

## Muharrraq Council seeks power cut damage compensation

Mohammed Darwish  
TDT | Manama

Muharrraq Municipal Council has called for a legal route to compensate residents whose appliances or home wiring are damaged by sudden power cuts, placing household loss and emergency response high on the agenda at its latest meeting.

The issue was raised at the council's 13th session, as members went through a run of service matters touching homes across Muharrraq Governorate.

Members also pressed for a clear means of contact with electricity and water emergency teams, saying residents had grown used to fast replies when faults or urgent cases were reported.

They said a clearer system would help get reports dealt with faster and cut the fallout for homes and basic services.

The council discussed damage to electrical appliances and household connections caused by sudden cuts in supply or by power returning without warning.

Members were told that the Electricity and Water Authority does not bear responsibility for general outages. Chairman Abdulaziz Al Naar then called for the matter to be examined in legal terms, with possible routes to protect residents' rights and find a fitting answer in such cases.

The meeting also took in other municipal files, including requests and proposals aimed at better services, stronger infrastructure and improved public facilities across the governorate.

# Fair warning

MPs back plan for LMRA to give employers time to fix breaches before system shutdowns

Given mandatory 10-day grace period

Mohammed Darwish  
TDT | Manama

A proposal to make the Labour Market Regulatory Authority (LMRA) warn employers before shutting their system access, and give them 10 days to put breaches right, won Parliament's backing yesterday.

The measure, put forward by MP Khalid Buanaq, asks the government to direct the authority to send a prior warning through the system itself before any closure takes place.

The warning would tell the employer what the breach is and give them no more than 10 days to fix it.

If no action is taken within that period, the system would then be closed.

Buanaq told MPs the aim was to bring a fairer order to the way breaches are dealt with, instead of moving straight to the hardest penalty.

### Oversights

He said many cases stem from small oversights and can be fixed once the employer is made aware of them.

"Before closing the system because of any breach, a warning should be sent through the system itself," he said. "This warning would give the employer a period not exceeding 10 days to correct the breach, with the nature of the breach made clear."

He added that in cases where the authority must first check



"The aim is to bring a fairer order to the way breaches are dealt with, instead of moving straight to the hardest penalty."

— MP KHALID BUANAQ

the facts and hear both sides, the system should stay open until that process is done.

"If it is found that the employer was at fault, they are given 10 days to correct the position," he said.

### Interest

The Services Committee backed the proposal with the agreement of all members present, saying the public interest case for it was sound.

The committee said a graded approach would help support and regulate the labour market, rather than jump at once to the hardest sanction.

It also said shutting the system can cause grave harm to business owners.

Buanaq said most reasons behind closure can be dealt with.

"Employers will move quickly, once they receive any warning, to deal with the breach," he said. "Most reasons for closure are capable of being solved."

He said some breaches happen because an employer has missed something simple, yet the result of system closure can be severe.

"This step will help greatly," he said, adding that some firms can fall into real financial strain because of the way the system is shut.

### Gain

He said this can hit companies that employ Bahrainis, pay taxes and fees, and feed money into the country, while bringing no gain to the authority.

"If positive means are possible, what is the need for the hard and complicated route?" he said.

The LMRA said it agreed with the aim of the proposal under the rules already in force, while adding that those rules remain open to further improvement and easier handling for business owners.

## Fasting doesn't guarantee fat loss, says dietitian

Ghadeer Alkumaish  
TDT | Manama

"The biggest mistake is the belief that long hours of fasting means your body will automatically burn fat, no matter what you eat at Iftar," says Dr. Abrar Omran, an Entrepreneur and Clinical Dietitian (RD).

In an exclusive discussion with The Daily Tribune (TDT), she shared some vital "late-Ramadan" wisdom to help us finish the month healthy and vibrant, rather than feeling sluggish and bloated.

The scientific reality, according to Dr. Abrar, is that fat burning stops the moment your insulin spikes.

This is exactly what happens when we break our fast with sugary drinks, fried appetizers, or heavy white carbs.

### Sugar

Instead of staying in "burn mode," the body gets overwhelmed by the sudden sugar rush and begins storing that energy as fat.

To keep your metabolism working, she says "the way you break your fast is actually more important than the hours spent fasting".

Moving to the suhoor, Dr. Abrar warns that some popular foods "trick" us into feeling full, only to leave us tired and thirsty later. White bread, pastries, and sweets cause your blood sugar to crash quickly, leading to early hunger.

Meanwhile, salty foods like pickles or fast food trigger



Abrar Omran, dietitian



According to Dr. Abrar, the scientific reality is that fat burning stops the moment your insulin spikes.

thirst centers in the brain and cause water retention.

### Combination

For a "Smart Suhoor," she recommends a simple mix of protein (like eggs or Greek yogurt), healthy fats (like nuts or avocado), and complex carbs (like oats or whole-grain bread). This combination slows down digestion and keeps your energy steady until sunset.

## Over BD4.3m sewer projects under way

Hasan Barakat  
TDT | Manama

Sewerage projects worth more than BD4.3 million are currently under way in the Northern Governorate.

These projects aim to expand infrastructure services and address long-standing resident concerns in several communities.

The projects were outlined during Parliament's session in response to a question raised by MP Hanan Fardan regarding infrastructure development in the Twelfth Constituency of the Northern Governorate.

According to the Ministry of Works, several sewerage projects have already been completed in recent years, including developments in areas of Malkiya and Sadat that connected dozens of properties to the main sewage network.

The ministry said current construction projects are val-



MP Hanan Fardan

ued at approximately BD4.37m and will serve hundreds of additional properties across a number of residential blocks.

Among the projects under way are sewer network expansions in Malkiya Block 1033, which will serve 174 properties, and Shahrakan Block 1044, which will serve 305 properties.

Another project in Sadat will extend services to around 376 properties.

## MPs propose public park in Khalifa City

Hasan Barakat  
TDT | Manama

MPs have backed a proposal to establish a public park in Khalifa City, aiming to provide residents with a long-awaited green space and a gathering place for families in the rapidly growing neighbourhood.

The proposal, submitted by MPs Lulwa Al Rumaihi, Bader Al Tamimi, Hassan Bukhammas, Ali Al Dosari and Dr Ali Al Nuaimi, seeks to create a public park serving residents of the Tenth Constituency in the Southern Governorate and surrounding areas.

Supporters say the initiative reflects the growing need for community spaces as Khalifa City continues to expand with new housing developments and increasing population numbers.

Parks improve quality of life by giving families a safe place to relax, children space to play and residents opportunities to connect with the community.

## MPs back plan for youth empowerment centre in Janabiya

Hasan Barakat  
TDT | Manama

Parliament backed a plan to establish a youth empowerment centre in Janabiya, aiming to provide young people in the area with opportunities for development, learning and community engagement.

The proposal, submitted by MP Dr. Muneer Seroor, calls for creating a dedicated centre

MPs noted that the proposed centre could host workshops, training programmes, sports activities and community initiatives aimed at encouraging creativity, leadership and innovation among youth.



MP Dr. Muneer Seroor

to serve youth in Janabiya and surrounding communities by offering programmes focused on skills development, training and social activities.

Supporters of the initiative say the area has witnessed steady population growth in recent years, increasing the need for facilities that can support young people and help them develop their talents in a positive environment.

### Generation

They stressed that youth centres play a vital role in nurturing the next generation by providing safe spaces where young people can participate in educational, cultural and recreational activities.

MPs noted that the proposed centre could host workshops, training programmes, sports activities and community initiatives aimed at encouraging creativity, leadership and innovation among youth.

They added that accessible youth facilities not only help young people develop practical skills but also strengthen community ties by bringing families and residents together through shared activities.

During the session, Parliament backed the proposal and referred it to the government for consideration.