



الصحة والسلامة والأمن والبيئة في عيون أبناء العاملين Health, Safety, Security and Environment in our Children's Eyes

C&MD HSSE AWARD

جائزة رئيس مجلس الإدارة والعضو المنتدب للصحة والسلامة والأمن والبيئة
2012





Shopping carts are considered one of the most important tools for shopping in supermarkets. It helps you buy all your household, including your personal supplies, and to transfer those purchases throughout the store and car parking space.



2017

POLLUTION

2017

من
بمناسبتنا؟

تتمتع البشرية في العصر الحديث بما لا يحصى من رفاهيات الحياة التي لم تكن موجودة من قبل. ومع ذلك، فإن التقدم التكنولوجي قد أدى إلى تدهور البيئة وتلوث الهواء والماء والتربة. هذا هو الموضوع الذي سنتحدث عنه في هذا العدد من المجلة.

منذ بداية القرن العشرين، شهد العالم تدهورًا بيئيًا سريعًا. تلوث الهواء من المصانع والسيارات، وتلوث المياه من النفايات الصناعية والمنزلية، وتلوث التربة من المبيدات الحشرية والأسمدة. كل هذه العوامل تسببت في تغير المناخ وارتفاع درجات الحرارة العالمية، مما أدى إلى ذوبان الجليد القطبي وارتفاع مستوى سطح البحر.

لقد أدركنا الآن أن حماية البيئة ليست خيارًا، بل هي ضرورة. يجب علينا جميعًا أن نأخذ خطوات عملية لتقليل تلوثنا. يمكننا تقليل استهلاكنا للطاقة، وإعادة تدوير النفايات، واستخدام وسائل النقل العام. كل هذه الإجراءات الصغيرة يمكن أن تحدث فرقًا كبيرًا عندما نتخذها جميعًا.

نحن بحاجة إلى أن نكون أكثر وعيًا بالبيئة المحيطة بنا. يجب علينا أن نعلم أن كل شيء مرتبط ببعضه البعض. حماية البيئة هي حماية حياتنا وحياتنا الأجيال القادمة. لنجعل من بيئتنا مكانًا أفضل للعيش فيه.



الإسم: حسن صفر
العمر: 12

Name: Hassan Safar
Age: 12



الإسم: كريستين فاين ماهجمات
العمر: 12

Name: Christine Vine R. Mahgmat
Age: 12



الإسم: نيشين ناندكومار
العمر: 12

Name: Nithin Nandkumar
Age: 12



الإسم: شاهيم حسين
العمر: 12

Name: Shaheem Hussain
Age: 12



الإسم: سام ماثيو ثاراشان
العمر: 12

Name: Sam Mathew Tharathan
Age: 12



الإسم: غاوتام مونانج
العمر: 12

Name: Gautam Monangi
Age: 12



الإسم: استريد انا جوميز
العمر: 12

Name: Astrid Ana Gomes
Age: 12



الإسم: الان انتوني
العمر: 12

Name: Alan Antony
Age: 12





الإسم: رينشو اشفي دانييل
العمر: 6

Name: Rinshu Aachi Daniel
Age: 6



الإسم: جوسياه ادوين
العمر: 12

Name: Josiah Edwin
Age: 12



الإسم: ريشون اليكس دانييل
العمر: 12

Name: Rishon Alex Daniel
Age: 12



الإسم: لوجين القبندي
العمر: 12

Name: Lujane Al-Qabandi
Age: 12



الإسم: اسراء بشير مالك
العمر: 11

Name: Esra Bashir Malik
Age: 11



الإسم: خالد بشير مالك
العمر: 9

Name: Khalid Bashir Mailk
Age: 9



الإسم: شارون كيرثانا
العمر: 10

Name: Sharon Keerthana
Age: 10



الإسم: انجيلا ماي جيريللا
العمر: 11

Name: Angela Mae M. Gerella
Age: 11





الإسم: مشعل القبدي
العمر: 10

Name: Mishael Al-Qabandi
Age: 10



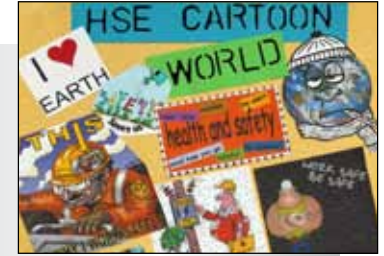
الإسم: محمد سفيان أحمد
العمر: 10

Name: Mohammed Safiyan Ahmed
Age: 10



الإسم: سليمان فارس المنصوري
العمر: 8

Name: Suliman Faris Al-Mansouri
Age: 8



الإسم: أحمد فارس المنصوري
العمر: 11

Name: Ahmad Faris Al-Mansouri
Age: 11



الإسم: إبراهيم عبدالله
العمر: 8

Name: Ibrahim Abdullah
Age: 8



الإسم: أحمد عبدالله
العمر: 6

Name: Ahmed Abdullah
Age: 6



الإسم: زونا عبدالله
العمر: 11

Name: Zunaira Abdullah
Age: 11



الإسم: حسنة طلال صديقي
العمر: 11

Name: Husna Talat Siddiqi
Age: 11





الإسم: بريشا كاري
العمر: 8

Name: Prisha Khare
Age: 8



الإسم: سواراج شالا
العمر: 10

Name: Swaraj Challa
Age: 10



الإسم: روشن عبدالله
العمر: 7

Name: Roshan Abdullah
Age: 7



الإسم: ريشا حبيبا
العمر: 10

Name: Reesha Habiba
Age: 10



الإسم: راجارشي راي
العمر: 10

Name: Rajarshi Ray
Age: 10



الإسم: ديفانش بوندا
العمر: 11

Name: Devansh Jatin Ponda
Age: 11



الإسم: دويتي بوندا
العمر: 8

Name: Dwiti Jatin Ponda
Age: 8



الإسم: عليا كاري
العمر: 7

Name: Alya Khare
Age: 7





الإسم: روشان اشوكومار
العمر: 9

Name: Roshan Ashokumar
Age: 9



الإسم: ثيودور شهودري
العمر: 6

Name: Theodore Chowdry
Age: 6



الإسم: ساي هارشيتا اديفي
العمر: 6

Name: Sai Harshita Adivi
Age: 6



الإسم: دي ال جوتشنا
العمر: 5

Name: D.L. Jotshna
Age: 5



الإسم: انكيت ناير
العمر: 11

Name: Ankit Ganga Prasad Nair
Age: 11



الإسم: اكاش ناير
العمر: 9

Name: Akash Ganga Prasad Nair
Age: 9



الإسم: اجمل شاهيم
العمر: 10

Name: Ajmal Shahim
Age: 10



الإسم: احسان شاهيم
العمر: 8

Name: Ahsana Shahim
Age: 8





الإسم: صفية سيد
العمر: 8

Name: Safiyya Ishaq Syed
Age: 8



الإسم: مريم شاهنا
العمر: 10

Name: Maryam Javed Shahna
Age: 10



الإسم: شعيب شاهنا
العمر: 8

Name: Shuaib Javed Shahna
Age: 8



الإسم: ميثوران شاكرافارثي
العمر: 11

Name: Mithuran Chakravarthi
Age: 11



الإسم: ريشما اشوكومار
العمر: 11

Name: Raeshma Ashokkumar
Age: 11



الإسم: اشينتيا كريشنا
العمر: 9

Name: Achintya Anil Krishna
Age: 9



الإسم: شينماي كولكارني
العمر: 10

Name: Chinmay Kulkarni
Age: 10



الإسم: كيفن جوزف توني
العمر: 10

Name: Kevin Joseph Tony
Age: 10





الإسم: برادنا كوتواني
العمر: 9

Name: Bradhna Praveen Kotwani
Age: 9



الإسم: ناكول ناير
العمر: 6

Name: Nakul S. Nair
Age: 6



الإسم: نيكيثا ناير
العمر: 8

Name: Nikitha S Nair
Age: 9



الإسم: ياش راماني
العمر: 9

Name: Yash Ramani
Age: 9



الإسم: نيشيا فانغالا
العمر: 8

Name: Nithya Vangala
Age: 8



الإسم: اراثي موهانداس
العمر: 10

Name: Aarathi Mohandas
Age: 10



الإسم: ديفي مادھوسودان موليك
العمر: 5

Name: Devi Madhusudan Mulik
Age: 5



الإسم: لاغو كيمايا رافيچ
العمر: 9

Name: Lagoo Kimaya Rajeev
Age: 9





الإسم: سارة صفر
العمر: 9

Name: Sarah Safar

Age: 9



الإسم: رونديسني مالمجمات
العمر: 10

Name: Rondisney R. Maligmat

Age: 10



الإسم: سايانا فاطمة
العمر: 10

Name: Sayana Fatma

Age: 10



الإسم: نافونيل جوبال مازومدار
العمر: 11

Name: Navoneel Gopal Mazumdar

Age: 11



الإسم: دي ال جاياديثيا
العمر: 5

Name: D. L. Jayadithya

Age: 5



الإسم: نيكول انتوني
العمر: 10

Name: Nicole Antony

Age: 10



الإسم: البرت انتوني
العمر: 8

Name: Albert Antony

Age: 8



الإسم: كريس اجل مالمجمات
العمر: 6

Name: Chris Angel R. Maligmat

Age: 6





الإسم: عادل اشرف
العمر: 10

Name: Adil Ashraf
Age: 10



الإسم: سوهام هيسابيا
العمر: 8

Name: Soham Hisabia
Age: 8



الإسم: ريا ان ايلياس
العمر: 11

Name: Riya Ann Elias
Age: 11



الإسم: اندرو جاكوب ماثيو
العمر: 5

Name: Andrew Jacob Mathew
Age: 5



الإسم: بدر سعد العتيبي
العمر: 8

Name: Bader Saad Al-Otaibi
Age: 8



الإسم: منيرة سعد العتيبي
العمر: 11

Name: Monearah Saad Al-Otaibi
Age: 11



الإسم: عمر سعد العتيبي
العمر: 9

Name: Omar Saad Al-Otaibi
Age: 9



الإسم: سلطان سعد العتيبي
العمر: 4

Name: Sultan Saad Al-Otaibi
Age: 4





الإسم: پرمناڤيٿ فيڀارٿي
العمر: 8

Name: Premanvith Ramjee Vipparthi
Age: 8



الإسم: تارون راميش
العمر: 9

Name: Tarun Rameshbabu
Age: 9



الإسم: ناندام ساهيتي
العمر: 4

Name: Nandam Saahiti
Age: 4



الإسم: سيدارٿ مونانجي
العمر: 7

Name: Sidharth Monangi
Age: 7



الإسم: ايرين كيشنور
اندرادالعمر: 5

Name: Irin Kishor Chooranoly
Age: 5



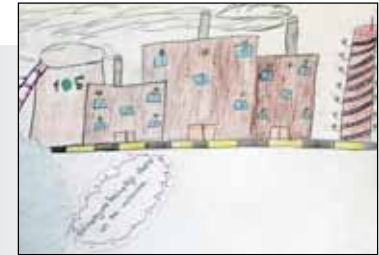
الإسم: زها فاطمة صديقي
العمر: 7

Name: Zuha Fatima Siddiqui
Age: 7



الإسم: لافنيا باتي
العمر: 7

Name: Lavnya Bhati
Age: 7



الإسم: دانه فهد القطان
العمر: 10

Name: Dana Fahad Al-Qattan
Age: 10





الإسم: موهيت مالوجي جاداف
العمر: 10

Name: Mohit Maloqi Jadhav
Age: 10



الإسم: يوسف احمد السيد
العمر: 7

Name: Yousef Ahmad Al-Sayed
Age: 7



الإسم: عبدالله احمد السيد
العمر: 11

Name: Abdullah Ahmad Al-Sayed
Age: 11



الإسم: عابد ناصر
العمر: 9

Name: Aabid Nasar
Age: 9



الإسم: كارين مارتن
العمر: 11

Name: Karen Martin
Age: 11



الإسم: امرثا جاياكانث
العمر: 11

Name: Amritha Jayakanth
Age: 11



الإسم: توسنيل داس
العمر: 7

Name: Tusneel Das
Age: 7



الإسم: دودا مانيسري
العمر: 7

Name: Dodda Sai Manisri
Age: 7





الإسم: ساجانا سويل كالياني
العمر: 9

Name: Sanjana Sunil Kalyani
Age: 9



الإسم: شروشتي ماهاجان
العمر: 8

Name: Shrushti Sachin Mahajan
Age: 8



الإسم: سارة روز ثاراشان
العمر: 8

Name: Sara Ros Tharachan
Age: 8



الإسم: كينيث مارتن
العمر: 11

Name: Kenneth Martin
Age: 11



الإسم: أحمد حسين علي سلمان
العمر: 11

Name: Ahmad Hussain Ali Salman
Age: 11



الإسم: محمد عقيب علي صديقي
العمر: 10

Name: Mohammed A. Ali Siddiqui
Age: 10



الإسم: ديا ليزبث جيري
العمر: 7

Name: Diya Lizbeth Jerry
Age: 7



الإسم: ايسابيل كيشور
العمر: 10

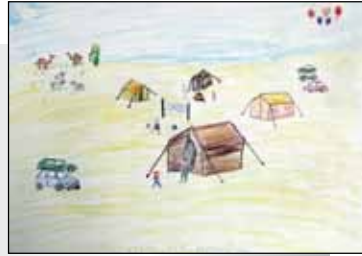
Name: Isabel Kishor Chooranoly
Age: 10





الإسم: شيخة المطيري
العمر: 12

Name: Shaikha AlAziz Ghazi Al-Mutairi
Age: 12



الإسم: محمود حسين علي سلمان
العمر: 7

Name: Mohmood Hussain Ali Salman
Age: 7



الإسم: مأمون حسين علي سلمان
العمر: 5

Name: Mamoon Hussain Ali Salman
Age: 5



الإسم: دلال صفر
العمر: 7

Name: Dalal Haitham Safar
Age: 7



الإسم: رتاج أحمد الكندري
العمر: 8

Name: Retaj Ahmad Al-Kandari
Age: 8



الإسم: يوسف بدر العيسى
العمر: 6

Name: Yousef Bader Al-Essa
Age: 6



الإسم: منى عبدالرازق ابراهيم
العمر: 9

Name: Menna Allah Abdelrazek Ibrahim
Age: 9



الإسم: انوار بدر العيسى
العمر: 11

Name: Anwar Bader Al-Essa
Age: 11

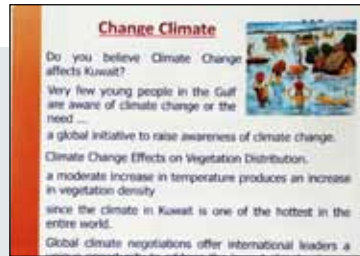


YOUTH



الإسم: هيلين برانثانا
العمر: 15

Name: Helen Prarthana
Age: 15



الإسم: تاسنيم كبير
العمر: 15

Name: Tasnim D. Kabir
Age: 15



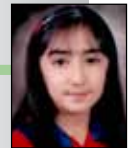
الإسم: رفعان كبير
العمر: 12

Name: Rafaan D. Kabir
Age: 12



الإسم: حوراء حامد ابراهيم
العمر: 11

Name: Hawraa Hamad Ibrahim
Age: 11



الإسم: محمد عبدالله
العمر: 16

Name: Mohmmad Abdullah
Age: 16



الإسم: ابرام عبدالله
العمر: 17

Name: Errum Abdullah
Age: 17



الإسم: نيخيل ناندكومار
العمر: 14

Name: Nikhil Nandkumar
Age: 14



الإسم: ج. سيندوجا
العمر: 15

Name: G. Sindhuja
Age: 15



THREAT OF WASTE

In the advent of electronics era, our growing dependence on electronics items leads to harm and to the workplace has given rise to a new environmental challenge: electronic waste. Electronic items and electrical products considered as – Broken computers, televisions and stereo apparatus, to reach appliances like iron and cellular phones. Sharp machines of these products wear out or become obsolete, creating a challenge for their safe disposal.

A study conducted in United States, showed that electronics already make up approximately 2 percent on the municipal solid waste stream. Research indicates that electronic waste is growing at four times the rate of other household waste. Through an recycle and re-use sorts of the components, it may cause people just throw it out and becomes an environmental issue. Even though there is no international agreement on the question of electronic waste problem, most of the countries have their own regulations on processing of e-waste. Most them are based like shipping of electronic waste to bulk to third world countries where money included treatment process it in a very crude way which can cause environmental diseases. Even the people who work on such factories are not educated with what sort of toxic or poisonous materials they are handling.

To counter to reduce or control this issue we need to make the people aware or contribute of electronic equipment) educated and make them aware of the hazardous nature of e-waste.

الإسم: دینیس جوشی
العمر: 16



Name: Dennis Joshy Manjaly
Age: 16

CELL PHONE POLLUTION

Most people don't realize it, but cell phones are becoming a huge contributor to pollution on our planet right now. On an average one litre of degraded plastic gets a new mobile phone at least once every 18 to 24 months. This averages out to 74 tonnes (about a billion lb) of non-purchased your old phone sitting at the top of it, merrily polluting our planet. And you have three more phones.

As part of our "Greenways" series, created with our wireless agenda for cell phone consumption and usage issues that health, an becoming charged as an alarming new risk for cell consumption and other electronic components, but cell phones are just merely one of several digital products for them. Sadly, it is estimated that over 120 million cell phones are tossed every year, creating over 60,000 tons of garbage.

The reason why cell phone recycling is important is because they contain some pretty toxic metal embedded inside their circuitry and display, metals such as arsenic, Lead, and Cadmium. In addition to Cadmium, Mercury and Beryllium is something which has been linked to cancer, neurotoxic chemicals you wouldn't want breathing into the environment. If spread of toxicity they create economic instability that can be recycled and used again, yet because we pollute the earth even more by trying to produce these components over again. Thus would mean we would already have the base materials we need without having to strip precious metals out. Instead we already have the base materials we need without having to strip precious metals out. Instead we already have the base materials we need without having to strip precious metals out.

الإسم: دایفد جوشی
العمر: 18



Name: David Joshy Manjaly
Age: 18

الإسم: کیفن انتونی
العمر: 15



Name: Kevin Anthony Kallararak
Age: 15

An exercis a day: keeps your doctor away

I daily need to encourage you get involved in keeping good health. Goodness encompasses in exercise of people. In United States are encouraged to maintain walking five getting longer and longer. APPROXIMATELY 600,000. That's not an accident that every citizen of United is encouraged to walk. All the because of what makes they great at getting away from computer and so on someone about their old and health. All this comes from a normal and excitement and their reaction and spirit but, but the most important thing that a person is not. Almost every person if you have diabetes, or suffering from high cholesterol and blood pressure levels, approximately 10 percent of someone I mean to say. This is a good example of someone who either they exercise of keep their blood sugar at level 12 hours at work it based on getting motivation by trying to be healthy and more the people. Physical activity is related to general health. It helps people maintain a healthy weight and balance stress levels, people who exercise regularly and has leads to multiple symptoms or better. One how the stress already suggest physical signs of heart health, cholesterol, hypertension and blood pressure. The lack of exercise may also contribute with diabetes, heart disease in general, asthma. That's a warning that more you have one, the walking, swimming, swimming, yoga or the riding, Aerobic exercise can decrease the risk of heart disease by 30 to 40 percent. Depending on the system level, Aerobic and frequency.

الإسم: طلحة عبدالله
العمر: 14



Name: Talha Abdullah
Age: 14

الإسم: ادیتیا ناند
العمر: 14



Name: Aditya Nand
Age: 14

DEFOLIATION - HOW TO SAVE OUR PLANET

Tropical rainforests are disappearing from the face of the globe. Despite growing awareness, rain forests continue to be destroyed at a pace exceeding 13,000 hectares per day. World rain forest cover now stands at around 2.3 billion square miles, around 3 per cent of the world's land surface. Much of this remaining area has been impacted by human activities and no longer retain its full original biodiversity. DEFORESTATION of these forests has led to the extinction of species, loss of important ecosystems services and resources and the reduction of carbon sinks.

Besides this, these forests have great economic value. Humans and animals depend on forests for their livelihood. People living near tropical forests rely on them for their medicine, food, wood etc. For city dwellers, tropical forests provide water for domestic use and hydroelectric power. These forests heavily support tourism industries. We also obtain medicines and drugs from rain forests.

Conservation of the tropical rainforests are done mainly by sustainable and rehabilitation

الإسم: ایلزابیث تونی
العمر: 13



Name: Elizabeth Tony
Age: 13

الإسم: ارافیند
العمر: 17



Name: Aravind Chakravarthi
Age: 17

	Recycling Recycling is the process of converting waste materials into new materials and objects. It is an essential part of the manufacturing process that has been in use since the beginning of time. Recycling helps to conserve natural resources, reduce pollution, and save energy.
	Water Conservation Water is a precious resource, and it is essential for life. We should conserve water by turning off the tap when brushing our teeth, taking shorter showers, and using water-saving devices. We should also avoid wasting water and use it wisely.
	Energy Conservation Energy is a vital resource, and we should conserve it by using energy-efficient appliances, turning off lights when not in use, and using public transport. We should also avoid wasting energy and use it wisely.
	Recycling Recycling is the process of converting waste materials into new materials and objects. It is an essential part of the manufacturing process that has been in use since the beginning of time. Recycling helps to conserve natural resources, reduce pollution, and save energy.

الإسم: شروتی کالیانی
العمر: 14

Name: Shruti Sunil Kalyani
Age: 14



الإسم: باردیا رزائی
العمر: 12

Name: Bardya Rezaei
Age: 12



RECYCLING
Reusing it into the resource recycling is called by R.C. It is essential part recycling that is helps save a lot of the waste of the any important resource and makes "3R'S" (Reduce, Reuse, Recycle) that is called.

Recycling Uses and Types

Recycling is an essential use of saving energy and conserving the environment.

- 1. Recycled paper can be used to make things like paper and cardboard.
- 2. Recycled glass bottles can be used to make things like bottles and jars.
- 3. Recycled plastic bottles can be used to make things like bottles and jars.
- 4. Recycled metal can be used to make things like cans and pipes.

Some Interesting Facts

- 1. It is 20% of the waste that ends up in the landfill can be recycled.
- 2. The amount of energy required to recycle paper is less than the energy required to produce new paper.
- 3. It is 20% of the waste that ends up in the landfill can be recycled.

الإسم: لاکشمی رامیش مینون
العمر: 17

Name: Lakshmi Ramesh Menon
Age: 17



PREPARATION OF BIODIESEL

الإسم: مایوری مالوچی جاداف
العمر: 17

Name: Mayuri Maloaji Jadhav
Age: 17



OBESITY: A GENERALITY OF TODAY'S WORLD

Obesity, something prevalent among almost three quarters of the people living today in the world, is a medical condition where excess fat accumulates in the body to the extent that it may cause death. This is the bigger truth. Nearly every top in obesity, with Kuwait quite close at the 6th position.

Every where we go, we can find it not more, then at least one branch of fast food restaurants like KFC, Burger King, McDonalds etc. It is all very well for treats of weekends, but many people overconsume these foods and then daily diet, leading to a looking in the fat too countries for obese population, it has come to such an extent that if there are no fast food joints in a public place, it is considered worthless. Even hospital canteens will cook food and unhealthy snacks. Even if there are low-calorie, sugar free sweets and snacks, these foods are consumed in big quantities and prepared by the shopkeepers in supermarkets and malls. It looks as if high calorie content, low the labels are printed on the food packets in such a way that the facts go unnoticed.

Doctors have labelled obesity as the top preventable disease in the 21st century. This means that, if we want to be healthy and live without worry of heart troubles, cholesterol and diabetes, then we must make sure to do all we can. The simplest of healthy can prevent a lifetime of diseases and bad health. Drinking six to eight glasses of water is essential.

الإسم: تیجاشری جایکانث
العمر: 14

Name: Tejashri Jayakanth
Age: 14



Diabetes - The Silent Killer

Diabetes is a chronic, life-long disease that results in high levels of sugar in blood. It is caused either by increased not producing enough insulin, or the body not being able to effectively use the insulin produced. Insulin is a hormone produced by the pancreas to enable body cells to consume blood sugar for energy.

There are two main types of diabetes. Type 1 diabetes, the insulin producing cells have been destroyed and diabetes is unable to produce insulin. Type 2 diabetes is the result of body's inefficiency in using the insulin produced.

Type 2 diabetes is more common than type 1 diabetes. It accounts for more

obesity. Obesity, lack of physical exercise and family history.

Diabetes requires careful monitoring and control. The best way to manage it is by management may lead to high blood sugar levels resulting in long term damage to heart, kidney, eyes & nerves including feet, feet and lower limb.

As per the report published by Diabetes Mellitus Kuwait, the prevalence of diabetes in Kuwait during 2008 was 21.1%, the highest in the Middle East. The same report says that, "If the current consumption, habits and lifestyle do not improve, the prevalence of diabetes is expected to, at least, double, by the year 2025."

الإسم: سندس حسین
العمر: 17

Name: Sindus Hussain
Age: 17



THE IMPORTANCE OF SAFE DRIVING

There are all kinds of risks on the road, from negligence to the driver, everyone on the road is expected to be cautious. Unfortunately, a driver's license does not always ensure competence and responsibility on the road. Safe driving is essential because it can help prevent the most serious of road accidents.

SAFETY TIPS There are many things you can do to help prevent road accidents. Some of these include: wearing your seat belt, not drinking and driving, and always using your seat belt. You should also avoid driving while tired or stressed, and always use your seat belt. You should also avoid driving while tired or stressed, and always use your seat belt.

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الإسم: عائشة فاطمة
العمر: 13

Name: Aysha Fahmida AbdulBasheer
Age: 13



Global Warming

Global warming is a difficult theory to grasp. Global warming is defined as "the gradual increase in the earth's surface temperature". This increase is causing the global climate to change. The main reason for this is the increase in greenhouse gases. Greenhouse gases are "the gases that allow sunlight to enter the atmosphere, but when sunlight reaches the Earth's surface, some of it is re-radiated back towards space as infrared radiation. Greenhouse gases absorb this infrared radiation and trap the heat in the atmosphere. Some greenhouse gases, such as water vapor, carbon dioxide, methane, and nitrous oxide, are natural, while other industrial gases are man-made. These gases keep the Earth about 33°C (91°F) warmer than it would be otherwise. Without them, the Earth would be too cold to support life. In the late 19th century, scientists discovered that certain greenhouse gases, mainly carbon dioxide, were causing global warming. This discovery led to the development of the greenhouse effect theory.

There have been many times in history that the Earth's climate has changed, experiencing times of both warmth and cold. This is caused due to changes in the Earth's orbit, volcanic activity, and the way that it is tilted back the way. The Earth usually has an average temperature of 15°C (59°F) degrees Fahrenheit, or 59°F (15°C) degrees Celsius. The rise in the Earth's average temperature is one of

الإسم: موهيت موکول باغوات
العمر: 13

Name: Mohit Mukul Bhagwat
Age: 13



Oil Pollution

Kuwait undoubted economy growth is unquestionably the abundance of oil. So is its culture and tradition. But the overexploitation of Nature and its natural resources from its oil wells has to be taken into account. The oil spill, which began on January 23, 1991, caused considerable damage to wildlife in the Persian especially in areas surrounding Kuwait and



الإسم: فرايزر جوميز
العمر: 17



Name: Fraser Gomes
Age: 17

Shopping carts are considered one of the most important tools for shopping in supermarkets. It helps you buy all your household, including your personal supplies, and to transfer those purchases throughout the store and car parking space.



الإسم: عبدالرحمن احمد السيد
العمر: 13



Name: Abdulrahman Ahmad Al-Sayed
Age: 13

GET TOGETHER AND STOP GLOBAL WARMING!!!



Global warming is not a matter of concern just for environmentalists and scientists but for everyone. Soon or later we will have to pay for it in the form of the cost. Each one of us has contributed to this and it is time for all of us to get together and stop it. Simple changes in the things we do every day can make a major impact.

- ❖ Planting trees in front of our houses or even keeping plants inside our rooms.
- ❖ Carpooling or taking a bus to office and school.

الإسم: رودشيني لاجوان
العمر: 15



Name: Rudhashini Ilanguan
Age: 15

The Dream

I dreamt I was in a place,
Full of colorful flowers and green lush trees beside a sparkling running stream,
Flowing from the majestic mountain, but the truth I have to face,
That all this was just a dream!

I wake up to see,
Where the beautiful flowers had been,

الإسم: زينب حسن ريزفي
العمر: 16



Name: Zainab Hasan Rizvi
Age: 16

Road safety

Everyday many people are involved in road accidents. Some are killed, many more are injured or harmed. So it is important for us to learn to use the roads properly and safely. No one person would like to be involved in an accident.

As the roads are very busy nowadays, we should be very careful when crossing one. It is safer to use a pedestrian crossing or an overhead bridge whenever one is available. Never cross a road by climbing across it. That is inviting trouble. If there are no crossings, then we must look carefully right and left and cross only when it is safe to do so.

Some of us take the bus to school. It is important that we do not try to get on or off a bus while it is still moving. I used to get on a moving bus once. It dragged me a short distance and nearly ran over me. I was lucky to escape with only some scratches on my legs. Also we must not lean forward while in the bus. A sudden lurch can send us knocking our heads against something hard.

الإسم: دروف راماني
العمر: 13



Name: Dhruv Ramani
Age: 13

Top Ten Safety Tips for Child

- I know my full name, my parent's names, our address and phone number.
- I know when and how to use Emergency phone number (911 & 112).
- I never put my name on my clothes, jewelry, caps or belongings where people can see it.
- I tell my parents about things that happen to me that make me feel scared, uncomfortable or sad.
- I know that a stranger is anyone I don't know well, and that someone can be a stranger even if they look nice or know my name.
- I never tell strangers my name or where I live.

الإسم: موليك م. مادھوسودان
العمر: 13



Name: Mulik OM. Madhusudan
Age: 13

Effects of Plastic bags on Environment



Plastic bags are very popular with both retailers as well as consumers because they are cheap, strong, lightweight, functional, as well as a hygienic means of carrying food as well as other goods. Even though they are one of the modern conveniences that we seem to be unable to do without, they are responsible for causing pollution, killing wildlife, and using up the precious resources of the earth from one of the harmful effects of plastic bags.

Plastic bags litter the landscape:
Once they are used, most plastic bags go into landfills or rubbish tips. Each year more and more plastic bags are ending up littering the environment. Once they become litter, plastic bags find their way into our waterways, parks, beaches, and streets. And, if they are burned, they release the air with toxic fumes.

Plastic bags are non-biodegradable:

الإسم: كالفين روي
العمر: 14



Name: Calvin Roy
Age: 14



- Take these tips into consideration when practicing to become a responsible, safe driver:
 - Pay attention to safety belt laws. Most often you can't have more passengers than your vehicle has safety belts. Make sure you and your passengers always wear safety belts.
 - Inspect your vehicle before you get into the car, and adjust your seat and mirror before you take off. Always remember to check your gas gauge, too.
 - Follow the rules. This includes speed limits, traffic lights, traffic signs, and

الإسم: رين فيليب شارلز
العمر: 13



Name: Rubin Phillip Charles
Age: 13



الإسم: روناد ربحي حسن
العمر: 14

Name: Ronad Rebhi Hassan
Age: 14



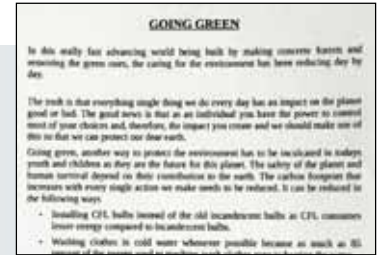
الإسم: مهند ربحي حسن
العمر: 17

Name: Mohannad Rebhi Hassan
Age: 17



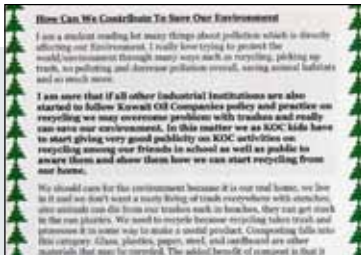
الإسم: ألوين جون ك.
العمر: 18

Name: Allwyn John K
Age: 18



الإسم: سوديش
العمر: 16

Name: S. Sudheesh
Age: 16



الإسم: أنجالي موهنداس
العمر: 17

Name: Anjali Mohandas
Age: 17



الإسم: شيلبا سوبرامونيام
العمر: 16

Name: Shilpa Subramoniam
Age: 16



الإسم: عبدالعزيز وليد الطرارة
العمر: 16

Name: Abdul Aziz Waleed Al-Tarrawa
Age: 16



الإسم: لوجين وليد الطرارة
العمر: 17

Name: Lujain Waleed Al-Tarrawa
Age: 17





الإسم: شيريل ماثيو
العمر: 16



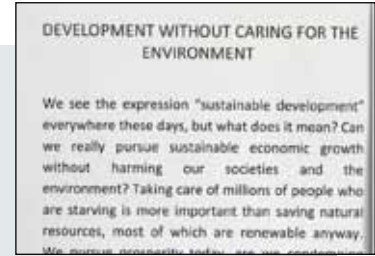
Name: Sheryl Mathew
Age: 16



الإسم: يوسف حسين علي سلمان
العمر: 13



Name: Yousef Hussain Ali Salman
Age: 13



الإسم: قدريه ناصر
العمر: 15



Name: Qadriya Nasar
Age: 15



الإسم: نهيلي فيبارثي
العمر: 13



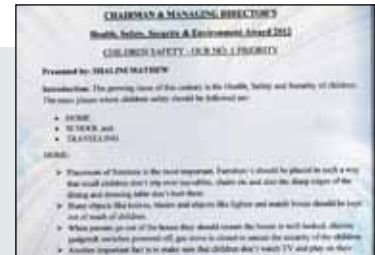
Name: Nehil Ramjee Vipparthi
Age: 13



الإسم: براشانث ناير
العمر: 14



Name: Prashanth Kumar Nair
Age: 14



الإسم: شاليني ماثيو
العمر: 13



Name: Shalini Mathew
Age: 13

Our Planet And The Environment

I have a certain perspective on humanity that other people may or may not share. I believe that we are but guests on this planet; this planet has flourished for many years before man inhabited it.

Think of the azure-blue oceans, glittering under the beaming sun of beautiful Kuwait. Think of the huge stretch of pristine desert, with its wildlife roaming around freely – without a threat. No pollution anywhere, just nature. Isn't that a beautiful image that everyone would enjoy when it comes to mind? Isn't that what we all want today? Walking into a beach or desert, and seeing nothing but the beauty of nature.

الإسم: رغدة رستم علي
العمر: 15



Name: Raghda Ala'a Rustom Ali
Age: 15



الإسم: بالاجي بارادي
العمر: 14



Name: Balaji V. K. Barade
Age: 14

Dr. Sahana Khatun

The condition of the environment is a worldwide issue. Air and water pollution do not recognize borders. Population growth has been identified as one of the key factors affecting the environment. Developed nations have reduced their rate of population growth, so overpopulation is not as great a problem as it was previously considered to be; however, because of the high level of consumption, each person in a developed nation will use 3 times as much water and 22 times as much energy as a child born in a developing country.

If we do not clean up the earth, the environment is going to continue to suffer, which will cause the earth to die. A variety of environmental problems now affect our entire world. As globalization continues, the earth's natural processes transform local problems into international issues. Few solutions are being left untroubled by major environmental problems. Some of the largest problems now affecting the world are Acid Rain, Air Pollution, Global Warming, Hazardous Waste, Ozone Depletion, Smog, Water Pollution, Desertification, and Rain Forest Destruction.

الإسم: ساجانا راميشبابو
العمر: 16



Name: Sanjana Rameshbabu
Age: 16

HEALTH



1. Avoid Smoking and Exposure to Smoke: Smoking is the most significant cancer risk factor that we can reduce. It is responsible for not only lung cancer but many other types of cancer.
2. Practice Sun Safety and Protection: When Skin Changes Occur: Skin cancer is the most common type of cancer in men and women, and it accounts for about half of all...

الإسم: نيتين سموبرامونيام
العمر: 12



Name: Nithin Subramoniam
Age: 12

General Safety Tips

Emergency can happen anytime. Preparation is better than none. So let's learn these tips before we register it.

- Learn to locate your own name, age, telephone number, area code, address, city and province.
- Make a list of emergency telephone numbers. Place the list where it is easily accessible to the entire family, preferably near the telephone.
- Always carry the ID card when you go out from home.
- Don't accept gifts from strangers.
- Don't allow the children to play in deserted buildings or isolated areas, or take shortcuts through empty parks or fields.
- Keep matches and lighters away from children. Children must not smoke under adult supervision only.
- Get permission before entering anyone's house.

الإسم: لوجاراجان ايلاجوفان
العمر: 12



Name: Logarajan Ilangovan
Age: 12



الإسم: صالح وليد الطراوة
العمر: 12



Name: Saleh Waleed Al-Tarrarwa
Age: 12

Global Warming

Global warming is the direct result of adding too much carbon dioxide to the atmosphere. Half of the sun's rays go through the earth's atmosphere and half of that gets reflected back to space and the remainder stays in the earth trapped by the atmosphere due to carbon dioxide.

It poses one of the most serious challenges to our planet. If left uncontrolled, it will increase the severity of hurricanes, cause major flooding, and intensify desertification.

In North America, an average person inhales to the atmosphere each year through daily activities like driving to work, turning on lights, and heating his

home. We cannot stop global warming completely now but we can make efforts to slow it down. Our attitude and lifestyle will lead to a global impact on achieving the objective by making possible efforts to address the following steps:

- Make conserving energy a part of your daily routine.
- Linking all appliances on standby.
- Use of energy saving light bulbs and reduce CO2 by nearly 700 pounds from air conditioning systems and also reduced electricity consumption.
- Use Energy Star label appliances.

الإسم: أحمد حسين
العمر: 12



Name: Ahmad Hussain
Age: 12

Winner

«إعادة التدوير»
أحمد العباسي

الإسم: أحمد نواف العباسي
العمر: 12



Name: Ahmad Nawaf Al-Abassi
Age: 12

Global Warming- A Global Threat

People say future cannot be determined. Well to tell you the truth, there is a prediction I have that is bound to come true with the current actions that humans are undertaking, and it is these actions that are slowly destroying our world, our Earth. And one day soon we will be wiped out off this Planet.

And the sole reason will be Global Warming.

What is Global Warming?

Global warming is the observed and projected increases in the average temperature of Earth's atmosphere and oceans.

الإسم: سيد علي حسن Rizvi
العمر: 12



Name: Syed Ali Hasan Rizvi
Age: 12

SMOKING-DANGEROUS TO HEALTH AND ENVIRONMENT

Smoking is popular among young and old, ladies and gents. It is really not to one's health. It opens the gateway of physical downfall and speedy death. Tobacco consumption can cause cancer of mouth, throat and lungs. It is unfortunate that a habit so injurious to health has so much popularity in society. The cigarette ads misguide the youth into believing that smoking is a macho thing. It adds to the personality, aids thinking and planning and is fully satisfying. It is considered as a status symbol. It is an 'in thing' among teenagers when they smoke others and even girls start smoking as a mark of their liberation. The anti-smoking campaign warns away marginal smokers from evil.

Travelling in public transport is less annoying as smoking is banned in public places. The most shocking thing in society is that tobacco companies have launched a campaign to entice women smokers. The tobacco companies say that smoking is a lady's privilege. In fact, women smokers run an even greater health risk than men.

الإسم: محمد علي صديقي
العمر: 12



Name: Mohammed Ashraf Ali Siddiqi
Age: 12

Resonance

Our best moments of love and beauty which produce through fragrance for beauty bring, but because of natural production we are getting it more every day for getting worse.

Making resonance among of the people for more progress can only help avoiding. Advancement and modernization. Improvement of man in our life. Earth is the only planet where life exists and the only known habitable planet for man. It is bound to last there is still other because that the other planets where life is not there. We should make resonance to all people for our life is having almost similar with trees and we should not forget that we are the fragrance to the trees. Ladies, women and the atmosphere are connected with each other. These relationships in cultural life will not be any other. They naturally there would be any resonance in a child's life from its mother tongue. It is because people that life on earth is possible. There are not any providing suggest for also that for human being and animals.

Instead of playing with computer, we should study it as a hobby of making games if there is any energy level and we become. There is to be forward it will be beautiful to see about it. There are also all of different things and things of the same time. It is

الإسم: ارشانا موهانداس ك
العمر: 12



Name: Archana Mohandas K
Age: 12

A Suggestion

My father is working in KOC, plastic lunch-box in office lunch-box is always present of & mother.



and the same food served in during lunch time. This habit is between my father & mother. New items of the lunch-box processed fruit juice, cheese sweet biscuits, chocolates.

Mother always criticize the like canned animal milk, is larger / salad / creamer,



vegetable salad, bread with honey in KOC lunch-box.

Father, after mother's persuasion, only only selected items and lives behind an

الإسم: ارونيا ناند
العمر: 12



Name: Arunima Nand
Age: 12



الإسم: روشان اشرف
العمر: 14

Name: Roshan Ashraf
Age: 14



الإسم: لياه كريستيل مالمجمات
العمر: 13

Name: Leah Christel R. Malignat
Age: 17



الإسم: لاغو سانكا رافيچ
العمر: 16

Name: Lagoo Sanika Rajeev
Age: 16



الإسم: راوان احمد الهاشمي
العمر: 14

Name: Rawan Ahmad Al-Hashemi
Age: 14



الإسم: لويس كيفين
العمر: 16

Name: Louis Kevin
Age: 16



الإسم: سارة سعد ماجد العتيبي
العمر: 13

Name: Sarah Saad Majed Al-Otaibi
Age: 13





الإسم: ناندام ساڄي
العمر: 13

Name: Nandam Sanjay
Age: 13



الإسم: سلفاراڄان كابلان
العمر: 17

Name: S. Kabilan
Age: 17



الإسم: سيدارتان
العمر: 12

Name: S. Siddhantan
Age: 12



الإسم: سيريڄا راي
العمر: 14

Name: Sreeja Ray
Age: 14



الإسم: يفيث كلارانس شودري
العمر: 14

Name: Yvette Clarence Chowdry
Age: 14



الإسم: ليونارد كلارانس شودري
العمر: 13

Name: Leonard Clarence Chowdry
Age: 13



Winner



الإسم: نادين عماد عزام
العمر: 14



Name: Nadeen Imad Azaam

Age: 14



الإسم: شريا مالوجي جاداف
العمر: 13



Name: Shreya Maloji Jadhav

Age: 13



الصحة والسلامة والأمن والبيئة في عيون أبناء العاملين

Health, Safety, Security and Environment in our Children's Eyes



C&MD HSSE AWARD

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