

**C & MD  
HSEAWARD**

جائزة رئيس مجلس الإدارة  
والعضو المنتخب  
للصحة والسلامة والبيئة  
2010







الإسم: آلاء محمد علي  
العمر: 10

Name: Alaa Mohammad Ali  
Age: 10



الإسم: علي محمد علي  
العمر: 8

Name: Ali Mohammad Ali  
Age: 8



الإسم: محمد توفيق سرور  
العمر: 10

Name: Mohammad Tawfik Srow  
Age: 10



الإسم: علي توفيق سرور  
العمر: 7

Name: Ali Tawfik Srow  
Age: 7



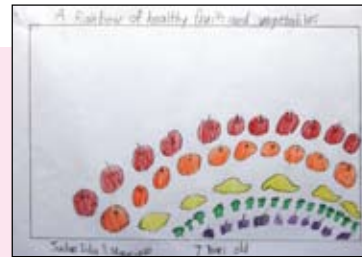
الإسم: شارون كيرثانا  
العمر: 8

Name: Sharon Keerthana  
Age: 8



الإسم: رفعان كبير  
العمر: 10

Name: Rafaan D. Kabir  
Age: 10



الإسم: جستين اينشا ماراسيغان  
العمر: 7

Name: Justine Isha F. Marasigan  
Age: 7



الإسم: تريشا لابوريانتي  
العمر: 9

Name: Trisha Laboriante  
Age: 9







الإسم: زونالا عبدالله  
العمر: 9

Name: Zunalla Abdullah  
Age: 9



الإسم: طلحة عبدالله  
العمر: 12

Name: Talha Abdullah  
Age: 12



الإسم: أحمد عبدالله  
العمر: 4

Name: Ahmed Abdullah  
Age: 4



الإسم: إبراهيم عبدالله  
العمر: 6

Name: Ibrahim Abdullah  
Age: 6



الإسم: نيتياساري تيربودي  
العمر: 6

Name: Nityasari Rajkumar Tirpude  
Age: 6



الإسم: ريشا حبيبا  
العمر: 8

Name: Reesha Habiba  
Age: 8



الإسم: لوجين سلمان القبدي  
العمر: 10

Name: Lujane Salman Al-Qabandi  
Age: 10



الإسم: مشعل سلمان القبدي  
العمر: 8

Name: Mishael Salman Al-Qabandi  
Age: 8





الإسم: ادوايت ساندبب كوثي  
العمر: 6

Name: Adwaiet Sandip Kuthe  
Age: 6



الإسم: ساره سليمان الضويحي  
العمر: 7

Name: Sarah Sulaiman Al-Dhuwaihi  
Age: 7



الإسم: ضاحي سليمان الضويحي  
العمر: 5

Name: Dhahi Sulaiman Al-Dhuwaihi  
Age: 5



الإسم: برادنا كوتواني  
العمر: 7

Name: Bradhna Praveen Kotwani  
Age: 7



الإسم: ايسابيل كيشور  
العمر: 8

Name: Isabel Kishor Chooranoly  
Age: 8



الإسم: نيكول انتوني  
العمر: 8

Name: Nicole Antony  
Age: 8



الإسم: البرت انتوني  
العمر: 6

Name: Albert Antony  
Age: 6



الإسم: ريا ان ايلياس  
العمر: 9

Name: Riya Ann Elias  
Age: 9





الإسم: جوسياه ادوين  
العمر: 10

Name: Josiah Edwin  
Age: 10



الإسم: سوميا شاتروفيدي  
العمر: 12

Name: Soumya Chaturvedi  
Age: 12



الإسم: عادل اشرف  
العمر: 8

Name: Adel Ashraf  
Age: 8



الإسم: ايرين كيشور  
العمر: 2

Name: Irin Kishor S  
Age: 2



الإسم: يوسف محمد حسام  
العمر: 7

Name: Yousef Mohamed Hosam  
Age: 7



الإسم: شيرين محمد حسام  
العمر: 9

Name: Shereen Mohamed Hosam  
Age: 9



الإسم: الان انتوني  
العمر: 10

Name: Alan Antony  
Age: 10



الإسم: حسنة طلعت صديقي  
العمر: 9

Name: Husna Talat Siddiqi  
Age: 9







الإسم: سيدارتان سلفاراڄان  
العمر: 11

Name: Siddhartan Selvarangan  
Age: 11



الإسم: موهيت مالوجي جاداف  
العمر: 8

Name: Mohit Maloji Jadhav  
Age: 8



الإسم: شريما مالوجي جاداف  
العمر: 10

Name: Shreya Maloji Jadhav  
Age: 10



الإسم: س. ل. انوشا  
العمر: 11

Name: S. L. Anusha  
Age: 11



الإسم: رتاج فوزي حامد  
العمر: 11

Name: Rataj Fouzi Hamed  
Age: 11



الإسم: رين فيليب شارلز  
العمر: 11

Name: Rubin Phillip Charles  
Age: 11



الإسم: و. م. مادھوسودان موليك  
العمر: 11

Name: OM. Madhusudan Mulik  
Age: 11



الإسم: ماريما جوزف  
العمر: 9

Name: Maria Joseph  
Age: 9





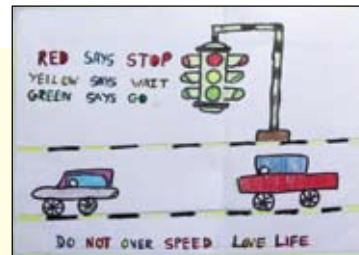
الإسم: سامايا مانوهار  
العمر: 11

Name: Samayaa Manohar  
Age: 11



الإسم: نافونيل جوبال مازومدار  
العمر: 9

Name: Navoneel Gopal Mazumdar  
Age: 9



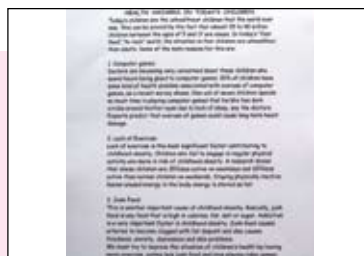
الإسم: ساجانا سويل كالياني  
العمر: 6

Name: Sanjana Suil Kalyani  
Age: 6



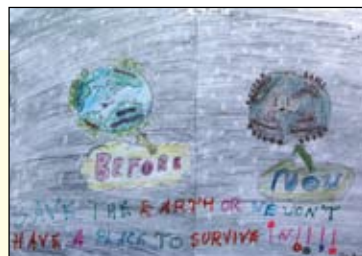
الإسم: كيفن انتوني  
العمر: 13

Name: Kevin Anthony Kallararakal  
Age: 13



الإسم: تيجاشري جايكانث  
العمر: 12

Name: Tejashri Jayakanth  
Age: 12



الإسم: امريثا جايكانث  
العمر: 9

Name: Amritha Jayakanth  
Age: 9



الإسم: استريد انا جوميز  
العمر: 10

Name: Astrid Ana Gomes  
Age: 10



الإسم: مارثا جوزف  
العمر: 7

Name: Martha Joseph  
Age: 7







الإسم: سواراج شالا  
العمر: 8

Name: Swaraj Challa V.R.K.  
Age: 8



الإسم: ارونيميا ناند  
العمر: 10

Name: Arunima Nand  
Age: 10



الإسم: لوجاراجان ايلاجوفان  
العمر: 10

Name: Logarajan ilangovan  
Age: 10



الإسم: شروثي س. بانيكير  
العمر: 11

Name: Shruthi S. Panicker  
Age: 11



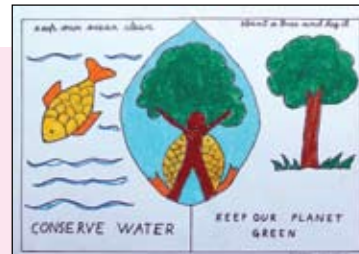
الإسم: ناندام سانجاي  
العمر: 11

Name: Nandam Sanjay  
Age: 11



الإسم: س. ر. ميثوران  
العمر: 8

Name: C. R. Mithuran  
Age: 8



الإسم: سوهام هيسابيا  
العمر: 6

Name: Soham Hisabia  
Age: 6



الإسم: جيمي ف. ميغيل  
العمر: 9

Name: Jamie F. Miguel  
Age: 9





الإسم: لياہ کریستیل مالیجمات  
العمر: 11

Name: Leah Christel R. Maligmat  
Age: 11



الإسم: رونديسنی مالیجمات  
العمر: 8

Name: Rondisney R. Maligmat  
Age: 8



الإسم: کریس انجل مالیجمات  
العمر: 4

Name: Chris Angel R. Maligmat  
Age: 4



الإسم: کریستین فاین ماہجمات  
العمر: 10

Name: Christine Vine R. Mahgmat  
Age: 10



الإسم: دانه فهد القطان  
العمر: 9

Name: Dana Fahad Al-Qattan  
Age: 9



الإسم: ریتیکا سانیا  
العمر: 10

Name: Rittika Sanyal  
Age: 10



الإسم: شہام حسین  
العمر: 10

Name: Shaheem Hussain  
Age: 10



الإسم: ریتھفیک ریڈی  
العمر: 8

Name: Rithvik Reddy  
Age: 8





الإسم: سيدارث موناخي  
العمر: 5

Name: Sidharth Monangi  
Age: 5



الإسم: دروف راماني  
العمر: 11

Name: Dhruv Ramani  
Age: 11



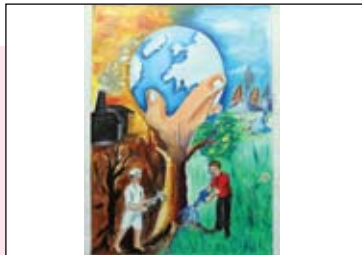
الإسم: موهيت موكل باغوات  
العمر: 12

Name: Mohit Mukul Bhagwat  
Age: 12



الإسم: ايليزابيث توني  
العمر: 11

Name: Elizabeth tony  
Age: 11



الإسم: سام ماثيو ثاراشان  
العمر: 10

Name: Sam Mathew Tharachan  
Age: 10



الإسم: كيفن جوزف توني  
العمر: 8

Name: Kevin Joseph Tony  
Age: 8



الإسم: عايشة فاطمة عبدالبشير  
العمر: 10

Name: Aysha Fahmida Abdul Basheer  
Age: 10



الإسم: سايانا فاطمة عبدالبشير  
العمر: 7

Name: Sayana Fatima Abdul Basheer  
Age: 7





Winner



الإسم: روشان عبدالله  
العمر: 5

Name: Roshan Abdullah  
Age: 5



الإسم: سارة روز ثاراشان  
العمر: 6

Name: Sara Ros Tharachan  
Age: 6



الإسم: أنجيلا ماي جيريللا  
العمر: 9

Name: Angela Mae M. Gerella  
Age: 9



الإسم: صالح وليد الطراوة  
العمر: 10

Name: Saleh Waleed Al-Tarrarwa  
Age: 10



الإسم: ياش ماهيندرا  
العمر: 8

Name: Yash Mahendra  
Age: 8



الإسم: عبدالعزيز مصلح العتيبي  
العمر: 9

Name: A/Aziz Musleh Al-Otaibi  
Age: 9



الإسم: ليونارد كلارانس شودري  
العمر: 11

Name: Leonard Clarence Chowdry  
Age: 11



الإسم: ثيودور كلارانس شودري  
العمر: 4

Name: Theodore Clarence Chowdry  
Age: 4





الإسم: باردیا ریزائی  
العمر: 10

Name: **Bardya Rezaei**

Age: 10



الإسم: نيشيا فانغالا  
العمر: 6

Name: **Nithya Vangala**

Age: 6



الإسم: غاوتام موناخ  
العمر: 10

Name: **Gautam Monangi**

Age: 10



الإسم: أحمد حسين  
العمر: 10

Name: **Ahmad Hussain**

Age: 10



الإسم: توسنيل داس  
العمر: 5

Name: **Tusneel Das**

Age: 5



الإسم: ياش رامي  
العمر: 7

Name: **Yash Ramani**

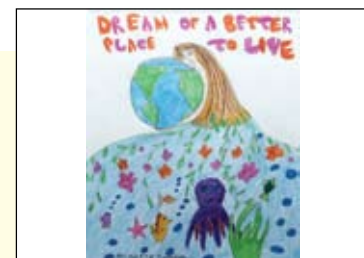
Age: 7



الإسم: اهيلي جوبتا  
العمر: 11

Name: **Aheli Gupta**

Age: 11



الإسم: **يفيت كلارانس شودري**  
العمر: **12**

Name: **Yvette Clarence Chowdry**

Age: 12





Winner



الإسم: إبراهيم عبدالله العامر  
العمر: 9

Name: Ibrahim Abdullah Al-Amer  
Age: 9



الإسم: خالد عبدالله العامر  
العمر: 7

Name: Khalid Abdullah Al-Amer  
Age: 7



الإسم: مشاري عبدالله العمران  
العمر: 4

Name: Meshari Abdullah Al-Omran  
Age: 4



الإسم: بدر سعد العتيبي  
العمر: 6

Name: Bader Saad Al-Otaibi  
Age: 6



الإسم: حواء عبدالرضا دشتي  
العمر: 11

Name: Hawra Abdul-Redha Dashti  
Age: 11



الإسم: علي عبدالرضا دشتي  
العمر: 8

Name: Ali Abdul-Redha Dashti  
Age: 8



الإسم: حسين عصام الكحلوت  
العمر: 8

Name: Hussain Esam Al-Kahlout  
Age: 8



الإسم: رتاج أحمد الكندري  
العمر: 5

Name: Retaj Ahmad Al-Kandari  
Age: 5

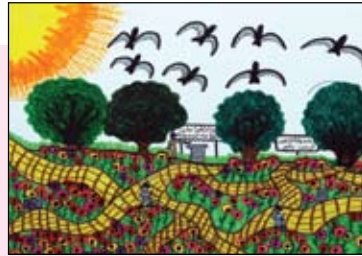






الإسم: إبراهيم صالح فهد العازمي  
العمر: 9

Name: Ibrahim Saleh Fahad Al-Azmi  
Age: 9



الإسم: هاجر صالح فهد العازمي  
العمر: 12

Name: Hajar Saleh Fahad Al-Azmi  
Age: 12



الإسم: عمر صالح فهد العازمي  
العمر: 7

Name: Omar Saleh Fahad Al-Azmi  
Age: 7



الإسم: فهد صالح فهد العازمي  
العمر: 10

Name: Fahad Saleh Fahad Al-Azmi  
Age: 10



الإسم: سارة سعد ماجد العتيبي  
العمر: 11

Name: Sarah Saad majed Al-Otaibi  
Age: 11



الإسم: منيرة سعد ماجد العتيبي  
العمر: 9

Name: Muneerah Saad Majed Al-Otaibi  
Age: 9



الإسم: سارة هيثم صفر  
العمر: 7

Name: Sarah Haitham Safar  
Age: 7



الإسم: حسن هيثم صفر  
العمر: 10

Name: Hassan haitham Safar  
Age: 10





الإسم: عمر سعد ماجد العتيبي  
العمر: 7

Name: Omar Saad Majed Al-Otaibi  
Age: 7



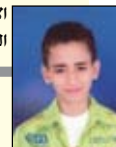
الإسم: يوسف احمد السيد رفاعي  
العمر: 5

Name: Yousef A. Al-Sayed Refay  
Age: 5



الإسم: عبدالرحمن احمد السيد رفاعي  
العمر: 11

Name: Abdulrahman A. Al-Sayed Refay  
Age: 11



الإسم: عبدالله احمد السيد رفاعي  
العمر: 9

Name: Abdullah Ahmad Al-Sayed Refay  
Age: 9



الإسم: ريم سرور  
العمر: 12

Name: Reem Srour  
Age: 12



الإسم: محمد ممدوح مصطفى  
العمر: 12

Name: Mohammad Mamdoh Mostafa  
Age: 12



الإسم: دلال هيثم صفر  
العمر: 5

Name: Dalal Haitham Safar  
Age: 5



الإسم: روان ممدوح  
العمر: 8

Name: Rawan Mamdoh Mostafa  
Age: 8







الإسم: سيد علي حسن ريزفي  
العمر: 10

Name: Syed Ali Hasan Rizvi  
Age: 10



الإسم: حمود عبدالعزيز الشراح  
العمر: 9

Name: Homoud Abdulaziz AlSharrah  
Age: 9



الإسم: زينب ابراهيم السيد ابراهيم  
العمر: 9

Name: Zainab I. Al-Sayed Ibarhim  
Age: 9

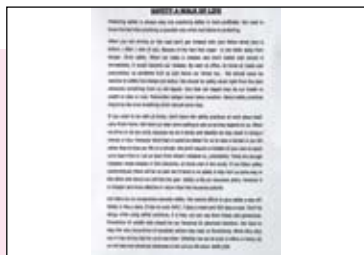


الإسم: خديجة ابراهيم السيد ابراهيم  
العمر: 7

Name: Khadijah I. Al-Sayed Ibrahim  
Age: 7



## YOUTH



الإسم: ك. برينس جوزف  
العمر: 13

Name: K. Prince Joseph  
Age: 13



الإسم: هيلين برانثانا  
العمر: 13

Name: Helen Prarthana  
Age: 13



الإسم: زينب حسن ريزفي  
العمر: 14

Name: Zainab Hasan Rizvi  
Age: 14



الإسم: لوجين وليد الطرارة  
العمر: 15

Name: Lujain Waleed Al-Tarrawa  
Age: 15







الإسم: ريديما ريدي  
العمر: 13

Name: Ridhima Reddy  
Age: 13



الإسم: لاكشمي راميش مينون  
العمر: 15

Name: Lakshmi Ramesh Menon  
Age: 15



الإسم: زينب سرور  
العمر: 13

Name: Zainab Srour  
Age: 13



الإسم: ج. سيندوجا  
العمر: 13

Name: G. Sindhuja  
Age: 13



الإسم: كالفين روي  
العمر: 13

Name: Calvin Roy  
Age: 13



الإسم: روندي راجي عطا حسن  
العمر: 13

Name: Ronad Rebhi Ata Hassan  
Age: 13



الإسم: شروتى كالياني  
العمر: 13

Name: Shruti Kalyani  
Age: 13



الإسم: اديتا ناند  
العمر: 13

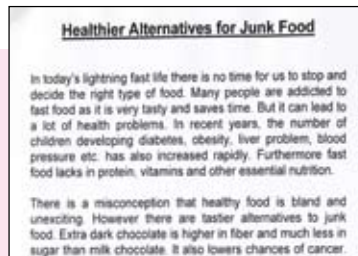
Name: Aditya Nand  
Age: 13





الإسم: راسيكا هيمانت كولكاري  
العمر: 13

Name: Rasika Hemant Kulkarni  
Age: 13



الإسم: رودشيني لاجوان  
العمر: 13

Name: Rudhashini Ilanguan  
Age: 13



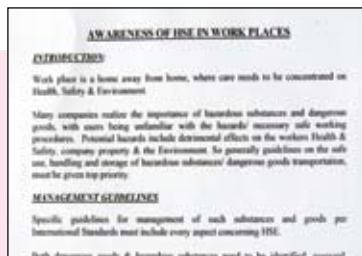
الإسم: عبدالعزيز وليد الطراوة  
العمر: 14

Name: Abdul Aziz W. Al-Tarrawa  
Age: 14



الإسم: مهند رحي حسن  
العمر: 15

Name: Mohannad Rebhi Hassan  
Age: 15



الإسم: روث سارا شارلز  
العمر: 18

Name: Ruth Sara Charles  
Age: 18



الإسم: سيدارث كومار ناير  
العمر: 16

Name: Siddarth Kumar Nair  
Age: 16



الإسم: س. ر. ارافيند  
العمر: 15

Name: C. R. Aravind  
Age: 15



الإسم: فرايزر جوميز  
العمر: 15

Name: Fraser Gomes  
Age: 15





الإسم: طيبة عبدالله العمران  
العمر: 17

Name: Taibah Abdulla Al-Omran  
Age: 17



الإسم: حصة عبدالله العمران  
العمر: 13

Name: Hessah Abdullah Al-Omran  
Age: 13



الإسم: باميلا لابوريانتي  
العمر: 13

Name: Pamela Laboriante  
Age: 13



الإسم: تاسنيم كبير  
العمر: 13

Name: Tasnim D. Kabir  
Age: 13



الإسم: محمد عصام الكحلوت  
العمر: 13

Name: Mohmmad Esam Al-Kahlout  
Age: 13



الإسم: زايد فوزي عبدالعزيز  
العمر: 14

Name: Zayed Fawzi Abdul-Aziz  
Age: 14



الإسم: نورهان مدوح مصطفى  
العمر: 13

Name: Norhan Mamdoh Mostafa  
Age: 13



الإسم: ابراهيم عبدالله العمران  
العمر: 14

Name: Ibrahim Abdullah Al-Omran  
Age: 14







الإسم: احمد عصام حسين  
العمر: 15

Name: Ahmed Esaam Hussain  
Age: 15



الإسم: اركام محمد عون  
العمر: 16

Name: Arkam Moh>d Aon  
Age: 16



الإسم: لولوة عبدالعزيز الشراح  
العمر: 17

Name: Lulwa Abdulaziz al-Sharrah  
Age: 17



الإسم: كاراليزا ادوين  
العمر: 15

Name: Caralyza Edwin  
Age: 15



الإسم: روشانل اشرف  
العمر: 13

Name: Roshanl Ashraf  
Age: 13



الإسم: عهد مصطفى الرفاعي  
العمر: 16

Name: Ohoud Mustafa Al-Refey  
Age: 16



### NEED FOR ALTERNATIVE RESOURCES

Our world as it stands today is a truly magnificent place, amazing technological advances have been made over the years that have helped form a truly advanced place. However to order to achieve these technical advancements we need power. Many years ago the only power we needed or used was the power created with our own bodies, but as our society grew both larger and more intelligent we had to turn to other sources: the most obvious of these sources being fossil fuels. These direct "organic" resources including coal, natural gas, and petroleum, then millions of years ago, formed the perfect solution to all our energy needs. Unfortunately we now realize that these resources have a very strong impact on the environment in the form of concentrated pollution, and what could be even more serious than greenhouse effect.

There is a severe environmental impact in all stages of fossil fuel use including: recovery, transportation, preparation, refining, and storage: not only the end results which confounders that most people think of. What occurring and from the earth there are three major issues. The destruction of habitat, acidic water runoff, and land subsidence. Some recovery issues with petroleum include drilling on land and offshore, gaffers, and accidents. The transportation of fossil fuels can be a very risky proposition, with risk of oil pollution of the seas and accidents during marine operations.

It is expected that the oil resources will be available in the world only the another 40 years.

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### GENERAL PRACTICES THAT CAN CONTRIBUTE TO CLEAN AIR

1. Automobiles must use clean fuels and their emission should be controlled.  
Major Pollutants from Automobiles
  - Carbon dioxide is the dominant greenhouse gas that causes global warming. The effects, disruption of global weather patterns and ecosystems, flooding, severe storms, and droughts.
  - Carbon monoxide, when inhaled, combines with hemoglobin in our blood, impairing the flow of oxygen to our brain and other parts of the body. Affect people with heart disease, the central nervous system.
  - Sulphur oxides contribute to aggravate existing heart and lung diseases, formation of acid rain, which damages trees, crops, and buildings; and makes soils, lakes, and streams acidic.
  - Oxides of nitrogen (NOx) are noxious pollutants. They are lung irritants, which react with compounds in the air to cause acid rain and ozone.
  - Particulate matter, consisting of tiny particles of smoke,

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Environment

Dennis Joshy

The environment is extremely valuable for us. Yet, we put this great gift in great peril through careless pollution and excessive use of natural resources. How did this come about? What are the causes for this crisis against the eco-system?

The causes are all inter-connected. Humans are trying to meet unlimited needs with limited resources. Thus, population explosion, leading to greater demands of resources, is a major cause. It was during the Industrial Era (during the 18<sup>th</sup> century) that humans realized that they were in possession of vast amounts of resources but could not use them. This was followed by the exploitation of these resources further leading to large scale pollution in all domains (be it air, water, land). This in turn affected the organic community living in that terrain adversely. This can have long-term effects like global warming, which is an immense problem in our global community addressing climate, also, pure water and air has become the most valuable commodity in the 21<sup>st</sup> century, due to the misuse of these resources.

What can be done about this? It is an obvious fact that this issue cannot be tackled without both government and individual initiative. Introduction of non-conventional renewable sources of energy like solar energy, wind, nuclear, geothermal energy can combat this problem efficiently. On a small scale, we can contribute by reducing pollution and misuse of public water in the urban areas. For example, Recycle and Reuse, implemented in homes as a

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Reducing Road Accidents (Safety)

In this era we are surrounded by vexed problems, the most alarming of being involved in an accident. Accidents can occur anywhere at any time. Sometimes, accidents are the result of our carelessness. In many countries, road accidents are the major causes of death.

In countries where existing laws are not properly implemented, accidents are bound to happen. Many rundown roads are not properly maintained. Improper and unplanned construction of roads and highways, without facilities such as flyovers, pedestrian crossings etc., add to the problem.

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ENVIRONMENTAL POLLUTION

David Joshy

Introduction to Environmental Pollution

Although pollution had been known to exist for a very long time (at least since people started using fire thousands of years ago), it had been the growth of truly global awareness only since the onset of the industrial revolution during the 19th century.

The industrial revolution brought with it technological progress such as discovery of oil and its virtually universal use throughout different industries.

Why does pollution matter?

It matters first and foremost because it has negative impacts on natural environmental services such as provision of clean air and clean water (and many others) without which life on Earth as we know it could not exist.

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Winner

### Noise Pollution

We always read in the newspaper about all sorts of environmental pollution mostly from oil spill and industrial waste. But the noise pollution always gets less importance, due to its sluggish effect on the living organism.

After a few years there will be a huge demand for iPod devices. These devices have the find ways to cut the sounds for the patients with hearing and other associated problems because of the noise pollution in the outside environment.

Moreover, you will see engineers in every school's cars in cell phones in their ears. At home, music problems will be in front of the television watching it in loud volumes. With other pollution problems in our heads there shouldn't be noise pollution troubling us. These electronic gadgets spoil the health, brain and marks of students.

In spite of knowing all this, why are the parents not controlling? Why are they leaving their own and encouraging their children's generation instead of controlling them? This has to be stopped. We are spending our future to our cars. Stop listening to high volume devices, stop listening to music with earphones, stop increasing the volume continuously. Take small precautions and save life.

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### Road Safety Awareness

Who is going to die today? Should my father drive or walk to work? Will my family be safe on the road? Are the highways safe ENOUGH? These are the questions which arise in my mind when a member of my family leaves the house with a car. This is because of lack of awareness to follow the Road Safety rules and precautions.

In Kuwait every year a lot of accidents take place. Many people die and their relatives have to suffer from the loss their loved ones. Many people get severe injuries which makes them disabled and become an inconvenience to the society and remain in need of help for the rest of the lives. These losses could have

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### HEALTH, SAFETY AND ENVIRONMENTAL ISSUES IN USAGE OF MOBILES

The usage of mobiles has been increasing day by day in developed and developing countries. They are millions of mobile users in the world who are constantly under the danger of side effects of using mobile phones. For example in state of Texas while population is almost double than the human population. Cell phones not only cause serious effects on health and safety but also in environmental issues. Two usage of mobiles especially a common sight in the present world of today are mainly facing the youth of the dangerous radiations produced by the mobile phones. There have been many cases in which the real scientific have witnessed the mobile being the major cause. Many scientific studies have proved that even using cell phones for short period of time cause many health effects. Mobile phones use Electromagnetic radiation in the microwave range, and sometimes below this may be either

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### A HEALTHY LIFESTYLE (HEALTH)

Health is a state of physical and mental well-being. What is important is not just brains but brains as well. It is not just the absence of diseases. People are becoming increasingly health conscious, thanks to modern education and health awareness campaigns. After all, it is said that you are what you eat.

Several studies show the relationship between health and food. Food containing too much fat and cholesterol is not considered to be good for human health. Approximately, a thousand of people become vegetarians every week. For those who workout or engage in physical activities, taking food items containing fat is less harmful.

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### HOW YOU SHOULD BE EATING!

Everyone knows that today's world is a world full of choices, where at times people make the wrong choices. One day is one aspect where we tend to make the wrong choices! Food now is presented to us in numerous enticing ways, but not all of these ways are healthy. It would be unrealistic to expect one to live on fruits, vegetables and healthy snacks all the time, a little chocolate or a rare treat won't harm us, but we must not let moderation.

#### Good Choices:

- Fresh fruits and vegetables: if you don't already have a favourite fruit or vegetable, try all of these available choices are many varieties in Kuwait, you'll be bound to find one to your taste!
- A good amount of protein - fish, chicken and meat: if you're not a vegetarian, one of these will appeal to you, you can then have it in any way imaginable! Just stay away from fried though!
- Bake, don't fry! With an oven in nearly every home, baking is simple! From "steak" can now be baked, and they really taste better!

#### Things you should stay away from:

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### SWITCH OFF THE OLD (CFL); SWITCH ON THE NEW (LED)

Compact Fluorescent lamps (CFLs) are the light bulbs of choice to day for saving money and money on utilities.

The drawback: A report by Yale University researchers in 2008 concluded that, depending on the state or country involved, the use of CFLs may actually increase total mercury released to the environment.

The CFLs contain mercury, which is a neurotoxin that can cause kidney and brain damage. When these bulbs break, the escaped mercury pollutes the air, water or soil. Even the latest lamp presented as "low-mercury" can contaminate more than 1,500 gallons of water beyond safe levels. In the U.S. there are special guidelines for a clean-up process if a bulb breaks.

Due to this reason CFLs are considered hazardous waste. The eco-sensible solution, which is made a rule in some countries is that they must be either recycled or taken to an approved hazardous Waste Disposal Site.

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### Environment Protection in Oil handling industries

An advanced monitoring system should be in place for environmental protection. Modern devices are to be used to monitor and control environmental pollutant emissions both inside and outside the industry.

All equipments are to be periodically checked before they land up in breakdowns. Preventive is better than cure. Integrity of the equipments, mechanical, electrical and instrument have to be periodically monitored and faults rectified. This would ensure effective performance of the equipments and less environmental pollutions. For example faulty instruments may be showing less values or having quantities than the actual which may result in environmental pollution. Instead if the instruments are periodically checked, problems identified and rectified then production loss or flaring and hence environmental pollution can be prevented.

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### THE CLOCK

❖ Is it hot today? Why is the sea level rising? Why both floods have increased in recent history? The answer to this question is a single. Thing is global warming, what is global warming? It is a gradual rise in the earth's temperature? How it is caused? The answer is simple humans caused it. How? By industrialization, Destruction of wild life, Desertification, and the lack of environmental protection and improvement there is a simple answer to all these humans caused it.

❖ Since the 1950 the planet has warmed by 0.8 degrees but there is a chance of a 5 degree warming. At the end of the 23rd century but even a 5 degree warming may not sound too much to worry about but 5 degrees is roughly the difference between the last ice

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## Carbon Footprint

Carbon footprint is the amount of greenhouse gas emissions a person produces in their daily life. The carbon footprint of an individual is calculated by their lifestyle.

The need of the hour is that we become conscious of the impact we as individuals have on the earth. Each individual is responsible for their actions which collectively affect the earth, its environment and its resources.

Our everyday activities are the main contributors to our carbon footprint. Some of these activities are:

It is crucial that we all do our share towards reducing this alarming figure in the State of Kuwait.

By forming a responsible and positive attitude, the goals of reducing the Carbon Footprint in the State of Kuwait can be achieved.

The Carbon Footprint can be reduced by these simple steps:

- Switching off lights and other electrical appliances from Electrical Switches when they are not in use.
- Using energy saving light bulbs.
- Hanging clothes out to dry rather

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