

● The veteran doctor said people should first remove fear from their minds about disorders and diseases to remain healthy.

TDT | Manama
P Unnikrishnan

A prominent Indian doctor, who is on a visit to the Kingdom, has opined that the only way to lead a healthy life is to eat like one's ancestors.

He also blamed the medical lobbies from across the world for the disastrous healthcare crisis.

Dr Belle Monappa Hegde, cardiologist, Padma Bhushan honouree, professional educator and author told Tribune yesterday that medical lobbies have even created a sleeping industry, other than cancer industry, heart industry etc, to generate profits.

"Now I can see many medical literature suggesting the need to sleep at least eight to nine hours every day. This is just a creation of pharma companies, which want to sell sleeping tablets to people and make bucks," Dr Hegde said.

The veteran doctor said peo-

ple should first remove fear from their minds about disorders and diseases to remain healthy.

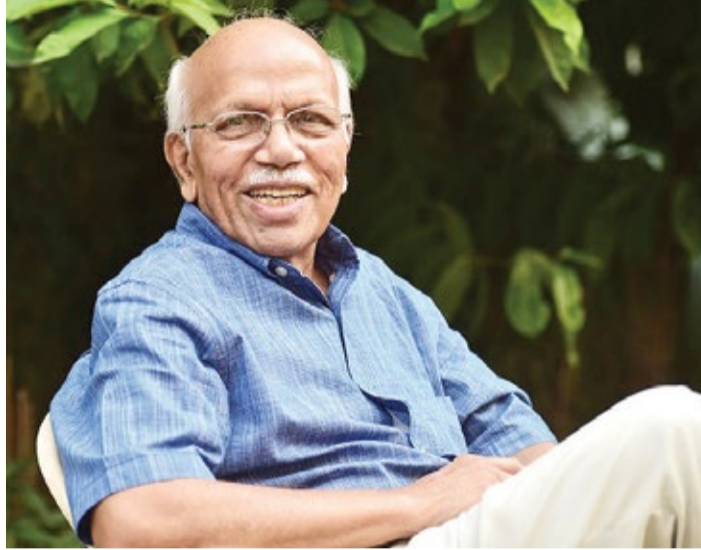
"Maintaining one's happiness index is most important when it comes to remaining healthy. There are people who don't eat rice, fearing diabetes, which is actually a stupid thing to do.

"We can safely eat whatever our ancestors had been consuming. Always eat in moderation. Keep away from alcohol and tobacco. And, of course, perform regular exercises to keep fit."

Demystifying the myth that one should drink at least four litres of water a day to stay healthy, Dr Hegde said adequate consumption of water should be on the basis of an individual's

'Eat like your ancestors' is the best tip for healthy life

Dr Hegde blames the medical lobby from across the world for the disastrous healthcare crisis



Dr Hegde is a prominent cardiologist, professional educator and author.



We can safely eat whatever our ancestors had been consuming. Always eat in moderation. Keep away from alcohol and tobacco.

DR HEGDE

body weight.

"Drinking too much water is not a healthy option. Every individual should drink 30ml per one kilogram of body weight and that means, a person weighing 70kg should drink two litres and 100 ml every day."

When asked about the increasing heart attack deaths among the expatriates in the Kingdom, Dr Hegde said: "Stress is the biggest reason for heart attacks. People are always under pressure and are never relaxed, which is leading to large number of heart attack deaths."

"People are so much stressful and worried that they forget as to how to lead a healthy life. For instance, there are many who take Aspirin as a precaution against heart attacks. But regular consumption of Aspirin could lead to other medical issues, including hemorrhagic strokes. So the end difference will only be the reason cited in the death certificate."

Projects, facilities in Zallaq inspected

Manama

● The governor also inspected a number of public facilities, and checked their suitability and safe use, in addition to services on roads and traffic safety.

Southern Governor, Shaikh Khalifa bin Ali bin Khalifa Al Khalifa, has paid an inspection visit to the Zallaq area, as part of his visits to various regions across the Southern Governorate.

Representatives of security and service authorities, citizens

and officials were present.

The governor was informed about the progress of infrastructure projects, in line with the recommendations of the Coordination Council, stressing the need for co-ordination and follow-up with the Ministry of Works, Municipalities Affairs and Urban Planning to complete the projects that serve the

local citizens.

The governor also inspected a number of public facilities, and checked their suitability and safe use, in addition to services on roads and traffic safety.

HH Shaikh Khalifa bin Ali also discussed the possibility of revamping dilapidated and heritage houses and buildings

in order to turn them into buildings that the service society and public interests.

He asserted that field visits reflect the Governorate's role in adopting direct communication with the citizens in order to determine their needs and enhance the development process at the service, security and social levels.

Cultural tourism potentials in focus

Riyadh

The deputy chairman for antiquities and museums at the Saudi Commission for Tourism and National Heritage (SCTH), Rustom Al Kubaisi, and the adviser to the Saudi minister of culture, Hattan Al Banjabi, participated in the second joint meeting of Arab ministers of tourism and culture in Tunis.

Addressing the meeting, Al Kubaisi conveyed greetings from the chairman of SCTH, Ahmad Al Khatib, as well as his hopes that the meeting would yield positive results.

Mr Al Kubaisi said: "The different topics we discussed are important for the integration of tourism and culture, and they aim to enrich and advance sustainable tourism in Arab countries."

"Based on this approach, we have all launched serious work that deserves more attention and care, whether on the level of tourism or culture and heritage — both tangible and intangible.

"We look forward to improving coordination and unifying our efforts through this meeting to achieve the aspirations of our leaders and the ambitions of our people, in addition to serving cultural tourism in Arab countries," he said.

Mr Al Kubaisi stressed that technology gives Arab countries a great opportunity to cooperate among themselves to "enrich cultural tourism," which could play a key role in development.

The meeting discussed a number of topics related to the development in the field of cultural tourism.

A report submitted by the Secretariat General of the Arab League reviewed the conclusions and recommendations of the task team on the implementation of an initiative to integrate tourism and cultural heritage in Arab countries.

Human resources expenditure of 44 government entities reviewed

Manama

Within the framework of continuous efforts of the Civil Service Bureau to optimise the utilisation of financial resources, preserve the actual rights and gains of employees and enhance productivity in government entities, and in line with the objectives of the Fiscal Balance Programme to achieve balance between government revenues and expenses and controls, and financial rules for the management, implementation and control of the state budget, Jamal Abdulaziz Al Alawi, the General Director of Organisation and

Position Budget stated that the Civil Service Bureau reviewed the budget of manpower expenditures (Part I), up to the first half of the fiscal year 2019 for 44 government entities.

It occurred that all 44 government entities were committed to disbursement of the financial allocations allocated to them.

The total actual disbursement of government entities up to the first half of fiscal year 2019 amounted to approximately 46 per cent of the total budget of the first part approved for the fiscal year 2019, where they took into account the commitment of these entities to pass the annual



Mr Al Alawi

increase and promotions and incentives due, and the continuation of the disbursement of employee benefits such as over-

time, bonuses and allowances associated with the job and so on, a statement said.

The Director-General of Organisation and Position Budget said that the actual disbursement rate of the six basic items related to employees (basic salaries, social allowance, living allowance, special allowance, government share in the civil pension system and government share in unemployment insurance system) amounted to approximately 91pc of the total actual disbursement in the first section until the first half of the fiscal year 2019.

While the percentage of spending for the rest of the first

section items such as bonuses, allowances, overtime and partial training, amounted to about 9pc of the total actual disbursement until the first half of the fiscal year 2019.

Mr Al Alawi stressed the need for government entities to adhere to the provisions of the Civil Service Instructions No (4) of 2019 on the controls of the management, implementation and control of the budget of manpower expenditures (Part I) for the two fiscal years 2019-2020, and the optimal utilisation of financial resources of government entities and the disbursement of all employee benefits and within budgets.

Quiz victory



The Indian School walked away victorious with the much coveted Mothercare ISB APJ Inter-Junior School Science Quest 2019 winner's trophy on Friday. The winning team consisted of students Harshin Sijesh and Devasree Susanthkumar. The first runner-up position was bagged by New Millennium School represented by Chris Ivan and Pavithra Krishna. The second runner-up position was shared by the New Indian School represented by Shawanita Jose Anand and Geevarghese Shijo Koomulliyil and the Indian School represented by Meenakshi Deepak and Shashankit Rupesh Iyer. The event was organised by the Indian School, Riffa campus. Among the other finalists were two teams from the New Horizon School.