

CAPTAINS CORNER

Women empower sustainable development



CAPTAIN MAHMOOD AL MAHMOOD

A powerful Bahraini voice at the recently concluded World Economic Forum in Davos was that of the Minister of Sustainable Development, Noor bint Ali Al Kulaib. The ministerial post is a recent addition to the Bahrain Cabinet and the result of HRH the Crown Prince and PM's investment of thought and keen commitment to meet the Kingdom's environmental promise – net zero by 2060 and reduction of emissions by 30% through investing in decarbonisation and energy efficiency initiatives.

Sustainability and environmental balance are hot button topics in the world today. In the GCC, countries are seeking to change the way our cities function - from green national budgets, to making cities and transport sustainable, to waste management and plastic alternatives, change at every level will be required to effectively combat the climate emergency.

While Bahrain is relatively smaller, I think we shall see the rise of a new executive role in the private sector – the CSO or Chief Sustainability Officer.

Until about a decade ago the role had no boardroom presence and was buried two or three tiers down or limited to heading up sub-committees. But when we have a Minister of Sustainable Development, can a CSO be far behind?

Today, CSOs are reporting directly to the CEO and playing a key role in reshaping operations, strategy, culture, and leadership, connected to all parts of the business; sustainability affects every sector and business function. Since research shows that women's behavior as consumers and investors shows more concern about climate change than men and that women are the most likely changemakers for climate action in economic areas from corporate leadership to product development, I believe we are at the cusp of a new leadership role for women in the corporate world.

Bahrain has set the ball rolling by bringing in diversity and new thought to the Cabinet. Will private sector follow suit?

(Captain Mahmood Al Mahmood is the Editor-in-Chief of The Daily Tribune and the President of the Arab-African Unity Organisation for Relief, Human Rights and Counterterrorism)

Take immune-boosting nutrients to stave off flu, says health expert

Vitamin D supplements are essential during winter

Zahra Ayaz
TDT | Manama

Flu-like symptoms, mainly among school students, have been on the upsurge in the Kingdom for the last few weeks. A weak immune system could be the possible cause of the fast spreading of the disease, said Dr Dunia Akbar Jawad from the Kid's clinic in Bahrain.

Speaking to The Daily Tribune, Dr Jawad said, "First of all, the flu has nothing much to do with the winter months; instead, it is caused by the virus, which is very contagious.

"An infected child spreads the flu to others from school. If a child has the flu, parents should keep them home and treat them with antibiotics if required. Parents should also monitor their health for one to two days before sending them to school.

"Mostly, parents try to treat kids at home by giving Panadol without



First of all, the flu has nothing to do with the winter months, rather the virus spreads from person to person. For instance, if a child has a cold and cough and goes to school, that youngster will pass the virus to others.

DR DUNIA AKBAR JAWAD

consulting with a doctor. Then, they will send the kids to school before the Kid recovers from the flu. This is one of the main reasons for the

spreading of the disease.

"We tend to close our windows during winter, thinking the breeze will make us ill. But unfortunately,

a closed room is more prone to viral infection at home or school.

Dr Dunia emphasised that one with weak immunity should take vitamin D supplements during the winter and always wash their hands to prevent the flu and to strengthen their immune systems.

"There are medications to gain a robust immune system that does not guarantee that children won't catch the flu again, but it is adequate to make it milder.

"Pandemic has weakened our immune system; a flu shot can help us to gain immunity to fight such viral infections.

"It is more contagious may be more than the coronavirus, and many children are becoming sick this year, and some even end up in hospitals," she added.

Panadol was widely sold and went out of stock for a few days last week, but most pharmacies brought more inventory to meet the demand.



Bahrain Polytechnic held a graduation ceremony at the college's academic campus for its eighth batch of students for the academic year 2021-2022. Minister of Municipalities Affairs and Agriculture, Wael bin Nasser Al Mubarak, Board of Trustees Chairman of Bahrain Polytechnic congratulated the graduates and their parents, wishing them continuous success.



The Labour Market Regulatory Authority (LMRA) yesterday took legal action against several for violating labour and residency laws in the kingdom. The action followed a joint inspection campaign with the Nationality, Passports and Residence Affairs and the Capital Governorate Police Directorate. LMRA stressed its commitment to continuing intensive inspection plans, in cooperation with the relevant government entities. LMRA also renewed its call to report violations through www.lmra.bh or by calling the authority on 17506055.



Labour Minister, Jameel bin Mohammed Ali Humaidan, yesterday held talks with the Northern Area Municipal Council Chairman, Dr Sayed Shubbar Ibrahim Al-Wadae, and Deputy Chairperson, Zaina Jassim. During the meeting, they discussed a number of issues of common interest, particularly the Ministry's efforts to enhance occupational health and safety standards by providing environmental quality in various productive sectors.

Thousands celebrate Thai Pongal

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The Annai Tamil Mandram association celebrated a two-day grand gala annual event Pongal or Thai Pongal, a multi-day harvest festival, in coordination with the Bahrain Keraleeya Samajam and Indian club.

The two-day festival featured a folk musical night on Thursday and traditional Pongal celebrations on Friday.

Rajalakshmi, a Vijay TV fame and well-known Tamil folk singer, and crew served as hosts for the Thursday night event at BKS. Murugan, a musician and artist, was also part of the event. The high-



light of the celebration was stunts performed by Govindarajan, a folk dancer.

Esam Isa Alkhyyat, Head of Investment Development, Northern Governorate, Yusuf Lori, Director of Information and Follow-Up, Capital Governorate, Dr Ali Hassan from the Ministry of Tourism, Ravishankar Shukla from the Indian Embassy's Second Department, and Khalid Abdul Rahman Selaiibekkh from the Ministry of Foreign Affairs, were present.

Other attractions included games for kids, rangoli competitions, and traditional Pongal making.

Senthil G.K, President Annai Tamil Mandram, thanked all for making the event a grand success.