

Ensuring Bahrain remains oasis of security and peace

Achievement and development remain fundamental standards for effective security work, capable of preserving the security and stability of the nation. Anyone who observes and follows the efforts of the Ministry of Interior in the areas of development and modernization, which have been progressing rapidly in recent years, will become increasingly certain that security performance and strategic approach represent the backbone of achievement and progress. This is thanks to the wise royal directives and support of His Majesty King Hamad bin Isa Al Khalifa, may God protect and preserve him, for the development and modernization system and for consolidating the role of the Ministry of Interior in maintaining security and enhancing public safety. It is also thanks to the follow-up of His Royal Highness Prince Salman bin Hamad Al Khalifa, Crown Prince and Prime Minister, may God protect him, and his keenness to adopt the Ministry's initiatives, programmes, and projects to continue building, enhancing readiness, and developing human and technical capabilities capable of maintaining security and public order and providing modern security services.

Among the signs of this development

is the modernization of several police stations, including the new Riffa and Zallaq stations, and most recently, the opening of the new Umm Al Hassam police station. This is part of the Ministry of Interior's strategic plan, implemented in accordance with the directives of His Excellency General Sheikh Rashid bin Abdullah Al Khalifa, the Minister of Interior, to transform police stations into integrated service centers. This stems from their role in strengthening community partnerships and keeping pace with the demands of technological advancement in security work. This approach to is ongoing, keeping abreast of all forms of technological development and expanding the use of artificial intelligence applications. The aim is to provide advanced security services, complete services electronically, and utilize smart security patrols equipped with the latest technologies and systems that support rapid response and immediate handling of reports. Ultimately, the core of this development is the security of the nation and the safety of its citizens. In pursuit of this noble goal, efforts and sacrifices continue to ensure that Bahrain remains a haven of peace and security.

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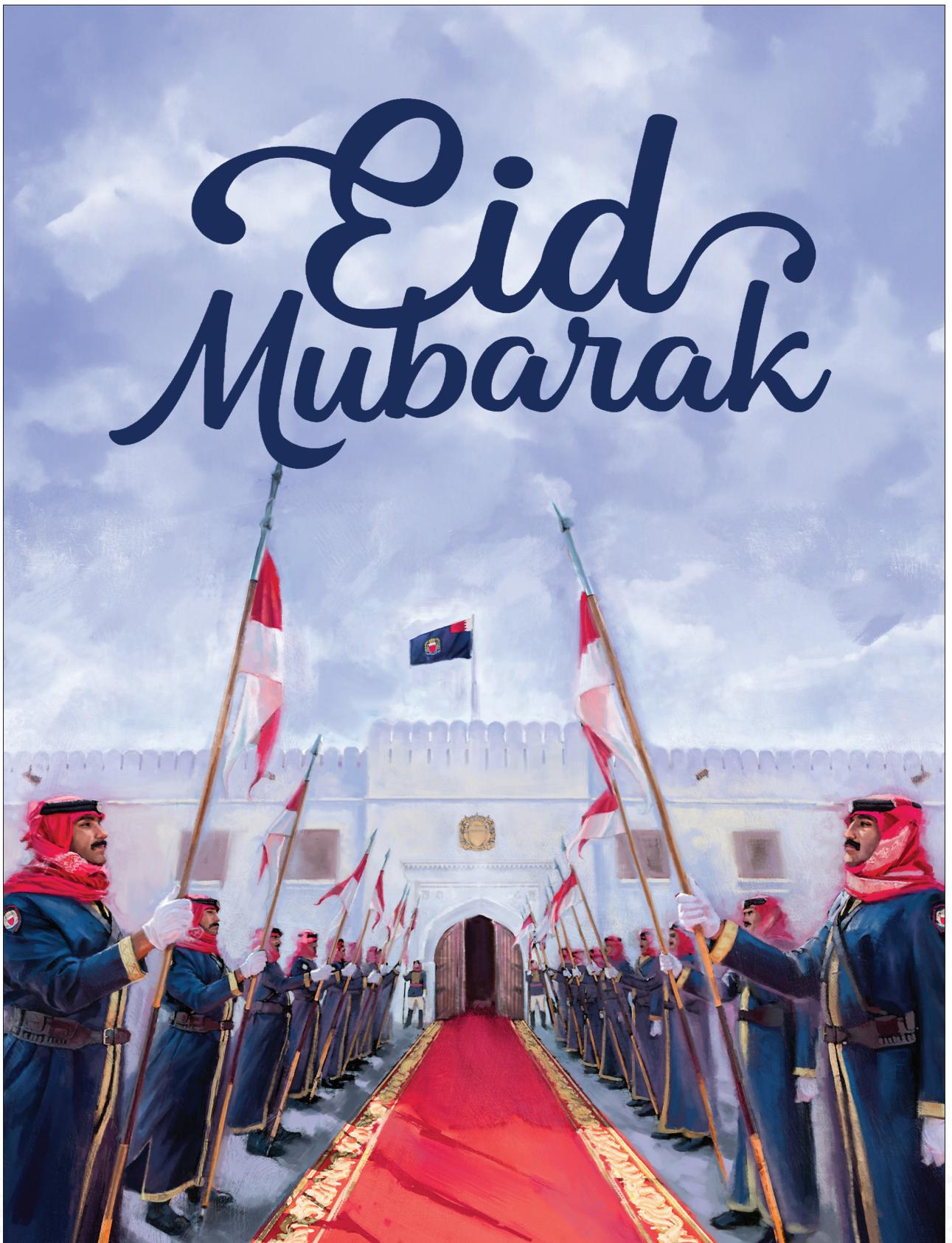
Big boost for sports

Solid foundations for development

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Eid Mubarak





A shared destiny for GCC nations

H.E the Minister attends Arabian Gulf Security conclusion

His Excellency the Minister of Interior General Shaikh Rashid bin Abdullah Al Khalifa attended the closing ceremony of the joint field security exercise «Arabian Gulf Security 4», hosted by Qatar.

Their Highnesses and Excellencies the Ministers of Interior of the Gulf Cooperation Council (GCC) states were present.

The guests were received by the Qatari Minister of Interior and Commander of the Internal Security Force (Lekhwiya), Shaikh Khalifa bin Hamad bin Khalifa Al Thani.

Bahrain organised the first edition of the exercise in 2016, in implementation of the decision of the GCC Interior Ministers. The second exercise was hosted by the United Arab Emirates in 2020, followed by Saudi Arabia in 2022, while Qatar hosted the fourth edition of the drill.

His Excellency said the exercise, from its first

edition, stems from the far-sighted vision of Their Majesties and Highnesses, the leaders of the GCC states, and in implementation of the decisions of Their Highnesses and Excellencies the Ministers of Interior. He noted that the exercise aims to enhance Gulf security cooperation and coordination, exchange expertise, and promote unity of purpose and a shared destiny. He stressed the importance of raising readiness, unifying concepts, confronting risks, protecting capabilities and achievements, and strengthening regional security and stability.

He said that such joint field exercises contribute to raising performance levels, exchanging expertise, efficiently addressing challenges, and advancing the enhancement of strategic capabilities within the framework of cooperation, coordination, and the development of joint field operations.

He added that training and reliance on modern technological systems, including applications of artificial intelligence, constitute key pillars of

security work. Furthermore, studying shared situations and capabilities, and implementing realistic scenarios, enhances GCC states' ability to confront security challenges.

The Interior Minister expressed his appreciation to the Qatari Ministry of Interior for the organisational and technical support provided, which contributed to achieving the exercise's core objectives and to strengthening cooperation and expertise exchange among GCC states. He also commended the participating security forces for their professionalism, readiness, and high-level performance in enhancing preparedness and strengthening coordination and field integration in confronting various challenges and emergency scenarios.

The joint field exercise included more than 70 training scenarios and over 260 training hours, covering multiple simulations and an integrated joint operational framework. This was achieved through a series of drills simulating diverse incidents and crises, aimed at testing plans, measuring response speed, and strengthening command-and-control systems and information exchange among participating teams.

At the conclusion of the exercise, participating forces conducted a field presentation demonstrating practical skills, during which they marched past the podium and rendered salute, showcasing discipline, efficiency, and an advanced level of professional performance, reflecting their high state of readiness and preparedness.

The exercise demonstrated the participating security forces' strong capability to enhance the Gulf security cooperation and raise levels of joint readiness and coordination, showcasing the commitment of GCC states to strengthening their security systems in line with best practices, consolidating collective action, and safeguarding the security of Gulf societies.





Big boost for sports

Solid foundations for development

The fifth edition of the Bahrain Open Tennis Challenger concluded at the courts of the Police Officers Club last month. Minister of the Royal Court of the Prime Minister His Excellency Shaikh Isa bin Salman bin Hamad Al Khalifa was present. He was received by His Excellency the Minister of Interior General Shaikh Rashid bin Abdullah Al Khalifa. The closing ceremony was also attended by the Advisor to His Majesty the King for Youth and Sports Affairs, the Chief of Police, the French and Italian ambassadors to the Kingdom of Bahrain, the Vice President of the International Tennis Federation, and the President of the Bahrain Tennis Federation. His Excellency expressed his pride in the royal support of His Majesty King Hamad bin Isa Al Khalifa to the sports sector. He noted that such support has played a pivotal role in strengthening Bahrain's position on the global sports map and in enhancing its capability to host international championships with a high level of professionalism. He also highlighted the support and keen interest of His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister that contributed to advancing Bahraini sports and athletes to global podiums, elevating Bahrain's sporting stature and enabling national teams to achieve advanced rankings on the international stage. His Excellency said the initiatives of His Highness

Shaikh Nasser bin Hamad Al Khalifa, Representative of His Majesty the King for Humanitarian Work and Youth Affairs and Chairman of the Supreme Council for Youth and Sports, in the youth and sports fields, describing them as having laid solid foundations for a sustainable and progressive model of development. He praised the close follow-up of His Highness Shaikh Khalid bin Hamad Al Khalifa, First Deputy Chairman of the Supreme Council for Youth and Sports, President of the General Sports Authority, and President of the Bahrain Olympic Committee, and his role in developing the sports system and continuing to support programmes and initiatives aimed at empowering athletes and enhancing their competitive capabilities.

His Excellency expressed his sincere thanks and appreciation to Shaikh Isa bin Salman bin Hamad Al Khalifa, Minister of the Royal Court of the Prime Minister, for attending the closing ceremony, highlighting that this reflects his clear interest in supporting and encouraging sports and recognising their fundamental role in the comprehensive process of development and progress.

He praised the high technical and organisational standards of the tournament, which was held from January 26 to February 1, by the Police Sports Association and the Police Officers Club, with the participation of a distinguished group of internationally ranked players.

He highlighted the strong competitive performances, adherence to sportsmanship, meticulous preparation, and integrated teamwork by all entities involved. The tournament won the Best Tournament in Asia-Pacific Award presented by the Association of Tennis Professionals (ATP), as well as the Best ATP 125 Tournament Worldwide Award for 2025, reflecting the high level of organisational professionalism. His Excellency extended his thanks to Shaikh Khalid bin Rashid Al Khalifa, Chairman of the Supreme Organising Committee of the Bahrain Open Tennis Challenger, the organising committee members, and the Bahrain Tennis Federation for their effective cooperation, as well as to the Police Sports Association, the Director of the Police Officers Club, and all club staff for their integrated efforts that contributed to the success of the tournament. His Excellency the Minister of the Royal Court of the Prime Minister and His Excellency attended the final match, which was decided in favour of France's Kyrien Jacquet, ranked 128th globally, after he won two sets, 7-5, 6-4, against Italy's Luca Nardi, ranked 108th globally, who won one set 6-3. Meanwhile, the Indian duo Ram Balaji, world No. 82, and the Austrian Neil Oberleitner, world No. 87, were crowned champions of the doubles category of the tournament. Following this, a documentary film was screened highlighting the tournament and its achievements over the past five editions. The Chairman of the Supreme Committee of the Bahrain Open Tennis Challenger then received the Best Organisation Award for 2025 from the Vice President of the International Tennis Federation. He expressed his gratitude to HH Minister of the Royal Court of the Prime Minister for attending the closing ceremony. He said this reflects the support given to sport. He also conveyed his appreciation to His Excellency for his unlimited support and continuous follow-up, which had a significant impact on the tournament's distinction, expressing pride in the awards the tournament received and the achievements that did

not come by chance, but through his support. The Chairman of the Supreme Committee expressed his appreciation to the members of the organisational and administrative committees and all working teams, with special recognition of the volunteers, who form the foundation of success. Thanks were also extended to the Deputy Chairperson of the Federation, the supporters and sponsors, and to the audience for their interaction and encouragement. Subsequently, His Excellency the Minister of the Royal Court of the Prime Minister and His Excellency crowned the winners with trophies and commemorative gifts. His Excellency also presented a commemorative gift to the Minister of the Royal Court of the Prime Minister for attending the tournament's closing ceremony and honoured the sponsors, wishing everyone continued success and prosperity.





Innovation and excellence

H.E the Minister receives Challenger, Fikra teams

His Excellency the Minister of Interior General Shaikh Rashid bin Abdullah Al Khalifa received members of the organising committee of the Bahrain Open Tennis Challenger. Chaired by Shaikh Khalid bin Rashid Al Khalifa, Chairman of the Supreme Organising Committee and General Supervisor of the tournament, the team included Ministry of Interior personnel

who won in the seventh edition of the Government Innovation Competition (Fikra). The meeting was attended by the Deputy Interior Minister, the Chief of Police and the Interior Ministry Undersecretary. His Excellency welcomed the attendees and extended his congratulations on the occasion of the holy month of Ramadan, wishing that it returns with goodness and blessings for all. He praised the outstanding organisational

and sporting level demonstrated during the fifth edition of the Bahrain Open Tennis Challenger, which concluded on February 1 at the Police Officers Club. He noted that the tournament has become one of the distinguished sporting events in Bahrain and internationally, qualifying it to win the 2025 Best Challenger 125 Tournament Award at the international level.

His Excellency said the tournament's continuity through five successive editions reflects its success and confirms that it is progressing on the right path, built on excellence, confidence in performance and key indicators demonstrating the organisers' capability to fulfil responsibilities and maintain high standards.

He commended the role of the Chairman of the Supreme Organising Committee and General Supervisor, along with all committee members, the Director of the Police Officers Club and all staff for their integrated

efforts that contributed to the tournament's success.

On another note, His Excellency expressed his sincere appreciation for Fikra, launched by His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, which aims to foster creativity and innovation among public sector employees and provide them with opportunities to compete by presenting effective proposals to enhance government performance.

He congratulated the Ministry's winners in the seventh edition for their project Takamul by Captain Abdulla Waheed Almannaei and Alaa Ahmed Albalooshi, praising their innovative solutions and sense of national responsibility, which reflect a culture of innovation and development and a strong patriotic spirit.

He wished them continued success in serving the Kingdom.





Developing modern security force

H.E the Minister attends graduation ceremony

His Excellency the Minister of Interior General Shaikh Rashid bin Abdullah Al Khalifa attended the graduation ceremony of the 39th Orientation Commando Course and a number of other training courses at the Special Security Force headquarters.

This included officers, cadets and personnel from various directorates of the Ministry of Interior and the Bahrain Defence Force. The Chief of Police, His Highness the Governor of the Southern Governorate and His Excellency the Undersecretary of the Ministry of Interior attended.

His Excellency expressed his gratitude and appreciation to His Majesty King Hamad bin Isa Al Khalifa, for his support, guidance, and royal directives in strengthening the Ministry of Interior's role in maintaining security, enhancing public safety, and developing community

policing capabilities, ultimately leading to a modern and advanced police force that represents the highest ideals of honour and dignity.

He also expressed his pride and gratitude to His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, for his support of the Ministry's future projects, aimed at further developing and enhancing the readiness of the security system, developing human and technological capabilities, and innovating rapid security response tools capable of maintaining security, stability, and public order.

His Excellency affirmed that security is the fundamental pillar for growth, prosperity, and the preservation of the state's achievements, which are protected by steadfastness, discipline, sincerity, and genuine determination. He pointed out that police work requires

keeping pace with rapid technological developments that have impacted security, in light of security challenges that require training and security readiness capable of addressing them efficiently, in a way that preserves the nation's security.

The Commander of the Special Security Force in his remarks expressed gratitude to His Excellency the Interior Minister for his support in developing the Special Security Force and raising its efficiency and readiness levels. He emphasised that His Excellency's presence at the graduation ceremony represents a continuation of his generous approach and ongoing support for advancing security work and enhancing the capabilities of its personnel through professional training and specialised qualification.

He explained that the instructions of His Excellency constitute a comprehensive approach to work that has resulted in high-quality training programmes and advanced specialised courses that meet the highest professional standards. He added that training is a fundamental pillar in developing security personnel and a true starting point for building trust, instilling discipline, and developing physical and mental skills.

The graduates presented a practical demonstration showcasing their skills and readiness to perform their security duties. His Excellency honoured the top performers and met with all the graduates, congratulating them on their excellent results and praising their performance, which demonstrated their capability and competence in carrying out security tasks. He urged them to exert even greater effort and dedication in serving their country.

His Excellency also expressed his appreciation to those responsible for the commando course



and other training courses for their sincere efforts in updating the training programmes, wishing everyone success in serving the nation.





Reinforcing community partnerships

H.E the Minister opens new police station

His Excellency the Minister of Interior General Shaikh Rashid bin Abdullah Al Khalifa inaugurated the new Umm Al Hassam Police Station as part of the Interior Ministry's strategic plan to transform police stations into integrated service centres, reinforcing community partnership and keeping pace with technological advancements in security work. His Excellency was received by the Deputy Interior Minister, Chief of Police and the Interior Ministry Undersecretary, after which he unveiled the commemorative plaque, officially announcing the opening of the new station, which will help provide a safe environment by enhancing rapid response and strengthening security readiness.

The station has been designed and equipped as a comprehensive service centre for citizens and residents, featuring modern security systems and advanced technologies to ensure swift processing of operations and high-quality service delivery. His Excellency praised the Royal directives and the support of His Majesty King Hamad bin Isa Al Khalifa, for ongoing development and modernisation efforts that reinforce the Interior Ministry's role in maintaining security and promoting public safety. He also highlighted the close follow-up of His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, and his commitment to adopting initiatives, programmes and projects that enhance readiness and develop human and technical capabilities to deliver modern security



services and safeguard public order. He affirmed that security represents the cornerstone of growth, prosperity and the preservation of national achievements. He noted the vital services provided by police directorates across the governorates and their role in strengthening community partnership, commending the role of Capital Governorate police stations, including Umm Al Hassam Police Station, in serving citizens, residents, tourism establishments and service institutions. During the visit, His Excellency received a briefing on the station's advanced security services. In 2025, the station handled approximately 5,089 cases and included a self-service kiosk enabling the electronic

completion of various services, contributing to improved efficiency within the framework of expanding smart services. The station also deploys smart patrol vehicles equipped with the latest technologies and systems to ensure rapid response and immediate handling of reports, thereby strengthening security readiness and upholding the principle of swift response. His Excellency toured the station's facilities, inspected the vehicle area, and reviewed operational procedures, underscoring the importance of sustained dedication, commitment, and a prompt response to ensure security and public safety for all citizens and residents.



Total commitment

149 new personnel join the force

Chief of Police and Chairman of the Scientific Council of the Royal Academy of Police Lt. General Tariq Al Hassan attended a graduation ceremony of 149 personnel, in the presence of senior officers and officials from the Ministry of Interior. Speaking on the occasion, the chief affirmed that the courses are within the framework of His Excellency the Interior Minister General Shaikh Rashid bin Abdullah Al Khalifa's keenness to invest in human capital and enhance professional and specialised competencies. He commended the graduates' advanced level, reflecting seriousness, discipline and a commitment to achieving the highest

standards of police performance.

He noted that continued training and qualification constitute a fundamental pillar for developing the security work system, enhancing readiness, and keeping pace with developments and changes across various fields.

He added that the Academy continues to play a vital role in preparing and qualifying security personnel through modern, advanced training programmes that enhance skills development and the exchange of expertise, thereby positively reflecting on the quality of security services provided to the community.

He explained that these courses fall within the



Academy's approved training plan, which focuses on developing personnel's practical and scientific capabilities, applying best training practices, and providing an integrated learning environment to achieve the desired training objectives.

The Commandant of the Royal Academy of Police, Major General Fawaz Hassan Al Hassan, underscored a commitment to keeping pace with technological advancement by employing modern technologies in the training process, including the interactive smart screens project, to enhance the quality of education and interaction within training halls.

During the ceremony, the Commandant reviewed a number of newly introduced and developed forums, courses, and training curricula, as well as specialised projects being implemented to support the continuous development of the training system. Among the most prominent is the project to reorganise the training process by introducing three main training tracks: qualification courses, refresher courses, and discipline courses.

The training programmes aimed to prepare



informed police leaders equipped with strategic planning skills, sound decision-making capabilities, and crisis management skills grounded in modern scientific foundations. They also included the graduation of personnel from the Trainers Preparation Course, designed to qualify participants to serve as an effective nucleus for knowledge transfer using the latest training methods and tools, ensuring the quality of training outputs and the sustainability of professional impact. At the conclusion of the ceremony, the Chief honoured the participants for their efforts and the commitment and excellence they demonstrated throughout the training courses.



Responsible and rapid response

Bahrain observes World Civil Defence Day

The General Directorate of Civil Defence undertakes a significant national responsibility, embodying its mission to safeguard lives and property, and to deal with various emergencies and crises with the highest levels of professionalism and readiness, with precision and expertise that ensure rapid response and efficient performance, and to establish a culture of preventive awareness in society.

Its performance relies on qualified personnel with specialized expertise in their fields of work, supported by modern equipment and technologies that keep pace with rapid developments, within an integrated work system based on proactive planning, continuous training, and enhanced readiness. Operational efforts aim to create a safe and sustainable environment.

A resilient and sustainable future

On the occasion of World Civil Defence Day, which this year is themed "Environmental Risk Management for a Resilient and Sustainable Future," Al Amn met with Brigadier Ali Mohammed Al-Kubaisi, Director General of the General Directorate of Civil Defence who emphasized that the security of the nation and

its citizens is a shared societal responsibility. Therefore, the General Directorate of Civil Defence is committed to building bridges of communication with all segments of society, aiming to transform every citizen and resident into a true partner in protecting lives and property. This support is provided through raising security awareness by organizing awareness campaigns on the importance of security and safety, delivering workshops and lectures in schools and universities to promote a culture of social responsibility, utilizing media and social media platforms to disseminate security and awareness guidelines, establishing partnerships with governmental and private institutions to enhance security in workplaces and residential areas, activating communication channels and smart applications, and visiting community councils. The Directorate also strives to achieve this goal. He added that the General Directorate has strengthened the role of the private sector in supporting community security by coordinating with companies and institutions to support security and safety programs and organize training workshops for company employees on how to deal with emergencies. This includes developing partnerships with specific

groups in society by providing specialized programs for people with disabilities and the elderly on safety procedures. Youth are also involved in initiatives that promote national responsibility towards security and stability.

Enhancing public safety

He explained that 17,984 reports were handled from 2025 until January 2026. These efforts are part of the Directorate's commitment to enhancing public safety and rapid emergency response, while working to improve its services and develop its capabilities to serve citizens and residents of the Kingdom of Bahrain. He noted that the General Directorate of Civil Defense handles reports related to accidents and fires, most notably house fires, serious car accidents, fires in facilities, and agricultural waste, in addition to dealing with rainwater accumulation, rescue operations, and removing natural obstacles such as fallen trees and signs.

Diverse services

He pointed out that the General Directorate of Civil Defence, represented by the Customer Service Center at the Security Complex, provided 4813 services during the period from January 2025 to January 2026. In addition, it received customer inquiries and followed up on all services related to the General Directorate.

The number of calls reached 5037 during the period from January 2025 to January 2026 and the number of services provided by the General Directorate through the Bahrain eGovernment portal reached 1295, which included training services on building and facility evacuation procedures, hazardous materials services, hazardous materials transport license, fuel station license and renewal, issuance and renewal of final approval license for the installation of diesel and gas tanks, issuance or renewal of no objection license for storing chemical



Brigadier Ali Mohammed Al-Kubaisi

materials, civil defense training services, issuance of a one-day civil defence training certificates, issuance of a certificate of attendance for a lecture on protection and safety in facilities, issuance of a one-week civil defense training certificates, issuance of a two-week training certificates for private sector establishments and institutions on driving heavy fire vehicles etc.

He said the launch of the National Civil Protection Platform represents a significant step forward in developing the civil protection system in the Kingdom of Bahrain. The platform aims to enhance community awareness of safety concepts, risk management, and emergency preparedness, and to provide a reliable





source of information and awareness guidance for citizens and residents. The platform has witnessed positive engagement from various segments of society, reflecting a growing awareness of the importance of community partnership in promoting safety and emergency preparedness. The General Directorate of Civil Defence, in coordination with relevant authorities, is continuously developing the platform by updating its awareness content and adding new digital services and initiatives to keep pace with developments and enhance the community's readiness to deal with various emergencies.

He said the Arab Regional Forum for Disaster Risk Reduction's adoption of the National Civil Protection Platform as a primary reference for developing a comprehensive Arab platform within the Arab Coordination Mechanism for Disaster Risk Reduction, in addition to its inclusion in the United Nations' Prevention Web platform, reflects the progress the Kingdom has made in developing a comprehensive system for community awareness and enhancing public safety.

From its launch in April 2023 until mid-February 2026, the platform received 218,270 visitors, while 33,465 people applied to volunteer. Of these, 123 volunteers were accepted in three batches and underwent specialized training in firefighting duties. After completing their training, they were gradually assigned firefighting duties such as fighting fires, handling emergencies, and providing assistance to relevant authorities and those affected.

Raising awareness

He explained that, based on the social responsibility

to protect and promote public safety for all citizens and residents, the General Directorate of Civil Defence implemented 75 awareness campaigns in 2025. These campaigns focus on different segments of society and provide safe means to ensure the safety of all segments of society in all governorates. This is achieved through field teams visiting various locations to assess the compliance of residents and workers with required safety guidelines. Posters and informational brochures in various languages are distributed to raise awareness and encourage adherence to preventive precautions and guidelines to maintain safety.

The campaigns also urge residents to provide all necessary safety equipment, perform regular maintenance, and ensure the safety of hazardous areas. This is based on prepared statistics and as circumstances dictate. Awareness and seasonal campaigns are implemented annually, most notably: the Desert Safety Campaign, the Commercial Markets Safety Campaign, the Shared Housing Safety Campaign, the Ramadan Safety Campaign, the Hajj Awareness Campaign, the Self-Protection Campaign for Shop Workers in Public Markets, and the Safety Campaign in Pools, swimming, safety campaigns in places of worship, back-to-school awareness campaigns, safety campaigns at gas stations, and awareness campaigns in public buildings and markets.

He noted that the General Directorate of Civil Defence delivered 389 awareness lectures in schools, kindergartens, and to various segments of civil society. These lectures covered topics such as evacuation, first aid, and public safety. Additionally, 219 training workshops were conducted, benefiting

23,910 individuals during 2025.

Building inspection campaigns

He stated that, as part of the General Directorate's efforts to ensure the readiness of commercial establishments and their fire protection capabilities across all categories, a specialized team conducts intensive field visits to inspect all commercial establishments in the governorates. These visits aim to verify compliance with public safety and security requirements, the availability and functionality of rescue and safety equipment, and to identify and rectify any violations.

Furthermore, the team provides advice, guidance, posters, and awareness brochures to shop owners and employees, focusing on addressing common mistakes and unsafe practices, ensuring the safety of electrical connections, and demonstrating proper procedures. To address incidents, he noted that the number of field inspection visits reached 12,000 during 2025.

These inspection campaigns covered five categories of facilities: industrial facilities, hotels and furnished apartments, seaports, shared accommodation, and hazardous materials storage facilities.

World Civil Defence Day events

He said the official event to celebrate World Civil Defence Day will be held at The Avenues Mall. It will include the fifth edition of the Firefighter Challenge,

an information booth about civil defence services, an awareness corner, a coloring corner for children, and the provision of awareness tips and guidance, as well as answering visitors' inquiries about public safety.

There will also be an interactive platform for children's electronic games designed with artificial intelligence to test children's knowledge about public safety. In addition, commemorative gifts will be distributed to visitors to mark World Civil Defence Day. An information platform about civil defense services was also launched at Seef Mall to introduce visitors to civil defense services, especially the services that were recently launched through the e-government portal, in addition to the national platform for civil protection and introducing services. The Operations Department also participated by showcasing the latest mechanisms used by the department, in addition to showcasing safety and first aid tools and equipment. He pointed out the cooperation with a number of supporting entities such as the Ministry of Education, the Ministry of Development and the governorates to provide a series of lectures, in addition to holding an awareness exhibition in the social centers affiliated with the Ministry of Social Development for citizens, residents and ministry employees. Various awareness lectures are also provided in the governorates.



SECURITY STATISTICS DURING JANUARY 2026



THE OPERATIONS DEPARTMENT

The total number of communications received by the Operations Room During January 2026 was 1894 .



SECURITY CASES
%5



RESPONSE CASES
%64



TRAFFIC CASES
%31



COAST GUARD COMMAND

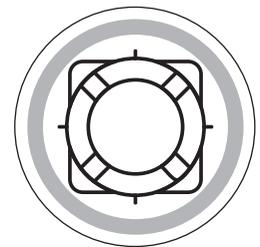
The total number of Reports received by the Coast Guard Command reached 40.



21
people who
have been
assisted



16
Search and
rescue
notifications



3
Maritime
accidents



CIVIL DEFENSE DEPARTMENT

The total number of Reports received by the Civil Defense Department During January 2026 reached 1454.

220
Fire
Reports



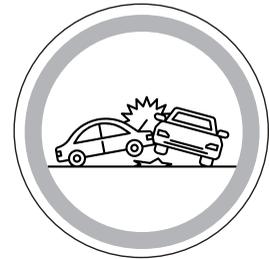
661
Aid
reports



27
Reports of falls
(trees - poles -
panels...)

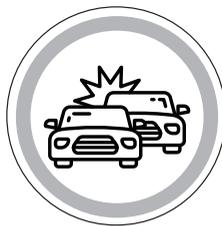


105
Vehicle breakdown
reports



NATIONAL AMBULANCE

400
Traffic
accident



704
Referred for
emergency
treatment



3790
Sick



43
Fire
accident



299
sporadic
accidents

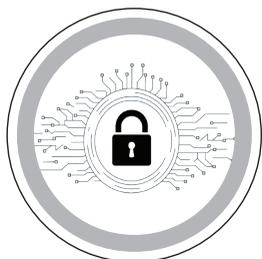


The total number of Reports received by the National Ambulance Department During January 2026 reached 5236.



ELECTRONIC REPORTS VIA THE MYGOV APP

The total number of electronic reports reached 1,389,
distributed as follows:



228

Anti-Corruption
and Economic
and Electronic
Security



904

police
directorates



11

Anti-
Corruption



222

Cyber Crime
Directorate



2

Nationality,
Passports and
Residence Affairs



18

Child Protection in
Cyberspace Unit at the
General Directorate of
Anti-Corruption

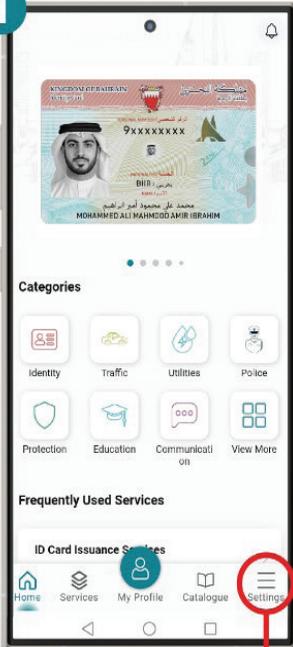


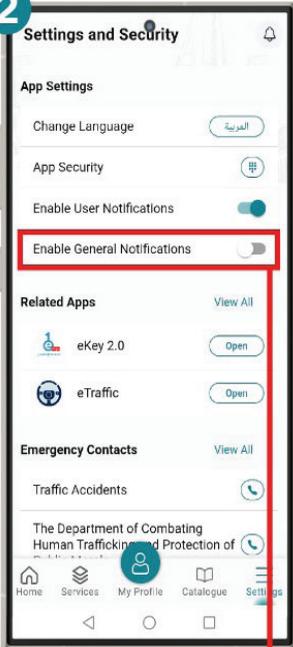
As part of the precautionary measures for civil protection Siren alert feature activation on "MyGov" App

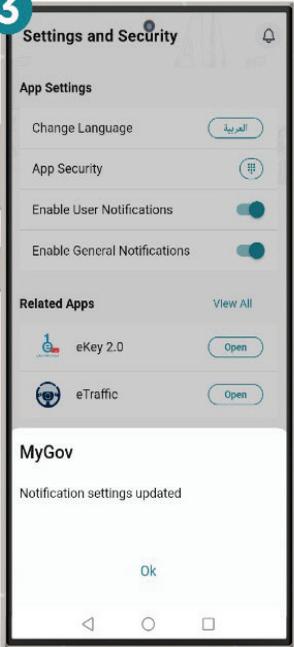
*Please update the app to the latest version to use this feature

*The siren alert feature is available on iOS, Android and Huawei devices

How To Activate

- 

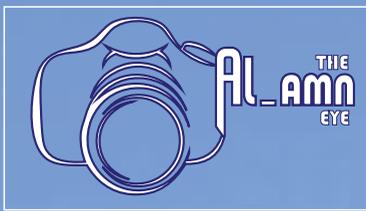
Click on the settings in the app
- 

Click on Enable General Notification
- 

General notifications activated successfully!



Download the app via
bahrain.bh/apps



His Excellency the Minister of Interior attended the graduation ceremony of the Orientation Commando Course and a number of other training courses at the Special Security Force headquarters. A display by the SSFC personnel was part of the event







Keeping pace with latest practices

Applause for MOI role and modern methods

Under the directives of His Excellency General Shaikh Rashid bin Abdullah Al Khalifa, Minister of Interior, the Ministry of Interior strives to continue providing the highest levels of security, comfort, and stability for citizens and residents with utmost professionalism and expertise, keeping pace with the latest security practices.

This is achieved through the development of strategies that align with the provisions of the Constitution and applicable legislation, and uphold the principles of human rights. The Ministry has adopted a progressive approach to supporting community partnership and actively engaging the community in public security and safety efforts.

This has contributed to enhancing communication between security forces and various segments of society effectively and transparently.

The Ministry's efforts are embodied in a series of initiatives and programmes that reflect its adoption of the latest technologies and modern methods, which has contributed to raising the level of security performance and improving the efficiency of services provided to citizens and residents with ease and convenience.

In an interview with Al Amn, community leaders praised these ongoing efforts, considering the Ministry of Interior a model to be emulated in building a safe and stable environment that protects rights and freedoms, promotes civil peace and social stability, and consolidates the

concept of a modern state that upholds rights and supports development.

Tangible achievements

Dr. Adnan Boumtaie from the University of Bahrain said the Ministry of Interior's efforts are prominent and distinctive in society, felt by individuals of all ages. He noted that the Ministry has achieved tangible accomplishments by transforming the concept of security into a fruitful and productive community partnership between police officers, citizens, and residents. He pointed out that this partnership has made the citizen the primary focus in the Kingdom of Bahrain. He said Bahrain is "a safe country" and this is not just in words. This achievement was only realized through pioneering efforts led with great competence and capability by His Excellency General Sheikh Rashid bin Abdullah Al Khalifa, the Minister of Interior, who is committed to maintaining security and public order. He commended the sincere



Dr. Adnan Boumtaie

efforts of the Ministry of Interior and its personnel in preserving security, noting that the modernization and development process is proceeding according to specific standards and with high quality, for which the Ministry deserves praise. The development of electronic services and smart systems has clearly contributed to raising the level of user satisfaction and reducing time and effort, in addition to enhancing transparency and institutional

efficiency.

He also praised the role played by the Ministry of Interior in promoting community awareness and establishing a culture of adherence to the law, considering the partnership between the security establishment and society to be a fundamental pillar for achieving security sustainability.

A model of security

Dr. Afrah Faraj from the Arabian Gulf University said that the Ministry of Interior's ongoing efforts represent an advanced model of institutional work, which can be utilized academically as a case study reflecting best practices in modern security management and the integration of roles between technological development and field operations.

The remarkable progress in electronic services and police work mechanisms aligns with the concepts covered in academic programs related to public administration, crisis management, and digital transformation. These practical



experiences contribute to bridging the gap between theory and practice, enhancing the quality of the educational process and enriching scientific research.

She explained that the Ministry of Interior's focus on prevention and awareness reflects a deep understanding of the importance of building community awareness. This intersects with the academic role of universities in preparing qualified personnel capable of analysis and decision-making based on knowledge and data. She noted that the humanitarian and social initiatives implemented by the Ministry represent an important dimension that can be studied in the fields of social responsibility and the ethics of institutional



Mohammed Jihad Bu Kamal

work. She emphasized that security is a comprehensive concept that integrates the human and organizational dimensions, stressing the

importance of strengthening cooperation between academic institutions and the Ministry of Interior.

Protecting society

Mohammed Jihad Bu Kamal, Deputy CEO of Bahrain Commercial Facilities Company, said Bahrain has emerged as a model of financial stability and innovation under the leadership of His Majesty King Hamad bin Isa Al Khalifa, may God protect him, and with the support of His Royal Highness Prince Salman bin Hamad Al Khalifa, Crown Prince and Prime Minister, may God protect him.

He stated that at the heart of this transformation lies the continuous effort exerted by the Ministry of Interior, under the leadership of His Excellency General Sheikh





Mohammed Al-Manaei

Rashid bin Abdullah Al Khalifa, Minister of Interior. The Ministry launched diverse initiatives that strengthened the country's economic foundations, focused on combating cybercrime and protecting national assets, and provided exceptional support to the financial sector by creating a safe and stable environment. As a result, Bahrain has been able to solidify its position as a leading financial center in the region. He explained that the Kingdom has become a regional and international leader in combating cybercrime, achieving a prominent ranking within the top group, "Leading Model," in the 2024 Global Cybercrime Index. The Ministry of Interior established specialized departments to combat cybercrime, ensuring the protection of national assets and fostering a secure financial environment. He said the Ministry of Interior's role in building an integrated system to combat cybercrime, which has strengthened its position as a secure and sustainable financial center in the economic sphere and made it a leading model in the region in this field. He praised the strong governance and cooperation between ministries and the financial sector, noting that the Economic Crimes Department plays a leading role in confronting emerging crimes

through the use of artificial intelligence systems and their integration with banks and telecommunications companies. This includes developing mechanisms to track and seize funds before they leave the Kingdom, as well as enhancing prosecution procedures within the framework of international cooperation to track down perpetrators.

Attention to reports

Lawyer Mohammed Al-Manaei praised the efforts of the Ministry of Interior in general, and the efforts of the Cybercrime Unit in particular. He noted that his personal Instagram account had been hacked, and although the perpetrator was from an Asian country, the Cybercrime Unit gave the report significant attention and was able to recover the account in record time. This demonstrates the professionalism and efficiency of the unit's personnel in safeguarding the rights of society.

He pointed out that the Ministry of Interior plays an active role in controlling the security situation and reducing cybercrimes, and in establishing regulations that protect society from abuses in the age of social media, which are commendable efforts. He explained that the significant development within the Ministry of Interior's departments has effectively contributed to facilitating community life. All departments and sectors within the Ministry play a professional role in providing security and humanitarian services. He added that these distinguished efforts are not unusual for the Ministry of Interior and its personnel, given their well-known efficiency and commitment to fulfilling their national duty.

An ideal model of cooperation

Meanwhile, Abdullah Abdul Salam, President of the Bahrain Triathlon Federation and Vice President of the West Asian Federation, said that the cooperation between the Triathlon Federation



Abdullah Abdul Salam

and the Ministry of Interior represents an ideal model of collaboration between sports and government institutions. This cooperation contributes to enhancing community events, as it involves organizing various triathlon competitions, which promotes sports awareness and encourages participation. It also includes holding workshops and seminars addressing the importance of sports in promoting public health and safety. The Ministry of Interior's role today is no longer limited to security alone, but extends far beyond that, in addition to providing logistical, security, and humanitarian support during sporting events to ensure the safety of participants. He pointed out that the societal benefits of this collaboration contribute to strengthening team spirit and community engagement through sporting events, improving public health, and raising awareness of the importance of physical activity. He noted that the future vision includes developing more joint events between the Triathlon Federation and the Ministry of Interior, and enhancing educational and awareness programs related to sports, security, and safety. He emphasized that this collaboration not only promotes sports but also contributes to building a more health-



Dr. Camelia Al-Borshid

conscious and safety-conscious society.

Protecting children

Dr. Camelia Al-Borshid, Head of the Camelia Center for Special Education, said that there is ongoing and fruitful cooperation with the Ministry of Interior, contributing to creating a safe environment for children. This cooperation includes approving proposed buildings for kindergartens, educational zones, or educational

institutions. The Ministry grants its approval after inspecting and assessing the suitability of the location to ensure it is safe and facilitates smooth traffic flow, while also prioritizing child safety.

Furthermore, the Ministry sets standards for building requirements, evacuation plans, and raises awareness about security and safety requirements, such as the availability of fire extinguishers and other necessary safety equipment within educational institutions.

She said the role of the Ministry of Interior and the efforts of the valiant police officers in maintaining the security and safety of the community, providing distinguished services with ease and efficiency, and the successful cooperation and community engagement between the police and the public. She also praised their efforts in providing lectures and family guidance programs to protect children from any threat or anything that might compromise their safety and security, whether inside or



Jassim Fazea

outside educational institutions.

A safe society

Resident Jassim Fazea said that the Ministry of Interior plays a pivotal role in maintaining security and stability through its continuous efforts and integrated services in various security, traffic, and service sectors. He noted that the Ministry has consistently demonstrated its commitment to keeping pace with development by adopting the latest

technologies and smart systems that contribute to streamlining procedures and enhancing performance efficiency, positively impacting the lives of citizens and residents. He commended the visionary leadership of His Excellency General Sheikh Rashid bin Abdullah Al Khalifa, Minister of Interior, for his dedication to meeting the aspirations of society and enhancing the quality of services provided. This is achieved through a focus on developing the capabilities of police officers to perform their duties with professionalism and competence in order to protect lives and property and further strengthen the foundations of security and stability. He said the Ministry of Interior plays a significant role in strengthening the principle of community partnership through continuous communication with community members, disseminating security awareness, and instilling a culture of adherence to the law and shared responsibility. He also highlighted the Ministry's humanitarian role in handling various situations, reflecting the values of justice, respect, and professionalism. The stability and security we witness today are the result



Abdulrahman Mohammed Al-Bastaki

of diligent work, meticulous planning, and qualified national personnel working around the clock, underscoring the Ministry of Interior's role and position as a fundamental pillar in the comprehensive development process.

Brave police officers

Abdulrahman Mohammed Al-Bastaki said the Ministry of Interior, through its dedicated work, aims to achieve a stronger and safer society and maintain order and security. It also strives, through its distinguished performance, to uphold the rule of law through effective police forces operating in the

field and providing security and service programs of the highest professionalism and expertise, keeping pace with modern times. This is all in implementation of the directives of His Excellency General Sheikh Rashid bin Abdullah Al Khalifa, the Minister of Interior. He added that the Ministry of Interior's efforts are worthy of thanks and appreciation for the wide range of social and humanitarian services it provides and the launch of innovative national initiatives. "We, the youth, are capable and we must emphasize that without the efforts of the Ministry of Interior, the camping season would not have been possible. Every year, we find the brave policemen working day and night to maintain the security and safety of the community and to ensure their comfort. He pointed out that the Civil Defense personnel, for example, are making outstanding efforts to protect the lives of citizens and residents by implementing awareness campaigns that contribute to educating desert visitors and campers, ensuring the availability of fire extinguishers, and maintaining their readiness around the clock to intervene in emergency situations.



Cultural dives into the Gulf

Museums redefining regional identity

The Gulf isn't just finding its place on the global cultural map, it's defining it. Decades of strategic investment, nurturing talent, and building institutions have turned the region into one of the world's most exciting cultural hubs. The opening of three major museums this year isn't just another milestone; it's proof that the Gulf's cultural identity is already shaping global conversations, increasingly magnetic for artists, scholars, and collectors. These new institutions are more than architectural showpieces; they are the latest expressions of a mature cultural ecosystem, one bold enough to tell its own stories.

1. Lawh Wa Qalam M.F. Husain Museum

Qatar Foundation's Monument to a Modernist Visionary

The first impression of the Lawh Wa Qalam: M.F. Husain Museum is its rhythm—intimate and quiet—echoing the artist's restless, curious spirit.

Designed by Martand Khosla from a sketch Husain drew in 2008, the building feels like a conversation across time, a collaboration that honours the imagination of its creator.

Inside, more than 150 works trace the arc of Husain's final decade, much of it spent in Doha. The galleries

don't follow a tidy chronological path; instead, they create an atmosphere, the symbols that preoccupied him, the real and imagined worlds that animated his vision. "A legendary artist," said Her Highness Sheikha Moza bint Nasser at the opening, "whose works transcend borders and connect cultures, histories, and identities."

At the heart of the museum is Seeroo fi al ardh ("Walk in the Land"), Husain's final masterpiece. Murano glass horses shimmer and rear under shifting light. Vintage cars rise on mechanical arms like relics frozen mid--resurrection. A figure of Abbas Ibn Firnas hangs suspended in a moment of impossible flight. The installation feels like a meditation on humanity's long, messy, brilliant journey, filtered through Husain's playful, cinematic lens.

2. Zayed National Museum, Abu Dhabi

A living tribute to the UAE's founding father Since opening, Zayed National Museum has already become a landmark at the heart of Saadiyat Cultural District, where history, heritage, and imagination converge. Approaching along Al Masar Garden, the 600-metre path winds through desert, oasis, and urban landscapes dotted with sculptures, installations, and native plants, while a working falaj irrigation system recalls centuries of ingenuity. The garden opens onto an expansive view of the entrance and the building itself, designed by Pritzker Prize-winning architect Lord Norman Foster. Even before entering a subtle fragrance inspired by the UAE's natural heritage





hints that this is a museum to be felt as well as seen.

The garden itself is treated as a permanent gallery. Anchored by the ghaf tree, a symbol of resilience, it showcases plants that have shaped Emirati culture, poetry, and crafts, connecting visitors to the land and its stories. The museum unfolds across interconnected galleries beneath five steel towers inspired by falcon wings, where exhibition halls, educational spaces, and public areas trace more than 300,000 years of the land's history. Inside, Our Beginning places UAE Founding Father, the late Sheikh Zayed bin Sultan Al Nahyan at the heart of the story through photographs, letters, voice recordings, and archival footage. Visitors see the land through his eyes, its beauty, challenges, and his vision for a united nation.

Through Our Nature brings the UAE's landscapes alive. Sounds shift as you walk—from wind across dunes to water in oases and birds over mountains—blended with the signature fragrance. To Our Ancestors and Through Our Connections trace early settlements, trade, technological exchange, and the spread of Islam, making history a lived experience.

The museum places young visitors at its core. All Saadiyat Cultural District museums are free for those under 18. Education runs through galleries, workshops, and programs, letting children and teenagers explore history and heritage interactively, fostering lasting connections to the land and its stories.

3. Red Sea Museum, Jeddah

Where land, sea, and stories meet
The Red Sea Museum (RSM) sits at a natural point of arrival in Historic Jeddah. Housed in the restored Bab Al Bunt building, once a customs house and one of the city's most recognisable landmarks, it carries the memory of centuries of movement. Traders, pilgrims, and sailors from Africa, Arabia, Asia and beyond once stepped ashore here. Today, visitors cross similar thresholds, moving from sea to land, past to



present.

The museum unfolds across seven themes in 23 galleries: Al Bunt, Salam Upon the Sea, Orientation, A Living Sea, Sea of Abundance, Sea of Faith, and Sea of Inspiration. Each has its own focus, but together they form a single narrative shaped by currents, encounters, and the steady movement of ideas across these waters. The collection spans centuries and disciplines. Chinese porcelain, coral jewellery, navigational tools, manuscripts, and textiles reveal the material history of exchange along the Red Sea, while contemporary works by Manal Aldowayan, Abdulhalim Radwi, Anish Kapoor, Faisal Samra, Ali Cherri, Amina Agueznay, and Hicham Berrada open new conversations about belonging, migration, and ecology. Much of the curatorial work involved collaborating with local communities, artisans, and tradition-bearers, ensuring the museum reflects a living heritage rather than a static archive.

Some objects stand out not for their grandeur but for their unexpected intimacy. Such as a vintage Game of Goose board (part of the RSM's permanent collections), where players aim to reach Mecca while navigating treacherous obstacles like pirates and sharks. This European-made game, crafted in the first half of the 20th century, features exquisite and intricate illustrations that perfectly capture the style of its era. It is a reminder that stories of the Red Sea have circulated in many directions, often taking forms far beyond the region itself.

The building itself amplifies this dialogue between past and present. Painstakingly restored using traditional Hijazi techniques including coral stone walls, rawasheen latticework, and natural ventilation alongside modern sustainable systems, it preserves its original character while supporting a modern museum experience. The first gallery introduces the story of Bab Al Bunt, setting the tone for the journey that follows.

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The digital renaissance

How AI helps school education



The integration of Artificial Intelligence (AI) into primary and secondary education marks a fundamental shift in pedagogical design. Moving beyond simple automation, AI is reshaping how knowledge is mediated and evaluated in the classroom. From personalized learning algorithms in elementary grades to sophisticated data analytics in high schools, AI serves as a critical node in modern educational networks, facilitating more autonomous and experiential learning.

One of the most significant contributions of AI in school settings is the realization of personalized education. Adaptive learning systems use machine learning to analyze individual student profiles, identifying specific strengths, weaknesses, and preferred learning styles.

For example, intelligent tutoring systems (ITS)

can adjust the difficulty of mathematics problems in real-time, providing immediate feedback and tailored explanations that help bridge individual learning gaps.

Research indicates that these customized instructional paths lead to:

Enhanced engagement: By providing content that is neither too easy nor too difficult, AI maintains student motivation and interest.

Improved academic performance: Quantitative studies in secondary schools have shown a positive correlation between the use of AI-friendly tools and higher student achievement.

Inclusive environments: AI supports diverse learners - including those with special educational needs - by offering differentiated instruction that traditional one-size-fits-all models often fail to provide.

Redefining the teacher's role

Contrary to fears of displacement, AI is increasingly viewed as a tool that augments teacher capabilities rather than replacing them. High-school educators are leveraging AI tools like Gradescope and Magic School AI to automate routine administrative tasks and instructional planning.

It is estimated that existing technology can help teachers reallocate 20 per cent to 40 per cent of their time - specifically in areas like lesson preparation and evaluation - back toward direct student mentorship and emotional support.

As AI handles data-heavy tasks, the teacher's role evolves from a primary «instructor» to a «facilitator and coach». This shift allows for more high-value human interactions, such as resolving conflicts, building classroom culture, and providing the social-emotional guidance that AI cannot replicate.

Ethical challenges and AI literacy
The rapid adoption of AI in school environments is not without complex challenges.

Ethical considerations such as data privacy, algorithmic bias, and academic dishonesty are central to the current discourse. There is a significant risk that AI models may replicate systemic prejudices or lead to privacy breaches of sensitive student data.

Furthermore, the «digital divide» remains a concern. Unequal access to high-quality AI tools can worsen existing educational inequities between well-funded and under-resourced schools. To mitigate these risks, researchers advocate for a robust AI literacy curriculum. Starting in elementary school and continuing through high school, students

must learn not only how to use AI tools but also how to understand their ethical implications and sociocultural impacts.

Future outlook and implementation
By 2026, the successful integration of AI requires more than just technical deployment; it necessitates comprehensive professional development (PD) for teachers. Technical training alone is insufficient; educators need pedagogical support to understand how to effectively weave AI into their existing teaching frameworks.

As high schools move toward «human-in-the-loop» safeguards, the goal is to create future-ready environments where technological innovation aligns with social justice and human agency. The future of AI in schools lies in a balanced approach - harnessing the efficiency of algorithms while preserving the essential, relational heart of education.





Paperless air travel now a reality

Biometrics, digital IDs erase documents in seamless journey revolution

The paperless era in air travel is well underway and accelerating rapidly as of 2026. What began with electronic tickets and mobile boarding passes over a decade ago has evolved into broader adoption of digital identities, biometrics, and contactless processes—driven by convenience, sustainability, cost savings, and post-pandemic efficiency demands.

Key milestones and current status

- **Electronic tickets and boarding passes** — These have been standard for years. Nearly all major airlines offer mobile boarding passes via apps, and many now heavily favor or require them. Ryanair, a major European low-cost carrier, went fully paperless for boarding passes starting in November 2025 (with fees for any printed exceptions at select airports). Other airlines like easyJet, British Airways, and emerging players like Riyadh Air (launching without paper options) are following suit or predicting paper boarding

- passes will vanish industry-wide within 3–5 years (by around 2030 at the latest).
- **Cockpit and operations** — Many airlines achieved paperless cockpits earlier (e.g., Cathay Pacific in 2019), using digital apps for flight plans, weather, and manuals to reduce weight, fuel use, and emissions.
- **Biometrics and digital identity** — This represents the next frontier. IATA's One ID initiative pushes for a seamless, paperless journey using biometrics (face/iris scans) and digital credentials instead of physical passports or boarding passes at checkpoints. Surveys show strong passenger support: 74–75% prefer biometrics over showing documents, and adoption is rising quickly (78% comfortable sharing digital ID/biometrics in recent data). Biometric systems operate at dozens of airports globally, with expansions like TSA's touchless ID rolling out to more U.S. locations in 2026. Trials (e.g., Hong Kong–Tokyo, various EU pilots)

prove fully digital journeys are feasible, sometimes cutting processing times significantly. Nearly 98% of airlines use electronic travel documents (ETDs), and digital wallets (including passport storage in apps like Apple Wallet) are gaining traction for domestic and some international travel.

Benefits driving the shift

Passenger experience — Faster check-in, security, immigration, and boarding with less fumbling for papers. Phones handle everything from booking to baggage tags.

Sustainability — Reduced paper use cuts waste and aircraft fuel burn (lighter loads).

Efficiency and cost — Airlines save on printing/logistics; airports handle higher volumes without expansion.

Security — Biometrics reduce fraud risks compared to physical documents.

Challenges and limitations

Full paperless travel isn't universal yet. Issues include:

Smaller/regional airports lacking scanners or infrastructure (leading to exceptions).

International borders requiring physical passports in many cases due to varying government acceptance of digital credentials.

Privacy concerns, tech access (not everyone has a smartphone), and the need for global standards/interoperability.

Fragmented systems slow full adoption, though IATA and ICAO are advancing frameworks like Digital Travel Credentials (DTCs).

Looking ahead in 2026 and beyond

Trends point to more contactless, biometric-led experiences becoming mainstream. Airlines are evolving into «digital retailers,» with phones as all-in-one travel wallets (boarding pass + ID + payments + loyalty). Governments issuing digital passports and cross-border recognition will be key accelerators. In short, the paperless era isn't a distant future—it's actively unfolding, with 2025–2026 marking major leaps toward truly seamless, document-free flying for many routes and travelers.

If you're planning a trip, downloading your airline's app and opting for mobile/digital options will already put you in the heart of this transformation!



A spoonful of sugar

Are all sweeteners the same?

According to the 1964 Walt Disney musical *Mary Poppins*, just a spoonful of sugar helps the medicine down. Yet, it is unlikely that you will hear anyone singing praises about sugar in 2018.

The American public has become increasingly fixated on the sugar content of foods. Some prominent voices in health care and the media have even called sugar “toxic” and “the root of all evil.” Currently, 51 per cent of American adults report that they are trying to limit or avoid sugars when choosing foods and beverages. There’s little doubt that Americans consume too much sugar. But there is no concrete data to tell us exactly how much is too much.

One of my responsibilities as a Registered Dietitian-Nutritionist (RDN) is to sift through all of the nutrition misinformation and media hype. Here is some solid, evidence-based information about how too much sugar can be potentially harmful to our bodies.

Are all sugars the same?

I frequently hear statements such as, “I cannot eat fruit...it has too much sugar.” Or “My doctor said to avoid all breads, because bread turns to sugar.” And “I will only use raw sugar, it is healthier because it is natural.” Evidently, consumers are confused regarding sugars.

To clarify this complex scientific information, let’s start with the basics. Sugars, both intrinsic (present in whole foods) and extrinsic (those added to foods) constitute a type of carbohydrate. In a nutshell, carbohydrates are the body’s preferred source of energy. They also serve as the sole source of fuel for the brain.

All carbohydrates are composed of building blocks known as monosaccharides. There are three types of monosaccharides – glucose (the primary source of energy for cells), fructose (found in foods like fruit and honey), and galactose (primarily found in dairy products). These monosaccharides are arranged in chain-like structures of various lengths and combinations to form “simple carbohydrates” and “complex carbohydrates.”

Simple carbohydrates consist of one to two sugar molecules that link together to form a compound. Complex carbohydrates are longer chains of sugar molecules that form a coil-like structure.

Regardless of their length or complexity, our body must break carbohydrates down after eating to be absorbed. Therefore, the popular claim that “all carbohydrates turn into sugar” is inaccurate and oversimplified. It is true that oatmeal, blueberries, whole wheat bread, candy, and quinoa are all eventually absorbed in the intestines as



monosaccharides and/or disaccharides.

However, these compounds are not synonymous with “sugar.” Ultimately, carbohydrates are essential for life, and the body can only use them in relatively simple forms.

Types of sugar

The human body does not differentiate between naturally occurring sugars and those that are added to foods. The metabolism of all carbohydrates follows the same pathway, yielding



the core monosaccharides as the end result. However, this does not necessarily make a cupcake and an apple nutritionally the same. I often advise clients interested in managing their sugar consumption to “choose your sugars based on the company they keep.” In other words, what nutrients does a food offer your body, beyond just the energy obtained from the carbohydrate molecules? In addition to monosaccharides and disaccharides, does a food also contain fiber, vitamins, minerals, or antioxidants?

It is worth noting that foods high in added sugars tend to be higher in calories and lower in essential nutrients, whereas the opposite tends to be true of foods with naturally occurring sugars. When comparing the cupcake and apple, the cupcake will likely provide a lot of calories, saturated fat, cholesterol, sodium, and trans-fat. But it also offers minimal fiber, vitamins, or minerals. The apple, on the other hand, is low in calories and rich in fiber, vitamin C, antioxidants, flavonoids, and polyphenols. Apples also only have trace amounts of sodium, and no fat or cholesterol.

Natural vs. added sugars

In May 2016, the FDA announced revisions to the

Nutrition Facts label reflecting changes in nutrition science. They are also designed to help consumers to make more informed food choices. Among these changes, food manufacturers must list the amount of added sugar in all pre-packaged products by the year 2020. Added sugars refer to any sugars and/or syrups that are added to foods and beverages during processing, preparation, and/or before consumption. These added sugars can take the form of many ingredients and are not always readily identifiable. Some “natural sweeteners” do have very small amounts of trace minerals, but also supply a very concentrated source of calories. In addition, whether a sweetener comes from bees, maple trees, or sugar cane, it will cause the blood sugar to rise rapidly. Eating foods rich in added sugars can set the stage for numerous health problems. High-sugar foods often displace more nutritious foods. This can result in low dietary quality and inadequate intake of important vitamins, minerals, and other nutrients.

What should my daily sugar intake be?

The average American adult consumes 14.6 to 16 percent of their daily calories from added sugars. This is approximately 119 grams of sugar (or about 30 teaspoons) each day, which contributes a whopping 476 calories to a single day’s food intake. Children ages 2 to 18 consume approximately 23 teaspoons of added sugar per day, or 18 percent of total energy needs. These amounts equate to eating about 130 pounds worth of added sugars per person each year.

Reducing intake of all added sugars, including sucrose, high-fructose corn syrup, and “natural sweeteners” is a well-founded dietary strategy to help control body weight and prevent chronic disease. To achieve these aims, monitor the amount of added sugar used when cooking and/or eating. Also, choose fewer and smaller portions of foods and beverages that contain a significant amount of added sugars.

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Water Is the new oil in the Gulf

Tackling climate change a high priority

In the arid desert landscapes of the Gulf, where oil has long been the region's economic bedrock, a new narrative is unfolding - one where water's increasing recognition as a critical and finite resource demands a reckoning.

Under the most extreme climate scenario, temperatures in the region, already among the highest in the world and warming faster than elsewhere, could rise by nearly 6°C by the end of the century. Four of the six most water scarce countries in the world are in the Gulf - a phenomenon that is reshaping nearly every sector, from agriculture to energy - pushing leaders to tackle the issue in the face of climate change.

Water stress in the Gulf Cooperation Council (GCC) countries - Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, and the UAE - is mostly driven by low supply. But it has been exacerbated by rapid population growth, which has nearly doubled in 20 years, alongside decades of skyrocketing incomes.

Saudi Arabia, for example, which accounts for over 60 per cent of the GCC population, is now the third highest per capita water consumer in the world, behind only the U.S. and Canada. Water scarcity has led the GCC to heavily rely on food imports from countries that are

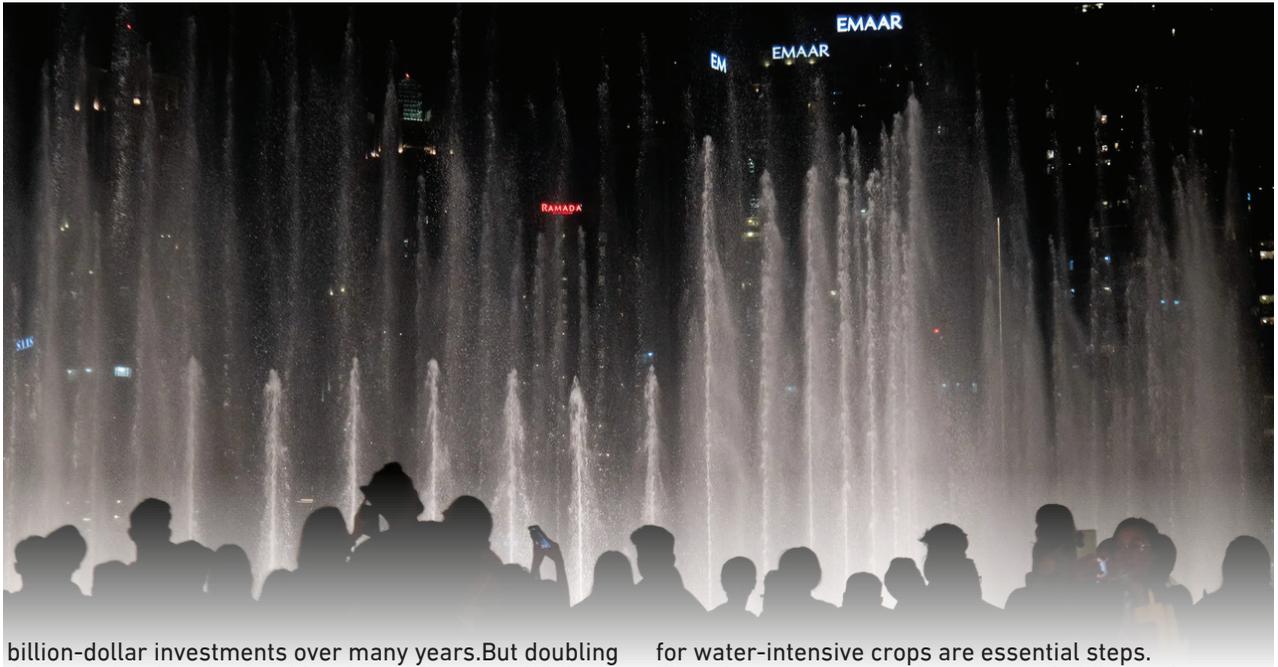
facing their own water and climate uncertainties. An estimated 60 per cent of the world's irrigated agriculture faces extremely high-water stress, adding another layer of vulnerability. This has motivated many GCC countries to increase national agricultural production. Although arable land in GCC countries is less than 5 per cent, average agricultural water use accounts for 70-80 per cent of the region's renewable water resources.

Agricultural water demand is primarily met through the massive exploitation of groundwater, causing a significant lowering of groundwater levels. In response to these realities, the Gulf is increasingly relying on seawater desalination.

The GCC countries now generate about 40 per cent of the world's desalinated water from over 400 plants. Desalinated water provides some 42 per cent of drinking water in the UAE, 70 per cent in Saudi Arabia, 86 per cent in Oman, and 90 per cent in Kuwait. By 2025, Saudi Arabia aims to achieve a desalination capacity of 8.5 million cubic meters per day, equivalent to meeting the daily water needs of around 34 million households (four times the current number of households in Saudi Arabia).

Desalination capacity of this volume requires multi-





billion-dollar investments over many years. But doubling down on desalination is a blessing and a curse. While desalination provides a crucial freshwater supply, the emissions and ecological costs cannot be ignored. By 2050, the worldwide emissions from desalination is expected to reach 0.4 billion tons of CO2 equivalents per year—equal to the carbon footprint of producing over 8 billion barrels of oil. The energy-intensive nature of desalination poses challenges as Gulf nations aim to reduce their greenhouse gas emissions and transition to sustainable energy sources.

Use of the more energy efficient reverse osmosis membrane-based desalination technologies, rather than the thermal variety using energy from plants, is growing but the region as a whole still relies on the more energy-intensive method. There are some bright spots; membrane desalination accounts for 50 per cent and 60 per cent of capacity in Saudi Arabia and Oman, respectively, and it continues to grow by the day. Desalination also carries geopolitical threats. Changing policies related to energy distribution or fluctuations in the global oil market could impact the operation and management of desalination plants. They are also vulnerable to physical and cyber threats, and if they were to cease running, most GCC countries only have a few days of water reserves. The likelihood of a successful attack is low but the consequences nevertheless catastrophic. For these reasons, there is an increasing recognition of the need for holistic and sustainable water management strategies. The best course of action would focus on four key areas to reduce water security threats.

A roadmap to tackle water scarcity

Firstly, that means reducing water demand through smart policies and conservation awareness campaigns. Recalibrating agricultural practices, promoting efficient irrigation methods, fixing excessive leakage in distribution networks, and considering imports

for water-intensive crops are essential steps.

That also means scrapping water subsidies and even enacting reasonable tariffs. Complementary regulatory measures, such as instituting green building specifications and establishing standards for water-efficient utilities, are also avenues to mitigate demand pressures.

Secondly, increasing and diversifying the water supply. Treated effluent reuse for non-drinking water and groundwater replenishment are significant and untapped opportunities for the region. Currently about 40% of wastewater is being reused in the Gulf; the World Bank estimates that GCC countries could treat and reuse up to 90% of this effluent for agricultural, industrial, and domestic use. Although scarcer and variable, rainwater capture can also effectively replenish groundwater in some GCC countries.

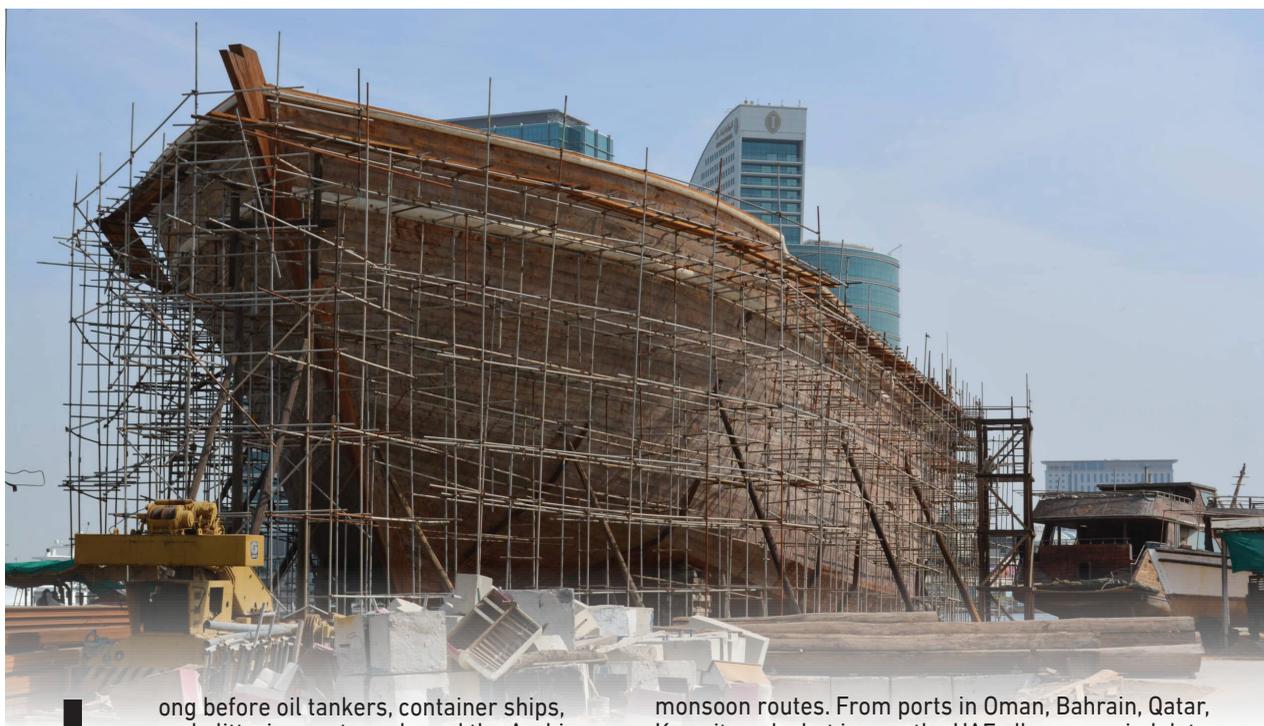
Thirdly, investing in research and development to decarbonize desalination and reduce the environmental costs of brine. Accelerating the commercialization of less energy-intensive desalination facilities powered by renewable energy, increasing the overall efficiency of desalination technologies, and exploring ways to reduce and reuse brine effluent are key parts of that. Research into the social, cultural, religious, and political dimensions of these emerging water resources is also important to promoting their acceptance and adoption. Attitudes toward the reuse of wastewater are especially terse due to religious and cultural norms.

Fourthly, greater collaboration among GCC countries is essential. Collaborative efforts will allow these nations to pool their experiences, best practices, and innovative solutions to address common issues more effectively. Importantly, this would also enable the region to develop solutions that are culturally appropriate and uniquely suited to the Gulf, while also using science and technology as a diplomatic tool.

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Carrying the wind

A history of traditional vessels in the Gulf



Long before oil tankers, container ships, and glittering ports reshaped the Arabian Gulf, its waters were ruled by wooden vessels powered by wind, skill, and intimate knowledge of the sea. These vessels - collectively known as dhows - or banoosh - were not merely boats. They were lifelines. For centuries, these connected the Gulf to East Africa, India, Persia, and beyond, shaping trade, culture, and identity in what are now the GCC countries.

The story of the dhow is inseparable from the history of the Gulf itself: a region defined not only by desert but by the sea.

Origins on ancient trade routes

The origins of the dhow stretch back more than two millennia. Archaeological and textual evidence suggests that early versions of lateen-rigged sailing vessels were already operating across the Indian Ocean by at least the first century. Gulf sailors became masters of this maritime world, navigating vast distances using stars, winds, and seasonal knowledge long before the invention of modern navigation tools.

The dhow's defining feature—the lateen sail, a triangular sail mounted at an angle—made it uniquely suited to Indian Ocean conditions. It allowed sailors to tack against the wind, enabling reliable long-distance travel across

monsoon routes. From ports in Oman, Bahrain, Qatar, Kuwait, and what is now the UAE, dhows carried dates, pearls, horses, incense, and textiles, returning with spices, timber, rice, and ivory.

These were not isolated journeys. The Gulf was deeply embedded in a global trading system linking Arabia, East Africa, South Asia, and Southeast Asia. Dhows were the arteries of that system.

The dhow types of the Gulf

“Dhow” is not a single vessel but a family of boats, each adapted to specific waters and purposes. Among the most important in the Gulf were:

Baghlah: Large, ocean-going dhows used for long-distance trade, particularly between the Gulf, India, and East Africa.

Boom: Common in Kuwait and Oman, known for its distinctive stern and speed.

Sambuk: A versatile dhow used for fishing, pearling, and coastal trade.

Jalibut and Battil: Smaller vessels suited to shallow coastal waters.

These boats were traditionally built without blueprints. Master shipbuilders relied on inherited knowledge, proportions memorized over generations, and an intuitive understanding of wood, water, and wind. Timber—often teak imported from India or East Africa—was shaped by hand, stitched or pegged together, and sealed with natural

fibers and resins.

Pearls, power, and survival

If trade sustained the Gulf, pearling defined it. From the 18th to early 20th centuries, the pearl industry dominated Gulf economies, and dhows were at its heart. Each summer, fleets of pearling dhows set out for months at sea, carrying divers, haulers, cooks, and captains into dangerous waters.

Life aboard pearling dhows was harsh. Divers descended repeatedly on single breaths, using nose clips and stone weights, facing sharks, exhaustion, and long-term health damage. Yet pearls from Gulf waters were prized globally, adorning royal courts in Europe and Asia.

In this era, dhows were instruments of wealth and power. Rulers taxed pearling fleets, financed voyages, and controlled ports. Entire coastal towns—such as Dubai, Manama, and Doha—were structured around the rhythms of dhow seasons.

Colonial encounters and changing seas

By the 19th century, European powers—particularly the British—had begun asserting control over Gulf waters. Treaties, maritime policing, and steam-powered ships altered traditional navigation and trade patterns. While dhows remained dominant locally, they increasingly operated under colonial surveillance and restriction. At the same time, new global forces were reshaping the region. The collapse of the pearl market in the 1930s, driven by Japanese cultured pearls and the Great Depression, devastated Gulf economies. For many coastal communities, dhows shifted from pearling to fishing or small-scale trade, while others were abandoned altogether.

Then came oil.

The decline - and survival - of the dhow

The discovery of oil in the mid-20th century transformed the Gulf with breathtaking speed. Modern ports, steel ships, and mechanized transport rendered traditional sailing dhows economically obsolete. Younger generations moved away from seafaring life toward urban jobs, and centuries-old maritime knowledge began to fade.

Yet dhows never fully disappeared. In Oman, particularly in Sur and Muscat, dhow-building traditions survived longer than anywhere else in the Gulf. Craftsmen continued to build vessels by hand, often without nails, techniques passed down for generations. In the UAE, Qatar, and Bahrain, dhows

disappeared. In Sur and Muscat, vessels by hand, preserving down for



adapted to new roles—fishing boats, cargo vessels for short routes, or floating symbols of heritage.

Today, dhows still ply certain routes, particularly between the Gulf, Iran, and South Asia, carrying goods in ways that defy modern logistics models. Informal, flexible, and deeply human, this “dhow trade” operates parallel to global shipping networks.

Dhows as cultural memory

In the 21st century, dhows have taken on a new role: symbols of identity.

Across the GCC, dhows feature prominently in museums, festivals, stamps, logos, and national narratives. Heritage villages display restored vessels; annual dhow races celebrate maritime skill; waterfronts host decorative dhows repurposed as restaurants or tour boats.

This preservation is not merely nostalgic. In a region often portrayed as defined by oil wealth and futuristic skylines, the dhow offers a counter-narrative—one rooted in resilience, mobility, and connection to the sea.

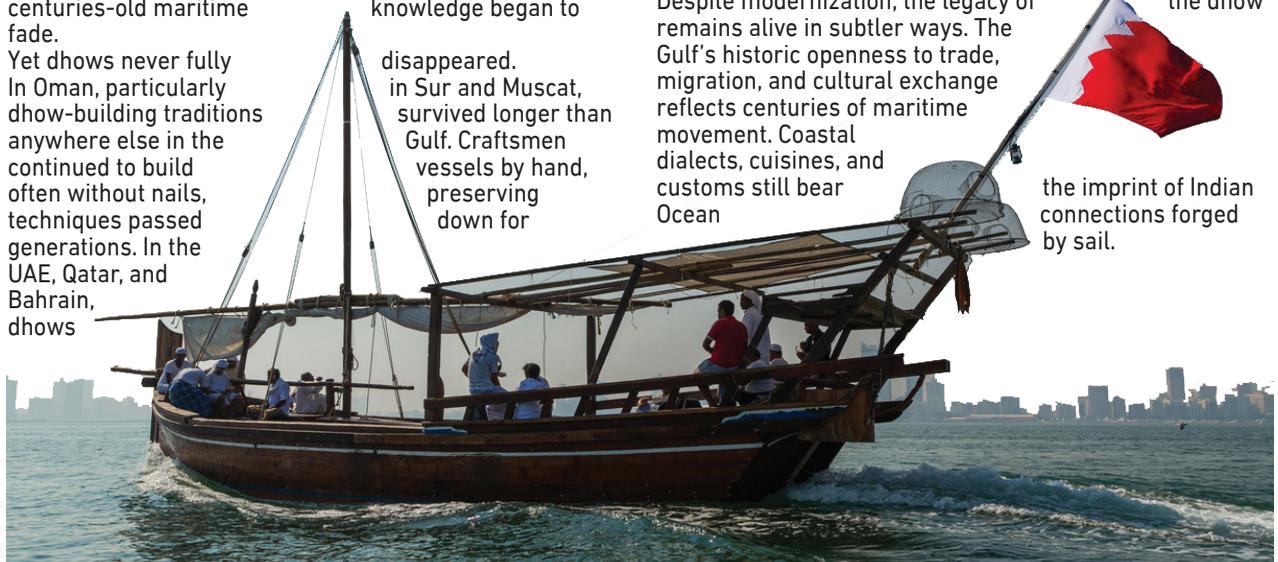
Yet this raises questions. What does it mean to preserve a tradition once defined by labor, risk, and survival as a polished cultural artifact? What is lost when dhows become static displays rather than working vessels?

A living legacy

Despite modernization, the legacy of the dhow remains alive in subtler ways. The Gulf’s historic openness to trade, migration, and cultural exchange reflects centuries of maritime movement. Coastal dialects, cuisines, and customs still bear the imprint of Indian Ocean

the dhow

the imprint of Indian connections forged by sail.



Boredom isn't a trivial emotion

State of mind and a lack of interest

Boredom is a universal experience overlooked in the scientific community despite most people having experienced it at some point in their lives. Despite being a common emotion, boredom has received little attention compared to other emotions such as happiness or anger. Boredom is often considered a trivial and inconsequential emotion, but recent studies have shown that it can have a significant impact on our wellbeing, productivity, and even our health.

Defining boredom

Boredom is a state of mind characterized by a

lack of interest, stimulation, or challenge. It is a subjective experience that can manifest in a variety of ways, including restlessness, apathy, and disinterest. Boredom can be caused by a lack of external stimulation or by internal factors such as a lack of motivation or a sense of purpose. It can arise from routine tasks, repetitive activities, or lack of novelty, which can result in a sense of time dragging or feeling stuck in a monotonous routine. Boredom can also arise from unmet expectations or a discrepancy between our desires and our current reality.



Impact of boredom

Boredom can occur in different settings, including work, school, relationships, and leisure time, and is more prevalent among men, youths, the unmarried, and those of lower income.

While boredom is often seen as an unpleasant experience, it can have both negative and positive effects on individuals. On the one hand, boredom can be a source of creativity and innovation in that when bored, brains are more likely to wander and explore new ideas or perspectives. Boredom can encourage one to seek novel experiences, discover new interests, or challenge oneself to learn and grow.

On the other hand, boredom can also have negative consequences such as decreased productivity, poor mental health, and even physical health problems. In one study a significant percentage of participants—67% of men and 25% of women—preferred to administer electric shocks to themselves rather than experience boredom while sitting alone with their thoughts.

Psychiatric aspects of boredom

Boredom has significant psychological and psychiatric aspects. It is not just a feeling of being uninterested or disengaged rather it can affect various aspects of mental health, cognition, and behavior. Research has shown that boredom is not only linked to depression, but it may also be both a risk factor and a symptom of depression.

Boredom can disrupt motivation, reduce pleasure, and interfere with goal-directed behavior, which can contribute to the development of depressive symptoms. Boredom is also associated with anxiety by triggering anxious thoughts and worries or exacerbate symptoms of already existing anxiety disorders.

Individual and cultural differences affect how boredom is experienced. For instance, age and stage in life can influence how boredom is experienced and expressed. Children and adolescents may be more prone to boredom due to their developing cognitive abilities and limited autonomy while older adults, on the other hand, may experience boredom as a result of retirement or decreased social interaction.

African context

In the African context, boredom takes on unique dimensions shaped by cultural norms, values, and social structures. African societies are characterized by their rich cultural heritage, diversity, and communal way of life. African cultures have a strong emphasis on community and social cohesion, and people often find meaning and fulfillment through social relationships, extended family networks, and collective activities.

Another aspect of boredom in the African context is the impact of poverty and inequality.

Many African countries face significant challenges in terms of poverty, unemployment, and limited access to basic resources and services.

In such contexts, people may experience boredom due to a lack of opportunities for education, employment, and personal growth. The feeling of being stuck in a monotonous routine without prospects for improvement can lead to a sense of hopelessness.

Boredom is not a trivial experience, but rather a complex psychological phenomenon that can impact mental health, cognition, and behavior.

It is linked to depression, anxiety, substance use, impulsivity, and increased risk-taking behavior. Recognizing and addressing the psychiatric aspects of boredom can play a significant role in promoting mental health and wellbeing. There is a need for research on how to quantify boredom, conduct both quantitative and qualitative research to clearly understand its epidemiological patterns and potential avenues of intervention.

Strength and limitation

While there is general knowledge that boredom can have both negative and positive effects as well as have significant psychological and psychiatric aspects on individuals, in the African context it can be experienced differently due to the cultural norms, values, and social structures that exist in Africa unlike in other non-African countries. Therefore, in attempt to write about boredom in African setting, it has downed on us on the importance to study boredom in Africa and more so in the Kenyan where we have no documented clinical cases to draw from.

[pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)



How to balance between worship and exercise

Expert tips of Ramadan fasting

By Dr. Zahra Khalifa



Fasting embodies a comprehensive spiritual and health value. It is not limited to abstaining from food and drink, but also promotes self-discipline, refines behaviour, and cultivates a sense of responsibility and solidarity.

At the same time, a balance between fasting and physical activity is essential for maintaining vitality and overall health. Moderate exercise contributes to stimulating blood circulation, improving mood, and supporting physical fitness without exhaustion. Hence, the importance of moderation and regulating daily effort in accordance with the specific nature of fasting becomes clear, allowing for both spiritual and physical benefits

within a framework of awareness and balance. Fasting does not limit the ability to exercise. Health data and practical experience confirm that regular exercise, when practiced in moderation and with proper planning, becomes a fundamental support for physical and mental health during the holy month. It boosts energy, maintains fitness, and gives the fasting person a feeling of vitality and harmony. Physical activity is of great importance during the holy month of Ramadan, given the physiological changes that occur in the body, such as a decrease in blood sugar levels and the increased use of fat as an energy source. Therefore, movement is crucial, as it helps maintain muscle mass, prevents lethargy, improves metabolic efficiency, reduces feelings of fatigue and sluggishness, supports cardiovascular health, promotes psychological well-being, and improves mood. Furthermore, regular physical activity helps regulate appetite, thus reducing overeating during Iftar (the meal to break the fast)





and Suhoor (the pre-dawn meal). Engaging in physical activity while fasting offers numerous benefits, including improved fat burning. During fasting, the body relies on fat as its primary energy source, making moderate exercise an effective way to improve body composition by enhancing insulin sensitivity, which is especially important for individuals with type 2 diabetes (after consulting a doctor).

It also reduces stress and improves sleep, as physical activity helps release endorphins (the body's natural feel-good hormones) and improves sleep quality after breaking the fast. Furthermore, it helps prevent weight gain, particularly given the prevalence of unhealthy eating habits at some iftar meals. It also contributes to overall fitness without requiring strenuous or prolonged exercise. Some may wonder when the best time to exercise during Ramadan is.

The answer is choosing the right time; this is crucial for maximizing benefits without overexertion. It's advisable to exercise approximately one hour before iftar, choosing light to moderate activities such as walking or stretching, as these aid in fat burning. Short durations (20-30 minutes) are recommended. It's also important to stop immediately if you experience dizziness or fatigue.

Some prefer to exercise two hours after Iftar (the meal to break the fast). This time is suitable for strength training, brisk walking, or light resistance exercises. It should be noted that exercising immediately after Iftar is not recommended to avoid digestive problems. Others prefer to exercise before Suhoor (the pre-dawn meal), which is a suitable option for those who prefer a more relaxed pace and

helps energize the body before fasting. It should also be noted that the focus should be on light exercises and not prolonged.

Regarding the type of physical activity suitable during Ramadan, it is not necessary to go to a gym. Walking, stretching and flexibility exercises that substitute for resistance training using body weight, yoga, or breathing exercises can be combined with active daily activities. The important thing is consistency and moderation, not intensity or long duration.

An important tip for safe exercise is to drink sufficient amounts of water between Iftar and Suhoor. Also, avoid strenuous exercise in hot weather, wear comfortable clothing, listen to your body's signals, and avoid overexertion. Those with chronic illnesses should consult their doctor before exercising.

In short, Ramadan is not a month for inactivity, but a golden opportunity to adopt sustainable healthy habits. With the right balance between worship, nutrition, and physical activity, the fasting person can maintain their health and vitality, and emerge from the holy month with a stronger and more energetic body, and a more relaxed and tranquil mind.

Ramadan also provides a quiet space for reflection and getting away from daily pressures, which is reflected in mental clarity and psychological stability. Fasting enhances self-discipline and desire control skills, which strengthens willpower and increases the feeling of achievement and self-confidence.

The faith-based and spiritual atmosphere that accompanies the month also contributes to reducing levels of stress and anxiety, and makes the individual feel reassured and at peace.



Mind blowing history

Dumbfounding and astonishing pictures

I don't mean this to be rude, but if you don't like history, you clearly don't have good taste. That, or your high school history class failed you. Either way, I feel sorry for you, and I'm going to change your mind today by means of some mind-blowing historical images.

I scoured the depths of the internet and did a ton of research to find some mind-blowing images that'll make your brain melt. And I did not disappoint. So buckle up and get ready to travel back to the past. The Great Paris Flood of 1910 was a huge devastation that lasted for several months. Along with tons of rain, water levels in the Seine just kept rising until the city was completely flooded. An average day during the flood, with a terrifyingly wobbly makeshift sidewalk that's making my stomach drop.

Marie Curie (1867–1934) is arguably the greatest female scientist of all time. She was mainly a physicist and chemist, and made huge discoveries in the field of radioactivity. Well, here's her in her lab.

The most shocking parts of this, to me, are a) how barren and technology-less the lab looks, and b) the fact that she's wearing a dress.

In an image taken in London in 1940 (the first full year of World War II, for those who need a refresher), people are lining up to use a «mobile laundry.» Essentially, they're carrying their dirty clothes to be washed in a laundromat running out of a car.

Certainly when you think of Michael Jackson, you think of him during his peak era in the '80s-'90s. Or perhaps you remember him as a young child as part of the Jackson 5. Well, this photo captures MJ in that sort of in-between phase. It's from 1979, the year of Michael's «pop star breakthrough» with his album *Off the Wall*. So you could say this is one of the last known photos of Michael before his entry into superstardom. He was only 20 years old at the time.

Believe it or not, Marilyn Monroe is actually swimming naked in this photo from May 26, 1962 — it was for a scene in *Something's Got to Give*, a movie she was starring in. But unfortunately, the movie was never

finished because of Marilyn's shocking death in August 1962.

This marine troop in World War II is a key example of the haunting phenomenon «thousand yard stare» — where severely traumatized individuals appear blank, unfocused, and withdrawn of all emotion. This particular troop had been fighting for two straight days and nights when this photo was taken.

Also from the '50s, this picture was taken at a «Tupperware party» — essentially, an event where a Tupperware salesperson travelled to people's houses and put on a show to sell products. They were highly social, glamorous events, and very female-focused, because Tupperware's main target market at the time was housewives.

Here's one of Thomas Edison's most-famous inventions, developed in 1890. Got any guesses as to what the heck it is? I'll tell ya. It's the world's first motion picture camera. Intricate and heavy-duty, this

one gets more interesting the longer you stare at it... because it's hard to tell what the heck is going on.

In this 1937 photo, a man named Dr. Thornwell Jacobs is preparing items to be included in a huge time capsule he founded, titled the Crypt of Civilization (dramatic, I know). The time capsule is still buried as we speak, and won't be opened until the year 8113 (6,117 years after it was buried). Some of the items he included were: gum, a drink, newspapers, a projector, a phonograph, and recorded speeches from important figures at the time.

This one is dark, so bare with me...but it's also seriously jaw-dropping. This photo from 1928 displays an American man sentenced to death by electric chair, and we're seeing his final moments of life in this image. As he's sitting in the chair and the operator prepares to start it up, a priest is giving his «last blessing» to the man.

You never think of ultra-famous people like The Beatles just sitting in an airport, but I guess it happened...because in this photo from 1964, Paul, John, and George are doing just that: chilling in the London Airport. Our precious Paul is signing an autograph for a staff member who worked there. In 1911, the Mona Lisa was infamously stolen by a man named Vincenzo Peruggia. He performed the «greatest art theft of the 20th century,» essentially just taking the Mona Lisa from the Louvre and walking out with it in his arm. Plain and simple, yet clearly effective. The incident is one of the key reasons why the Mona Lisa is now so famous. Anyway, this is a photo of Vincenzo's apartment that year, which was where he hid the Mona Lisa after stealing it. Celebrating New Year's Eve in Times Square in New York City is honestly an age-old tradition at this point, but have you ever wondered what it looked like back in the day? A lot simpler, and honestly, a lot more fun. I'll let this photo of people ringing in 1938 do the talking, though.

[Abby Zinman/buzzfeed.com](http://AbbyZinman/buzzfeed.com)



Women's leagues on the rise

How long will they last?



When Justine Siegal and Keith Stein envisioned the United States' first professional women's baseball league in 70 years, they wanted to do it right. So they examined the blueprints of successful women's leagues and studied the pitfalls that caused promising ventures to fail.

Their research helped shape the Women's Professional Baseball League, launching next year, the latest in a wave of ventures looking to capitalize on the unprecedented rise in popularity of women's sports. For such a startup to be sustainable and profitable, mainstream recognition is key. Good salaries and financial incentives may attract star players who could draw crowds and all-important TV deals. But analysts warn that exposure on television doesn't guarantee success, and that a solid social media presence, strong branding and community development are imperative — along with a dose of good luck.

At least eight women's pro leagues have launched in the past three years, including the WPBL, Unrivaled — a fast-paced 3-on-3 women's basketball league that debuted this year — and the Professional Women's

Hockey League, seizing on rising viewership, bigger sponsorship deals and a fan base more eager than ever to support female athletes. Basketball is leading the surge, with college standouts like Caitlin Clark becoming household names and drawing record audiences for the WNBA. "There is a pipeline of women from around the world who are at the elite level and ready to showcase their abilities," said WPBL co-founder Siegal, the first woman to coach an MLB team, the Oakland Athletics, "and there's a fan base ready to watch and ready to receive and cheer them on."

Basketball: the pinnacle of professional women's team sports

Among the recent women's pro circuit additions are the PWHL, which wrapped up its second season in May, and soccer's Gainbridge Super League, which debuted last August. Volleyball entered the spotlight in 2024 with the launch of the Professional Volleyball Federation and League One Volleyball.

Unrivaled, co-founded by WNBA stars Napheesa Collier and Breanna Stewart, finished its inaugural season with players' salaries averaging around \$200,000 — the

highest of any women's pro league. Fan engagement was high, with more than 11.9 million viewers tuning in to watch the games on TNT and truTV, signaling its long-term viability.

"Our strategy was very simple. We knew we could find success if we had the top players playing," said Unrivaled president Alex Bazzell, a basketball trainer and Collier's husband.

"The pinnacle of women's sports, both from an economic standpoint and a star power standpoint, is women's basketball," Bazzell continued. "So we had this inherent advantage from day one with the star power to activate social media and all the things that we needed."

While Unrivaled was able to leverage its players' popularity to fuel its success, launching a women's sports league has historically been an uphill climb. Leagues such as the WNBA and National Women's Soccer League have withstood years of hardship relative to their male counterparts.

The WNBA, whose players have negotiated charter flights in recent years and are currently seeking major salary boosts, began 29 years ago fighting for support and visibility

'Women's sports can be good business'

The environment for new women's sports ventures is far more favorable today than it once was, said Risa Isard, director of research and insights for Parity, a women's sports marketing platform.

The rise of streaming services has opened new pathways to reach fans directly, bypassing traditional broadcast limitations and giving emerging leagues a better shot at building devoted audiences. Isard said there's also a wealth of data indicating women's sports can deliver strong returns, proving "women's sports can be good business."

Explosive growth in attendance and viewership in part led to the NWSL's \$240 million, four-year media

rights deal in 2023. The WNBA followed with an 11-year media rights deal in 2024, when the league had its best attendance in more than 20 years and saw viewership nearly triple from 2023.

League One Volleyball, branded as LOVB and pronounced "LOVE," secured more than \$100 million in funding from private equity and individuals, including Olympic skier Lindsey Vonn and NBA star Kevin Durant.

There were some hiccups during LOVB's debut season this year, including with athlete logistics and broadcast production. Jordan Larson, a volleyball star and co-owner of LOVB Nebraska, said patience is key as the league works through early challenges, especially given there's no established blueprint for success for pro women's volleyball in the U.S.

"I think there is a hope and grace that we can get from people that are trying to buy in and invest," Larson said, "that we're trying to make this the best product we can. And I have no doubt that there is interest and that there's love for the game and that it will only continue to grow."

A crowded landscape

The sustainability of any new league depends on whether it can stand out in a crowded entertainment market, said John Kosner, who runs a digital and sports consultancy. Kosner emphasized the value of YouTube and other ad-supported streaming channels for building a loyal audience, but cautioned that visibility alone doesn't guarantee longevity.

"Just to get distribution doesn't mean that you're going to get watched," Kosner said. "It's a more involved playbook."

That's where social media, branding and community development become crucial. The PWWL achieved success with its "Takeover Tour," a series of games in markets without a hockey team to attract new fans.

apnews.com



Modern tech to the fore in Customs work

Customs President Shaikh Ahmed bin Hamad Al Khalifa participated via videoconference in a meeting with the University of Nottingham, an accredited European Union institution, to discuss a research study prepared by the university on future technologies for border security and customs operations.

The meeting addressed ways to strengthen integration between modern technologies and technical systems, as well as mechanisms for leveraging advanced technologies to further develop customs procedures in line with rapid technological advancements. These efforts significantly facilitate processes, enhance operational efficiency, improve risk management, and reinforce transparency.

During the meeting, the Customs President reviewed Customs Affairs' experience with the "Ofoooq" customs clearance system, which supports both customs operations and related government procedures. The system takes into account internationally developed procedures, globally recognised best practices, and smart solutions.

He also highlighted the single-window project for joint border control, which serves as an electronic gateway that incorporates advanced government procedures aligned with international standards and is built on leading global smart solutions. He added that Customs Affairs utilises state-of-the-art inspection technologies, including X-ray scanning units for inspecting incoming containers and trucks, advanced handheld devices for detecting narcotics and hazardous materials, and



specialised equipment for inspecting parcels and luggage.

The Customs President's participation in the meeting reflects his extensive expertise in international customs operations, as well as his role as Chair of the World Customs Organisation Council, underscoring the Kingdom's distinguished standing and leading role in advancing the global customs system.

Inspectorate employees honoured



Inspector-General, Major General Abdullah Mohammed Al Zayed, honoured a number of personnel from the General Inspectorate in recognition of their outstanding performance in carrying out oversight duties.

The honour reflects appreciation for their distinguished efforts and effective contributions to enhancing the level of supervisory performance within the Ministry.

Maritime awareness campaign



The Ministry of Interior announced that, as part of efforts to enhance maritime safety and raise awareness among seafarers, and in continuation of regulatory measures to organise marine navigation, the Coast Guard carried out a maritime awareness campaign in cooperation and coordination with Bapco Energies.

The campaign was implemented within the framework of the 3D marine survey project currently underway in several maritime areas of the Kingdom of Bahrain.

The campaign aims to raise awareness among fishermen, boat owners, and seafarers of the importance of adhering to maritime safety guidelines and navigation regulations in designated work zones, thereby ensuring their safety and maintaining the smooth implementation of the project in accordance with the highest approved standards.

The Coast Guard affirmed that the campaign is part of its ongoing efforts to intensify field inspections, strengthen partnerships with relevant entities, and support strategic projects that contribute to the development of the energy sector. It stressed the necessity of full cooperation, avoiding designated survey areas and complying with issued instructions to safeguard lives and property.

The Coast Guard also called on all seafarers to exercise caution and follow announced guidelines, affirming its continued implementation of awareness and inspection programmes and its monitoring of marine navigation to enhance the Kingdom's maritime security and safety system.

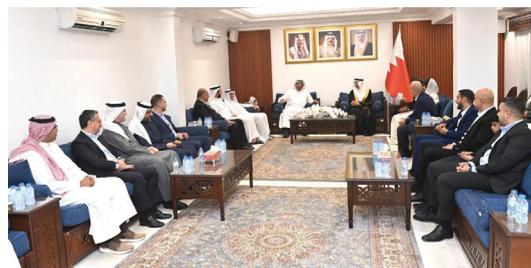
Governor receives business leaders

Northern Governor Hassan Abdullah Al Madani received a number of senior officials, members of the Council of Representatives and the Shura Council, ambassadors, business leaders, as well as dignitaries and residents of the governorate, at the Northern Governorate's Ramadan Majlis.

On this occasion, the guests and attendees extended their sincere congratulations and blessings to His Majesty King Hamad bin Isa Al Khalifa, His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister and people of the Kingdom of Bahrain and the Arab and Islamic nations, on the advent of the Holy Month of Ramadan, praying to Almighty Allah to return it with goodness, prosperity and blessings.

The Northern Governor affirmed that Ramadan Majlises represent an authentic pillar in preserving Bahrain's traditions, customs and social heritage, and serve as a fundamental platform for strengthening social cohesion by promoting communication, solidarity, coexistence, tolerance and mutual support among community members.

He also reviewed several charitable, social and health initiatives implemented by the Governorate during the holy month under the slogan "Ramadan: Partnership and Solidarity", in cooperation with civil society organisations. These include the distribution of food baskets to underprivileged families in coordination with charitable societies, the implementation of the fast-breaking "Iftar Meal" initiative, follow-up on the "Charitable Homes Project" to meet families' needs, the organisation of the "Gargaoun" event to reinforce cultural heritage and national identity, as well as health awareness lectures organised under the Healthy Cities Programme affiliated with the World Health Organisation.



Time to rectify our lives



Maj. Gen. Mohammed Bin Daina
bindaina@batelco.com.bh

This year, Ramadan arrives amidst circumstances that offer an opportunity to rectify our lives.

Life moves faster than we realize or comprehend, much like our experience of the arrival and departure of this blessed month. This is not surprising.

Linguistically, Ramadan means «to wait a little, then proceed,» as the verb «ramadha» (to spend a little time) indicates, according to the dictionary «Al-Ma'ani.» This implies that the final moments of life pass quickly, and in these circumstances, we must reflect on the philosophy of life's journey. This journey compels each of us to examine ourselves, our relationship with God, and our satisfaction with our lifestyle, including its positive and negative aspects, emotions, and reactions.

It also requires us to consider our conviction that each of us has a purpose in life, which we must fulfill to the best of our ability, leaving a positive impact before departing. In this month of mercy, forgiveness, and self-reflection, we have a great opportunity to return to God and reassess our relationships with the Lord of the World's and those around us. You will not find a better opportunity than this to correct your stances and repent. If you have severed ties of kinship, wronged someone, or committed an offense against another, it is important to emphasize that there is no room for discussing who initiated the wrongdoing or compromising one's dignity or principles. This matter pertains to seeking the pleasure of the Almighty, who instilled mercy in human nature.

Therefore, seize this precious

**YOU WILL NOT
FIND A BETTER
OPPORTUNITY THAN
THIS TO CORRECT
YOUR STANCES AND
REPENT**

opportunity, which will pass in a flash, to rid yourselves of hatred and animosity, erasing them from your lives and practices. Embrace respect, love, and communication, beginning with the most important aspect: maintaining kinship ties and making affection and purity the foundation of your lives.

The most beautiful feeling in this life is found in forgiving souls. So do not hesitate to initiate peace, whether there is a personal or professional disagreement. We are a nation of peace and tranquility. These circumstances present an opportunity to rectify the misconceptions and misunderstandings that have unfortunately begun to infiltrate the minds of future generations. This places a double responsibility upon us, as we are obligated to leave a legacy of positivity for our children and cultivate tolerance and forgiveness within them. We will not succeed in this unless we set a good example for them. This is an opportunity to prioritize our own mental well-being and, secondarily, to protect our children from negative influences.

It is a duty upon us all, as it ultimately contributes to maintaining our social cohesion. We congratulate you on the blessed month, and may God accept your worship.