meaning: Estimate (something) to be smaller or less important than it actually is..

Arabic Meaning: يستهين / يقلل من قدره

In a sentence: - Don't underestimate the power of the Hug.

- He Underestimated the importance of having a strong logo for the brand.

Elated

Saturday, April 06, 2013 10:47 AM

Word of the day:

Elated.

English Meaning: Make (someone) ecstatically happy

Arabic Meaning: مبتهج

In a sentence: - Joining the IT in KKUH is the best i have ever done and I'm absolutely elated.

- Motivate the super users will make them feel elated.

- I was elated when I found out I would have no meetings for the rest of the week.

Adequate

Saturday, April 06, 2013 10:48 AM

Word of the day:

Adequate. Adjective

Synonyms:

sufficient - enough - suitable - appropriate - fit

English Meaning: Satisfactory or acceptable in quality or quantity.

Arabic Meaning: واف / كاف

In a sentence: - To allow for adequate testing it is recommended that no more than 15-20 users be activated .

- The amount of practice you get by using eSiHi should be adequate to help you master it.
- A compact car may not have adequate interior space for a large family.

Cherophobia

Saturday, April 06, 2013 10:48 AM

Word of the day:

Cherophobia.

English Meaning: The Fear Of Happiness, describes someone who's afraid of being happy because

whenever they get too happy, something bad tends to happen..

Arabic Meaning: الخوف من السعادة

In a sentence: - I have Cherophobia, I can't' be happy!.

Essence

Saturday, April 06, 2013 10:48 AM

Word of the day:

Essence.

English Meaning: The basic, real, and invariable nature of a thing or its significant individual feature or features: Freedom is the very essence of our democracy. / The most important ingredient; the crucial element.

Arabic Meaning: جوهر / أساس / خلاصة

In a sentence: - **Freedom** is the very essence of our democracy.

- The super users are the essence of the raining plan

Impersonate

Saturday, April 06, 2013

10:49 AM

Word of the day:

Impersonate.

English Meaning: To imitate the appearance, voice, or manner of; mimic: / **Pretend** to be (another person) as entertainment or in order to deceive someone.

Arabic Meaning: انتحال شخصية

In a sentence: - Furthermore, you may not impersonate others.

- I tried to impersonate Warda but her voice is totally different.

Epitome

Saturday, April 06, 2013 10:49 AM

Word of the day:

Epitome.

English Meaning: A person or thing that is a perfect example of a particular quality or type

مثال / صورة مصغرة عن :Arabic Meaning

In a sentence: - Nawal AlQussyer is the epitome of elegance and taste. :D

Obligation

Saturday, April 06, 2013 10:49 AM

Word of the day:

Obligation.

Synonyms

duty - responsibility - commitment - engagement - bond

English Meaning: The act of binding oneself by a social, legal, or moral tie./ something one must do

because of prior agreement Arabic Meaning: واجب / التزام

In a sentence: - She failed to fulfill her obligations as a parent

- He argues that people in a community have certain obligations to each other

Burden

Saturday, April 06, 2013

10:49 AM

Word of the day:

Burden.

Synonyms

noun. weight - onus - charge - encumbrance - cargo - freight

verb. encumber - saddle - lade - weight - charge - tax

English Meaning: something that is carried. / Something that is emotionally difficult to bear. / A source

of great worry or stress Arabic Meaning: عبء / حمل

In a sentence: - when you trust people you put the burden on them to not deceive you

Deceive

Saturday, April 06, 2013

10:50 AM

Word of the day:

Deceive.

Synonyms

cheat - delude - swindle - hoodwink - beguile - mislead

English Meaning: (of a person) Cause (someone) to believe something that is not true, typically in order to gain some personal advantage. (of a thing) Give a mistaken impression

Arabic Meaning: تضلیل / خداع

In a sentence: - Main Stream Media can **deceive** the public.

Vigilant

Saturday, April 06, 2013

10:50 AM

Word of the day:

Vigilant.

English Meaning: Keeping careful watch for possible danger or difficulties

Arabic Meaning: حنّر/يقظ

In a sentence: - I think it will help employees understand why they need to be very **vigilant**.

- Drivers will need to remain alert and vigilant.

Sentimental

Saturday, April 06, 2013

10:50 AM

Word of the day:

Sentimental.

English Meaning: Tending to include the emotions excessively. / Expressive of or appealing to the tender emotions

Arabic Meaning: عاطفي

In a sentence: - I love this gift, it has sentimental value.

Cross Your Fingers

Saturday, April 06, 2013 10:51 AM

Idioms Special Series (6) ..

Cross Your Fingers.

<u>Meaning:</u> To hope that something happens the way you want it to. <u>In a sentence:</u> Cross your fingers and pray for eSiHi's success.

Hit The Sack

Saturday, April 06, 2013 10

10:52 AM

Idioms Special Series (8) ..

Hit The Sack.

Meaning: Go to bed or go to sleep..

<u>In a sentence:</u> when you're about to hit the sack don' forget to read Quraan.

Keep An Eye On Him

Saturday, April 06, 2013 10:52 AM

Idioms Special Series (9) ..

Keep An Eye On Him.

Meaning: You should carefully watch him.

In a sentence: Keep an eye on Ghada, she is a money stealer.

Smell a Rat

Saturday, April 06, 2013

10:52 AM

Idioms Special Series (10) ..

Smell a Rat.

<u>Meaning:</u> When we feel that something someone or something is not honest.

<u>In a sentence:</u> I started to **smell a rat** when she said she was working late, but when I drove past his office all the lights were off..

Hit the jackpot

Saturday, April 06, 2013

10:53 AM

Idioms Special Series (10) ..

Hit the jackpot.

Meaning:

- to win a large amount of money gambling or in a lottery.
- to be exactly right; to find exactly what was sought.

In a sentence: this is our HW!!

Strive

Wednesday, April 10, 2013

Word of the day:

Strive.

Synonyms

endeavor - struggle - try - fight - aspire

English Meaning: Make great efforts to achieve or obtain something..

جهد / سعي / كفاح / نضال :Arabic Meaning

In a sentence: - we strive for perfection.

- He was striving to work in this company.

Tentative

Wednesday, April 10, 2013 12:51 PM

Word of the day:

Tentative.

Synonyms

experimental - provisional - trial - probationary

English Meaning: Not certain or fixed.. / Done without confidence; hesitant

Arabic Meaning: تجریبي / متردد / مؤقت

In a sentence: - you are walking with tentative steps.