

Thinking
green

Rehan Ahmed

GREENING OUR
RAMADAN

Ramadan is a month which is very different than other months in terms of activities, praying and eating habits. The month call for not eating and drinking from sunrise to sunset to boost physical and mental endurance and to understand the hardships faced by the unprivileged human beings who do not have enough resources to satisfy their basic necessities. The true meaning of Ramadan is purifying ourselves, taking care of our body, soul, people, surrounding and ecosystems which is supporting us.

The month of Ramadan is a golden opportunity to consider making a shift towards a 'green lifestyle' that is environmental friendly, non-polluting, non-wasteful and aim toward saving of natural resources. The green lifestyle means improving the quality of life and achieving sustainable development.

Let us create awareness on our resources usage during Ramadan, think and act positively towards our environment and change our unfriendly habits which are impacting our ecosystem. Let us seize this opportunity provided by Ramadan and adopt a model for a green and responsible behavior that addresses the urgent environmental issues.

The month sees over consumption of meat, vegetables and fruits together with drinks, juices and syrups. We become more extravagant in terms of using food and resources. So, let us be patient on these consumptions, eat healthy and organic food in manageable quantities. Let us grow vegetables and fruits at our available land/ space. Use food items judiciously and avoid any wastage. Let us be away from our routine habits that pollute our air, soil and water resources. Let us be aware of our wasteful habits which are affecting the environment and our future generations. We need to understand that any mismanagement of our precious available resources will be having an irreversible impacts on our ecology and for our future generations. Let us make concerted effort to encourage and embrace "green" practices, especially during Ramadan.

Ramadan presents the perfect opportunity to recharge our spiritual batteries for the year. It is a time to seek forgiveness for our misgivings and to reflect upon the signs of creation from Allah. As human beings, we have a duty as stewards over this planet, and it is our responsibility to ensure that the resources and environment are used in a sustainable manner.

Let this month not only harness our mental and physical ability but also be a turning point for respecting our resources and environment. Some basic thoughts are:

- Support and utilize local produce.
- Plan food usage with no wastage.
- Reducing the water usage, especially during making 'wadoo'/ ablution. Be vigilant that the tap is closed. Any dripping should be eliminated to conserve precious water.
- Reducing our energy and carbon footprint.
- Generating less quantity of waste especially food waste. Support & practice recycling and reuse.
- No littering especially in common areas, commercial and religious places and shopping areas.
- Minimum or no use of plastic bags. Using less paper and stationery.
- Switching off appliances after use like lights, ACs, fans, heaters, iron etc.
- Using electrical appliances like washing machines, iron, vacuum cleaner and dishwashers in off peak hours.
- Replacing lights bulbs from incandescent to compact fluorescent and turning off lights when they are not in use.
- Eliminate use of disposables plates, cutlery, cups, containers etc. Avoid using Styrofoam containers and plastic cutlery.

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(The views and opinions expressed in this article are those of the author and do not necessarily reflect the policy or position of this newspaper.)

Panel rejects ban
on publishing
photos of accusedDT News Network
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Manama

A parliamentary committee recently rejected a proposal to ban publishing photos of the accused ahead of being convicted by the court.

This comes as Foreign Affairs, National Security and Defence Committee in the House of Representatives issued a report rejecting a proposal submitted by MP Khalid Al Shaer to amend the Kingdom's Penal Code,

criminalising publishing pictures of the accused ahead of conviction and subjecting violators to punish not exceeding one year and or fines not exceeding BD100.

Al Shaer, who's a member of the National Institution for Human Rights (NIHR) and the former head council's Human Rights Committee, justified his proposal by quoting the Universal Declaration of Human Rights saying, "Everyone charged with a penal offence has the right to be presumed innocent

until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence."

He also quoted Article 20/C of the Kingdom's constitution, which reads, "An accused person shall be presumed innocent until proved guilty in a legal trial in which the necessary guarantees for the exercise of his right of defence in all the stages of investigation and trial are ensured in accordance with the law."

However, the MP's justifications didn't convince

the committee which rejected the proposal in a report published yesterday and will be reviewed by the Council of Representatives on Tuesday.

The committee's decision came after discussing the proposal with several parties including the council's Legal and Legislative Affairs Committee and Legal Consultant, in addition to Interior Ministry and NIHR, which earlier expressed its rejection to publishing pictures of the accused ahead of conviction.

Driver gets 18
months jail as
crash leaves
victim in comaDT News Network
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A reckless driver was sentenced to 18 months in prison and BD1000 fine for causing an accident that resulted in the complete paralysis of a female driver.

This was revealed in the final verdict by the Seventh Lower (Traffic) Court against the defendant on Thursday.

Court files showed that the mishap occurred on Al Ghou Highway in Muharraq.

The defendant was over-speeding on the flyover near Shaikh Hamad Bridge. He lost control of the vehicle and rammmed into the victim's car, before both vehicles tumbled down the flyover. The driver and a passenger suffered minor injuries, while the victim, who's a newly-wedded university student, remains in a coma to this day. It was revealed by the attorneys that the victim was driving back home at the time of the accident. She suffered serious head injuries and is now bedridden and surviving on life-support, unaware of her surroundings.

The Public Prosecution had earlier accused the driver of reckless driving, injuring the victim and resulting in a 100 percent disability for her, in addition to causing several damages to public and private properties.

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Ramadan Timing: 8am to 12am

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