

999

SECURITY AND SAFETY FOR ALL

ISSUE 130 NOVEMBER 2022

**MEET UAE'S
MOUNTED
POLICE**

**NEW VISAS
OPEN UP
JOBS**

**SPOTLIGHT:
TECH
HYPERDRIVE
AT GITEX**

UAE TRANSFORMS FUTURE OF POLICING

LATEST SECURITY SOLUTIONS AND INNOVATIONS AT ISNR ABU DHABI 2022



IN THIS ISSUE: MOI INTENSIFIES ZERO-TOLERANCE POLICY AGAINST ALL FORMS OF CHILD ABUSE AND EXPLOITATION

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*The UAE's
technological
achievements
are driven by
a culture of
creativity*

Talking tech

'Being future-ready' is one of the most widely used catchphrases in the 21st century. Technology is evolving at a dizzying pace, creating challenges and opportunities. In order to keep up, every sector has to roll up its proverbial sleeves and innovate.

Of course, the one sector that underpins every other sector is security; without it, nothing else can function properly. Therefore, government and private entities involved in security have to innovate the most. The UAE, as we've seen, is not only future-ready when it comes to security, but quite often it also creates the future. From the world's first smart police station (without human personnel) to police drones monitoring traffic, the UAE's technological achievements are driven by a culture of creativity, a culture that always asks: "What's next, what's even better?"

In our cover story on the future of policing, we present the outstanding innovations seen at the recent International Exhibition for National Security & Resilience (ISNR Abu Dhabi 2022), an event in which the UAE Ministry of Interior is closely involved. Cyber-security and robotics were amongst the scene-stealers — visitors were captivated by a robot dog designed to 'sniff out' narcotics and explosives, and assist in missions across difficult terrains.

Over the past month, police forces in the UAE have showcased quite a lot of their technological prowess, with a good deal of 'wow factor' built in. For instance, one of the stars of GITEX Global 2022, held in Dubai, was a luxury SUV smart patrol vehicle named 'Ghiath', with jaw-dropping Artificial Intelligence-driven capabilities. This show put the spotlight on smart tech in policing and other fields, such as automated mobility.

With so much tech on display, it's easy to forget how effective traditional non-tech policing can be. Giving people a spectacular reminder of that, Abu Dhabi Police and Dubai Police regularly send out their mounted police patrols to secure public venues, monitor crowds, and catch offenders. There's something splendid and awe-inspiring about a uniformed officer riding a magnificent horse — as our report says, law-breakers are usually overwhelmed and surrender quickly, whereas law-abiding people love the mounted patrols and they approach the riders and the horses with great warmth.

The security apparatus of the UAE has made the country one of the most confidence-inspiring places in the world. Building upon that, the government has drastically reformed its visa regime. The 'Advanced Visa System' came into effect in the past month, promising to ignite the job market and completely banish the bleak days of the pandemic. The recent flurry of work visa reforms has put control in the hands of candidates and employees, and that, in addition to the five-year, multiple-entry tourist visa, will see a transformation of the economic landscape.

Invigorating as these developments are, **999** also draws your attention to aspects of society that are a drag on a community's progress — one is a crime and the other is a lifestyle choice. Harming a child in any form, especially physical assault and sexual abuse, is one of the most heinous crimes in human society, and to prevent this, the UAE has made child protection its priority, as outlined in our feature on the occasion of World Children's Day (November 20). Harming yourself by becoming overweight or obese is not a legal offence, but it's certainly a menace for personal and public health, as we explain in this issue.

We live in a country whose leadership is dedicated to the well-being of citizens and residents. Let's help things along by making responsible choices. See you next month.



**Ministry of Interior
United Arab Emirates**

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Internationally respected artist



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Dr. Maysa Rashed
Former Member of the Federal National Council (FNC), and UAE writer

President hails teachers' role as 'bedrock' of UAE education

PRESIDENT His Highness Sheikh Mohamed bin Zayed Al Nahyan has underscored the pivotal role of teachers as the "bedrock of the nation's progress".

On the occasion of World Teachers' Day (October 5), HH Sheikh Mohamed bin Zayed hosted a majlis in Qasr Al Bahr for educators from across the UAE.

The President highlighted the profound influence of teachers on the youth, which can give birth to novel ideas and innovations.

During the majlis, His Highness said he



A majlis in Qasr Al Bahr hosted by HH Sheikh Mohamed bin Zayed for educators from across the UAE

believed that education would decide the extent to which countries improve in terms of development and civilisation in the next 20 years.

play across the UAE as they guide and shape the next generation that will drive our future progress."

To this effect, the President reaffirmed the UAE's continuous commitment to investing in its educational system to equip today's generation with the requisite knowledge and skills.

Marking the occasion, His Highness tweeted: "Dedicated teachers are the bedrock of our education system and will be at the forefront of its development. On World Teachers' Day, we recognise the vital role that teachers

Mohamed bin Zayed underscores diplomacy during visit to Russia

PRESIDENT His Highness Sheikh Mohamed bin Zayed Al Nahyan and Russian President Vladimir Putin discussed ways to bolster bilateral relations between their countries and reviewed several regional and international developments of common concern.

During his official visit to Saint Petersburg, HH Sheikh Mohamed bin Zayed highlighted the UAE's staunch commitment to strengthen the foundations of global peace and stability through diplomatic solutions.

This commitment was highlighted by the UAE's key role in the prisoner exchanges between Russia and Ukraine.

HH Sheikh Mohamed bin Zayed discussed with the Russian President the Ukrainian side's position on a number of issues, and emphasised the need to keep the dialogue between Russia and Ukraine open.

For his part, President Putin expressed his country's appreciation for the UAE's mediation efforts.



HH Sheikh Mohamed bin Zayed Al Nahyan and Russian President Vladimir Putin hold talks in St. Petersburg, Russia

President orders \$100 million humanitarian aid for Ukraine

PRESIDENT His Highness Sheikh Mohamed bin Zayed Al Nahyan has ordered the provision of additional humanitarian relief aid worth \$100 million (Dhs367 million) to Ukrainian civilians affected by the Ukraine crisis.

The humanitarian assistance stems from HH Sheikh Mohamed bin Zayed's

commitment to solidarity in times of conflicts and crises, according to HE Reem bint Ebrahim Al Hashimy, Minister of State for International Cooperation.

The UAE has provided similar relief aid in recent months to Ukrainian civilians affected by the crisis, in addition to sending planes

carrying aid to Ukrainian refugees in Poland and Moldova.

During a phone call with Ukrainian President Volodymyr Zelenskyy, HH Sheikh Mohamed bin Zayed underscored the UAE's strong resolve to peaceful negotiations for the interest of all sides.

UAE Cabinet approves federal budget for 2023-2026



CHAired by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, the UAE Cabinet approved the federal budget 2023-2026, with a total estimated expenditure of Dhs252.3 billion and estimated revenues of Dhs255.7 billion.

HH Sheikh Mohammed bin Rashid stated: "The federal budget of the Union is sustainable and balanced, and it is a major driver of the government and its development ambitions for the people of the Union."

The budget for the year 2023 has a total estimated expenses of Dhs63.066 billion, and total estimated revenues presented for approval amounted to Dhs63.613 billion.

A significant proportion of the

2023 federal budget will be earmarked for social development and welfare (39.3 per cent), followed by government affairs (38 per cent). The remaining budget will be allocated to infrastructure and economic resources (3.8 per cent); financial assets and investments (3.4 per cent); and other government spending (15.5 per cent).

His Highness Sheikh Maktoum bin Mohammed bin Rashid Al Maktoum, Deputy Ruler of Dubai, and Deputy Prime Minister and Minister of Finance of the UAE, stressed that the wise leadership has laid solid foundations for the government work system to accelerate sustainable development.

"The Federal Budget is an essential pillar in the UAE's development process, and the directives of our wise leadership help us achieve our development and social requirements for the coming years," the Minister of Finance stated.

VP launches nat'l programme to boost UAE tech exports

HIS Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, has launched a national programme to accelerate the pace of technological transformation in the industrial and production sectors.

The initiative, which is part of the Ministry of Industry and Sophisticated Technology's (MolAT) plan, is aimed at contributing Dhs110 billion to the country's net domestic product. It is expected to facilitate the export of advanced UAE technological products worth Dhs15 billion



each year. At least 1,000 technical projects will be developed and deployed until 2031.

"Our goal is achieving a quantum leap in the automation of the industry. The adoption

of advanced technology is an essential pillar for developing our national economy in partnership with the private sector. The UAE represents a global R&D destination for innovation in future technology," the Vice President said.

The national programme will be set in motion through the launch of the following five initiatives: Fourth

Industrial Revolution Index, Industrial Empowerment Centres, Advanced Technology Incentives, Future Plant Award, and Experimental Ecosystem for Testing Advanced Technology.

VP commends UAE minister's election to World Bank-IMF

HIS Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, extolled the election of HE Mohamed Hadi Al Hussaini, Minister of State for Financial Affairs, to a top post at the Development Committee of the World Bank Group (WBG) and the International Monetary Fund (IMF).

Al Hussaini was elected with a two-year

tenure as Chairman of the Development Committee, a joint ministerial committee of the boards of governors of the WBG and the IMF. It aims to achieve international cooperation and consensus on issues related to development.

Following Al Hussaini's election, HH Sheikh Mohammed bin Rashid Al Maktoum tweeted: "Proud of the election of Mohamed Hadi Al

Hussaini as Chairman of the Development Committee of the World Bank and the International Monetary Fund."

Describing Al Hussaini as an important part of the UAE government's work team, His Highness added: "The arrival of any Emirati to the world is a vote for the Emirates, strengthening the country's reputation in the international community."

Saif bin Zayed leads meeting of Digital Quality of Life Council



Work Applications; Dr Mugheer Khamis Al Khaili, Chairman of the Department of Community Development in Abu Dhabi; Dr Mohammed bin Ibrahim Al Mualla, Undersecretary of the Ministry of Education for Academic Affairs; Dr Mohammed Hamad Al Kuwaiti, Head of Cybersecurity for the UAE Government; Mohammed Al Zarooni, Deputy Director-General of Telecommunications and Digital Government Regulatory Authority; Younus Al Nasser, Assistant Director-General at Smart Dubai Office; Hessa Obaid Al Tunaiji, Parents' Representative; and Colonel Dr Rashid Al Dakhri, from Ministry of Interior.

The Council reviewed a study on the quality of digital life in the UAE, as well as the "Be Aware" initiative, which aims at educating society about the dangers of technology.

The Council also launched new axes in the Digital Quality of Life website (<https://digitalwellbeing.ae>), aimed at enhancing digital awareness across the UAE.

HIS Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, led the meeting of the Digital Quality of Life Council, held at the Dubai Creative Hub, in the presence of HE Hessa Obaid Al Tunaiji, Minister of Community

Development and Vice President of the Council.

The Council was attended by HE Shamma bint Suhail Faris Al Mazrui, Minister of State for Youth Affairs; HE Omar bin Sultan Al Olama, Minister of State for Artificial Intelligence, Digital Economy and Remote

Saif bin Zayed meets foreign counterparts at ISNR 2022

HIS Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, met with his foreign counterparts on the sidelines of the International Exhibition for National Security and Resilience (ISNR Abu Dhabi 2022).

The Interior Minister met with Daniel Aselo Okito, Deputy Prime Minister, Minister of Interior, Security, Decentralisation and Customary Affairs of Congo. The two sides discussed ways to enhance bilateral relations between the brotherly countries.

HH Sheikh Saif bin Zayed also met with

Mohamed Ahmed Ould Mohamed Lamine, Minister of Interior and Decentralisation of Mauritania, to tackle steps to bolster their countries' brotherly ties.

The meetings witnessed the signing of two separate MoU agreements with the Democratic Republic of Congo and the Islamic Republic of Mauritania, in the fields of policing and security.

Meanwhile, HH Sheikh Saif bin Zayed also held talks with Mazen AlFaraya, Minister of Interior of Jordan, and Mulay Idris Al Wali, Director-General for Interior Affairs at Morocco's Ministry of Interior.



HH Sheikh Saif bin Zayed and Congo counterpart Daniel Aselo Okito present signed MoU between the UAE and Congo in the fields of policing and security

Interior Minister takes stock of smart techs at GITEX 2022

HIS Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, took stock of smart technological innovations on display at GITEX Global 2022.

The Interior Minister toured the different pavilions featuring metaverse technologies, AI, cybersecurity, and smart application designed to respond to the needs of society.

HH Sheikh Saif bin Zayed visited the pavilions of the Federal Competitiveness and Statistics Centre, Dubai Electricity and Water



HH Sheikh Saif bin Zayed being briefed by Saeed Mohammed Al Tayar, Managing Director & CEO of DEWA, about DEWAVerse platform

Authority (DEWA), Huawei, Tahaluf El Emarat Technical Solutions, Microsoft, Amazon, XPENG AEROHT, amongst others.

At DEWA pavilion, His Highness was briefed by Saeed Mohammed Al Tayar, Managing Director & CEO of DEWA, about their new digital projects and initiatives, which use the latest disruptive technologies such as the Metaverse to provide its services to customers and employees.

The Ministry of Interior, which participated in the global event, signed 13 memoranda of understanding with international entities and companies specialising in pioneering technology and smart services during the run of GITEX Global 2022.

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Al Khaili congratulates auto response course graduates



Major General Staff Khalifa Hareb Al Khaili (5th from left), Major General Saif Al Zari Al Shamsi (4th from left) along with senior officers and department directors from the Mol and Sharjah Police during the Federal Special Police Department graduation ceremony

MAJOR General Staff Khalifa Hareb Al Khaili, Undersecretary of the Ministry of Interior, witnessed the graduation ceremony of four auto response courses.

The ceremony was held at the National Special Police Institute in the Federal Special Police Department in Sharjah. It saw the graduation of 119 personnel from the Federal Special Police Department.

The event was attended by Major General Saif Al Zari Al Shamsi, Commander-in-Chief of Sharjah Police; Brigadier Abdullah Saeed Musabih Al Musabi, Director of the Federal Special Police Department; Brigadier Dr Ali Salem Al Tunaiji, Director General of Federal Central Operations; Lieutenant Colonel Khaled Salem Al Zaabi, Director of the National Special Police Institute, and several senior officers and department directors from the Ministry of the Interior.

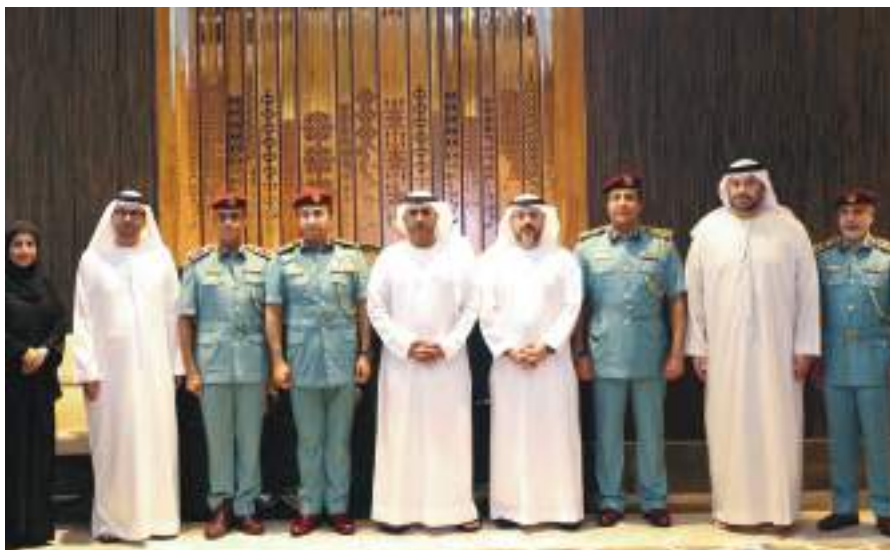
Al Khaili congratulated both the graduates and the trainers for their resolute efforts. He handed out certificates to the graduates, and then took commemorative photos with the attendees.

Al Raisi presents judicial electronic systems progress

IN the presence of HE Abdullah Sultan Awad Al Nuaimi, Minister of Justice, the Higher Committee for the Development of Judicial Electronic Systems held a meeting chaired by Major General Dr Ahmed Nasser Al Raisi, Inspector General of the Ministry of Interior.

The meeting, which was attended by team leaders, representing agencies and strategic partners, including the federal and local judicial authorities, was held at the headquarters of the Ministry of Justice in Abu Dhabi.

The committee reviewed the latest work developments, the achievements of the



HE Abdullah Sultan Awad Al Nuaimi (5th from left), and Major General Dr Ahmed Nasser Al Raisi (4th from left), along with officials from the Ministry of Justice and the Higher Committee for the Development of Judicial Electronic Systems

Committee, and several technical pioneering projects, which enhance smart and innovative services.

Al Nuaimi stressed that the Ministry of Justice was always keen to work in line

with the vision of the wise leadership to enhance coordination between government entities, thereby delivering high-quality government services that would support the goals of community happiness and digital transformation.

Al Raisi said that work on judicial electronic systems was progressing as per the directives of the UAE government. "We are pursuing work in this committee,

including its bodies and partners, in an integrative manner, towards more achievements to provide the best to society, based on the vision of the leadership," he said.

Abu Dhabi Police honoured as best in 'business continuity application'



In the presence of Major General Staff Pilot Faris Khalaf Al Mazrouei (3rd from left), Major General Khalifa Mohammed Al Khaili (2nd from left) receives an award certificate for Abu Dhabi Police from ADCMC

THE Emergency, Crisis and Disaster Management Centre of the Emirate of Abu Dhabi (ADCMC) honoured the General Command of Abu Dhabi Police for achieving the first place in the 'application of business continuity' at the emirate level. The awarding ceremony took place during the Business Continuity Forum.

It was attended by Major General Staff Pilot Faris Khalaf Al Mazrouei, Commander-in-Chief of Abu Dhabi Police and Head of

the Emergency, Crisis and Disaster Management Team, in the presence of team members and several dignitaries.

The award certificate was handed over by Obaid Rashid Al Hassan Al Shamsi, Vice-President of the National Emergency, Crisis and Disaster Management Authority, to Major General Khalifa Mohammed Al Khaili, Director of the Finance and Services Sector at Abu Dhabi Police.

At the ceremony, Al Mazrouei spoke of the

team's interest in promoting a culture of business continuity and working with strategic partners in the emirate, so that all local authorities could obtain certificates of compliance with the national standard during the next year.

Abu Dhabi Police hold regular training workshops to impart knowledge about crisis and disaster management and ensure business continuity in various circumstances.

Abu Dhabi Civil Defence inspects fire safety standards at schools

THE Abu Dhabi Civil Defence Authority carried out field inspection visits to a number of schools in the emirate, in order to ensure their compliance with the safety requirements for the protection of life and property. The inspection visits were part of its efforts to raise awareness and prevent accidents.

The visits activated community partnerships between the authority and educational institutions.

The inspection included an examination of the alarm and firefighting equipment; providing preventive instructions and advice; and introducing the teaching staff and school workers to the importance of alarm and control devices, such as extinguishers and smoke detectors.

During the visit, the authority explained the approved evacuation plans in schools in the event of an emergency. The Civil Defence called upon the schools to ensure regular inspection and maintenance of fire protection equipment.



Abu Dhabi Civil Defence team checks the Hassantuk system installed in a school

Dhahi Khalfan praises AI projects at GITEX Global 2022

LT General Dhahi Khalfan Tamim, Deputy Chairman of Police and Public Security in Dubai, visited the recently held GITEX Global 2022 and AI Everything at the Dubai World Trade Centre.

He was accompanied by Major General Ahmed Ateeq Al Maqoodi, Director of the General Department of the Deputy Chairman of Police and Public Security in Dubai; and Major General Eng. Walid Al Mannai, Director of the Local and Federal Development and Innovation Department at the Office of the Deputy Chairman of Police and Public Security in Dubai, along with several officers.



Lt General Dhahi Khalfan being briefed about a tech exhibit at GITEX Global 2022

Dhahi Khalfan praised GITEX Global 2022 exhibitors for their technologies, innovations, digital transformation and work in Artificial Intelligence, indicating the UAE's achievements in intelligent technology and digital solutions. He said

that this was made possible by the support of the wise leadership, which always strives to be the first in the world in the use of Artificial Intelligence (AI) and smart applications. He visited the Dubai Police General Command wing, where he was received by Major General Khalid Nasser Al Razooqi, Director of the General Department of Artificial Intelligence at Dubai Police, and was briefed on the main electronic services and smart applications shown at the Dubai Police Pavilion. He also toured several government and semi-government pavilions.

Sultan Al Nuaimi lauds Ajman Police HR excellence

MAJOR General Sheikh Sultan bin Abdullah Al Nuaimi, Commander-in-Chief of Ajman Police, praised the Human Resources Department for its excellence after achieving the highest satisfaction rate for five main axes within the 'Quality of Life Survey' for work environment at the level of the Ministry of Interior sectors.

He also praised the Financial Affairs Department for its smart transformation in completing transactions.

During his visit to the HR and Financial Affairs Departments, Al Nuaimi was accompanied by Brigadier Mubarak Khalfan Al Razi, Director General of Resources and Support Services, Brigadier Muhammad Shaiban Suwaidan, Director of the Human Resources Department, and a number of officers, non-commissioned officers and employees.



Major General Sultan Al Nuaimi holds a meeting with the HR and Financial Affairs Departments at Ajman Police

Al Nuaimi reviewed the Ajman Police HR Department's administrative processes, through which it supports other police departments. He was also briefed on the electronic HR system, and the new development plans and programmes for

greater efficiency of the police cadre.

Then, he was received by Colonel Khalfan Nasser Al Suwaidi, Director of the Financial Affairs Department, for an inspection of the mechanisms of financial planning, resource investment, and financial services.

Al Kaabi salutes role of teachers as nation-builders

ON the occasion of World Teachers' Day last month, Major General Mohammed Ahmed bin Ghanem Al Kaabi, Commander-in-Chief of Fujairah Police, said, "The 5th day of October each year marks World Teachers' Day in appreciation of their efforts and their pivotal role in creating a conscious

generation equipped with knowledge and having highest moral values and human principles.

"On this day, we should remember the important role that teachers play in our society and their efforts in raising our children and building their future. All our societies should respect teachers for their

efforts and achievements in building future generations."

He added that "the government of the United Arab Emirates attaches great importance to the role of the teacher", and extended his "thanks and gratitude to all teachers for their noble efforts in the educational process".

Al Marri extols effective security at Dubai Aiport

LT General Abdullah Khalifa Al Marri, Commander-in-Chief of Dubai Police, praised the General Directorate of Airport Security for being one of the most advanced departments in specialised security performance in Dubai Police.

Al Marri said that the General Directorate, in cooperation with its partners, successfully secured 1,110,609 passengers and 2,524,918 tonnes of cargo in 2021.

During his inspection at the General Directorate, Al Marri was accompanied by Major General Pilot Ahmed Mohammed bin



Lt General Al Marri arriving at the headquarters of the General Directorate of Airport Security in Dubai

Thani, Assistant to the Commander-in-Chief for Ports Affairs; Major General Ali Ateeq bin Lahej, Director of the General Directorate of Airport Security; and other Dubai Police officials.

Al Marri said that he considered Dubai International Airport a "global model for a developed airport and advanced operations, a point of connection and convergence between East and West, and an influential global station in the civil aviation sector". He added that Dubai Police worked from an early era to enhance their security capabilities, in order to provide security services to partners, travellers and other airport users in accordance with the highest global standards.

Sharjah Police hold meeting for strategic partners

AS part of the ongoing efforts of Sharjah Police to enhance cooperation with partners on strategic goals, the Sharjah Police Research Centre held a coordination meeting at its headquarters. It was attended by representatives from several government agencies in Sharjah.

The meeting was led by Brigadier Dr Khaled Hamad Al Hammadi, Director of the Sharjah Police Research Centre; Colonel Nasser Saeed bin Afsan, Director of the Department of Electronic Services and Communications;



Officials of the Sharjah Police Research Centre discuss ways to bolster cooperation with their strategic partners

Colonel Ali Saif Al Dabbahi, Deputy Director of the Research Centre Department; Khamis Bashir Khamis Mubarak, Director of the

Community Development Department; Khaled Al Yafei, Director of Government Relations in the Department of Statistics and Community Development; Sabha bin Jarash from the Department of Statistics; Fatima Al Mazrouei from the Sharjah Media Corporation; Nada Al Khayal and Kholoud Idris from the General Secretariat of the Executive Council, and a number of departments heads in Sharjah Police.

RAK Police sign MoU with Etisalat by e& at GITEX

RAS Al Khaimah Police and Etisalat by e& signed a Memorandum of Understanding (MoU), which was meant to bolster the exchange of knowledge and expertise between the two entities.

The MoU, which was signed on the sidelines of GITEX Global 2022, was signed by both sides in the presence of Major General Ali Abdullah bin Alwan Al Nuaimi, Commander-in-Chief of Ras Al Khaimah Police, and Abdul Aziz Tarim, Director-General of Etisalat in the Northern Emirates and Advisor to the CEO.

Al Nuaimi said that the agreement came within the framework of Ras Al Khaimah Police's endeavour to provide the best technical and security services related to the field of communications and electronic and smart services, in accordance with the best international standards.

UAQ Police organise Community Security Forum

THE Law Respect Culture Bureau of the Ministry of Interior, represented by the Umm Al Quwain Police General Command, organised the 'Community Security Forum'.

The forum was held in cooperation with Umm Al Quwain University. It discussed the implications of community security in all sectors, and the link between economic security and societal security within the UAE.

1st

UAE's leading global ranking in Human-Centred Public Services Index by Oxford Insights, which charted nations' performance based on people's satisfaction with the way public services are designed and delivered. The survey, with 10,000 respondents per country, measured government services in terms of ease of access, reliability and delivery of promised outcomes.

1st

Top global ranking of the UAE in terms of brand performance index, according to the latest report by leading brand valuation consultancy Brand Finance. The index shows a nation's attractiveness in the crucial areas of trade, investment, tourism, and talent attraction. The UAE ranked highest globally with a score of 80.5 out of 100.

1st

UAE's leading ranking in the Middle East and North Africa region and 23rd globally in the Global Food Security Index (GFSI) 2022, issued by Economist Impact. The UAE scored 75.2 points on the general scale of the 100-point index.

1st

UAE's ranking as the most-preferred expats' destination across the Middle East, Africa and Asia, according to the Global Well-Being Survey 2022 by the health services company Cigna. Out of 197 countries, the UAE was also listed amongst the Top 10 global destinations for foreigners wanting to relocate overseas.

4.4 years

The average expat length of stay in the UAE, which is significantly higher than the global average of 3.2 years, as per the Global Well-Being Survey 2022 by the health services company Cigna. This, according to the survey, is "a reflection of the better quality of life, finances, and a more stable job market in the country".

BE IN THE LOOP

UAE WINS 7 AWARDS FROM INT'L ASSOCIATION OF CHIEFS OF POLICE



The Ministry of Interior (MoI) and the Police General Headquarters bagged seven awards from the International Association of Chiefs of Police. The winners include Lt Colonel Dr Rashid Hamdan Al Ghafri, Director of the International Centre for Forensic Sciences in the General Department of Forensic Evidence and Criminology at Dubai Police; Lt Colonel Expert Dr Wafaa Al Tayari from Abu Dhabi Police General Headquarters; Major Dr Reem Sabah Qambar, Deputy Director of the Security Media Department in the General Directorate of Security Support at MoI; Captain Dr Engineer Miad Al-Saadi, Head of the Digital Data Department at the General Administration of Smart Services and Digital Security at MoI; First Lieutenant Rashid Hamdan Al Nuaimi from the Ajman Police General Headquarters; First Warrant Officer Jassim Heikal Abdul Rahman from Fujairah Police General Headquarters; and First Warrant Abdullah bin Howiden from Sharjah Police General Headquarters.

MOI, DUBAI CUSTOMS SIGN MOU TO BOLSTER COOPERATION



The Ministry of Interior (MoI) and Dubai Customs signed a memorandum of understanding (MoU), in a move aimed at bolstering cooperation between the two entities. Under the MoU, the MoI will provide specialised training programmes for Dubai Customs' personnel, consolidate efforts to develop the security skills of custom inspectors and keep pace with new technological advancements. The MoU was signed by Major General Salem Mubarak Al Shamsi, Assistant Undersecretary for Resources and Support Services at MoI (4th from L) and Mohamed Al Ghafari, Executive Director of the Human Resources Sector at Dubai Customs (3rd from R).

MOI RECEIVES GLOBAL AWARD FOR ORGANISATIONAL INNOVATION



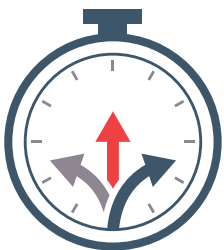
The Ministry of Interior (MoI) has received the 'Institutional Innovation Award' from the Centre for Organisational Excellence Research, a leading global research and consultancy firm headquartered in New Zealand. Major General Salem Ali Mubarak Al Shamsi, Assistant Undersecretary for Resources and Support Services at MoI (7th from L) received the award from Robin Mann, Director of the Centre (6th from L).

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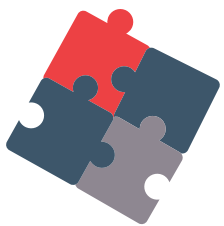
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UAE NEWS BULLETIN

POLICE NEWS, PEOPLE, NUMBERS AND EVENTS

ABU DHABI



DHS350,000

The Abu Dhabi Civil Court of Cassation has ordered a construction company to pay Dhs350,000 to a worker who suffered a permanent disability due to their on-site safety standard violations. The labourer sustained extreme injuries when an electric saw malfunctioned and severed a part of his body. The compensation was meant for physical, material and moral losses that the labourer suffered as a result of his injuries.


AJMAN



1,500

A private school owner in Ajman was arrested for collecting school fees from more than 1,500 parents. This, even when the school had been closed down within a week of the new academic year for failing to meet certain standards. The owner even tried to hoodwink the parents by offering attractive discounts. The accused was later tracked down by the authorities. Officers are currently working on recovering the funds and returning them to the parents.

DUBAI



5 YEARS

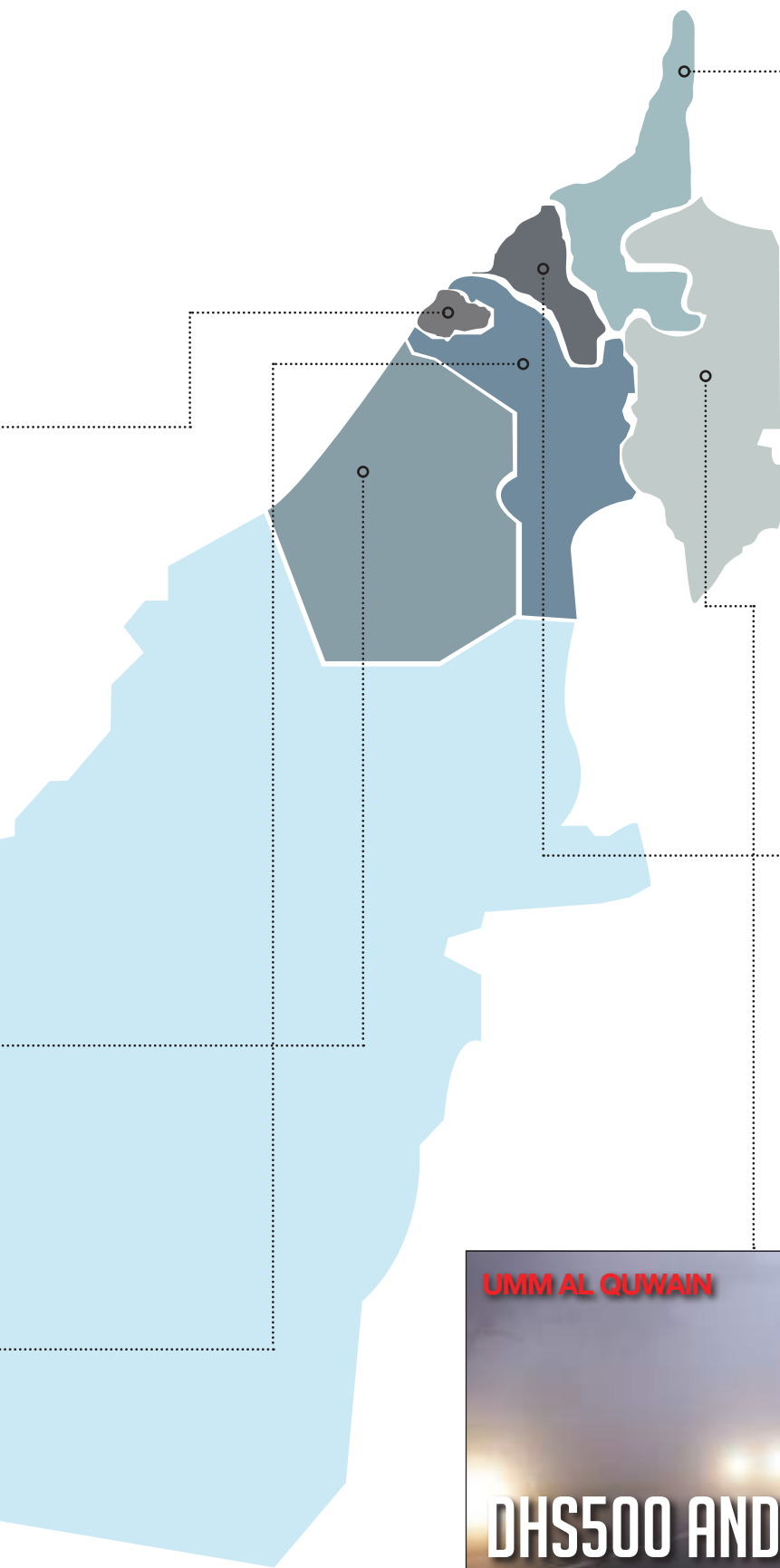
The Dubai Criminal Court meted out a five-year jail sentence and a fine of Dhs50,000 to an Asian driver for facilitating the use of heroin for a man in his vehicle and then dumping that man's body when he died from an overdose. The police got hold of footage from a surveillance camera installed near the desert where the body was found; this led to the arrest of the Asian driver. He will be deported after serving his jail term.

RAS AL KHAIMAH



DHS200,000

A driver in Ras Al Khaimah has been ordered to pay Dhs200,000 to the family of a man who was accidentally run over by his vehicle while it was parked at the roadside. The driver had forgotten to pull the handbrake and the vehicle began moving soon after he left. The vehicle hit the victim, who sustained serious injuries and eventually died. The driver would also spend one month in prison. His insurance company and the company that owns his vehicle were also ordered to jointly pay Dhs90,000 to the victim's family.



FUJAIRAH

1



NSRC

Authorities from Fujairah Civil Defence airlifted a hiker who had fallen unconscious from a mountain in the emirate due to extreme exhaustion. A video uploaded by the National Search and Rescue Centre on social media showed the dramatic rescue operation. The man was airlifted and brought to Fujairah's Dibba Hospital for medical attention.

SHARJAH

DHS850



Sharjah Police

Sharjah Police arrested a woman who allegedly tried to blackmail a man of rape in exchange for money. The accused approached the victim, asking to give her a lift to a nearby area because she had no money for a taxi. Inside the car, the woman suddenly tore her clothes and told him that she would accuse him of rape if he did not pay up. Fearing for his life and reputation, he gave the woman Dhs850. The case was referred to the public prosecution.

UMM AL QUWAIN

DHS500 AND FOUR BLACK POINTS



Umm Al Quwain Police are reminding all motorists to adhere to traffic safety precautions during foggy weather conditions. The police force is also urging drivers to increase speed gradually while keeping a safe distance from vehicles in front of them at all times. Failing to follow safe driving instructions from the authorities during fog formation awaits a fine of Dhs500 and four black points.

EXPLORING THE FUTURE OF POLICING

THE 21ST CENTURY IS WITNESSING BOTH THE BOONS AND BANES OF TECHNOLOGY. **999** LOOKS AT HOW THE UAE BUILDS THE POWER OF ITS SECURITY AGENCIES, ENABLING THEM TO ADAPT RAPIDLY TO NEW TECH AND USE THAT TO COMBAT CRIME

BY NEIL BIE







In today's fast-paced, technology-driven landscape, the scope of policing has expanded way beyond the neighbourhood, the city, or even the country. Just as tech-savvy criminals can operate from anywhere, today's even more tech-forward police forces can flush them out from anywhere. The UAE, undoubtedly, has a security system that's amongst the most advanced in the world, both in terms of human cadre development and science and technology adoption.

The use of technology in security work is not limited to catching criminals, such as online fraudsters, bullies and blackmailers, rumour-mongers, and extremist recruiters; it extends to improving emergency response, fire-fighting and fire prevention, and field assistance for the human cadre of law enforcement. Security work in the UAE is now fully integrated with state-of-the-art modern equipment: handheld devices, unmanned vehicles, and highly sophisticated software.

It's essential for policing and wider security efforts to stay on top of technological uses — and misuses by criminals. A 2021 study by the UK-based tech website Comparitech

estimates that cyber-crime victims worldwide lose \$318 billion (Dhs1.167 trillion) each year. The study found that UAE residents lose \$746 million (Dhs2.7 billion) from cyber-crimes annually, with an estimated 166,667 victims per year.

Many cyber-crimes happen because of the human factor — even normally careful people could end up being victims because of one lapse of judgement. Nonetheless, the UAE has proved to the world its preparedness in combating this online threat. For instance, Abu Dhabi Police returned Dhs18 million to cyber-crime victims during the first two months of 2022, and Dubai Police prioritised the subject of cyber-crime at the inaugural World Police Summit held in March 2022.

The security agencies in the UAE, led by the Ministry of Interior (MoI), recently presented all the new technology and equipment they use to both harness innovation and combat its dangers. These were showcased at the International Exhibition of National Security and Resilience (ISNR Abu Dhabi), held in October 2022, organised by the Ministry of Interior and ADNEC Group, in cooperation with Abu Dhabi Police General Headquarters.

“ I visited ISNR Abu Dhabi 2022 exhibition and was acquainted with the latest smart technical systems that anticipate future challenges in the vital security sectors and raise the levels of preparedness, readiness, and response to achieve the sustainability of the security and stability of societies

HH LT GENERAL SHEIKH SAIF BIN ZAYED AL NAHYAN

Deputy Prime Minister and Minister of Interior



SAFEGUARDING UAE



HH Sheikh Saif bin Zayed (third from left), HE Sheikh Nahyan bin Mubarak Al Nahyan, Minister of Tolerance and Coexistence, and other local and foreign officials watch a security simulation titled 'Man in the Middle' at ISNR Abu Dhabi 2022

ADMO

His Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, during his rounds at ISNR Abu Dhabi 2022, underscored the importance of exploring and learning about the world's latest tech to keep the country safe from both external and internal threats. This will help local authorities not only in weeding out cyber problems early on but also in anticipating possible threats.

"I visited ISNR Abu Dhabi 2022 exhibition and was pleased with the strong presence of Emirati companies and the size of the distinguished international participation. I was acquainted with

the latest smart technical systems that anticipate future challenges in the vital security sectors and raise the levels of preparedness, readiness, and response to achieve the sustainability of the security and stability of societies," said HH Sheikh Saif bin Zayed.

During the three-day event, the Interior Minister witnessed a live presentation as to how the UAE currently addresses threats on a wider scale with a simulated scenario presentation called 'Man in the Middle'. His Highness said, "At ISNR Abu Dhabi 2022, I attended an interesting presentation of the 'Man in the Middle' scenario, in which the importance of the integrative doctrine of the security services and the active

role of proactive plans and harmonious coordination in enhancing levels of readiness and response in accordance with the highest international standards to face various future challenges and ensure the safety of lives and property was demonstrated."

Major General Dr Ahmed Nasser Al Raisi, Inspector General of the Ministry of Interior and Chairman of the Higher Organising Committee of ISNR Abu Dhabi 2022, noted that the active participation of 120 regional and international delegations and companies, with nearly 20,000 visitors during the three-day event proved the UAE's keenness to showcase global best practices in the field of security.

“ Hosting ISNR Abu Dhabi 2022 aligns with the UAE’s ongoing efforts to enhance cooperation and promote international best practices to improve the quality of life of societies and promote their safety and stability



MAJOR GENERAL DR AHMED NASSER AL RAISI

Inspector General of the Ministry of Interior and Chairman of the Higher Organising Committee of ISNR Abu Dhabi 2022

“ We are glad to be a strategic partner for this event which is an opportunity for sharing experiences on the best practices for developing the sector, and allows building new cooperation amongst agencies from around the world



MAJOR GENERAL MAKTOUN

ALI AL SHARIFI

Director-General of Abu Dhabi Police



‘Man in the Middle’, a security simulation presentation at ISNR Abu Dhabi 2022 during its opening day

“We can clearly see the role and the interest of the Mol in training the police on cyber-security and rapid response operations. Hosting this important international event aligns with the UAE’s ongoing efforts to enhance cooperation and promote international best practices to improve the quality of life of societies and promote their safety and stability. We will continue to host and organise prestigious international events, such as this, to consolidate the leading

reputation of the UAE, in line with the objectives and vision of our wise leadership,” said Al Raisi.

Highlighting Abu Dhabi’s stature as a global hub for attracting global decision-makers and experts in the fields of national security and resilience, Major General Maktoum Ali Al Sharifi, Director-General of Abu Dhabi Police, said, “ISNR Abu Dhabi brings together experts and specialists in national security to define the new features of the

world which are characterised by communication and security. We are glad to be a strategic partner for this event which is an opportunity for networking, discussing ideas, and sharing experiences on the best practices for developing the sector, as well as strengthening relations amongst those who work in the fields of national security and cybersecurity, allowing for building new cooperation and relations amongst agencies from around the world.”



HH Sheikh Saif bin Zayed and Major General Al Raisi being briefed by an ISNR exhibitor about new cutting-edge technology



Major General Maktoum Ali Al Sharifi during his visit at ISNR Abu Dhabi 2022



BEYOND POLICE STATIONS

A 2022 paper released by PWC titled 'Future-proof: Future Ready' envisions the realm of policing in the future with a sophisticated partnership amongst the police force(s), government entities, and members of the community to pinpoint the root causes of the crime and its prevention, which will result in a reduction on the demand for traditional policing.

At the core of this transition is the need for all police officers to be trained and adapt to modern equipment and hone their skills in cyber-security, as it becomes more than just a specialised division within the force.

"Preventative policing requires the integration of (all types of) analysts into the very fabric of the police machinery. Rather, in the future, analysts will work side by side with uniformed officers, and a whole range of community stakeholders who have more access and are better qualified to deal with the root issues driving crime. In addition, cyber skills will increasingly become a foundational part of police recruit training — rather than just specialist unit capability," read the report.

Prof. Martin Spraggon, Section Manager of Research Partnerships at Rabdan Academy, Abu Dhabi, outlined four steps of 'future foresight' that help the authorities anticipate and prepare for unknown variables. The steps

“ They [police in the UAE] have within their units a ‘Future Foresight’ department that is tasked exactly to understand the policing of the future, analysing future trends, and developing strategies that can be put in place to combat emerging cyber-threats that may take place in the metaverse



PROF. MARTIN SPRAGGON

Section Manager of Research Partnerships at Rabdan Academy, Abu Dhabi

are: scanning the horizon for emerging changes; analysing megatrends; developing multiple scenarios; and discussing ideas about the future. Of the four steps, he underscored the value of horizon scanning as a global practice that would aid in seeing red flags early on.

"One of the most important steps is horizon scanning, which identifies signals and emerging changes taking place around the world that can be taken into consideration as a red flag or potential warnings of what may happen in the future and how you're going to incorporate that data into future foresight to anticipate problems and think about solutions to those scenarios," said Prof. Spraggon in an interview with 999.

He is optimistic that the UAE's human capital for its police force is both capable

of addressing current cyber-attacks and adaptable to learning newer technology that will help the country maintain its status as one of the world's safest places to live in.

Prof. Spraggon told this magazine, "Police in the UAE are very advanced and they are very ready, technologically speaking. They are looking forward to moving into the adoption of new technologies and they really put a lot of effort into advancing their ways and understanding the landscape of policing in the future. They have within their units a 'Future Foresight' department that is tasked exactly to understand the policing of the future, analysing future trends, and developing strategies that can be put in place to combat emerging cyber-threats that may take place in the metaverse, for example."



Under the patronage of HH Sheikh Saif bin Zayed Al Nahyan, ISNR Abu Dhabi 2022 has showcased advanced innovations capable of performing complex and astonishing functions for maintaining safety and security

CLEAR-CUT COMMUNICATION

Aside from technology, the key role of communication as an integral part of security work was highlighted at ISNR Abu Dhabi 2022. Two speakers, Rajat Chowdhary and Peter Clemons, elaborated on this topic.

Rajat Chowdhary, Consulting Partner at the professional services firm PricewaterhouseCoopers (PwC), during his talk on 'Cognitive Command Control Centres for Public Safety', spoke about a white paper titled 'Navigating the Chasm', which outlines the need for authorities worldwide to upgrade their Mission-Critical Communications Ecosystem (MCC-ECO). The paper said that the UAE had already rolled out a mission-critical LTE network across Abu Dhabi and Dubai, which made the country one of the role models in 'crossing the chasm' during times of emergencies in today's 5G era.

He underscored the fact that officials who tackled public safety and emergencies needed not only to take immediate action on site but also to convey the message to their colleagues and constituents to assure that everything was manageable and under control, in order to avoid stirring panic and confusion, especially with the rapid mileage provided by social media.

"Public safety is at the heart of any leading global city's aspiration. Public Safety Agencies (PSAs) are tasked with the responsibility of protecting residents and visitors. This means

“Public safety is at the heart of any leading global city's aspiration. This means implementing cutting-edge safety systems and processes which not only tackle crime and keep citizens safe but also enable a fast response to emergency situations



RAJAT CHOWDHARY
Consulting Partner at PwC

implementing cutting-edge safety systems and processes which not only tackle crime and keep citizens safe but also enable a fast response to emergency situations. One key aspect of such a safety ecosystem is the communication infrastructure, in the form of mission-critical communication systems,” said Chowdhary.

Peter Clemons, Founder and President of the critical communications consultancy Quixoticity, who worked with Chowdhary on 'Navigating the Chasm', stated that countries ought to integrate communication systems that transitioned from narrowband to broadband, thereby ensuring that critical communications would reach remote and rural areas.

“As we emerge from the global pandemic, we need to move to the next generation of mission-critical communication systems based on 3GPP standards LTE/5G, which will allow users to access a wide range of future-proof advanced services



PETER CLEMONS
Founder and President of Quixoticity

“As we emerge from the global pandemic to a new world with fresh challenges, we need to build on past successes by completing the move to the next generation of mission-critical communication systems based on 3GPP standards LTE/5G, which will allow users to access a wide range of future-proof advanced services and applications requiring high-speed data, big data and analytics and real-time video,” said Clemons. “Crossing the chasm from narrowband to broadband is the greatest challenge facing our community. This white paper describes the key stakeholders, drivers and bottlenecks, as well as setting out a roadmap for success.”

TOP 9 POLICE TECHS

AT ISNR ABU DHABI 2022



1

ROBOT K9

One of the standout tech displays at ISNR was a robot dog doing manoeuvres like running, inspecting people, and bending its knees, which amazed crowds of all ages. But its 'tricks' are more than just for show; these are assets in crime-fighting.

Sicuro's robotic dog can move across difficult terrains and in various weather conditions, and it can detect drugs and explosives with its sensors. Its nimble, autonomous action is powered by several cameras, giving it 360-degree sensory access. More gadgets can be to it, such as thermal cameras for rescue and tactical purposes.

It's equipped with an android tablet that is programmed to direct its movements and functions.

SKY MONITOR

Azur Drones' **Skeyetech** augments the surveillance capabilities of the police force by giving them a clearer view of what could be considered 'blind spots' for standard, land-based cameras. These autonomous drones deliver real-time video and provide a rapid overview of the situation more quickly than any human patrol can.

This cutting-edge drone system is fully autonomous and delivers service and security round the clock without human interaction. Its system may be linked to any security network in order to send real-time HD video to security headquarters. It enables situational evaluations in seconds without affecting operator safety.

Skeyetech drones, which are powered by proprietary Artificial Intelligence, can perform autonomous take-off, safe navigation based on live calculation functions, and highly accurate landing. As a result, the Skeyetech solution requires no pilot training and no flying skills from security officers.

2



3

ANTI-INTRUDER ROBOT

ST Engineering's **ST Robo** is an Autonomous Security Robotics Solution that can be deployed 24 hours a day, seven days a week, augmenting human security operations. Using Artificial Intelligence and machine perception, the solution can identify intruders or blacklisted individuals in the area.

It enables security service providers to allocate human resources for higher-level activities, allowing for unmanned operations for greater efficacy. This multi-tiered robot has all-around and PTZ (pan-tilt-zoom) cameras for 360-degree panoramic surveillance, a telescopic mast to monitor congested places, and Facial Recognition capability.

The robot can be controlled remotely over a secure 4G network, and its modular structure allows for easy customisation and reconfiguration to meet specific operating needs.



4

SMART SUIT

The UAE University presented a modern space suit in its maiden participation at ISNR Abu Dhabi. Students of UAEU designed the 'Smart Space Suit', which may be used for a variety of purposes, such as safe radiation resistance, deep diving, and fire-fighting operations.

Aside from the space suit, UAEU students used the occasion to demonstrate the newest innovations and security solutions they developed, as well as to highlight best practices in technology, robotics, and Artificial Intelligence.

FOOLPROOF GENERATOR

The **Oryxbox** is a plug-and-play aluminium solar trailer made out of ultra-high-performance solar panels and designed for one-person deployment and storage. Oryxbox is a containerised and mobile solar panel system that may be utilised in agriculture, oil and gas, mining, and construction.

Because of its simple installation process, this solution not only creates green and local power even in dangerous, distant, and challenging environments, but it is also suitable for any emergency case. With this innovation, the GCC area will attain more sustainable green power production in record time, without the need for significant civil work.



5



6

FIREFIGHTER ROBOT

The **Thermite EV2** is a fire-fighting robot with recording capabilities and real-time situational awareness. It targets flames safely and effectively, thanks to its modular design, which includes a multi-position nozzle and various attachments.

This robot is powered by high-capacity battery technology rather than a traditional internal combustion engine, and unlike these flammable fuel-consuming engines, it does not require oxygen for power, allowing the fire-fighting robot to move further into dangerous high-temperature oxygen-deprived environments.

The robot is 113 inches long and weighs 2,700kg, depending on additions. The Thermite EV2 has an environment-dependent range of 300m and a peak speed of 8mph (12.9kmph).



7

MOBILE JAMMER

V-Protect is a cutting-edge mobile active and reactive high-power jamming device that can interfere with all standard terrestrial radio frequency (RF) communication technologies as well as portable SATCOM equipment.

SIGN4L has created this cutting-edge technology, which was designed and constructed in the UAE. It provides seamless and flexible protection across important frequency bands and technologies. Fitted to a regular SUV, the technology is quickly deployed and effectively controlled for a variety of functions.

FIELD MULTITASKER

Havelsan Barkan is an unmanned ground vehicle (UGV), which is a valuable tool for field personnel in many ways, particularly in enhancing operation success, minimising losses, and lowering operational expenses.

The Barkan will be a close companion to military troops in future operations, thanks to its remote control and autonomous mission capabilities. The Barkan may be employed in multi-purpose missions due to its improved autonomous capabilities and modular architecture, which allows for the integration of various payloads. It was designed to transport or pull freight, provide close protection, and conduct armed reconnaissance.

8



9

CYBER-SECURITY LABORATORY

WATHEQ provides testing and validation services that are enhanced by cutting-edge security research across the whole attack surface, from all perspectives, and over the full lifecycle of devices, systems, and solutions. This cyber-security lab is home to a team of world-class experts dedicated to providing high-impact cyber-security capabilities, most notably by adhering to cutting-edge Tactics, Techniques, and Procedures (TTP) and uncovering new vulnerabilities to assist organisations in combating tomorrow's threats today.

WATHEQ, based in the Testing and Qualification Centre at Tawazun Industrial Park (TIP), conducts vulnerability research that feeds into the testing and validation activities it performs, thanks to four specialised laboratories that work collaboratively: Software Lab, Hardware Lab, Signals Lab, and Cryptography Lab.





OUR CROWDED WORLD

Ali Obaid is a veteran Emirati commentator and writer on local issues; he currently heads the News Centre at Dubai Media Incorporated

The parade of vehicles on UAE roads is a sign of economic progress, but they're also an indication of people's race against time

These days, whenever I see the huge number of vehicles in our streets, I wonder about the difference in the traffic movement between the present and the past. On seeing so many cars, the road seems to me like a black asphalt carpet that extends beyond our vision.

I am well aware that the increasing number of cars in our cities is not all bad. In fact, they are partly an indicator of the growth and prosperity of these cities, having reserved a place for themselves on the map of thriving urban and economic cities. In a world where the economy has become the nerve centre of life and a measure of people's ability to achieve success, it will place a nation in a high position amongst other forward-looking and progressive countries.

Although I am mindful of this, I can't stop recalling those days when going from the nearest point of any city to the farthest end took only minutes. Today, one might spend more than twice as many kilometres under various pressures of life. This hustle tends to wipe out our peace of mind, raising the blood pressure in those people who have to spend most of their days crammed into tin cans, running down the streets of asphalt, in a continuous race with the clock that counts people's breath.

Turning the clock back is impossible; nobody can

afford it. So going down memory lane is the best option and the perfect way to evoke a time when having a car was a luxury. There were few cars, or the car was considered an extra beyond the need of human beings, whose movements were minimal and confined between specific points of the city.

During the early days of the Union, two Land Rover cars were enough during the summer season to carry two men from the Al Miqaz area

to the city early in the morning and then return them at noon to their homes. They were also enough to take them to the market after the daily prayers and to help people reach home before it got dark. Meanwhile, women in those days only left their places at the end of the summer, once they travelled to the city again.

Only two drivers were enough to be the heroes of the commuting journey at that time. The two cars that worked from early morning till night were the only transportation when almost all the roads were safe (except a few). These two cars could satisfy people's needs when life was still simple.

I keep resorting to these images and comparing the past and the current scenes. Those people who lived then were unable to approach or even visualise such an incredible transformation.

Only two drivers were enough to be the heroes of the commuting journey when life was still simple

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with
**ARABIAN
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DISCOVER THE DIFFERENT VARIANTS
FROM GUARDEX:

**ALOE VERA
LEMON
TURMERIC**



Oxyfused Zinc technology helps protects against disease causing germs.





THE LONG RANGERS

MOUNTED POLICE OF THE UAE ARE LEADING THE CHARGE IN
CRIME PREVENTION ACROSS THE EMIRATES — AND MAKING
FRIENDS AMONGST THE PUBLIC

BY K NIVEDITA

There's an array of supercars, smart motorbikes, and other vehicles with cutting-edge technology at the disposal of police forces in the UAE.

When officers patrol the streets in these vehicles, they're greeted by awestruck looks from the public. But, when the officers ride out on their magnificent horses, they get warm smiles and requests for selfies.

No matter how phenomenal the motorised police vehicles are, the sight of the mounted police brings forth an incomparable sense of the loftiness of law enforcement. And these horse-riding patrol squads have the efficacy to match their elegance. According to Dubai Police data, in the first eight months of 2022, patrols of Dubai Mounted Police had 1,182 deployments, securing various locations and events, including sports and community events. The officers on horseback were also able to arrest 71 wanted criminals, seized 915 vehicles, and issued 352 fines.

Dubai Mounted Police force consists of 100 highly trained horses that contribute to the emirate's safety and security. Major General Muhammad

Issa Al Adhbi, Director of Dubai Mounted Police, said in an interview that the mounted patrols could reach areas that would be inaccessible to motorised vehicles, making them a key part of security work.

In Abu Dhabi, the mounted police force made a comeback in 2016 after a hiatus of 10 years, and the horseback patrols have since then been a major component of Abu Dhabi's diversified law enforcement efforts, which include community policing and bicycle patrols.

The mounted police forces in Abu Dhabi and Dubai were first established soon after the formation of the UAE — in 1974 and 1976, respectively — in keeping with the Arab region's horse-riding culture.

COMMUNITY CONNECT

Aside from the horseback patrols' ability to add depth and breadth to security work, there's the part where the public loves the sight of the stunning steeds and their riders.

A number of online videos bear testimony to how the young and the old easily gravitate towards officers astride grand Arabian horses and other

thoroughbreds. The barriers between the people and the police appear to blur, as informality takes over. What's not known publicly is that even some criminals give in with less resistance when confronted by a cop looming on a magnificent horse.

The Abu Dhabi Mounted Police force has achieved what all departments of law-keeping aspire to — respect, rather than fear. Only the emirate's camel squad, Hajana, is a contender in stealing hearts so effortlessly. Abu Dhabi Police have a dog squad, too, but even ardent animal lovers ought to maintain a distance from these formidable beasts until allowed by the police to step closer.

According to statistics from February 2021, Abu Dhabi Mounted Police was responsible for solving 8,796 cases in 2020 in the emirate. The mounted police sent out 3,650 patrols that year and helped safeguard 16 events.



“The unit has come to the aid of the public and guarded residential areas and other neighbourhoods where conventional police cannot reach. When there is an alert or a crime report, the mounted police carry out a quick response and help control crime,” said Abu Dhabi Police in a statement in February 2021.

“The police on horseback are not only bringing down criminals but also fostering a community spirit by tackling the problems of the common people. We are constantly trying to increase community satisfaction and build closer ties with the people. The sight of the police on horseback patrolling the roads of Abu Dhabi has helped raise the confidence of the general public and kept the city safe,” said Major Khalid Al Hamli, Deputy General Supervisor of the mounted policemen, in 2018. He was announcing how the mounted police had helped with 20,000 cases in one year, after being brought back into service in 2016.

MOUNTIES ARE UNIQUE

Six thousand years after horses began to be domesticated in western Europe and helped the ancestors of modern humans travel across continents, you’d think that equines might be an anachronism in a world of wheels and wings, where horsepower refers to machines. In truth, even in policing, an area where an officer’s arrival can have far-reaching consequences in terms of law and order, horses are indispensable.

Almost every modern police force in the world uses horses in law enforcement duties, such as managing traffic, controlling crowds, patrolling borders, intercepting traffickers, carrying out surveillance on rocky terrain and beaches, participating in ceremonial events, and maintaining crucial community engagement. During critical moments, such as the COVID-19 pandemic or inclement weather, they also instruct residents on movements and safety protocol.

The famous nickname “Mounties” refers to members of the Royal Canadian Mounted Police, one of the most recognisable police forces in the world, with their bright red coats. However, it

“The sight of the police on horseback patrolling the roads of Abu Dhabi has helped raise the confidence of the general public and kept the city safe

has now become a generic term for all mounted police forces.

Abu Dhabi and Dubai have invested heavily in their mounted police, having state-of-the-art stables and feed, and giving the horses special stealth hooves, so that a criminal cannot hear the sound of an approaching rider. The “mounties” of the UAE — though ready to shake hands with members of the public, be photographed with tourists, and to let children play with the horses — can lead a relentless charge into narrow lanes, alleyways, and other terrains where cars cannot go in pursuit of suspects. Criminals who pride themselves on being faster than a cop on foot are less confident about outrunning a police rider.



Dubai Police

Then, why don't we hear more about the achievements of the mounted police? An article by a police department of a foreign country pointed out that the achievements of the mounted police could not be quantified. The unique features of this police unit are neighbourhood patrolling, intelligence gathering, and strengthening community ties, which one cannot express in numbers.

From the vantage point on horseback and moving slowly, an officer can not only survey a lot more of the surroundings, but can also appear less threatening than police officers in a moving vehicle or on a foot patrol. According to experts, people are more willing to approach and talk to mounted police than they are with other officers — this helps mounties gain critical information on crimes from the grassroots level.

KEEN CRIME-SPOTTERS

An incident from Dubai illustrates the working of the mounted police. In June 2022, three officers were patrolling on horseback in a neighbourhood, when they noticed a car moving quite slowly. According to Major General Al Adhb, Director of Dubai Mounted Police, the cops checked the number plate of the suspicious car in the federal traffic system and found anomalies. They immediately informed the police command and control centre.

"The driver of the car tried to escape, but the officers on horseback gave chase through the streets. Meanwhile, the police command and control centre alerted other patrols and the suspects were nabbed. Four vehicle plate numbers and burglary tools were seized from them. The men were intending to rob several

houses in the area," said Al Adhb. Thus, the mounted squad spotted a probable crime and worked in tandem with the control room and other members of the force to secure the neighbourhood.

Typically, mounted police officers work in pairs and have a back-up car as well as access to the control room. In Abu Dhabi, patrolling on beaches takes place between 4pm and 7pm, while residential neighbourhoods are covered from 11pm to 3am. Abu Dhabi Police say that crime rates have decreased in the areas regularly patrolled by the mounted police.

HELPING CHILDREN

Dubai Mounted Police were established in 1976 and boasted nine horses, four grooming experts, and five riders. At present, there are more than 130 finest Arabian and Anglo-Arabian horses.



“Horses are involved in daily patrols across industrial, commercial, and tourist areas. This contributes to preventing crime, arresting suspects and locating suspicious and abandoned vehicles



**MAJOR GENERAL
MUHAMMAD ISSA AL ADHB**
Director of Dubai Mounted Police

The numbers of groomers and riders have also increased to 45 and 75, respectively. Aside from securing locations and catching criminals, the mounties play a role in helping children with disabilities to open up and interact with them, strengthening the inclusive aspect of the police force.

“Dubai Mounted Police have witnessed great development and attracted interest from Dubai officials, leaders, and citizens. The section was restructured into a sub-department, affiliated with the General Department of Criminal Investigations, before it became a police station in 2019. The station serves Dubai Police’s strategic objective of reducing crime and ensuring safety and security. Horses are involved in daily patrols across industrial, commercial, and tourist areas. This contributes to preventing crime, arresting suspects and locating suspicious and abandoned vehicles,” said Al Adhb.

While some horses are used for patrolling the streets of Dubai, others are for parades, events and to participate in endurance races. Several more are trained for riot control and crowd management, because horseback cops have the unique capability of separating a single person from a crowd, or different members of a group from one another, or guiding large groups towards, let’s say, the exit of a stadium.

NUMBERS CRUNCHED

8,796

The number of cases that the mounted police of Abu Dhabi helped with in 2020

3,650

The number of horseback patrols sent out by Abu Dhabi Police in 2020

71

Wanted criminals that Dubai Mounted Police helped arrest in the first eight months of 2022

352

Fines issued by Dubai Mounted Police in the first eight months of 2022

1,182

Patrols sent out by Dubai Mounted Police in the first eight months of 2022



Expo 2020/Dubai

In 2021, with the pandemic still a threat, Dubai Mounted Police conducted 2,279 patrol activities, including 49 security patrols, 81 community patrols, and 457 awareness patrols, in collaboration with Dubai Police volunteers, to further publicise precautionary measures.

Speaking of community inclusion, especially of people of determination, Al Adhb said, “Some horses are for helping encourage children with disabilities to open up to the world. We always get approached by people, especially children. Everyone loves horses. They want to know about the majestic creatures, so they come up and ask questions. Cops on horses are less intimidating, and people feel safe around them.”

The quality of the horses of the UAE police is also amongst the best in the world, as the late Queen Elizabeth II found out. In 2019, she saw the equestrian unit of Dubai Police in the Royal British Windsor Show — the United Kingdom’s largest horse show. According to Al Adhb, the late monarch enquired, “Are these Sheikh Mohammed’s [bin Rashid Al Maktoum] horses?” Al Adhb responded, “Your Majesty, these are former racehorses.”

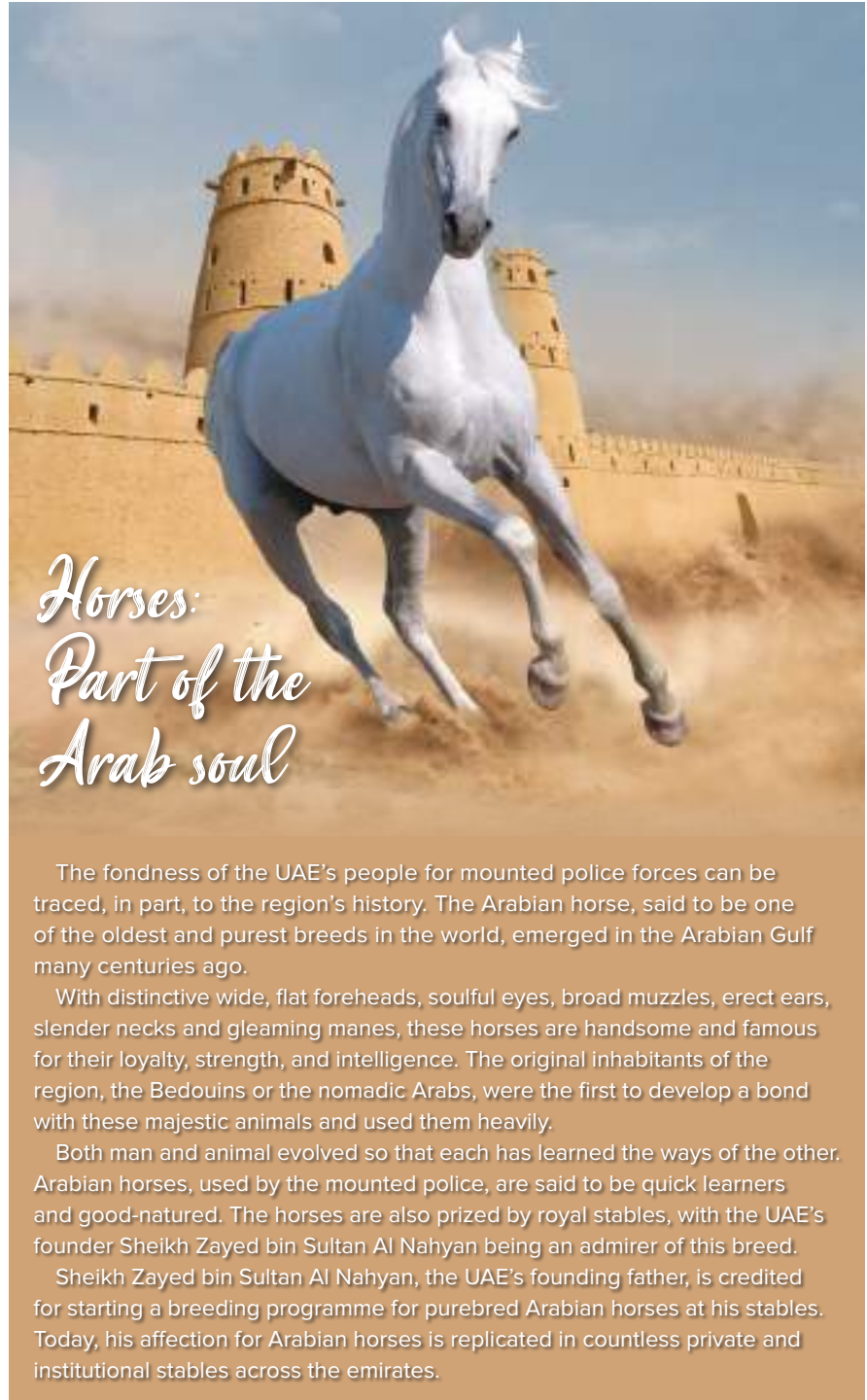
Al Adhb added, “Dubai Police carried out a programme that trained and rehabilitated racehorses.”

HOW IT ALL BEGAN

Abu Dhabi Police and Dubai Police were set up in 1957 and 1956, respectively. The former had a troop of 80 officers and four cars. They were tasked with the safety of the ruler, Sheikh Shakhbut bin Sultan Al Nahyan, the government house, the markets, and the banks. In 1959, the number of personnel reached 250 and it was formally called a police department — the name Abu Dhabi Police General Headquarters would be adopted only in 2004.

In 1962, Abu Dhabi Police got their first mounted police patrol, ‘Al Fursan’ or ‘The Horsemen’. The UAE came into being in 1971 and, three years later, the capital got its mounted police force as the wise leadership was convinced of its importance. The duties of the police officers on horseback revolved around people, and involved listening to their problems and suggestions every evening while patrolling.

Abu Dhabi’s mounted police, now 300 strong, powerfully trained and with superior horses, were placed under the



The fondness of the UAE’s people for mounted police forces can be traced, in part, to the region’s history. The Arabian horse, said to be one of the oldest and purest breeds in the world, emerged in the Arabian Gulf many centuries ago.

With distinctive wide, flat foreheads, soulful eyes, broad muzzles, erect ears, slender necks and gleaming manes, these horses are handsome and famous for their loyalty, strength, and intelligence. The original inhabitants of the region, the Bedouins or the nomadic Arabs, were the first to develop a bond with these majestic animals and used them heavily.

Both man and animal evolved so that each has learned the ways of the other. Arabian horses, used by the mounted police, are said to be quick learners and good-natured. The horses are also prized by royal stables, with the UAE’s founder Sheikh Zayed bin Sultan Al Nahyan being an admirer of this breed.

Sheikh Zayed bin Sultan Al Nahyan, the UAE’s founding father, is credited for starting a breeding programme for purebred Arabian horses at his stables. Today, his affection for Arabian horses is replicated in countless private and institutional stables across the emirates.

Special Tasks Department of the Guards and Special Tasks General Directorate.

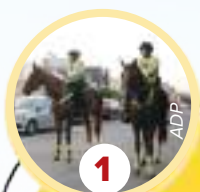
Their regular patrolling duties were extended to include guarding important venues, especially spaces that attracted sizeable crowds, such as stadiums during matches and other big events, festivals, concerts, and mosques like Sheikh Zayed Grand Mosque during Eid.

A year after their revival in 2016, the mounties had helped with 20,000 cases.

“This number indicates the efficiency of the patrol as well as the work being done by the police to enhance their services and strategies. The mounted police of Abu Dhabi have been equipped with the latest technology to enable them to respond swiftly to problems faced by community members in the emirate. People should feel free to approach the mounted police for help,” said Major Al Hamli.

The Mounties' adventures

APART FROM CRIME PREVENTION, MOUNTED POLICE HAVE CAUGHT THE PUBLIC IMAGINATION FOR MANY OTHER REASONS IN RECENT YEARS:



From April 2020, when it became clear that the UAE was in the grip of a dangerous disease, till the time COVID-19 abated, mounted police in Abu Dhabi and the other emirates were constantly patrolling the streets, distributing masks and gloves, and enforcing social distancing and other restrictions. They fined people who were violating social distancing and isolation protocols, and kept the areas safe. In neighbourhoods, they helped spread the government's guidelines, control anxieties amongst people and inform those who were confused about COVID-19 and vaccination programmes.



If you want to join the mounted police in patrolling, Dubai Mounted Police have a programme called 'Ride with Dubai Police Unit'. On their website, an application form is available where you can give details such as your height, weight, Emirates ID, horse-riding experience and preferred track. The initiative to involve volunteers has been started as an effort to stimulate community partnership and encourage the idea that "everyone is responsible for everyone".



In 2017, Dubai Mounted Police gave the nation a special gift on the 46th UAE National Day by breaking a 14-year-old Guinness World Record for the largest parade, with 116 horses with flags. The previous record had been held by a European country and involved 105 horses.



The Dubai Mounted Police Station also has six programmes, such as teaching people riding, qualifying people for endurance races, and equine-assisted therapy for people of determination. There are also pony riding, horse rental services and rides to the desert on their list. Major Dhahi Salem Al Jallaf, Deputy Director of the Mounted Police Station, said, "Between January and August 2022, 274 people used these services. Horse-riding lessons were given to 81 people, 33 used the services of the Dubai Police livery for the care of their horses, and one rider was qualified for endurance races. Forty riders took trips on horseback in the desert and pony riding, 28 horses were transported, and 29 Mounted Police parades were performed." For these services, contact aks.mail@dubaipolice.gov.ae or Dubai Police Call Centre 901.



In August 2021, Dubai Mounted Police took a leap towards gender empowerment by inducting Captain Halima Al Saadi into the unit. With a degree in law from Dubai Police Academy, Captain Al Saadi has the duty to free the streets of criminals and illegal vehicles as well as to fine violators. For young girls and boys, seeing a woman police officer sitting confidently on horseback is bound to be a boost — we can expect some of them to follow in her footsteps.





A MAN'S SHADOW

Dr Samar Al-Shamsi is an internationally respected artist who is renowned for her commissioned portraits of high-profile individuals, including the late Sheikh Zayed bin Sultan Al Nahyan, UAE President His Highness Sheikh Khalifa bin Zayed Al Nahyan, US President Barack Obama, and others.

Like a notebook, a man's personality slowly becomes filled with shades and strokes, and shadows may surround his innocence

Imagine two men who are handed out two types of notebooks as gifts. One for writing and the other for drawing. The first one wrote beautiful words about fascinating landscapes while the other illustrated hideous and hurtful things he experienced.

Like a notebook, a man's personality slowly becomes filled with shades and strokes, and shadows may surround his innocence. The thing with a man's shadow is that it is hidden and it is rather dual: external and internal. In this piece, the internal shadow is our focus.

As per psychology, sociology and psychiatry, the internal shadow is defined as a type of schizophrenia. Some anthropologists have defined it as a personal or a social dissemblance. Man is forever gripped by the Ego, a pathological condition that could be either temporary or permanent. Amour-propre, masking, and alter-ego are some of a person's shadow forms.

Stealing is the result of egoism and greed. Drug abuse is the result of a person's weakness to temptation

To escape the darkness of internal shadow, one must know that timing of that decisive moment is paramount in all one's circumstances. Bad behaviours and social sins happen at a decisive moment. Yet, it is not about the second at which the wrongdoing is committed.

In murder, for instance, the decisive moment is not that moment when the hand is holding a deadly weapon, but the moment when hatred, resentment, disdain, and vice infiltrate into the heart. At that moment, killing becomes an inevitable action.

Stealing is the result of egoism and greed. Drug abuse is the result of a person's weakness to temptation. Be decisive at such decisive moments and you shall not fall into darkness. In other words, the hidden side of one's personality is the man's shadow.



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TECH HYPERDRIVE AT GITEX



ARTIFICIAL INTELLIGENCE, MACHINE LEARNING, AND OTHER ADVANCEMENTS ARE TAKING THE UAE'S SECURITY EFFICIENCY TO NEW HEIGHTS. THE FULL-SCALE ADOPTION OF AI AND OTHER CUTTING-EDGE INNOVATIONS BY POLICE FORCES UNDER THE MINISTRY OF INTERIOR WERE PRESENTED AT GITEX GLOBAL 2022

BY JUSTIN AGUILAR





“GITEX Global, which started in 1981, has put Dubai on the global technology map and put technology at the top of Dubai’s priorities

HIS HIGHNESS SHEIKH MOHAMMED BIN RASHID AL MAKTOUM
Vice President and Prime Minister of the UAE and Ruler of Dubai

A

mongst all the things that the UAE is famous for, technology adoption comes at the top. This aspect of the country has taken the centre-

stage even more in the past couple of years, because of the global attention on using tech to keep life going during the pandemic. Smart helmets worn by patrol officers to analyse the body temperatures of passersby; drones for disinfection; ‘Rahal’ the robot greeting people at Dubai International Airport — these were some of the newsmakers. Now, with GITEX Global 2022, held last month, even more cutting-edge technological wonders utilised by security agencies under the Ministry of Interior have got the limelight.

Called the largest technology exhibition in the world, GITEX, held in Dubai World Trade Centre, featured more than 5,000 companies, including 35 startups, in this edition. The event showcased a tech hyperdrive that gave a glimpse of what lies ahead of us; a self-driving car, a flying car, and a luxury AI-driven patrol car were amongst its highlights.

His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, considers GITEX a vital event for positioning the country in the digital industry. “GITEX Global, which started in 1981, has put Dubai on the global technology map and put technology at the top of Dubai’s priorities,” His Highness said.

The many technological options presented during GITEX promise to improve the quality of life in the UAE and support its ‘next 50’ goal of becoming the best country in the world.

PARADIGM SHIFT

The UAE’s investments in AI have led to a paradigm shift in how a country can be managed by its government agencies. Security being the one pillar that supports everything else here, the use of AI is extensive in policing, customs, and civil defence.

A joint study by Microsoft and Ernst & Young, with results were published in June 2019, found that the UAE — with an estimated investment of \$2.5 billion (Dhs9.12 billion) in Artificial Intelligence over the past decade — was the biggest regional investor in AI.

This is no random development — the leadership here understood the value of AI years ago, and in 2017, the government formally launched the ‘UAE Strategy for Artificial Intelligence’. One of the five themes of this strategy is to “provide all services via AI and the full integration of AI into medical and security services”. Two of the security-related sectors covered by the strategy are transport (“to reduce accidents and cut operational costs”); and traffic (“to reduce accidents and traffic jams and draw up more effective traffic policies”).

In Abu Dhabi, AI-powered drones monitor the flow of traffic and detect offenders violating road rules. In Dubai, AI is used to monitor taxis and school buses

to ensure that drivers behave well and abide by rules.

Bringing offenders to book becomes easier when intelligent technology supports human observation and judgement. For instance, through the use of AI technology, Dubai Police arrested 550 offenders in 2018 and 300 in 2019, enhancing the safety of the community.

Earlier this year, specialist teams from Abu Dhabi Police used AI to catch six fraudsters who had stolen Dhs460,000. They were arrested within 24 hours after the report was filed. These are some of the efficient roles that AI plays in enhancing the community’s safety and security.

In March 2019, speaking at the 12th International Symposium for Best Police Practices, held in Dubai, First Lieutenant Ali Al Shehi said, “[Hi-tech] cameras cover tourist destinations, public transport, and general traffic. The cameras helped arrest 319 suspects in different areas in Dubai through their automatic Facial Recognition technology.”

TECH-FORWARD POLICING

His Excellency Omar Al Olama, Minister of State for AI, Digital Economy & Remote Work Applications, who delivered the welcome note during the event, said, “GITEX this year is bigger than ever. It spans two million square feet, with over 5,000 exhibitors from more than 90 countries, which makes this truly the biggest tech show in the world. This year,





HH Sheikh Mohammed bin Rashid (centre) arriving at GITEX Global 2022 along with other Dubai government officials

“GITEX this year is bigger than ever. It spans two million square feet, with over 5,000 exhibitors from more than 90 countries, which makes this truly the biggest tech show in the world



HE OMAR AL OLAMA

Minister of State for AI, Digital Economy & Remote Work Applications



The 'Cyber Horse', an exhibit of Dubai Internet City at GITEX 2020 and was made of IT wastes

my office has partnered with GITEX to ensure that we're not just showcasing technology, but actually inventing and developing technology."

The pioneering police services showcased at GITEX Global 2022 included Drone Box by Dubai Police, an unmanned aerial system designed to help the force improve its operational efficiency and accelerate emergency response rates.

Dubai Police also introduced their sophisticated eCRIME platform, which supports crime reporting in under 5 minutes. Private and public entities can report issues and crimes in the cyber-space, namely, suspicious e-mails, social media-related issues, Internet calls, hacking, online bullying, and cyber-extortion.

Dubai Police's Smart Police Station (SPS) was replicated at their pavilion, underscoring their well-organised operations system, which works 24 hours, seven days a week, and offers 27 vital security services. The SPS can handle reports of crimes, traffic incidents, and provide community services.

Also showcased were 33 fully automated community-based sub-services offered by the police. These include processing requests ranging from a good-conduct certificate application to support for victims.

Six new Dubai Police app features were introduced, highlighting the use of the latest programming languages, techniques, and Artificial Intelligence.

The mobile app allows access to all smart services, including payment of traffic fines and applying for a police clearance certificate.

Speaking to **999**, Mohammed Al Mheiri, Senior Systems Administrator of the Dubai Police General Headquarters, said that aside from increasing work productivity, an up-to-date mobile application was part of their public service. "We always keep the app up to date because we want to give the consumers or users the best experience that we can offer. We need to always keep them up to date by adding new features to utilise," he said.

The main feature of the Dubai Police stand was their latest luxury 'Ghiath' patrol vehicle. The name Ghiath, which means 'the helper or saviour, was given by His Highness Sheikh Hamdan bin Mohammed Al Maktoum, Crown Prince of Dubai.

The Ghiath Smart Patrol vehicle is considered to be one of the world's most advanced security vehicles. It requires a highly trained officer to drive this hi-tech vehicle, which can be deployed in all types of scenarios. Currently used in different areas of the emirate, Ghiath is equipped with a 360-degree deployable camera, eight exterior surveillance cameras, and a facial and licence plate recognition system.

"Born in response to market demand for a new breed of mobile policing solutions, the Ghiath Smart Patrol [vehicle]

integrates highly advanced technologies, functionality and reliability. It represents a radical departure from classic security vehicles, ushering in a new era of innovation-led, hi-tech policing capability. The Ghiath Smart Patrol is exclusively designed and developed in the UAE for Dubai Police,” said Lieutenant Eng. Saif Al Matrooshi, Officer at the Engineering Innovation Section at Dubai Police, **999**.

SHAPING THE URBAN FUTURE

Apart from the UAE’s achievements, there were also technological innovations from other countries that came under the spotlight at GITEX Global 2022.

During the global show, XPENG, a leading China-based tech company and electric vehicle (EV) manufacturer that designs, develops, builds and markets intelligent mobility solutions, unveiled the world’s first public flight of a flying car.

In partnership with the Dubai Chamber of Commerce, XPENG showed its pioneering eVTOL flying car X2 for the first time in Dubai. The two-seater flying car is equipped with an intelligent flight control system and autonomous flight capabilities, and is the latest generation of flying cars.

“The choice of Dubai as the destination for the test flight is attributed to Dubai International Chamber’s efforts to attract leading multinational companies to the emirate, and the efforts of its China office since 2021,” reported WAM.

During the exhibition, Dr Brian Gu, Vice-Chairman and President of XPENG, shared that the X2 produced zero carbon dioxide emissions during flight, and is designed with low-altitude city capabilities in mind, reaching a maximum flight speed of 130km per hour. “We believe this advancement takes us one step closer to the future of short-distance city journeys taking advantage of this technology, including sightseeing and medical transportation,” said Gu, who spoke at the GITEX Global main stage conference programme about mapping the future of mobility.

In the field of urban mobility, other noteworthy tech shown at GITEX included Dubai RTA’s self-driving vehicle and Abu Dhabi’s driverless minibus.

Trixie LohMirmand, Executive Vice-President of Events Management at Dubai World Trade Centre and GITEX Global organiser, said that the event served as a benchmark of transformative trends and only raised the bar for other tech

“The Ghiath Smart Patrol integrates highly advanced technologies, functionality and reliability. It is exclusively designed and developed in the UAE



LIEUTENANT ENG. SAIF AL MATROOSHI
Officer at the Engineering Innovation Section at Dubai Police

“We believe this advancement takes us one step closer to the future of short-distance city journeys taking advantage of this technology, including sightseeing and medical transportation



DR BRIAN GU
Vice-Chairman and President of XPENG

shows. “These and other frontier techs can only finally impact our societies when there are large-scale expert discourses, collaborations, and experimentations by protagonists and detractors. This is GITEX 3.0, where the decentralisation of the economy puts the power in the hands of every delegate in GITEX to participate in the shaping of our urban future,” said LohMirmand in a press release.

As the UAE continues to expand its initiatives for the Arab region’s digital

transformation, the world’s largest tech show is also expected to continue to attract the most advanced companies and the best minds.

The latest edition of GITEX has once again raised the bar for innovators, tech players, exhibitors, government, and investors, propelling digital change in the years to come. With tech making life in the UAE more efficient, it allows residents to contribute to the country’s advancement.



GHIATH AS NFT

As one of the world's best smart patrol vehicles, Ghiath is designed for the use of Dubai Police. But GITEX Global 2022 visitors were able to own an NFT version of Ghiath.

The Dubai-based newspaper *Khaleej Times* reported that 150 visitors to GITEX in October became "proud owners" of the NFT version of Ghiath. This was part of the second collection of luxury patrol vehicle NFTs launched by Dubai Police. The first collection had been launched earlier this year. The non-fungible tokens symbolise Dubai Police values of "innovation, security, and communication".

Major General Khalid Nasser Al Razooqi, Director of the General Department of Artificial Intelligence, Dubai Police, told the media that the force was the first government entity in the UAE and the world's first police organisation to create its own digital assets.

The creation of the NFTs was the police force's way of enabling modern global interaction, said Lieutenant Rashid Al Hashemi, Officer at the Artificial

“ NFTs are very common now, in this day and age. It has a marketplace as well — people sell and buy NFTs — and Dubai Police like to interact with the police as they become part of the community



LIEUTENANT RASHID AL HASHEMI

Officer at the Artificial Intelligence Department at Dubai Police

Intelligence Department at Dubai Police, speaking to **999** at GITEX Global 2022. "It is a way for Dubai Police to communicate and interact with the people. NFTs are very common now, in this day and age, because it's a new technology. It has a marketplace as well — people sell and buy NFTs — and Dubai Police like to interact with the police as they become part of the community," said Al Hashemi.

The world's first public flight of eVTOL flying car X2 at Skydive Dubai

XPENG



TOP TECH AT GITEX GLOBAL 2022



1 SELF-DRIVING VEHICLES

One of the driverless vehicles featured during this year's GITEX was the all-electric self-driving **Cruise vehicle**, built on the Chevrolet Bolt platform, by the Dubai Roads and Transport Authority (RTA). This vehicle was exhibited for the first time during GITEX 2022.

"RTA has outlined an integrated roadmap for the future of self-driving transport. It is moving ahead towards realising the Dubai Smart Self-Driving Transport Strategy, aimed to transform 25 per cent of total mobility journeys in Dubai into journeys on various self-driving transport means by 2030. It recently completed an initial phase of preparing digital maps of the Jumeirah area for Cruise's self-driving vehicles," said Mattar Al Tayer, Director General and Chairman of the Board of Executive Directors of the Roads and Transport Authority.

Cruise's next generation will be launched by 2023. The RTA's goal with using this self-driving vehicle is to achieve zero crashes, zero emissions, and zero congestion.

2 DRIVERLESS MINIBUS

Another driverless vehicle exhibited at GITEX was the **Abu Dhabi driverless minibus**. The Abu Dhabi Government presented this fully automated driverless minibus, which will be introduced in the Capital starting this month to coincide with the F1 Grand Prix in the emirate. The model of this minibus, operated by Txai, was offered free for every GITEX visitor to check out and experience. It has massive screens and super comfortable seats for passengers. Apart from being aesthetically pleasing, this minibus is also equipped with hi-tech navigating tools and saw passengers transported between nine stops.

"We have integrated a lot of digital maps, technologies, radar, LiDAR, and cameras to make this project a possibility," said Sultan Al Menhali, Project Manager of traffic systems at the Integrated Transport Centre (ITC), Abu Dhabi.

The minibus, which will be completely free of cost, can seat seven people, with four standing passengers. It will stop at nine locations on Yas Island, including W hotel, Yas Water World, Yas Marina Circuit, and Ferrari World. A tram on wheels is also scheduled to start operation on Yas Island before the end of 2022.





3 eCRIME PLATFORM

Reporting crimes has become faster and more efficient with the **eCRIME platform** of Dubai Police. With only three simple steps, reports can be submitted to reach authorities promptly. The first step is to visit the ecrime.ae website. Should the complaint be about a cyber-crime or an online service, users can then proceed by submitting their ID card and contact number. They will then receive a text message to confirm the contact number, followed by filling in some personal data, identifying the whereabouts of the defendant and then filling in the details of the complaint, and finally submitting the report.



4 GHIATH SMART PATROL

One of the stars of the latest edition of GITEX, the **Ghiath Smart Patrol** vehicle of Dubai Police is part of the force's luxury fleet. The SUV-type vehicle's interior and exterior are locally made, with 30 per cent of its outer parts being products of 3D printing. It is equipped with external cameras with AI capabilities, which are used for licence plate detection, object detection, behaviour analysis, and sentiment analysis.

It also has a built-in monitor that can measure the well-being of the driver. The live camera within the vehicle feeds the information into an operations room, where further analytics is done on them.

Ghiath also has an on-board diagnosis system, which can identify faults within the vehicle. It has two custom-built screens with services and software that the officer would require on the scene.

One highlight of the patrol car is its drone, which has a 48-megapixel camera, a speaker system, and a flashlight. This drone is deployed to track traffic incidents and is used in rescue operations.



5 FLYING CAR

Hosted by Dubai International Chamber, one of the three Chambers operating under Dubai Chambers, the two-seater **eVTOL flying car X2** launched its first-ever flight during GITEX Global 2022.

The world's first electric flying car, designed by China-based electric vehicle manufacturer XPENG, produces zero carbon dioxide emissions during flight, and is designed with low-altitude city capabilities in mind, reaching a maximum flight speed of 130kmph.

At the tech show in Dubai, eVTOL Flying Car X2, the first flying car to be exhibited in public, completed a 90-minute test flight.



NEW VISAS OPEN UP JOBS

THE UAE IS LIKELY TO BECOME A WELLSPRING OF JOBS IN 2023, WITH THE MAJORITY OF EMPLOYERS PLANNING TO ATTRACT THE BEST TALENT, POWERED BY THE COUNTRY'S LIBERALISED VISA REGULATIONS. **999** EXPLORES THE OPPORTUNITIES THAT AWAIT CANDIDATES AND RECRUITERS

BY OVELA RANSES





The UAE has entered a new era of sweeping changes to its entry and residency system — these took effect on October 3, 2022 — and the national outlook for 2023 has just become even more optimistic. The latest visa reforms are expected to make it easier for recruiters here to attract top talents and, simultaneously, give candidates richer pickings in the job market.

The 'Advanced Visa System', which includes 10 types of entry visas that fall under three broad categories, offers new advantages for expatriates, investors, and tourists alike — they'll boost the country's standing as a desirable place for foreigners to live, work, and invest in. The UAE has always been a land of possibilities, and there's now going to be more of those.

From the 1990s to the early 2000s, people who came to the UAE mostly comprised professionals working in the oil and gas industry. The country is in the top 10 of those with large oil and natural gas reserves; it also has hydrocarbon reserves yet to be explored. Another sector that thrived here, on the back of the oil economy, was construction, as cities in the emirates prospered.

“ We must not rely on oil alone as the main source of our national income. We have to diversify the sources of our revenue and construct economic projects that will ensure a free, stable and dignified life for the people

However, the UAE was always meant to diversify beyond fossil fuel; traditionally, it has also focused on non-oil trade, and the leadership envisioned an economy built on knowledge after the oil era. This knowledge era requires the participation of people from diverse backgrounds, and that's what the visa changes are enabling.

The late Sheikh Zayed bin Sultan Al Nahyan, Founding Father of the UAE, envisioned the country as one that doesn't rely solely on oil, thereby creating what would be the building blocks of a diverse economic pool. “We must not rely on oil alone as the main source of our national income. We have to diversify the sources of our revenue and construct economic projects that will ensure a free, stable and dignified life for the people,” said Sheikh Zayed.

Since then, the UAE has made great

strides in attracting the world through trade, tourism, global events, and more. Seasonal events and limited-duration contracts had talented people leaving the country once their work was done. Also, if a person lost their job, even with time left on the contract, they'd have to leave the country within a month of losing the job; that simply didn't give them enough time to find another one and, therefore, let their capabilities go to waste.

Once highly skilled expats left the UAE — be it after contract expiry or after an unexpected termination — most of them would have little or no incentive to return, under the earlier limitations of residency rules. The recent visa reforms give people more reasons to stay in the UAE, continue with their career pursuits, or even make this the country where they start their careers.



CHANGE OF MINDSET

It's common for everyone to miss the familiar things of home once they come to a foreign country. It takes farsighted policies and efficiently implemented strategies on the part of a government to make expats feel comfortable, secure, and want to stay on, thereby contributing to the economy.

A 2020 business study found that expats' feelings ranged from longing for family within a few days of landing in a new country to a "profound sense of homesickness" even after a year.

In its efforts to reunite families, the UAE has come up with new visas that aim to not only attract the world's best talents but also to entice them to bring their close family members as well. This makes expatriates feel better settled in the UAE and creates new consumers for businesses in the country.

The massive visa system revamp by the Ministry of Human Resources and Emiratization (MoHRE) and the Federal Authority for Identity, Citizenship, Customs and Port Security (ICP) includes a new generation of long-term UAE visas, lasting up to 10 years. The holders

of these visas will look at the country from a very different perspective; they'll also feel more empowered, as many of the visas transfer residency control from recruiters to candidates.

For instance, the UAE's 10-year Golden Visa and the new 5-year Green Visa no longer need any employer and/or sponsor. The holders of these visas can themselves sponsor residency visas of spouses, children, and first-degree relatives to come to the UAE. Golden Visa holders' residence extends to their immediate family members without age limits for children. Green Visa holders can stay with their families for up to six more months once their residence permit gets cancelled or has expired.

The new multi-entry Tourist Visa, valid for five years, also makes it easier for families to come together, as relatives can visit often, without the need for elaborate planning and visa application.

All of this is bound to foster a sense of belonging amongst expats in the UAE, with residency here now meaning more than simply being tied to a job.

EXTENDED CONTRACTS

One of the most notable amendments in the residency rules was that previously, an employment contract only lasted up to three years. Federal Decree No. 14 of 2022, with amendments filed in October 2022, lifted this three-year cap for the private sector. Employment contracts must still have a fixed period, but the law no longer limits the length of the contract.

His Excellency Dr Abdulrahman Al Awar, Minister of Human Resources and Emiratization, affirmed that the move was in line with the UAE's goals to develop its human capital, with laws and regulations that supported business environment stability, in turn improving the country's economic resilience and attractiveness.

"These regulations follow the UAE's advanced developmental model and its fundamentals and principles that are built on justice, respecting human rights and staying ahead of changes. This guarantees the UAE's continued progress, stability and pioneering stature.

One of the most notable amendments in the residency rules was that previously, an employment contract only lasted up to three years. Federal Decree No. 14 of 2022 lifted this three-year cap for the private sector. Employment contracts must still have a fixed period, but the law no longer limits the length of the contract



“The new amendments create an advanced ecosystem of mechanisms that boost the ease of doing business, productivity and resilience within the labour market, while amplifying its attractiveness to business owners and talents



HE DR ABDULRAHMAN AL AWAR

Minister of Human Resources and Emiratisation

The new amendments create an advanced ecosystem of mechanisms that boost the ease of doing business, productivity and resilience within the labour market, while amplifying its attractiveness to business owners and talents,” said Al Awar.

These changes come as a welcome update to the legislation that first came into force in 1980.

Looking at these developments, Deepa Sud, CEO at Dubai-based search consultancy Plum Jobs, is optimistic

that the UAE’s amendments allowing for extended contracts will increase confidence in employer-employee arrangements. She said that stronger relations could be cultivated now, instead of the employees treating each company as merely a stepping stone to find better employment. “For many, their mindset will shift towards their career progression and skill development with a more focused approach,” said Sud.

The new law is anticipated to reduce employee turnover, seeing that lengthier contract durations will provide a clearer career path for employees and help them get pay hikes without changing jobs.

EMPLOYEE LEVERAGE

Since contracts now allow an extended term of employment beyond the previous three years, employees, especially those in high-demand, specialised fields, are now taking the opportunity to secure better benefits from their employers in the private sector. The rule does not apply to those working in the public sector, or to domestic workers.

Vijay Gandhi, Regional Director for Europe, Middle East and Africa at the organisational consulting firm Korn Ferry, stated that this amended law would allow for more flexibility for both the employer and the employee, since both parties would get to decide on the length of their contract, especially at a time when the job market was becoming highly competitive in particular fields.

“With the current competition for talent escalating, organisations are asking two questions: how long should our employment contracts be — fixed-term or open-ended? My employees want to know: will I consent when the contract renewal comes up?” said Gandhi in an interview with local media.

Prior to the new law, the duration of an expat’s visa was tied in to the validity of her/his work contract. The new law eliminates this restriction on contracts — which means that employees and employers can consider a longer contract term thereby eliminating the need for new contracts every two or three years. Working visas, however, will still need to be processed once it expires within a specified duration.

With the UAE banking on developments in the fields of science and technology, Gandhi anticipates that employees could also be looking for new opportunities elsewhere in the UAE should their current employer fail to meet their standards. “The job market is competitive for top talent within the key disciplines, especially in science, technology, engineering and math fields. Many employees are using this opportunity to make a move and secure [a salary] increase, promotion, or a better working environment they can’t achieve with their current employer,” said Gandhi.

OPENINGS COMING SOON

The year 2023 will see a wellspring of jobs in the UAE, with 7 out of every 10 companies in the Middle East and North Africa (MENA) planning to hire, according to a September 2022 survey spearheaded by job portal Bayt.com and market research agency YouGov. Of this number, 50 per cent of the companies will have up to five job openings, while 25 per cent (or 1 out of 4) will hire six to 10 new employees next year.

Job categories that will generate the most demand for candidates include “accountants” (17 per cent), “sales managers” (14 per cent), and “sales executives” (14 per cent), as per the survey.

Most companies will need accountants and auditors, especially with the implementation of the Corporate Tax regime in the UAE that takes effect from June 1, 2023. Sales and marketing jobs will be plentiful as most companies aim to ride the wave of the UAE’s booming economy in the post-pandemic period.





MENA JOB MARKET OVERVIEW IN 2023

7 OUT OF 10

Companies in the MENA region that are planning to hire more employees in 2023



50 PER CENT

Percentage of hiring companies in the MENA region with at least 5 job openings each in 2023



25 PER CENT

Percentage of hiring companies in the MENA region with at least 6-10 job openings each in 2023



JOB CATEGORIES WITH THE MOST OPENINGS

17%



Accountants

14%



Sales managers

14%



Sales executives

UAE SECTORS WITH THE HIGHEST RETENTION RATES

32%



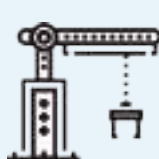
Banking/
finance

27%



Advertising/
marketing/public relations

25%



Real estate/
construction

September 2022 survey by Bayt.com and YouGov

Stretching the job search period from one month to six months obviously gives every qualified individual a far better chance of staying on in the UAE

"A large majority of MENA employers are looking to expand their workforce through a human-led approach. While professionals need to focus on honing skills in demand such as communication and

collaboration, companies need to provide access routes for those who lack skills, take steps to strengthen the capabilities of skilled employees, and commit to constant upskilling," said Ola Haddad, Director of

A large majority of MENA employers are looking to expand their workforce through a human-led approach. While professionals need to focus on honing skills in demand such as communication and collaboration, companies need to provide access routes for those who lack skills



OLA HADDAD

Director of Human Resources at Bayt.com

Human Resources at Bayt.com.

Alongside more openings and contracts of a longer duration, employees will benefit from an extremely important change, which pertains to how long they can stay in the UAE between jobs. The old limit of only 30 days after quitting (or losing) one's job has been amended, so that a person gets up to 180 days to find a new position. Stretching the job search period from one month to six months obviously gives every qualified individual a far better chance of staying on in the UAE, compared to what they had earlier.

Now, expats don't have to start packing their bags the moment they leave one organisation and have their work visa cancelled; they can look forward to a much more secure future in this country.

EXPLORING MORE JOBS

What's more, there's now a specific UAE visa for job exploration, eliminating the need to come here on a tourist visa, contact employers, get an offer, go back to their home country, and then wait for the work visa to be processed.

The new job exploration visa allows the job-seeker to come and stay in the UAE for several months; most importantly, the visa holder doesn't need a sponsor or a host for this. The job exploration visa, a single-entry permit, is issued for 60, 90, and 120 days. People in certain skill categories and fresh graduates from 500 top colleges/universities are eligible for this visa, as per the announced norms.

“Employees may combine more than one employment model as long as they do not exceed the maximum amount of hours allowed by law, which is 48 hours per week and 144 hours in three weeks

This visa is expected to be in high demand because working in the UAE becomes very attractive now for people from all kinds of fields. Not only are employment opportunities growing rapidly, but also changes in the labour law allow for different kinds of employment models.

Experienced job-seekers confident of their ability to earn more than average, or those who want to work alongside studying for another degree, or entry-level job-seekers who might want to try out two different lines of work now have the freedom to do so with flexible, temporary, or part-time contracts.

Employees may combine more than one employment model as long as they do not exceed the maximum amount of hours allowed by law, which is 48 hours per week and 144 hours in three weeks.

Flexible work entails that an employee can choose their working hours and work for an employer on specified days, depending on the employer's requirements.

Temporary work contracts hire employees specifically for a particular task on a per-project basis, which ends upon completion of the project.

Part-time work enables employees to work for one particular employer for several hours or days within the week, with the option to have another employer — as long as they don't exceed the maximum number of hours as per the law.

“The amendment aims to protect both parties in a balanced way; [it] advances the labour market's growth and stability, and enhances the UAE's economic competitiveness,” read a statement from MoHRE.

BENEFITS OF UAE'S THREE NEW LONG-TERM VISAS



GOLDEN VISA | **VALIDITY: 10 YEARS**

Granted to: Investors, entrepreneurs, exceptional talents, scientists and professionals, outstanding students and graduates, humanitarian pioneers and frontline heroes. Visa holders are allowed to stay outside the UAE for over six months without risk of visa cancellation

- No cap on the number of domestic help they can sponsor
- No employer/sponsor required
- Immediate family members (spouse, children) allowed to stay for the same duration of residence
- No age limit for children
- In case the Golden Visa holder dies, family members are allowed to stay in UAE until the Golden Visa residence permit expires

GREEN VISA | **VALIDITY: 5 YEARS**

Granted to: Global talents, skilled professionals, freelancers, investors and entrepreneurs

- Allowed to sponsor residence visas for children, spouse, and other first-degree relatives
- Sons are allowed for sponsorship until the age of 25, with no age limit for daughters
- No sponsor/employer required
- Up to six months grace period to stay in the UAE once the Green Visa is cancelled or expired

MULTI-ENTRY TOURIST VISA | **VALIDITY: 5 YEARS**

Granted to: Any foreigner maintaining a bank balance of \$4,000 (Dhs14,680) six months before submission of application

- No sponsor is required
- Visa holders are allowed to stay in the UAE for up to 90 days, extendable for another 90 days
- The entire period of stay in the UAE is limited to 180 days per year

MOST BUZZING SECTORS

According to the September 2022 survey by Bayt.com and YouGov, the sectors within the UAE that attract or retain top personnel include:

- banking/finance (32 per cent);
- advertising/marketing/public relations (27 per cent);
- real estate/construction/property development (25 per cent)

Banking/ Finance is the core sector that draws national talent (32 per cent), while Advertising/ Marketing/ Public Relations is the primary sector for fresh graduates

(32 per cent) as well as female talent (37 per cent).

Zafar Shah, Research Director at YouGov, highlighted that the private sector would need more skilled workers as multinational companies aimed to accomplish more and earn higher revenues from the MENA region. He said, “Employers are looking for skills such as communication, teamwork and the ability to work under pressure in order to build the teams needed to successfully deal with the challenges and opportunities of today and those yet to come.”



KIDS DESERVE A *safe & secure society*

THE UAE MINISTRY OF INTERIOR INTENSIFIES ITS ZERO-TOLERANCE POLICY AND ACTION AGAINST ALL FORMS OF CHILD ABUSE AND EXPLOITATION, WHICH ARE ACCELERATED BY THE PACE OF TECHNOLOGY. THE OCCASION OF WORLD'S CHILDREN DAY ON NOVEMBER 20 BRINGS A REMINDER OF THE NEED FOR GREATER VIGILANCE AND CRACKDOWN ON PERPETRATORS

— BY KATH HENSON —





“With the challenges of modern technologies in abundance, it is necessary that we act decisively to eliminate the phenomenon of online child sexual exploitation to ensure their safety and security

HH LT GENERAL SHEIKH SAIF BIN ZAYED AL NAHYAN

Deputy Prime Minister and Minister of Interior

One of the key aspects of security work in the UAE is to ensure the safety of children. This has long been a priority of the federal and local governments, especially of the Ministry of Interior (Mol), which has a Higher Committee for Child Protection to strategise on this and a Child Protection Centre to provide on-ground support.

Every year, as the world celebrates Children’s Day on November 20, we’re reminded that child protection is one of the hardest things to do, because the victims — toddlers, children, young teenagers — are amongst the most vulnerable in the community, across social segments. A child’s voice often goes unheard; their distress often goes unnoticed. While all kinds of abuse have always rained down upon children from time immemorial, the present-day perpetrators of these crimes can spread their tentacles further by misusing technology.

Children’s Day, meant to be a day of celebration, is inevitably marred by reports from all corners of the world about little children being sexually abused or teenage students attempting/committing suicide because of bullying at school. A lot of this bullying has now moved to digital platforms used by peer groups of adolescents, and the reach of these platforms makes it easy for bullies to quickly destroy their victims.

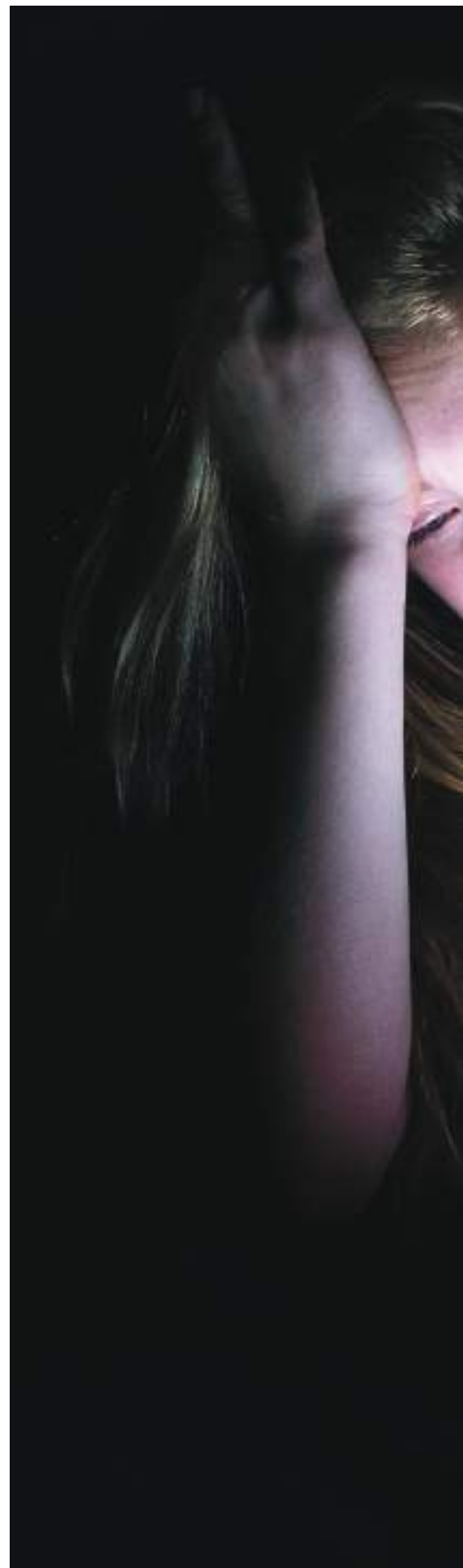
To combat these crimes, the UAE has been progressively strengthening its laws; undertaking awareness campaigns offline and online; and working with global law enforcement to track down criminals. Police forces constantly urge community members, including teachers, to report any suspicion of child abuse.

Campaigns launched by the Mol put a special emphasis on child protection in the context of technological advancements. The Mol also calls upon the international community to strengthen global laws on child protection, especially in the digital world.

In June 2022, His Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, delivered a keynote speech at the ‘WeProtect’ World Summit, held in Brussels, Belgium. The ‘WeProtect’ Global Alliance is a platform that “brings together governments, the private sector, civil society and international organisations to develop policies and solutions to protect children from sexual exploitation and abuse online”.

Speaking at the summit, HH Sheikh Saif bin Zayed underscored that the health and safety of any child were “crucial to the development and upbringing of a normal family and society”. He said, “With the challenges of modern technologies in abundance, it is necessary that we act decisively to eliminate the phenomenon of online child sexual exploitation to ensure their safety and security.”

HH Sheikh Saif bin Zayed said he believed that protecting and supporting children must be a top priority for the summit attendees, as well as for policy-makers and decision-makers. Highlighting the UAE’s approach, the Minister said, “President His Highness Sheikh Mohamed bin Zayed Al Nahyan stressed that protecting the rights of children and ensuring their proper upbringing will always rank high amongst the UAE’s priorities. For this reason, we are required to secure a supportive and child-friendly digital environment. The family’s role is always an essential element for the success of all these efforts.”





HH Sheikh Saif bin Zayed added, “Our joint and close cooperation with the global coalition ‘WeProtect’, since hosting its second summit in Abu Dhabi in 2015, gave birth to the National Strategy for Child Protection on the Internet. The Strategy bolstered our efforts to combat the sexual exploitation of children, a crime totally against morals, humanity and religions.”

SHOCKING STATISTICS

Apart from the heart-rending individual stories of child abuse and exploitation of teenagers, either by their peers or by sexual predators looking for victims online, the statistics on children’s suffering are shocking.

The latest data (September 2022) from the World Health Organization show that nearly 3 in 4 children — or about 300 million children worldwide — aged 2-4 years regularly suffer physical punishment or psychological violence at the hands of parents and caregivers.

Neglect is one of the top forms of child abuse. Other major categories include physical harm, psychological torment, and sexual abuse. In a recent incident in the UAE, a three-year-old girl sustained serious injuries in a fire, after being left home alone. Her mother was arrested and charged with neglect.

Someone who had been severely abused as a child tends to experience lifelong suffering, even if the abuser is dead or has moved away. The consequences are not limited to the victim, but could affect society as a whole.

A study published in the *International Journal of Environmental Research and Public Health* revealed that adult survivors of childhood abuse are more likely to experience mental health difficulties, including depression, anxiety, bipolar disorder, PTSD (post-traumatic stress disorder), eating disorders, and substance abuse disorders.

A similar study, titled ‘The Long-term Health Outcomes of Childhood Abuse’, published in the *Journal of General Internal Medicine*, concluded that adult survivors of childhood abuse are more likely to engage in high-risk behaviours like smoking, substance abuse, and unsafe sex. They’re also more likely to report overall lower health than those who haven’t experienced childhood abuse.

These data prove that putting child abuse in the spotlight is critical, as it greatly contributes to the global goal of a violence-free society.

KEY FACTS ABOUT CHILD ABUSE

300 MILLION



The number of children (aged 2-4 years) worldwide who regularly suffer physical punishment or psychological violence at the hands of parents and caregivers, according to September 2022 data from the World Health Organization

1 OUT OF 5



The number of women globally who experienced sexual abuse as a child aged 0-17 years, according to September 2022 data from the World Health Organization

1 OUT OF 13



The number of men globally who experienced sexual abuse as a child aged 0-17 years, according to September 2022 data from the World Health Organization

120 MILLION



The number of male and female under 20 years of age who has suffered some form of forced sexual contact, according to September 2022 data from the World Health Organization

720,000



The number of illegal images of children uploaded online each day globally, as per the United Nations Children's Fund

CHILD ABUSE ONLINE

The COVID-19 pandemic has led to a significant spike in child sexual exploitation and abuse online, a new global study has revealed. With children spending more screen time than ever before, they're now more vulnerable to risks of exploitation in the digital space.

According to the United Nations Children's Fund, about 1.8 billion photos are uploaded on the Internet every day, and of those, about 720,000 are believed to be illegal images of children.

Just recently, a mother and two other women were given prison terms of three years each by the Dubai Criminal Court, after being found guilty of advertising a photo and trying to sell a two-month-old baby online. As per the case records, the mother admitted that she was trying to sell the baby because she needed money. Dubai Police were able to arrest her after being tipped off by social media users.

During the 2022 World Government Summit earlier this year, Lt Colonel Dana Humaid, Director General of the International Affairs Bureau at the UAE Ministry of Interior, said that technology had a huge role to play and that it could be a boon to solve crimes, if

used responsibly. "Now we have these technologies in place, it is about using them correctly," she said.

Humaid also stated how Artificial Intelligence (AI) made their job easier, being used to detect illegal activities online. "AI and [other] technology can be used in an investigation and a prosecution when it is used properly."

“We need to help law enforcement around the world gain access to AI technology so it can be used effectively”



LT COLONEL DANA HUMAID

Director General of the International Affairs Bureau at the Ministry of Interior

AI doesn't get tired, and therefore, can patrol the digital space relentlessly, spotting relevant cases of child abuse or exploitation in the millions of posts, photos, and videos swarming around the Internet.

This, according to Humaid, makes AI the perfect ally of police forces. She said, "We need to help law enforcement around the world gain access to AI technology so it can be used effectively."

STEPS TAKEN BY MOI

In the run-up to Children's Day, HH Sheikh Saif bin Zayed tackled during a forum last month the MoI's strong resolve in securing the digital space within the country as well as its initiatives targeted to foster positive behaviour amongst the Emirati youth. The Interior Minister discussed all these in a panel discussion titled 'Positive Digital Citizenship', organised by the Federal Youth Authority at the Dubai Youth Club.





HH Sheikh Saif bin Zayed talks about Mol's utmost emphasis on protecting children's dignity online, to attendees of the 'Youth Circles' forum at Dubai Youth Club in October 2022

In August 2022, the Mol Child Protection Centre held a meeting with the Bahraini Ministry of Interior in the presence of several officers and specialists. The meeting highlighted the Centre's operations room hotline, electronic reporting system, ways to deal with local and international children's communications, as well as the workflow mechanism for the investigation of children's cases.

The Ministry has also hosted this year's Interpol DevOps Working Group, a subgroup of Interpol's Specialists Group on Crimes Against Children, in Abu Dhabi. "We help specialised units work across borders and sectors to ensure criminals don't exploit children. Our main activity is to help police to identify victims of child sexual exploitation, by analysing photos and videos found on the Internet or

seized devices. Our database of images is available to specialised experts, and supports traditional police investigations. We also provide opportunities for experts to boost their skills and networks, leading to more effective investigations," stated Interpol on its website.

BEHIND CLOSED DOORS

The Arab region, with a total population of 425 million, has one of the largest proportions of young people. This means that more young individuals are at risk of possible child abuse at home.

In the UAE, a watershed moment came in June 2016, with the Child Protection Law No. 3, nicknamed "Wadeema Law". The law was so called in memory of Wadeema, a little Emirati girl in Dubai whose life was over at the age of eight,

brutally tortured by her father and his female accomplice. Her body was found buried in the desert near Sharjah city in 2012, and investigations revealed that the child had been, for months, regularly burnt with hot iron and cigarettes, and had boiling water poured on her. Wadeema's sister Mira, aged seven, had suffered the same treatment.

The day before she died, Wadeema had been beaten for about an hour with an iron bar and was locked up in the bathroom. Her father saw her lifeless body the next day, early in the morning, and secretly dumped the body in the desert. This case remains one of the Arab World's most tragic examples of how a child can suffer in the confines of their home.

Wadeema's death came as a huge jolt to society, leading to a policy overhaul for child protection. The Wadeema law, which covers UAE nationals and children of expats up to the age of 18, lays down the legal rights of minors in the UAE and is designed to protect children from birth to adolescence from a variety of abuse, including physical, verbal, and psychological abuse.

In addition, smoking in public and private vehicles and indoor facilities where children are present is also prohibited under the law.

“The Wadeema law, which covers UAE nationals and children of expats up to the age of 18, lays down the legal rights of minors in the UAE and is designed to protect children from birth to adolescence from a variety of abuse, including physical, verbal, and psychological abuse

“The efforts made as part of the existing cooperation between the authorities guarantee the full rights of the child in accordance with the legislation and laws in force

**HE ALI MOHAMMED
AL BALOOSHI**
Abu Dhabi Attorney General

The law also allows child-care specialists to remove children from their homes against parents' wishes and without judicial permission if the child is believed to be in imminent danger. In less severe cases, specialists may intervene by visiting the child regularly, providing social services and mediating a solution between the family and the child.

EASY WAYS TO REPORT

Those who put children in danger, abandon them, neglect them, leave them without supervision, do not enrol them in school or register them upon their birth would be subject to a prison sentence or a fine or both.

As of 2022, an increase in the number of reported cases related to child protection can be seen. This reflects a progressive response from the public to the Mol campaign from Children's Day 2021 that encouraged reporting child abuse cases. It can also be attributed to the wide accessibility of ways to connect with the authorities; this can now be done with one click online or a call.

Amina Al Rifai, Director of the Child and Family Protection Centre, which is part of the Department of Social Services in Sharjah,

“Early this year, more than 120 child protection specialists in Abu Dhabi were made judicial officers and granted legal powers to handle cases involving child abuse, neglect, exploitation, or exposure to violence, and to ensure the protection of children's rights

ACT TO PROTECT CHILDREN



Child abuse and neglect can be reported by calling the Mol's Child Protection Centre at **971 02 333 3999** or by sending an e-mail to childprotection@moi-cpc.gov.ae.
Alternatively, cases can also be reported through the Child Abuse Hotline on **116111** or by submitting a brief summary of your concern on the Mol-CPC website, <http://www.moi-cpc.ae/en/Report.Abuse.aspx>.
For immediate help and emergencies call **999**.

OTHER CHANNELS

<p>800988 Community Development Authority (CDA)</p> <p>800111 Dubai Foundation for Women and Children</p> <p>800446292 Hemaya Foundation for Children and Women, Ajman</p>	<p>8007283 EWAA Shelter for Women and Children</p> <p>800700 Child Protection Centre in Sharjah</p> <p>07-2356666 Aman Centre for Women and Children through RAK Police</p>
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said in a local media report that their helpline saw a noticeable rise in reports about children who suffered accidents at home because of lack of parental supervision.

Throughout 2021, more than 1,600 cases of child abuse and violence were reported on the Sharjah Child Protection Department's helpline. Most of these cases were related to negligence, physical abuse, violence, cyber-blackmailing, bullying and misconduct. The majority of the cases were reported by parents, caregivers, teachers, or others through the helpline of the Sharjah Social Services Department.

To make sure that all reports are acted upon, the UAE government has continuously added more safeguarding individuals for child protection. Early this year, more than 120 child protection specialists in Abu Dhabi were made judicial officers and granted legal powers to handle cases involving child abuse, neglect, exploitation, or exposure to violence, and to ensure the protection of children's rights.

Counsellor Ali Mohammed Al Balooshi, Attorney General of the Emirate of Abu Dhabi, said, "The efforts made as part of the existing cooperation between the authorities sharing the same competence in this regard, guarantee the full rights of the child in accordance with the legislation and laws in force, in line with the directives of the wise leadership, to continue the work to provide all the necessary tools for the protection of children and to create an environment that stimulates their growth and development, while maintaining the cohesion and stability of the family."



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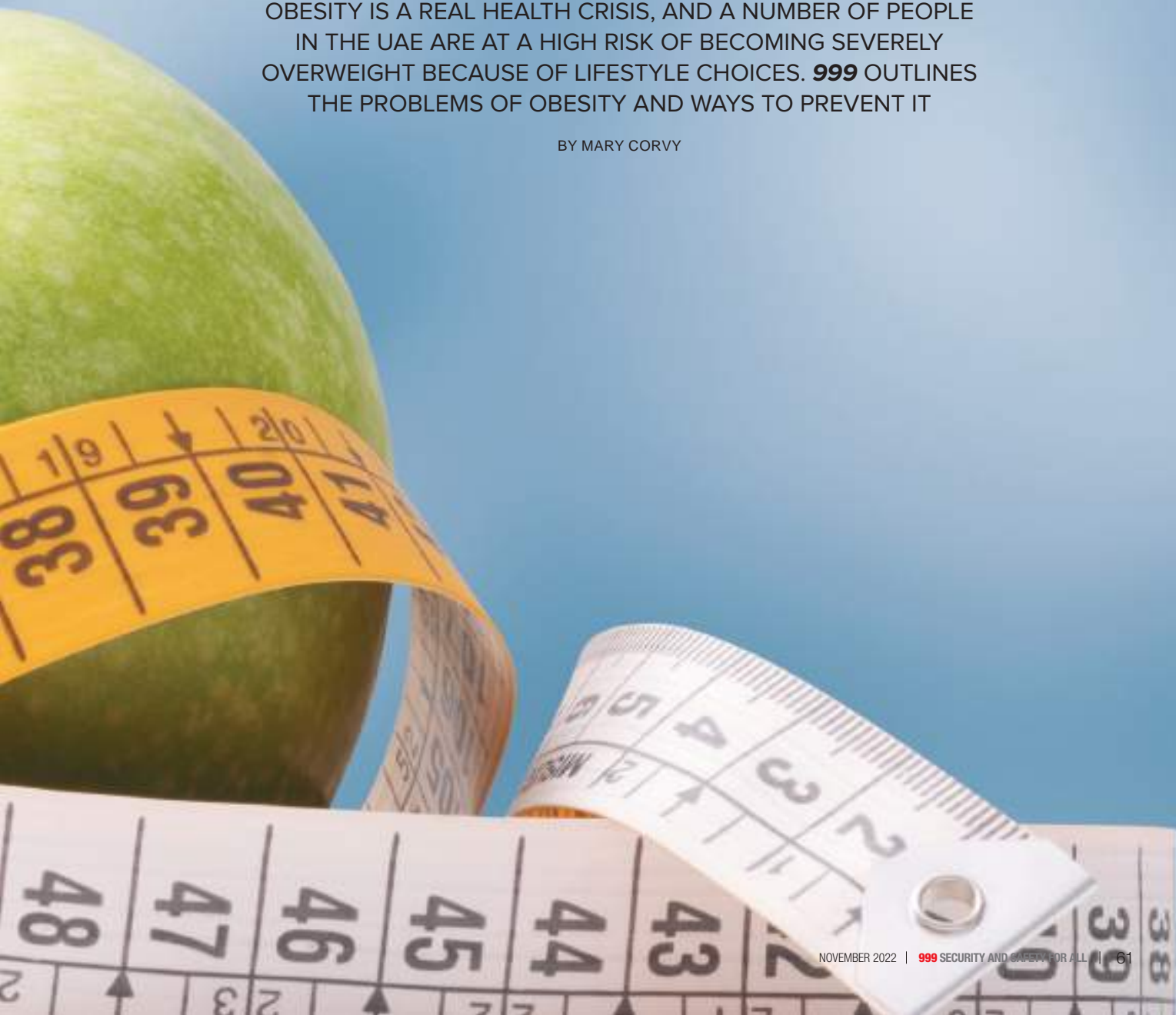




THE BIG TRUTH

OBESITY IS A REAL HEALTH CRISIS, AND A NUMBER OF PEOPLE IN THE UAE ARE AT A HIGH RISK OF BECOMING SEVERELY OVERWEIGHT BECAUSE OF LIFESTYLE CHOICES. **999** OUTLINES THE PROBLEMS OF OBESITY AND WAYS TO PREVENT IT

BY MARY CORVY

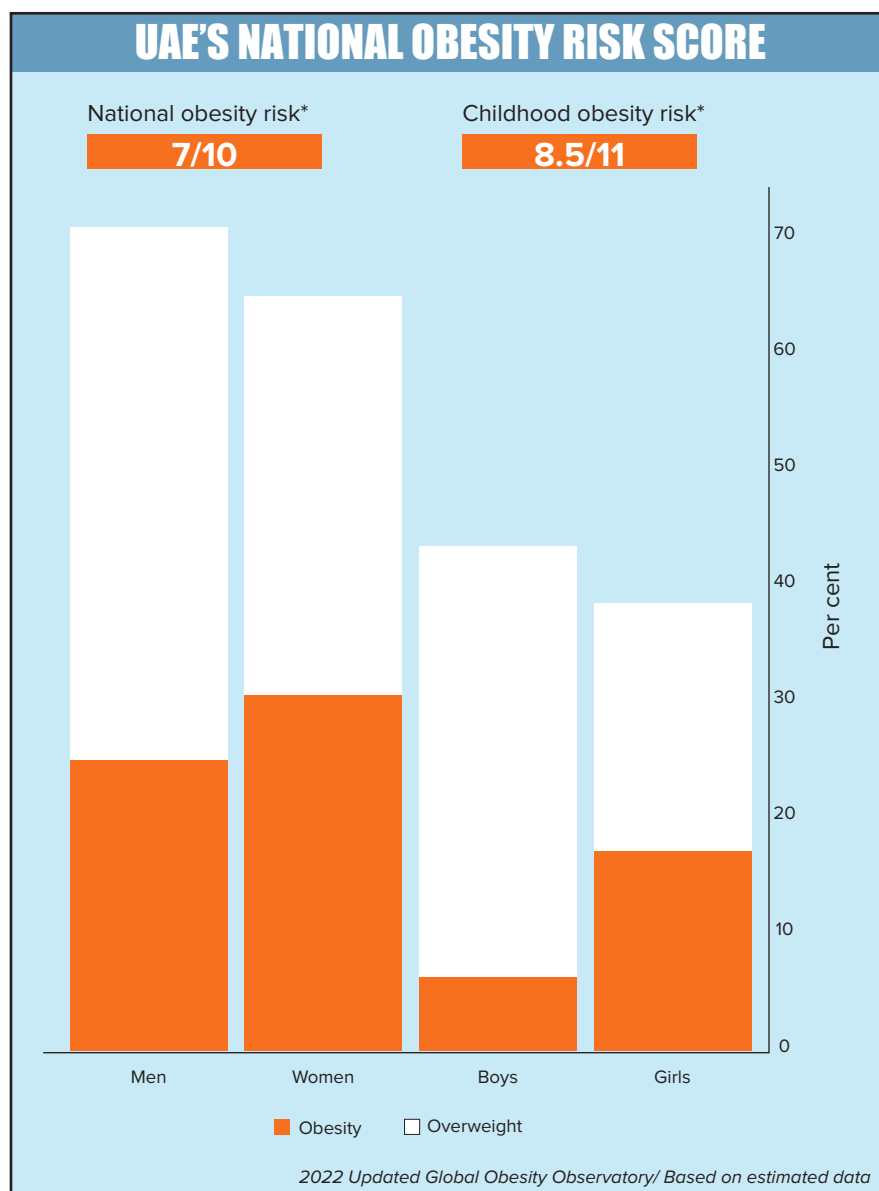


The air is cooling down in the UAE, outdoor enthusiasts are putting their gear together, and the next few months are perfect for getting active — we can all actually prepare for that fitness resolution that almost everyone in the world is going to make on the first day of 2023. But are we going to do that?

Though it's a fairly common sight to see joggers or cyclists around UAE cities, or hikers in the mountainous areas when the mercury level drops, statistics tell us that most people in the UAE aren't really physically active and, as a result, they're piling on the

unhealthy kilos. The Global Obesity Observatory, an online data resource, shows that the UAE's national obesity risk score is 7 on a scale of 10, and that childhood obesity risk here is 8.5 on a scale of 11. Those numbers indicate a slowly unfolding public health crisis.

Studies and data show that the pandemic has made childhood obesity on the uptick in the UAE in the past couple of years. Obesity not only impacts internal organs and overall physical health, but it may also cause low self-esteem and other problems with mental health. The sooner all of us take note of it, the better.



The World Obesity Atlas 2022, published earlier this year by the World Obesity Federation, predicts that one billion people globally, including 1 in 5 women and 1 in 7 men, will be living with obesity by 2030. As it stands, worldwide obesity has nearly tripled since 1975.

Though obesity can be caused by genetic reasons or some underlying hormone problem, in most people, the usual factors are an over-indulgence in junk, high-calorie food and a sedentary lifestyle. In the UAE, most people drive or hail a taxi, rather than walk, especially in summer. Also, the UAE is a very highly digitalised nation, which means that young people spend more time sitting somewhere with their devices, rather than going out and playing some sports.

When a person consumes more calories throughout the day than his or her body burns through activity, then the body has no option but to store the extra calories in the form of fat.



WHY IS OBESITY BAD?

Obesity is more than just having a few kilograms of extra body fat. The body mass index (BMI) range shows where one falls out of four categories: underweight, normal, overweight, and obese.

Crossing from normal weight to 'overweight territory' immediately puts a person at a higher risk of various diseases, most notably cardiovascular diseases and Type 2 diabetes. If an overweight person then becomes obese, the risk of diseases becomes a near-total certainty. Therefore, a wide prevalence of obesity puts huge pressure on any country's public health infrastructure, aside from affecting individual lives.

The World Health Organization (WHO) defines obesity as a medical problem that might cause diseases and health problems in the long term. Obesity is the leading cause of an

increasing number of people being diagnosed with diabetes, high blood pressure, heart diseases, joint, and muscle pains, and even cancer. Yes, you read that right — some cancer types are linked to extra weight, and obesity increases the risk of developing those cancers. According to WHO, people with obesity are also three times more likely to be hospitalised for COVID-19 infection.

Recent studies have shown that obesity tremendously contributes to mental health issues and infertility, too.

Obesity is practically guaranteed to cause fatty liver disease, though there could be exceptions. Since the obese person most likely continues to consume too many calories every day, the problem of fatty liver gets worse over the years, until one day, it leads to liver failure. And while the layperson's focus is on the heart, lungs, kidneys etc, the liver just happens to be an extremely important

organ and also vulnerable to damage from obesity.

A GLOBAL DISEASE

Statistics released by the UAE Ministry of Health and Prevention (MoHAP) in March 2022 on the periodic examination of school students have shown that the prevalence of obesity amongst children and adolescents aged 5-17 years has reached 17.35 per cent.

This figure, according to Dr Asma Deeb, a specialist in paediatric endocrinology at Sheikh Shakhboub Medical City (SSMC), indicates an increasing rate of obesity amongst young people in the UAE, when compared to the 12 per cent prevalence in 2018.

Globally, in the year 2020, WHO recorded at least 39 million children under the age of 5 as being overweight. Unless controlled early, many of these children could turn obese.

“I entirely agree with the terminology [global epidemic] for describing the prevalence of obesity, as it is a global disease nowadays



DR ASMA DEEB

Specialist in paediatric endocrinology
at Sheikh Shakhboub Medical City

In a press release from SSMC in July, Dr Deeb noted that studies had shown that about one-third of all children in Abu Dhabi may be overweight. She added that childhood obesity isn't exclusive to the UAE and people aren't wrong to use the word "epidemic". The doctor said, "I entirely agree with the terminology [epidemic] for describing the prevalence of obesity, as it is a global disease nowadays."

Of course, the limited mobility during the pandemic and the many months of work from home and online classes made the obesity trend worse in the UAE. A MoHAP study released in March 2021 revealed that an increase in the prevalence of obesity amongst the youth was triggered by the COVID-19 pandemic, with less physical activity and more time spent in the digital world. Getting large amounts of food delivered home from restaurants during this period was a contributing factor, too.

The study, undertaken in collaboration with the Ministry of Education and Abu Dhabi Public Health Centre, had 27,754 parents as participants.

Dr Hussein Abdul Rahman Al Rand, Assistant Undersecretary for Centres and Health Clinics

“Our mind gets familiar with what we love to eat based on what our family eats. That, on a bigger scale, will of course impact your overall health



WANDALYN TAN CALUPIG

Neuro-linguistic
practitioner

at MoHAP, said that the study would be used to support the state's healthcare planning strategies and improve healthcare services after the pandemic.

Dr Naglaa Sajwani, Head of the School Health Department at MoHAP, said that families needed to adopt healthy habits at home, such as getting the right nutrition and exercising inside or around the home. She added that it was important for students to be educated on the proper way of using electronic devices "in order to prevent their negative effects, including obesity, back pain, and vision problems", and also to prevent sleep deprivation.

REVERSING OBESITY

Obesity isn't necessarily a permanent condition. With a proper diet, exercise, medications and even surgery, obesity can be reversed. However, that's no reason to be casual when the extra kilos creep up on you, because it's much harder to lose weight than to gain it. Like most problems in life, prevention is better than cure for obesity.

Prevention of obesity, beginning at an early age and extending across a lifespan, could vastly improve individual and public health, reduce suffering, and save billions of dollars each year in healthcare costs.

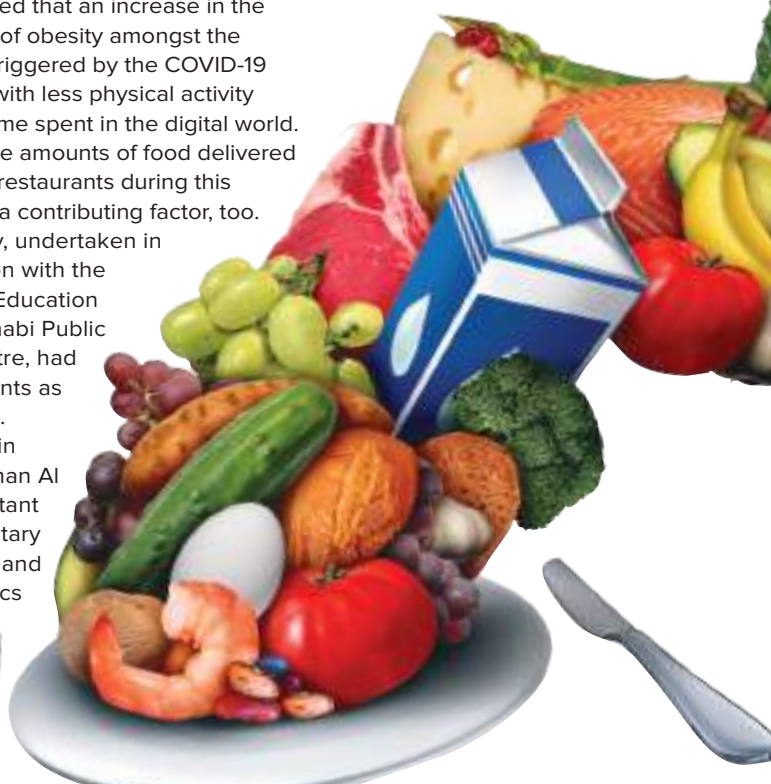
A neuro-linguistic practitioner (NLP) in the UAE has shared with 999 that reversing obesity starts with the mind. NLP master practitioner Wandalyne Tan



Calupig said that the approach on reversing obesity should be "one family at a time".

She spoke of the role of one's genetic makeup in obesity and the biological facts that suggest the heritability of obesity, which is estimated at 40 per cent to 70 per cent. That means if any of your close family members are obese, that puts you more at risk; therefore, prevention becomes more urgent. And, of course, certain family habits become second nature for us, increasing the risk of obesity.

"I think our family impacts our health at many levels, because we learn our unhealthy eating habits from our family.



UAE'S OBESITY TASK FORCE

The UAE government established a National Task Force on Obesity in March 2022, and it implements a comprehensive framework to prevent this menace.

“Combating obesity is a public health priority, while treating it requires raising awareness about obesity and its complications,” said Dr Hussain Abdul Rahman Al Rand, Assistant Undersecretary for the Public Health Sector, MoHAP. “Therefore, the Task Force strives to develop a way to deal with obesity, based on what has been achieved in the past years to reduce obesity in the UAE, in accordance with the activities of the initiative to promote awareness of healthy lifestyles in the community and the national agenda to combat childhood obesity.”

Based on WHO recommendations, which outlined six key elements to treat this disease, the Task Force is focusing on increasing awareness on healthy eating; weight management; pre- and post-conception care; healthy eating and physical activity in early childhood; and healthy nutrition for school students.

Recently, Abu Dhabi Public Health Centre has rolled out the SEHHI programme, which singles out foods that are low in fat, sugar and salt, and high in fibre, and displays the number of calories in dishes. Healthy food items will have a SEHHI logo placed next to them on menus.



“The Task Force strives to develop a way to deal with obesity in accordance with the activities of the initiative to promote awareness of healthy lifestyles in the community and the national agenda

DR HUSSAIN ABDUL RAHMAN AL RAND
Assistant Undersecretary for the Public Health Sector, MoHAP



So, our mind gets familiar with what we love to eat based on what our family eats. If our family loves unhealthy foods, this is something that we love to eat as well — that, on a bigger scale, will of course impact your overall health,” Calupig told 999.

She helps her clients manage obesity through neuro-linguistic programming, a mind tool that helps identify strategies for achieving a personal goal. “In neuro-linguistic programming, the mind will always believe what you think. The moment you eat that thing you feel guilty about, start changing that thought in your mind, saying,

‘I have a very high metabolism and it’s safe, and it’s okay for me to eat because my body will metabolise it. It’s really not only about what you eat; it’s also about the thought about what you eat that makes you fat,” she explained.

Apart from mind reframing, she also helps her clients manage negative thoughts that lead to stress-eating. “If you believe that eating that small chocolate bar will make you gain weight, then it will. So, you have to be careful about the thoughts you need as you eat the food.

“Remember, a lot of our stress-eating is

because of the stress that we face every day. So, using mind tools and techniques to handle negative thoughts is one of the best ways to manage stress. Instead of stress-eating, my clients have understood other ways to manage the stress, be it journaling or meditation.”

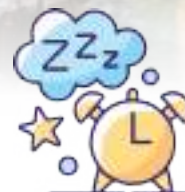
Calupig emphasised that reversing obesity began with conviction and commitment. She said, “Generally, it will take 90 days or more for people to build the habit and disrupt it. So reversing obesity is a decision, and it’s also about consistent action.”



7 ways to prevent it OBESITY

OBTAIN AT LEAST 8 HRS OF SLEEP

According to Harvard University's School of Public Health, people who lack enough sleep become too tired to exercise, decreasing the "calories burned" side of the weight-change equation. Sleep-deprived individuals may take in more calories, simply because they're awake longer and have more opportunities to eat.



BREASTFEED INFANTS, WHEN POSSIBLE

A meta-analysis by researchers from BMC Public Health, published in 2014 by the National Library of Medicine, United States, suggested that breastfeeding was a significant protective factor against obesity in children.



EXERCISE

Most national and international guidelines recommend that the average adult get at least 150 minutes of moderate-intensity physical activity per week. That means at least 30 minutes per day, five days a week. The best exercise for maintaining a healthy weight is brisk walking, according to analysis of data from the 2015 Health Survey for England.



SUGAR-LESS DIET

It's important to keep your intake of added sugars low. The American Heart Association recommends that the intake of added sugar not exceed six teaspoons daily for women and nine teaspoons daily for men.



INCLUDE REST AND RECREATION

Chronic stress raises levels of the stress hormone cortisol and leads to weight gain. It can also result in poor dietary choices since cortisol and other stress hormones can increase "carb cravings" and make it difficult to exercise good judgment and willpower. Including rest and recreation in your routine helps you prevent obesity.



TRY A PLANT-BASED DIET

Eating a plant-based diet has been associated with greater overall health and much lower rates of obesity. To achieve this, fill your plate with whole vegetables and fruits at every meal. For snacks, eat small amounts of unsalted nuts such as almonds, cashews, walnuts, and pistachios — all associated with heart health.



EARLY OVERALL CHECK-UP

Regular or annual check-up helps reduce your risk of getting obesity-related sickness. It's also beneficial for detecting potentially life-threatening health conditions or diseases early, and increases the chances for treatment and cure. It also limits risks of complications by closely monitoring existing conditions.



TOP 7 *superfoods*

FOR YOUR DIET PLAN

WHETHER YOU WANT TO LOSE WEIGHT OR SIMPLY EAT BETTER, IT'S EASY TO INCLUDE THESE FOODS IN YOUR DAILY MEAL ROUTINE

GARLIC

A well-known plant food that's closely related to onions, leeks and shallots, garlic is an excellent source of vitamin C, manganese, selenium, vitamin B6, and fibre. It's a popular culinary ingredient because of its distinct flavour, but it has also been used for its medicinal benefits from time immemorial. Researches point out that garlic may be effective in reducing cholesterol and blood pressure.



SALMON

Salmon is a remarkably nutritious fish packed with healthy fats, vitamins, protein, selenium, and potassium. It provides one of the best sources of omega-3 fatty acids, which are famed for many health benefits, such as reducing inflammation. Adding salmon to your diet tends to lower your risk of diabetes and heart disease as well as help you keep a healthy weight.



AVOCADO

Similar to olive oil, avocado contains plenty of monounsaturated fats (MUFAs). Oleic acid is the most important MUFA in avocado, which is associated with lessened inflammation in the body. Eating avocado tends to reduce your risk of heart disease, metabolic syndrome, diabetes, and certain types of cancer.



MUSHROOMS

Though their nutrient content varies based on the type, mushrooms are loaded with high levels of vitamin A, fibre, potassium, and numerous antioxidants not found in most other foods. Given their unique antioxidant content, mushrooms may have a significant impact in lowering inflammation and preventing certain types of cancers.



SWEET POTATO

A famed root vegetable loaded with many nutrients, including potassium, fibre, and vitamins A and C, sweet potato provides a good source of carotenoids, a type of antioxidant that's said to lower the risk of some cancers. Despite their sweet flavour, sweet potatoes do not raise blood sugar as much as you might expect.



OLIVE OIL

Since it contains high levels of monounsaturated fatty acids (MUFAs) and polyphenolic compounds, using olive oil on a daily basis is likely to lower inflammation and the risk of certain illnesses, such as heart disease and diabetes. It also comprises antioxidants, including vitamins E and K, which can protect against cellular damage from oxidative stress.



GREEN TEA

One of the most crucial antioxidants in green tea is the catechin epigallocatechin gallate, or EGCG, which is likely what gives green tea its apparent ability to protect against chronic diseases, including heart disease, diabetes, and cancer. Research indicates that the presence of caffeine and catechins in green tea may make it an outstanding tool for weight loss in some people.



Visit UAE'S hidden gems

SPEND YOUR SPARE TIME OUTDOORS BY
COMPLETING THE FOLLOWING LIST OF MUST-VISIT
SCENIC TRAILS THIS WINTER IN THE UAE

BY JUSTIN AGUILAR





Make this year's winter memorable by touring around the emirates and enjoying adventurous activities while witnessing breathtaking views. Explore landscaped gardens to natural sand dunes, from beaches to meandering pathways in the list of hidden gems in the UAE.

In a recent Cabinet meeting, His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, said that the country was able to bounce back and had even exceeded pre-pandemic records in terms of welcoming tourists. The Cabinet is optimistic about seeing stronger tourism recovery this winter.

"Our indicators today are stronger than our indicators before the pandemic, and our economic growth is faster than before the pandemic, and our tourism, commercial and development sectors are larger than before the pandemic," said HH Sheikh Mohammed bin Rashid.

Each of the listed tourism spots is a perfect setting for some quality time for yourself or with your family. Get ready to be mesmerised by these must-visit destinations with unique activities to try.

Abu Dhabi



Qasr Al Watan

Things to do: Explore centuries of human knowledge in the Qasr Al Watan Library, watch the spectacular light-and-sound show called Palace in Motion, and enjoy a selection of culinary choices. Also, marvel at the Arabian artistry and architectural legacy and explore a collection of books and gifts that the UAE has received from around the globe. Get dressed and discover the place where the UAE hosts the world's dignitaries.

Cost: Dhs60 per person

Timings: Daily 8 am to 4 pm

Dubai



Hatta Dam

Things to do: Drive your car along the water's edge, hike between photo stops, and spend some time soaking up the natural beauty of the mountainous area, kayaking, canoeing, and paddle boating. About one hour and 40 minutes travel from Dubai, Hatta dam is a good getaway from the city. Apart from enjoying a picturesque mountainous scene, you can also glide through Hatta's quiet waters by using a pedalo or donut boat.

Cost: Free to visit, Kayak rates start at Dhs60 per person

Timings: 7am to 11am & 3pm to 9pm

Sharjah



Al Qasba

Things to do: Fancy a boat ride similar to Venice and Italy? Sharjah's Al Qasba is a great place for you to enjoy the busy city views on a boat together with friends and family. Offering a unique mix of leisure, culture, and entertainment, Al Qasba is a great place to just hang out, stroll, dine and play for younger kids. They have art centres, outdoor attractions, and more.

Cost: Dhs15

Timings: Daily 4 pm to 1 am in summers; starts at 10 pm in winters

Ras Al Khaimah



Longbeach Campground



Things to do: Enjoy the thrills of 'glamping' at the Longbeach Campground. It provides an amazing winter camp activity from sunrise to sunset, filled with expansive amenities, exhilarating sights and exciting events. They have various activities for adults and youngsters and offer access to the beach, pool and outdoor spa.

Cost: From Dhs125 per person

Timings: Open 24 hours

Ajman



Al Zorah Natural Reserve

Things to do: With migratory birds and lush greeneries, you wouldn't expect that this refreshing sight can be found in a desert area! The Al Zorah Wetland has lots of green spaces that provide the freshest breath of air that you might experience in the UAE.

Cost: Free entry

Timings: Daily 9 am to 6 pm

Um Al Quwain



Mangrove Beach

Things to do: Enjoy the UAE's must-visit beach that fuses the experiences of the sea breeze, beach views, and mangrove marvels in one place at the Khor Al Yefrah. It's the first place of its kind in the emirate that aims to promote environmental tourism and highlight the importance of mangroves.

Cost: Free entry

Timings: 24 hours open; best-suggested timing is 3 pm to midnight

Fujairah



Fujairah Fort

Things to do: Experience Fujairah's archaeological treasure, regarded as one of the most important and largest forts of the emirate. Visitors can marvel at the sights of the Fujairah Fort up on a high hill in the old Fujairah region, located about 20 metres above sea level.

Cost: Free entry

Timings: Daily 8 am to 5 pm

Did you know?

One common misconception about the UAE climate is that it has a hot weather all year round. But mercury levels here fall from October until March. In fact, the coldest temperature recorded in the UAE's recent history was at minus 5.7° Celsius in February 2017. According to the National Centre of Meteorology (NCM), it was recorded at Jebel Jais.

In January 2021, NCM recorded a sub-zero temperature during the winter season in the town of Raknah in Al Ain, where temperatures were as low as minus 2° Celsius. Northwesterly winds caused mercury levels to drop, leading to snowfall on the mountain.

Source: National Centre of Meteorology



Jebel Jais, February 2017

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Gone too soon

THE RECKLESSNESS OF A TRUCK DRIVER CAUSES
A COLLISION WITH A SCHOOL BUS,
TAKING THE LIVES OF TWO BRIGHT STUDENTS

BY WAGIH HASSAN

Traffic police in the UAE call upon drivers all the time to remain vigilant and prevent accidents, thereby helping the authorities protect lives and property. The first requirement for avoiding accidents is to avoid reckless driving behaviour — unfortunately, many motorists are unable to grasp this simple idea.

This is a true story of what can happen when drivers become careless at the wheel and violate traffic rules. One of the schools in the UAE lost two of its finest students in a painful accident. As the school administration said and many teachers acknowledged, these two students were amongst the best.

Their deaths meant bereavement not only for their families, but also for their community. For who knows what such bright minds could have achieved, had they lived?

The two students lost their lives in an accident between their school bus and a mini-truck. The accident occurred when the mini-truck driver went at high speed and lost control of the vehicle. Due to the excessively high speed, the front tyres exploded, and he hit the school bus while trying to stop his truck. As a result of that high-speed collision, the school bus flipped on its right side, and two students were thrown out of the bus windows.

Horrified by the sight of this accident so early in the day, a passerby quickly called the traffic police. He told the police that there were injured students and appealed that ambulances should arrive as soon as possible to save those who were injured.

Meanwhile, the school teachers were ready to start their morning classes, and they assumed that all the students had arrived. But when marking attendance, the teachers discovered that several students were missing from different classes.

The school principal was informed and decided to “urgently contact” the driver of the late school bus to find out the reason for his delay. The driver answered the phone call from the school and said: “The bus has had a tragic traffic accident!”

Talking to him on the phone, the school

principal heard the driver sobbing loudly, almost choking on his tears. The shock of the horrible accident and the pain of his own injuries were making the driver cry like a child.

The teachers, who were already worried about the reason for the students being late, were stunned when the school principal told them about the accident and its cause.

The principal told the teachers that the ambulance had taken all the students to the hospital; he hoped that there would be no injuries or deaths, and that all students would be safe. However, that was not the case.

As reported by the traffic police, the accident happened around 8 am, when the school bus was on its way as usual to the school yard for drop-off.

With extreme sadness, the traffic police report stated that two students passed away and three others were injured, with their injuries ranging from medium to severe. The police reported to the school administration: “Everyone was taken to a government hospital near the accident area. The mini-truck driver has run away, and

the police are still searching for him.”

In addition to this, the police reported to the school administration that the driver was of Asian nationality, as reported by some eyewitnesses.

The Government Education Authority in that emirate,

when they received the painful news, sent a delegation to the hospital to ascertain the situation of the injured students and check on their families.

After the school administration learned about the death of two of its best students, the school principal directed all the staff and students to pray for the two departed souls.

Traffic accidents seem inevitable, given the large number of vehicles rushing through the streets of any modern city, but the fact is that many of these accidents are avoidable, and they occur because of human error or carelessness. We keep hearing that speeding is one of the top causes of accidents; the real meaning of that is driven home only when we see the tragic outcome of speeding.

The teachers, who were already worried about the reason for the students being late, were stunned when the school principal told them about the huge accident and its cause



Dr Maysa Rashed Ghadeer is a prominent UAE writer interested in local affairs and a former member of the Federal National Council (FNC)

NAFIS: EMPOWERING THE EMIRATI WORKFORCE

The UAE has allocated Dhs24 billion to support the private sector in the recruitment of more citizens and enhance the competitiveness of the country's workforce

Despite the UAE's huge economic development and its reputation as one of the most desired destinations for many young talents from across the globe, many jobs in the public sector might not be suitable for all graduates.

Aware of this reality, the UAE has forged stronger ties with the private sector, to bring more opportunities for its own people. Following the 50th National Day celebrations, the government is moving towards strengthening employment collaboration through the Nafis programme.

Nafis is an integrated federal programme aimed at enhancing the competitiveness of UAE nationals and enabling them to hold distinguished positions in the private sector over the next five years. To implement this programme, the UAE government has allocated Dhs24 billion to support the private sector in the recruitment of 75,000 citizens in the next phase.

The Nafis programme provides a salary support scheme for UAE nationals who intend to work in the private sector; allocates special financial allowances to people in certain professions; grants special allowances to their children; and offers training and qualification programmes. It also provides financial support to the projects of university and graduate students.

One might say that the public sector can absorb the unemployed if it applies a substitution

policy. This is possible and should not be excluded. However, the experience provided by the private sector to UAE nationals cannot be underestimated. Many forward-thinking nations no longer rely solely on the public sector to manage their development.

If we look at the boards of the major companies in the UAE, or if we meet with the federal government's top officials and the Council of

Ministers, we will find that a lot of leaders originally proved their capabilities in the private sector, particularly in the economic and financing industry.

The private sector runs many of the critical sectors in the country. The same is true of the new sectors that the country has entered and promoted greatly, such as space, climate change mitigation, and a lot of other new fields that took centre stage at Expo 2020 Dubai.

We would not have achieved the success that we are proud of today if the public-private

partnership in those sectors was weak.

We expect that Nafis will not only support the Emirati youth, but will also be one of the most important national programmes that help the private sector. We hope that in the next five years, more of our citizens will enter the private sector and play a significant role in the country's development.

Nafis is an integrated federal programme aimed at enhancing the competitiveness of UAE nationals and enabling them to hold distinguished positions in the private sector over the next five years



KILLER HEIRS

PEOPLE WHO SEVERED FAMILY TIES AND TOOK THE
DARK PATH OF GREED FOR MONEY

BY NEIL BIE

DOWN IN THE DUMPS

WHEN: FEBRUARY 2019

WHERE: NEW YORK, USA

Paula Chin, a 65-year-old mother, had been living a carefree life with a successful business and a loving family by her side. Her social media account showed her signature smile at a Tribeca charity gala with her sons — Jared (22) and Brandon (25) — at the Zion National Park in 2018. While her husband Philip Eng, passed away a decade ago, she managed to pick herself up and continue providing for her family.

However, in February 2019, Paula went missing, which led the New York Police Department to ask the public for help. The force's "Missing Persons Squad" noted that Paula often wore a 'white flowered nightgown' and a 'purple grey jacket'.

Just a day after the police sought help from the public, Paula's decaying corpse was found in the dumps just outside her own family's weekend home in Morristown, New Jersey. Doctors learned that Paula died from "multiple blunt impacts" to her head and a "stab wound" to her neck.

The police then arrested the primary suspects: her son Jared, together with his accomplices: 21-year-old Caitlyn O'Rourke, who was Jared's girlfriend at the time, and 18-year-old "Jennifer", a friend of the two. Detectives surmised that Paula's murder was due to the lumpsum of inheritance that Jared was about to get.

According to the lawsuit, security camera footage showed a woman resembling Jennifer backing up the automobile in front of Paula's apartment building early on January 31. At 2.31 am,



Jared Chin and her mother Paula

someone resembling Jared placed a huge duffel bag in the trunk. When the police searched the car, they discovered blood on the carpet as well as a blanket, clothes, and duct tape.

Caitlyn informed officers in an interview that Jared contacted her after he and Jennifer relocated the corpse. She claimed Jared confessed to her that he had murdered his mother, saying it had taken her "a while to die".

Three years later in September 2022, Jared pleaded guilty to second-degree murder for the horrific killing of his mother. Investigators revealed that Jared's intention was indeed to "accelerate his inheritance".

"This was a brutal and shocking murder of the defendant's own mother, and while nothing can undo this tragedy, today's guilty plea represents an important step towards justice," said one of the prosecutors.

FAKE SUICIDE

WHEN: NOVEMBER 2012

WHERE: TORONTO, CANADA

At 71, Wayne Millard was one of the most successful businessmen in the aviation industry in Canada, with a net worth amounting to millions of Canadian dollars. But beyond the rich façade was a man in pain, as his son and sole heir—then 27-year-old Dellen—told the public. Dellen shared that as his father was ageing, he had bouts of depression.

By November 2012 — mimicking classic tales of the rich and depressed in TV series and movies — Wayne was found dead with a bullet in his head, in what seemed to be the culmination of his depression through suicide. Talking to reporters, Dellen said, "He carried some great sadness with him throughout life that I never knew; he never wanted to share that with me."

Dellen then inherited several million-dollar properties and a fleet of luxury cars that his father left behind for him, and he followed in his father's footsteps of working for the aviation company.

The aviation scion's fate took a sharp turn by 2013 when Dellen got charged with the first-degree murder of 32-year-old Tim Bosma, a stranger who just wanted to sell his truck to Dellen.

Investigators further learned that this wasn't the first time someone linked to Dellen went 'missing'. His ex-girlfriend, Laura Babcock, also went missing in July 2012. The authorities



Dellen Millard (left) and his father Wayne

later found human remains at an incinerator on Dellen's farm, suspected to be those of the victims.

Dellen said that he was broke after being found guilty of killing Tim in 2016 and had to go through an expensive trial again for killing Laura in 2017. Despite having millions of dollars worth of property, he had given his mother most of this portfolio upon his incarceration.

Investigators then reopened Wayne's case after learning about Dellen's killing streak and found out that the gun used for the suicide was purchased by Dellen himself — his DNA was all over the pistol. The court surmised that Dellen killed his father while he was sleeping. This led to the aviation heir's conviction for the death of his own father, adding up to a third life sentence after Tim's and Laura's deaths at his hands.

FAMILICIDE

WHEN: OCTOBER 2006

WHERE: IOWA, USA

Cries of desperation, panic, and worry filled the 911 operator line one morning of October 2006 in Bonaparte, Iowa, when a teenage girl left the message: "My brother's going to do something. I don't know what. My mom's yelling at him, saying 'Shawn, don't'". In the background, the operator heard alarming noises from the caller herself, yelling, "Please don't! Please, Shawn, don't!", before the line went dead. When the operator returned the call, it went to the voicemail of a teenager named Shelby Bentler.

In a few minutes, police officers arrived at the Bentlers' residence, to the sight of a horrific scene. The corpse of Michael Bentler, the father, was discovered inside the master bedroom's doorway. Sandra, his wife, was discovered dead at the top of the steps.

Shayne, the couple's daughter, was discovered in her bedroom closet with the phone's imprint on her face and various pieces of the receiver wrapped around her. She appeared to have been shot while speaking to a 911 operator. One of the other daughters, Shelby Bentler, was also discovered inside her closet, her mobile phone close by. Sheena, the final member of the Bentler girls, was discovered dead in her bed.

The 911 recording was the most convincing proof of Shawn's guilt at the trial since it featured both his sister and mother pleading with Shawn for their lives. Sandra had glasses, according to Shawn's defence, but the glasses were not discovered on her after her death. He claimed Sandra was most likely unable to see the person



murdering her. The prosecution responded that a mother who was unable to see her assailant would not have considered accusing her son, who lived an hour and a half away.

Shawn was convicted on all five murder counts. He got five life sentences, four of which would run concurrently and one consecutively.

The criminal was set to inherit almost two million dollars from his parents, hence the motive was thought to be greed. If his sisters were alive, they would have each received a quarter of the inheritance. Instead, Shawn's estate was held in trust for his two children.

SUSPICIOUS HERO

WHEN: JULY 2012

WHERE: MANCHESTER, UK

Stephen Seddon, 46, experienced life's highs with a track record of deceit — in the early 1990s, he set up a consultancy firm that earned millions with a false promise that he could tie up small firms to business grants from Europe and Britain. Ten years later, he got jailed for fraud.

After his release, his parents Robert and Patricia took pity on their son and provided him with financial assistance as he got back on his feet as a car salesman. However, he was unemployed and broke by 2011. When his parents decided to give Stephen another shot by giving him cash to buy a house, Stephen had another plan in mind — getting his inheritance early on.

In March 2012, he took out his 68-year-old father and 65-year-old mother to treat them to a meal. However, he drove the car into a canal, hoping to drown them. As witnesses rushed to help, he twisted the narrative and played the role of a saviour for his parents, who both survived the incident. Stephen told reporters that he ran into a brick wall; to others, he said that he blacked out.

At the time, police had some questions after finding that there wasn't any proof of the rental BMW colliding with a wall. They also found it odd to see Stephen in such wonderful health. Their curiosity was piqued as Stephen coincidentally had a knife to cut the seatbelt and a wheel



lock to smash open his window to escape drowning. But since all of them survived, the authorities brushed off these suspicions for the time being.

However, four months later, in July 2012, both Robert and Patricia were shot dead in their own home. When the couple's remains were discovered, it seemed to be both a suicide and a murder: Robert had shot his wife and then turned the pistol on himself. When the cops came, the sawn-off shotgun was in his lap. But it wasn't long before ballistic specialists concluded that Robert couldn't have committed suicide. A double homicide inquiry was launched, and Stephen was apprehended.

He was sentenced to life after being found guilty of the cold-blooded murder of his parents for the inheritance.

PACTS FOR PEACE AT SEA

IN ORDER TO PROTECT THEIR MARITIME TRADE AND SHIPS COMING FROM THE RICH COLONY OF INDIA, THE BRITISH AUTHORITIES SIGNED SEVERAL TREATIES AND ARMISTICE AGREEMENTS WITH SHEIKHS OF THE TRUCIAL STATES, ALONGSIDE FLEXING MILITARY MUSCLE

BY DR FALEH HANDHAL

Ras Al Khaimah under siege by the British Expeditionary Force in 1809





Sharjah Museums Authority

A large storehouse in Ras Al Khaimah being attacked by the British Expeditionary Force in 1809



The first decade of the 19th century was a very important one in the context of British relations with the Trucial States. The entire period from 1809 to 1892 was significant, but 1808 was the year when the Arabs and the British forces came into conflict in the Arabian Gulf. This happened during the reign of Sheikh Hassan bin Rahma Al Qasimi in the emirate of Al Qasimia.

As described by His Highness Sheikh Sultan bin Mohammed Al Qasimi, Ruler of Sharjah, in his book *Qawasim and British Aggression 1797-1820*: "The fall of 1808 recorded a torrent of accusations based on rumours, which were used by the opponents of the Qawasim to launch a campaign to impose British control and sovereignty over trade in the Gulf."

Control over sea routes was very important for Western colonial powers, since this also meant control over trade and access to large revenues. The Arabian Gulf was a key part of international trade from India, the first and most prosperous Eastern colony for the British. Therefore, the British were determined to put down any opposition to their fleet in the Gulf.

A British naval campaign against Al Qawasim was launched in 1809, and that led to a treaty in 1814.

that carried 1,800 armed men. The British attack fleet was composed of 13 warships and carried infantry and artillery battalions.

On September 14, 1809, the British fleet sailed from Bombay, a major port city in western India, and arrived on September 16, 1809, in front of Ras Al Khaimah. The British expedition did achieve its goals by destroying the Al Qasimi fleet, and on November 14, 1809, the fleet returned to its base in India.

On October 6, 1814, the following convention was concluded between the British government and Al Qawasim. The convention was composed of eight articles, and this was the introduction: "Qalnamah or agreement which took place today in Bushire, was between Captain William Bruce, resident at Bushire, acting on behalf of the British

authorities, and Hassan Mohammed bin Ghaith Al Qasimi on behalf of Prince Hassan bin Rahma Al Qasimi, ruler of Al Qawasim in Ras Al Khaimah."

Article 1 stated the following: "Al Qawasim has to respect the British flag and not cause any damage or expose any types of vessels, dhow or other vessels sailing under British passports and British flag; besides that, Al Qawasim has to provide assistance and support to any types of vessels during their maritime voyages."

Article 4 stated the following: "To avoid suspicion and distinguish Al Qawasim vessels from other Arab vessels, Al Qawasim agreed to raise a red flag contained in the middle of it in Arabic, 'There is no god but God; Muhammad is the messenger of God'. This flag is

CONFLICT AND RESOLUTION

In preparation for the naval campaign, as the colonialists gathered intelligence about their adversaries, British reports estimated the Al Qasimi fleet's strength as 63 large vessels and 810 small vessels

“The fall of 1808 recorded a torrent of accusations based on rumours, which were used by the opponents of the Qawasim to launch a campaign to impose British control and sovereignty over trade in the Gulf

considered the banner of the nationals of Hassan bin Rahma and Qawasim Ras Al Khaimah in the future.”

The rest of the articles of the agreement were generally on this pattern.

Captain Bruce’s position was supported by the government of Bombay, but it was met with rejection from the Al Qawasim side. However, the agreement, in general, created a state of peaceful co-existence in their territorial waters between the East India Company, representing British interests, and Al Qawasim. All the vessels of both parties were to be respected and to have the freedom of navigation and visiting ports, under the pact.

BREAKDOWN OF AGREEMENT

After a period of peaceful co-existence following the treaty, Al Qawasim vessels began to appear again on the western coasts of India, and the Indian princes of Sind asked the British government of Bombay to protect them from Al Qawasim. But the request was rejected for the reason that the British government did not have the competence to protect non-British ships.

Moreover, as a result of conflicting reports about the identity of the perpetrators of the attacks, the British authorities did not have conclusive evidence of who the perpetrators were.

But for certain motives, accusing fingers returned to point at Al Qawasim, sticking accusations on them to have justifications for destroying them and their strength.

Tensions increased in the year 1816; there were many allegations of piracy incidents against Al Qawasim. As influential merchants and trading companies’ representatives were spreading these rumours and allegations, it became very difficult for the facts to emerge amidst the confusion.

In view of the conflict of interests and the desire of the British authorities to dominate and extend their influence in the region, the British stopped honouring the clauses of the 1814 agreement.

From here on, events changed rapidly, causing an imbalance of power in the Gulf region. Therefore, the British government in India decided to launch a campaign to eliminate Al Qawasim by military power. It began to prepare for a major campaign against them.

NEW BATTLE, NEW TREATY

In October 1819, the campaign had 4 infantry battalions, supported by artillery battalions and special forces numbering 3,500 officers and soldiers. As for the naval force, it consisted of 12 vessels, a frigate, and a troop carrier.

On November 13, 1819, the ships set out for Ras Al Khaimah and on December 3, they reached there; the war started on December 18, 1819, and the fighting went on for seven days. The campaign was militarily successful for the British government and led to the signing of preliminary treaties with the sheikhs of these communities, followed by a treaty that was proposed in order to maintain peaceful relationships in the future.

The agreement had 11 articles, and this was its introduction: “In the name of God, the merciful, the compassionate. Praise be to God, who hath ordained peace to be a blessing to his creatures; it was agreed on a permanent peace between the British government and the Arab tribes that are parties to this agreement [which] shall be based on the following conditions...”

Article 3 stated the following: “The Arabs agreed to carry a red flag with a white border on land and at sea, with words written on it according to their choice. The combination of white and red is known to the British Navy as a white crossed by red, and this will be the only flag for the Arabs.”

Article 10 stated the following: “The Arabs, flying the agreed flag, would be free to enter, leave and trade with British ports and if any should attack them, the British government will take notice of it.”

The treaty was issued in triplicate and signed in the Falayah suburb of Ras Al Khaimah on Saturday the 21 of Rabi’ Al Awwal 1235, corresponding to January 8, 1820. It was signed by Major General Keir Grant, commander of the campaign, with Hassan bin Rahma, Sheikh of Ras Al Khaimah; Qadib bin Ahmed, Sheikh of Al Jazirah Al Hamra; Shakhbout bin Diab, Ruler of Abu Dhabi; Hassan bin Ali Sheikh Al Rams; Zayed bin Saif bin Mohammed on behalf of Sheikh Mohammed bin Haza bin Zaal, Ruler of Dubai; Sultan bin Saqr, Ruler of Sharjah; Rashid bin Humaid, Ruler of Ajman; and Abdullah bin Rashid, Ruler of Umm Al Quwain.

A translation of the treaty was prepared by Captain J.P. Thompson. At the end of the treaty, it was stated: “Suppose there is doubt about any particular meaning or part of it in the text of the conditions in this treaty, whether the text is English or Arabic, the English text is reliable for clarification and is definitive. It is the approved and binding text in the event of any disagreement about a paragraph (or paragraphs) and its interpretation.”



A decade after its aggression in Ras Al Khaimah in 1809, the British authorities sent another naval force to the emirate in 1819

Sharjah Museums Authority



Cityscape of Sharjah today

BRITISH PROTECTORATE FORMALISED

This treaty of 1820 and a series of further treaties formalised the British Protectorate in the Trucial States that would later form the UAE.

The treaty provisions indicated what would be the general policy of the British government of India in its dealings with the Trucial States. A study of these provisions shows that the main interest of the British was to ensure the safety of the maritime route for East India Company vessels.

In the beginning, the British government claimed that it would not interfere in the internal affairs of the Trucial States, but would protect its vessels from any crises.

Just signing the treaty was not enough, according to British opinion. They felt that the decisions and provisions of the treaty must be supported through on-ground action.

So, the British decided to establish a military force to carry out this duty. Orders were issued to appoint Captain Thompson as a civil and military official, and he took Ras Al Khaimah as his headquarters at first, before moving to Qeshm Island and setting up a naval base to monitor the area.

Captain Thompson did not stay there for long, as Lieutenant MacLeod was appointed to replace him. The latter was instructed to visit the sheikhs who had signed the treaty to consolidate their commitment to the treaty.

Lieutenant MacLeod did not delay in using military force. He sailed with three military destroyers to the western coast for the purpose of showing British power. This process was the beginning of what we might call the “carrot and stick” policy, a metaphor for the use of force in solving problems if required.

‘NATIONAL AGENTS’ IN TRUCIAL STATES

In 1826, Lieutenant Colonel Stannus, a Political Resident with a high degree of diplomacy and influence in the Gulf region, was appointed to maintain control of the British government in the Trucial States.

He sent a letter to his government, explaining the necessity of having a permanent representative of the British

government residing in the Trucial States and carrying out the duty of intelligence gathering, categorising, analysing, writing and sending it to the Political Resident, and generally be a link between the British authority and the rulers of the Trucial States.

Thus, Mulla Hussein was appointed for this purpose, and he was followed by several others who were called “national agents”, an important development in British-Trucial States relations.

On May 21, 1835, the first maritime armistice treaty was signed to guarantee the safety of the Gulf waters. Some disturbances had been occurring in the Gulf due to the dispute over pearl banks, leading to shootings or other kinds of violence.

The conflict over the pearl trade and fear about the safety of British East India Company ships in the Gulf led the British government of India to instruct Captain Hennell to resolve the security issues by requesting the rulers to sign a new treaty.

The treaty stated the following: “A translation of the articles of a six-month

“Lieutenant MacLeod did not delay in using military force. He sailed with three military destroyers to the western coast for the purpose of showing British power



Aerial cityscape of Ras Al Khaimah today

armistice was approved by the Rulers of the Sheikhdoms of the Lower Gulf in the presence of Captain Hennell, the British political resident in the Gulf, dated in Basaidu, May 21, 1835.

“Since we were personally affected by piracy during the annual pearling season as a profession, we intended to preserve peace at sea between the coastal communities of the region during the annual pearling season, and we commit ourselves to the following conditions as we are aware of the general benefits that will be obtained from establishing a truce during the diving season.

“On the 22nd day of Muharram 1251 AH, corresponding to November 21, 1835, all naval hostilities against our nationals must be stopped until the date of Rajab 29/1251 AH, corresponding to November 31, 1835, and a truce will be established.”

The treaty introduction came with three articles; the second and third articles

confirmed the concept of the first article. It was signed by Sheikh Sultan bin Saqr, Sheikh Al Qawasim, Sheikh Shakhbut, the father and personal representative of Sheikh Khalifa Sheikh Bani Yas, Sheikh Obaid bin Said, Sheikh Al Bu Falasa, and Sheikh Rashid bin Humaid.

LINE DIVIDING THE GULF

With the armistice signed, there was no fighting or quarrel between any of the parties. But Captain Hennell came up with a new way to limit the maritime problems that might still occur. He put an imaginary line dividing the Gulf waters into two parts, provided that the area near the coast of Iran was a forbidden area in which no problems would occur.

This restrictive line was established between Abu Musa and Sirri islands and then extended to the northeast along the Gulf, dividing it into two equal parts. Hennell sent his proposal to the

Government of India, which approved it and added to it an article that prevented the roaming of Arab ships beyond the island of Abu Musa.

When Captain Hennell's successor Major Morrison took charge, he requested the presence of the sheikhs to sign a treaty, which was called the Preventing Line Treaty, but this was not implemented as the rulers agreed to sign the Second Naval Armistice.

On April 13, 1836, the second naval armistice was signed, and like the first one, it was for six months, with the provision of extension. It was signed, in addition to all the previous sheikhs, by Sheikh Rashid Al Mualla, ruler of Umm Al Quwain.

This was followed by a third naval armistice, signed on April 15, 1837, and a fourth on July 14, 1838.

The fourth treaty included the articles of the previous agreements, but an additional article was added, stating: “In the event that one of my ships or owned by my nationals have been used in the theft of slaves, I give my consent to stop and check the ships wherever they are found at sea by British Government ships, and if it is ascertained that they have done so, their ships will be subjected to arrest and confiscation by British ships.”

With the armistice signed, there was no fighting or quarrel between any of the parties. But Captain Hennell came up with a new way to limit the maritime problems that might still occur. He put an imaginary line dividing the Gulf waters into two parts

TAKE A PEEK AT THE NEWEST MUST-HAVE HIGH-TECH ELECTRONIC DEVICES

HYPERCHARGED MOBILE

Motorola's latest smartphone, the **Moto Edge 30 Ultra**, provides 125W charging, allowing users to enjoy power for the day within 7 minutes. It sports a large 4610 mAh battery and the most recent Snapdragon CPU, providing users with more than enough power for multitasking.

With Wi-Fi 6E, you can connect more quickly at Gigabit speeds on the 6 GHz band, conserve battery life, and enjoy buffer-free gaming and video chats. Up to 12 GB of LPDDR5 RAM lets you experience rapid touch response. And with up to 512 GB of built-in UFS 3.1 storage, you can store all your pictures, videos, songs, applications, and games.

The newest smartphone from Motorola also has a massive 200MP camera. For the biggest occasions of your life, this enormous sensor is made to flawlessly balance highlights and shadows, producing clear, brilliant photographs.



PRICE: Dhs3,999

WEBSITE: www.motorola.ae

VLOGGING BUDDY



PRICE: Dhs1,849

WEBSITE: www.hihonor.com

Today's social media generation has normalised vlogging as a lucrative hobby. Honor's newest entry to the smartphone market, the **Honor 70 5G**, provides an array of features that will help people create good content that they can share with the world.

A 54MP IMX800 Super Sensing Main Camera, a 50MP Ultra-Wide Camera, and a Macro Main Camera make up its triple camera setup. Its 32MP Super Clear Selfie Camera, which also powers the front camera, has features like Beauty Effect Selfies and HDR Selfie Portraits.

With one click in Solo Cut mode, you may take a video of a particular subject while still holding your mobile phone (Solo View). Even when moved, the topic will always remain in the centre. With a simple tap of the finger, you can quickly shift the focus tracking to anybody. Additionally, the camera features an AI-powered memory that tracks the "protagonist" of your vlog to assist you to keep a sharp focus on them even if they leave the screen.

FLEXIBLE TWO-IN-ONE

Gadget users planning to get a tablet and a laptop separately can now get the best of both worlds with Asus' newest foldable laptop, the **Zenbook17 Fold OLED**.

With its incredible 17.3" Foldable OLED touchscreen that quickly collapses to a small 12.5" dimension for convenient carrying, Zenbook17 Fold OLED provides convenience and flexibility for its user, both as a tablet and a laptop. The low blue-light TÜV Rheinland-certified 2.5K slim-bezel NanoEdge Dolby Vision screen is also PANTONE Validated and offers accurate colour reproduction.

The Zenbook17 Fold OLED's inventive multiple user modes are only limited by your creativity, and the detachable ASUS ErgoSense Bluetooth keyboard and touchpad transform it into a powerful fully-featured laptop with a 12th Gen Intel Core™ processor and a stunning quad-speaker Dolby Atmos audio system that has received certification from Harman Kardon.

It's also quite tiny, measuring only 17.4 mm when folded. It weighs 1.5 kilograms without the keyboard and 1.8 kg with it. It has a beautiful sleeve that adds to its elegance and mobility.



PRICE: Dhs12,899

WEBSITE: www.asus.com

GAMER'S DREAM

Acer's newest **Predator Orion 7000** is a power-packed gaming PC that will brighten your space in the multi-hued atmosphere of ARGB. This CPU is outfitted with ferocious FrostBlade™ fans that work in unison to keep the Herculean hardware hiding within cool. Its PCIe Gen5-capable next-generation upgradeable desktop has Intel's newest 12th Generation CPUs with its innovative performance hybrid architecture.

With M.2 PCIe 4.0 SSDs and SATA3 HDDs, you can easily switch between and load apps. The 2.5-inch USB3.2 Gen2 Type-C hot-swap disk slot also allows you to easily swap files between PCs. With Gen5 on the horizon, having an upgradeable gaming PC means you can replace out as soon as the time comes.

It's also powered by NVIDIA's 2nd Generation RTX Ampere architecture, featuring new Ray Tracing Cores, Tensor Cores, and streaming multiprocessors for a significant performance boost.



PRICE: Dhs7,820

WEBSITE: www.acer.com



PARTY-READY SPEAKER

The **Sony SRS-XV900** offers Omnidirectional Party Sound, allowing users and their guests to experience the beat and life of the party in every corner of the room, with six tweeters strategically placed around the front, sides, and back for clarity. Thanks to dedicated stereo drivers, the mid-range and vocals cut through, and it's all backed up by powerful bass you can feel, courtesy of an X-Balanced Speaker Unit woofer and Jet Bass Booster port.

Even when the volume is turned up, the woofer's X-Balanced Speaker architecture offers deep, powerful bass with dedicated midrange drivers for vocal clarity. The six tweeter units provide crisp high-frequency sound all around.

PRICE: Dhs 3,299

WEBSITE: www.sony.com

BENDABLE VISION

LG expands its curved screen offering with a 42-inch TV that can flip between curved and flat screens with the touch of a button. The **LG OLED Flex (LX3)** transitions from a flat display to a stunning 900R curve. Simply click the curvature button on your remote control to experiment with 20 different curve settings.

With a blazing-fast 0.1ms response time, you can add really quick manoeuvres to your repertoire. With real-time activities, you'll feel like you're in the game. The LG OLED Flex (LX3) also allows its user to adjust the screen's height to 140mm and tilt it 10 degrees for forward or 5 degrees backward. Face your adversaries? Determine the best place to win. It's time to unwind with a movie; the greatest seat in the house is only a few steps away.



PRICE: Dhs 10,999

WEBSITE: www.lg.com



UNCOVER THE MEANING BEHIND THE GESTURES AND WORDS OF PEOPLE YOU'RE INTERACTING WITH. FIND RENEWED SOLACE WITHIN YOUR HUMBLE ABODE, AND IDENTIFY PRIMARY STRESS POINTS TO HEAL BEYOND THE TOXIC SOCIAL MEDIA CULTURE

DISCERNING DESIRES

TITLE: Mindreader: The New Science of Deciphering What People Really Think, What They Really Want, and Who They Really Are

AUTHOR: David J. Lieberman

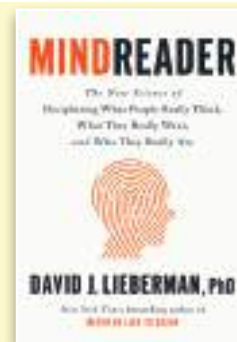
PUBLISHER: Rodale Books

PRICE: Dhs89

Tired of guessing what they're really thinking? Read people in every situation — in person, on a screen, or in writing — using the new science of psycholinguistics, from a *New York Times* bestselling author and consultant to the FBI, CIA, and NSA.

What did your boss mean in that e-mail? Is your mechanic stretching the truth? Whether you're engaged in a casual conversation or a high-stakes negotiation, it's critical to understand the subtext of a situation. But with so much interaction happening on screens — via e-mail, texts, or video chat — we are losing the ability to interpret expressions and cues. Furthermore, since many are now savvy about the meaning of body language, it's become even harder to discern someone's true thoughts or intentions.

A leading lie-detection expert who instructs the FBI and other security agencies, noted psychotherapist David Lieberman takes "people reading" to a whole new level. Drawing on the latest research in psycholinguistics — the cues embedded in spoken and written speech — he shows you how to apply his cutting-edge methods to countless everyday situations.



SOCIAL DISRUPTION

TITLE: The Chaos Machine: The Inside Story of How Social Media Rewired Our Minds and Our World

AUTHOR: Max Fisher

PUBLISHER: Little, Brown and Company

PRICE: Dhs92

Traversing the planet, Fisher tracks the ubiquity of hate speech and its spillover into violence, as well as ills that first festered in far-off locales to their dark culmination during the pandemic. Through it all, the social-media giants refused to intervene in any meaningful way, claiming to champion free speech when, in fact, what they most prized were limitless profits. The result, as Fisher shows, is a cultural shift towards a world in which people are polarised not by beliefs based on facts, but by misinformation, outrage, and fear.

His narrative is about more than the villains, however. Fisher also weaves together the stories of the heroic outsiders who raised the alarm and revealed what was happening behind the closed doors of Big Tech. Both panoramic and intimate, *The Chaos Machine* is the definitive account of the meteoric rise and troubled legacy of the tech titans, as well as a rousing and hopeful call to arrest the havoc wreaked on our minds and our world before it's too late.

REWIRING MINDS

TITLE: Your New Playlist: The Student's Guide to Tapping Into the Superpower of Mindset

AUTHOR: Jon Acuff

PUBLISHER: Baker Books

PRICE: Dhs62

When Jon Acuff's book *Soundtracks* came out, one reaction surprised him. Parents across countries all said the same thing: "Do you have a version for teenagers? If I knew how to change my mindset when I was that age, my entire life would have been different." Why did they say that? Because truth grows like compound interest. Saving money when you're young has a bigger impact than it does when you save in your 40s.

A single new soundtrack — Acuff's phrase for a repetitive thought — believed when you're 14 or 18 can change your whole life in the same way. In response, Acuff tagged his two daughters to help him create an honest, actionable guide to mindset for teenagers.

Your thoughts can work for you or against you, but the good news is you get a choice. The even better news is when you're young, your entire world is made of new. You're a movie that's barely started, a notebook with blank pages to fill, and a song that hasn't hit the chorus. You have your whole life ahead of you. When you learn to create new thoughts, those thoughts lead to actions, and those actions lead to new results. Are you ready to tap into the superpower of mindset? Just hit 'play'.



VALUING AUTHENTICITY

TITLE: *How to Be Authentic: Simone de Beauvoir and the Quest for Fulfillment*

AUTHOR: Skye Cleary

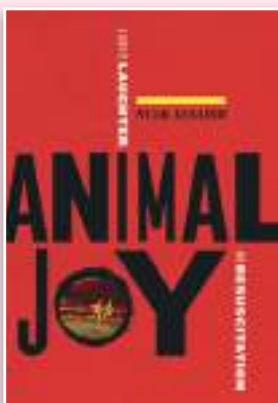
PUBLISHER: St. Martin's Essentials

PRICE: Dhs101

Authenticity has become attenuated to the point of meaninglessness; everyone says to be yourself, but what that means is anyone's guess. For existential philosopher Simone de Beauvoir, authenticity is not the revelation of a true self, but an exhilarating quest towards fulfilment. Her view, central to existentialism, is that we exist first and then spend the rest of our lives creating — not discovering — who we are. To be authentic is to live in pursuit of self-creation and self-renewal, with many different paths towards diverse goals.

How to Be Authentic is a lively introduction to Simone de Beauvoir's philosophy of existentialism, as well as an exploration of the successes and failures that Beauvoir and other women have experienced in striving towards authenticity. Skye Cleary takes us through some of life's major relationships and milestones: friendship; romantic love; marriage; children; and death, and examines how each offers an opportunity for us to stretch towards authenticity.

While many people don't get to choose their path in life, Cleary makes a compelling case that Beauvoir's ideas can help us become more conscious of living purposefully, thoughtfully, and with vitality.



LAUGH OUT LOUD

TITLE: *Animal Joy: A Book of Laughter and Resuscitation*

AUTHOR: Nuar Alsadir

PUBLISHER: Graywolf Press

PRICE: Dhs57

Laughter shakes us out of our deadness. An outburst of spontaneous laughter is an eruption from the unconscious that, like political resistance, poetry, or self-revelation, expresses a provocative, impish drive to burst free from external constraints. Taking laughter's revelatory capacity as a starting point, and rooted in Nuar Alsadir's experience as a poet and psychoanalyst, *Animal Joy* seeks to recover the sensation of being present and embodied.

Writing in a poetic, associative style, blending the personal with the theoretical, Alsadir ranges from her experience in clown school, Anna Karenina's morphine addiction, Freud's un-Freudian behaviours, marriage brokers and war brokers, to "Not Jokes," Abu Ghraib, Frantz's negrophobia, smut, the Brett Kavanaugh hearings, laugh tracks, the problem with adjectives, and how poetry can wake us up.

At the centre of the book, however, is the author's relationship with her daughters, who erupt into the text like sudden, unexpected laughter. These interventions — frank, tender, and always a challenge to the writer and her thinking — are like tiny revolutions, pointedly showing the dangers of being severed from one's true self and hinting at ways one might be called back to it.

SAFE HAVEN

TITLE: *My Hygge Home: How to Make Home Your Happy Place*

AUTHOR: Meik Wiking

PUBLISHER: Penguin Canada

PRICE: Dhs103

The urge to nest and control our close environments has never been stronger. We spend more time in our homes than anywhere else — but the way in which our homes impact how we feel has remained relatively unexplored until now.

Backed with Danish design principles, years of research, case studies and a sprinkle of hygge, Meik Wiking has created the ultimate guide to turning your home, office, or wherever you may be, into your happy place.

The Hygge Home will teach us all how to create a much-needed cosy safe space in our homes into which we can retreat to escape the tough things going on in the outside world. Wiking explores the size of our spaces, the way we decorate our homes, the amount of natural light coming in, how much access to green space we have and how we can extend these design principles from inside our homes to our neighbourhoods and beyond.



UAE to launch think tank to counter climate change

The UAE will soon see the formation of an institution that will focus on promoting solutions against climate change in the region, which will help countries transition to a greener economy.

The UAE Independent Climate Change Accelerators (UICCA), officially established during the New York Climate Week in September 2022, will bring together representatives of the public and private sectors, as well as academic institutions and non-for-profit organisations, to push the UAE's ambition of net zero emissions by 2050.

In the run-up to the United Nations Climate Change Conference of the Parties (COP28) in Dubai in 2023, the UICCA will form an autonomous entity to facilitate collaboration, cooperation, and innovation. HH Sheikh Shamma bint Sultan bin Khalifa Al Nahyan,



CEO and Founder of Alliances for Worldwide Sustainability and Co-Founder of Aurora50, will lead the UICCA, which will be the first of its type on a global scale.

"It is an honour to be tasked, by the leadership of the UAE, with building and driving the UAE Independent Climate Change

Accelerators. Our goals as a nation are clear, and we have made significant headway towards implementing the UAE Net Zero by 2050 Strategic Initiative — however, this is only our first milestone; it's the synergies we create today that will allow us to live a more sustainable future, far beyond 2050. The only way for us to do this is by enabling and energising an ecosystem that actively participates in realising one shared vision, and the UICCA is the nucleus that will bring this ecosystem to life," said Sheikh Shamma, Executive

Director of the UICCA.

The UICCA, supported by industry leaders and subject matter experts, will function as a think tank, primarily giving advice and suggestions to stakeholders on positive climate action that helps the transition to a green economy.

Abu Dhabi expands recycling efforts with 'Big Zero' installations

Abu Dhabi has ramped up its commitment to recycling single-use plastic bottles with the expansion and installation of machines where residents can easily drop in their used bottles instead of disposing of them through the bins.

The Environment Agency – Abu Dhabi (EAD) has launched a series of 'Big Zero' installations across Abu Dhabi, which will be placed in high-footfall areas such as malls, parks, and events.

The 'Big Zero' installations are part of a bigger campaign called 'Mission to Zero'. The comprehensive public-facing effort seeks to attain an aspirational zero objective for single-use plastic consumption, carbon



emissions, trash, and biodiversity impact in Abu Dhabi.

"Mission to Zero is a multi-faceted outreach campaign and we want all residents of Abu Dhabi to join us in achieving the zero target of single-

use plastic consumption," said Ahmed Baharoon, Executive Director of Environment Information, Science Outreach Management Division at EAD.

Another component of 'Mission to Zero' is the 'Pile It Up' campaign, which encourages students in Abu Dhabi schools to compete in collecting the most single-use plastic bottles for recycling.

All these form part of EAD's Single-

Use Plastic Policy, which was launched in 2020. The ban on single-use plastic bags in Abu Dhabi formally began on June 1, 2022. Multi-use food bags are currently available at major shops in the Capital.

UAE affirms support for modernised, innovative farming

The UAE has highlighted the importance of providing innovative tools for farmers and incentivising their efforts to bolster food security and enhance agricultural yields.

Her Excellency Mariam bint Mohammed Almheiri, Minister of Climate Change and the Environment, discussed the UAE's initiatives to empower smallholder farmers and affirmed that teaching them innovative farming technologies was the foundation of sustainability for a country's food system.

"The UAE realised the importance of utilising innovations and agri-tech tools very early on because of its arid environment that provides less-than-favourable conditions for agriculture, such as scarce water supply and limited arable land. To overcome



these obstacles, we are leveraging the latest technologies and incentivising entrepreneurship in the food and agricultural sectors," said Almheiri, during a session themed 'Innovative Agri-preneurship through Digital Agriculture to Improve Farmers' Livelihood in Rural Areas' at the Agriculture Ministers' Meeting in Bali.

look forward to the outcomes of the G20 meeting that will go a long way in putting our agricultural sector on a sustainable path," said Almheiri.

Indonesia has asked the UAE, along with Spain, the Netherlands, and Singapore, to participate in the G20 Summit in Bali in November 2022.

Almheiri also emphasised the UAE's agricultural programmes in developing nations, aimed at assisting resource-limited and marginalised individuals in rural areas, notably women and youth, to attain sustainable income as well as food and nutrition security.

"We stand ready to share our expertise with other nations and help solve food security challenges around the world. We

Sharjah unveils new protected mangrove reserve

A new mangrove reserve in Sharjah was unveiled, providing nature a chance to recuperate its ecosystem and maintain a harmonic balance between its flora and fauna.

His Highness Dr Sheikh Sultan bin Muhammad Al Qasimi, Ruler of Sharjah, issued an Emiri Decree establishing the Al Hamriyah Mangroves Reserve in Sharjah. The emirate

is authorised by Emiri Decree No. 53 of 2022 to create the "Al Hamriyah Mangroves Reserve".

The new decree further states that no activities, behaviours, or building works are authorised around the protected area, if they may influence the reserve's



ecosystem, without prior approval from the authority.

According to the Decree, all types of creatures in the reserve, including birds and other animals that utilise the reserve as a resting, breeding, or settlement site, are protected by Federal Law No. 24 of 1999.

longer allowed to hunt, transport, or harm all creatures and organisms within the vicinity of the Al Hamriyah Mangroves Reserve. Damaging geological and geographical formations or any other activities that would disturb the reserve's natural equilibrium will also be penalised.

The Environment and Protected Areas Authority, in line with the Decree, must administer the reserve and take the required administrative procedures to work with the municipal council. It will also collaborate with Sharjah Police to record any infractions that occur within the reserve's limits.

The new Decree outlines that residents are no

Loneliness accelerates ageing faster than smoking

A new study published in the journal *Aging-US* has found that feeling lonely or depressed can make you age faster than smoking.

The study, led by Hong Kong-based biotechnology company Deep Longevity, along with researchers from Stanford University and The Chinese University of Hong Kong, found that our mental health has a major impact on our biological ageing.

They have created an “ageing clock”, which used data from at least 11,914 Chinese adults.

The study looks at 16 blood biomarkers, which are then compared to the “chronological age” of the participants, which is the age based on a person’s date of birth, predicted by the model with their actual age. The results



showed that there were at least 5.7 years over or under the participant’s true age.

“We demonstrate that psychological

factors, such as feeling unhappy or being lonely, add up to 1.65 years to one’s biological age,” the researchers stated.

It is not just loneliness but also other psychological factors like depression, hopelessness, poor sleep, unhappiness, and fearfulness that can trigger faster ageing.

Apart from that, the study found that a happy married life can reduce biological age by 7 months.

Meanwhile, smokers are predicted to be 15 months older than their non-smoking

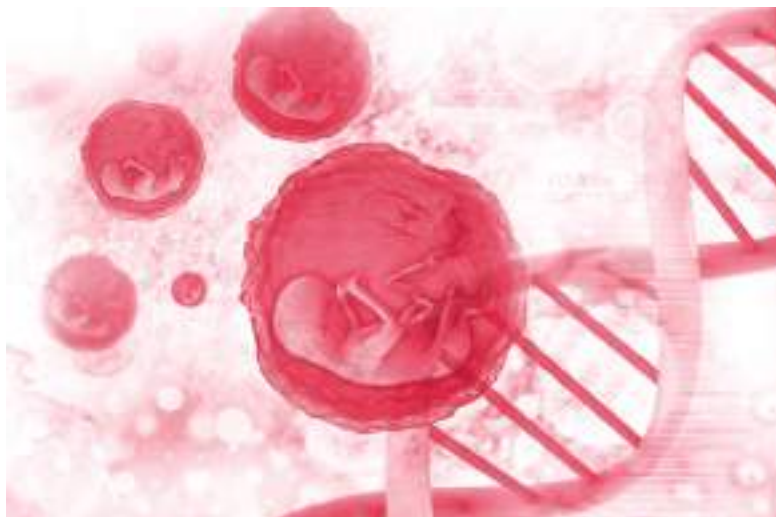
counterparts. They have also found that people in rural areas are predicted to be at least 5 months older than those living in urban areas.

Chemical found in umbilical cords may cause cancer—study

In a new review of scientific literature from around the world, scientists have found ‘forever chemicals’ in every umbilical cord blood sample across 40 studies. Instead of allowing life to elongate, these chemicals have been linked to health complications in unborn babies. The scientists analysed approximately 30,000 samples.

“Forever chemicals” or polyfluoroalkyl (PFA) substances, which do not naturally break down and can build up in the body over time, are a class of about 12,000 chemicals commonly used to make products that resist heat and water.

Because the cord is the lifeline between mother and baby, the findings are especially troubling as they can be passed



from a mother to her baby.

The study linked PFA exposure to foetuses through umbilical cord blood to higher cholesterol levels and changes in bile acids, which could lead to higher risk of cardiovascular issues in the future and other diseases such as cancer.

Found at alarming levels in non-vegetarian food, PFAs are estimated to be contaminating the drinking water of over 200 million people in the United States.

As they break off from products and move through the air, PFAs can be absorbed through the skin.

“Even before you’ve come into the world, you’re already exposed to PFAs,” said Uloma Uche, an environmental health science fellow

with the Environmental Working Group (EWG), which conducted the analysis of the studies. “The presence of these chemicals is also a threat to pregnant people, serving as first contacts with PFAs before they can pass from the uterus to the developing foetus by way of the umbilical cord.”

Soft robots inspired by plants can navigate inside human body

A unique plant-inspired extrusion process that enables the growth of synthetic materials has been developed by a multidisciplinary team of scientists and engineers from the University of Minnesota Twin Cities. The paper was published in *Proceedings of the National Academy of Sciences* (PNAS).

The new approach will allow researchers to build better soft robots that can navigate hard-to-reach places inside the human body for biomedical operations, without input from humans or computer software.

"These soft robots demonstrate a concept called 'physical intelligence,' meaning that structural design and smart materials are what allow the soft robot to



navigate various situations, as opposed to computational intelligence," said Jie Yin, a corresponding author of a paper and an associate professor of mechanical and aerospace engineering at NC State.

"The soft robot we've made in a twisted ribbon shape is capable of negotiating these obstacles with no human or computer intervention whatsoever," said Yin.

The soft robots are created using liquid crystal elastomers in the shape of a twisted ribbon, resembling translucent rotini. When placed on a surface that is at least 55 degrees Celsius, which is hotter than the ambient air, the portion of the ribbon touching the surface contracts, while the portion of the ribbon exposed to the air does not. This induces a rolling motion in the ribbon. The warmer the surface, the faster the ribbon rolls.

Eating processed meat increases colorectal cancer risk in men

While ultra-processed food is convenient in today's fast-paced society, scientists have found that consuming ham, bacon, sausages, and fish cake is strongly associated with colorectal cancer.

Researchers from Tufts University and Harvard University have found that men who consumed ultra-processed foods at high rates were at a 29 per cent higher risk for developing the said disease.

The study analysed responses from over 200,000 participants, 159,907 women, and 46,341 men, across three large prospective studies that assessed dietary intake and were conducted over more than 25 years.

Out of the 206,000 participants



followed for more than 25 years, the research team documented 1,294 cases of colorectal cancer amongst men, and 1,922 cases of colorectal cancer amongst women.

The team found the strongest

association between colorectal cancer and ultra-processed foods amongst men coming from meat, poultry, or fish-based, ready-to-eat products. "These products include some processed meats like sausages, bacon, ham, and fish cakes. This is consistent with our hypothesis," said Lu Wang, the study's lead author and a postdoctoral fellow at the Friedman School of Nutrition Science and Policy at Tufts.

The team also found that higher consumption of sugar-sweetened beverages, like soda, fruit-based beverages, and sugary milk-based beverages, also has an association with an increased risk of colorectal cancer in men.



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WHAT THE MONTH HAS IN STORE



Aries (March 21 to April 20)

"We must be willing to let go of the life we planned so as to have the life that is waiting for us." Aries mythologist Joseph Campbell said that, and now you're just in time for the Sacred Surrender Phase of your astrological cycle. Make sage use of Campbell's wisdom, Aries! You will generate good fortune for yourself as you work to release expectations that may be interfering with the arrival of new stories and adventures. Be brave as you relinquish outdated attachments and shed defunct hopes.



Taurus (April 20 – May 21)

Plastic bags are used for an average of 12 minutes before being discarded. Then they languish in the earth's soil or oceans, degrading slowly as they cause mayhem for animals and ecosystems. In alignment with current cosmic rhythms, you should be extra discerning in your relationship with plastic bags—as well as with all other unproductive, impractical, wasteful things and people. In the coming weeks, you will thrive by focusing on what will serve you with high integrity for a long time.



Gemini (May 22 – June 20)

Achilleas Frangakis is a professor of electron microscopy. He studies the biochemistry of cells. In one of his research projects, he investigated how cells interact with the outside world. He didn't learn much about that question, but as he experimented, he inadvertently uncovered fascinating new information about another subject: how cells interact with each other when they heal a wound. His "successful failure" was an example of what scientists sometimes do. Be alert for goodies you weren't in quest of.



Cancer (June 21 – July 22)

Renowned Brazilian novelist Osman Lins was born under the sign of Cancer the Crab. He wrote, "I will now live my life with the inventiveness of an engineer who drives his locomotive off the tracks. No more beaten paths: improvisation is the rule." In the coming weeks, Cancerian, you should start being an inventive adventurer who improvises liberally and departs from well-worn routes. However, it is not recommended for you to do the equivalent of running your train off the tracks. Instead, imagine yourself as the pilot of a four-wheel-drive, all-terrain vehicle. Go off-road to explore.



Leo (July 23 – August 22)

In recent decades, art historians have recovered numerous masterpieces that had been missing for years. They include a sculpture by Bernini, a sketch by Picasso, a drawing by Albrecht Dürer, and a painting by Titian. Efforts like these constitute a massive search for lost treasures. And you should make that a fun project in the coming weeks. Are there any beautiful creations that have been lost or forgotten? Useful resources that have been neglected? Wild truths that have been buried or underestimated? By astrological potentials, you will explore such possibilities.



Virgo (August 23 – September 22)

The most important experience for you to seek in the coming months is to be seen and respected for who you really are. Who are the allies best able to give you that blessing? Make vigorous efforts to keep them close and treat them well. To inspire your mission, here are three quotes. 1. Franz Kafka said, "All the love in the world is useless if there is a total lack of understanding." 2. Anais Nin wrote, "I don't want worship. I want understanding." 3. George Orwell: "Perhaps one did not want to be loved so much as to be understood."



Libra (September 23 – October 22)

Libra poet Wallace Stevens said that the great poems of the heavens have already been written, and now it is time to generate the great poems of earth. All Libras, including non-writers, should apply that perspective in their own sphere. Just forget about heaven for now. Turn your attention away from perfection and fantasylands and lofty heights. Disregard pathologies and muck and misery. Instead, explore and celebrate the precious mysteries of the world as it is. Be a connoisseur of the beauty and small miracles embedded in life's little details. Find glory in the routine.



Scorpio (October 23 – November 21)

Here are two top Scorpio pastimes: 1. exploring and deploying your intense, fertile creativity; 2. spiralling gleefully down into deep dark voids in pursuit of deep dark riches. Sometimes those two hobbies dovetail quite well; you can satisfy both pursuits simultaneously. When the deep dark void you leap into turns out to be a lush wonderland that stimulates your intense, fertile creativity, according to astrological omens, that's likely to happen soon.



Sagittarius (November 22 – December 21)

"I don't want to be made pacified or made comfortable. I like stuff that gets your adrenaline going." Sagittarian filmmaker Kathryn Bigelow said that. With the help of this attitude, she became the first woman ever to win an Academy Award for Best Director. Her film was *The Hurt Locker*. Anyway, Bigelow's approach is usually too tough. But you should not assume you're in the mood for her approach. If you are, though, the coming weeks will be a favourable time to deploy it. Some marvellous epiphanies and healing changes will be available if you forswear stuff that makes you pacified or comfortable.



Capricorn (December 22 – January 19)

Author Jan Richardson shares that people should not return home by taking the same route they used when they departed. This will be wise advice for you to keep in mind during the next nine months. You will be attempting at least two kinds of homecomings. For best results, plan to travel by different routes than those that might seem natural and obvious. The most direct path—the successful passage—may be circuitous.



Aquarius (January 20 – February 18)

In the coming days, maintain strict boundaries between yourself and anyone or anything that's not healthy for you. Be ultra-discerning as you decide which influences you will allow to affect you and which you won't. And rather than getting sour and tense as you do this, you ought to proceed with wicked humour and sly irony. Here's a self-protective statement you can use to ward off threats and remain inviolable: "The current ambience does not align sweetly with my vital soul energy; I must go track down some more harmonious karma."



Pisces (February 19 – March 20)

While asleep, have you ever dreamed of discovering new rooms in a house or other building you know well? You will have at least one such dream soon. What does it mean? It suggests you want and need to get in touch with parts of yourself that have been dormant or unavailable. You may uncover evocative secrets about your past and present that had been unknown to you. You will learn about new resources you can access and provocative possibilities you had never imagined.

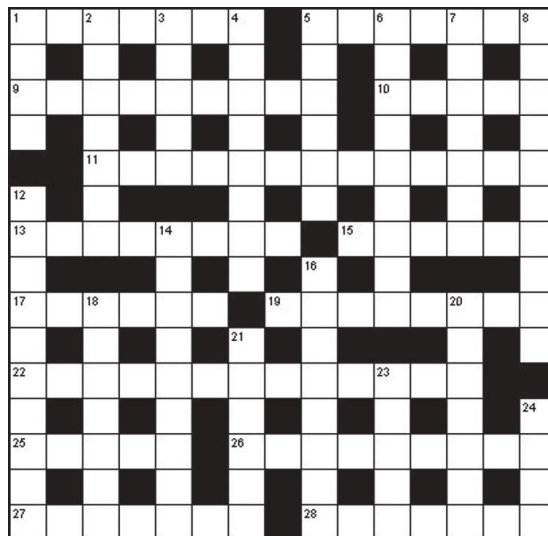
PUZZLES

ACROSS

- 1 Indonesian island (7)
- 5 Removed article (7)
- 9 Filled with woe (9)
- 10 Medieval lore (5)
- 11 Inn keepers' patron (2,7,4)
- 13 Unknown soldier (8)
- 15 Exhausted finances (6)
- 17 Display of affection (6)
- 19 Quiet position (8)
- 22 Revolutionary characters (7,6)
- 25 Legislative body (5)
- 26 Looks after (5,4)
- 27 Tries to speak (7)
- 28 Observe student (7)

DOWN

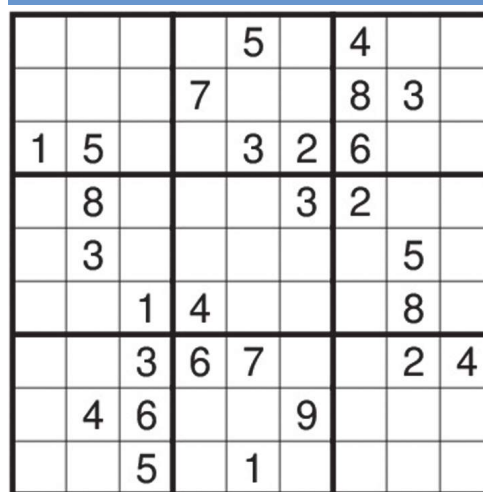
- 1 Scattered opponents (4)
- 2 Fashionable dressmaker (7)
- 3 Heat generated (5)
- 4 Civic dignitary (8)
- 5 Awkward situation (6)
- 6 Several directions (9)
- 7 Organ removal (7)
- 8 Celebrated daughter (6,4)
- 12 Found striking (10)
- 14 Dubious trades (9)
- 16 Powerful leader (8)
- 18 Distorts truth (7)
- 20 Fashionable anthem (7)
- 21 Student chatting (6)
- 23 Unknown lines (5)
- 24 Eating out (4)



Easy



Medium



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4	6	1	7	2	3	9	5	8
2	8	3	1	5	9	4	7	6
7	5	9	8	6	4	3	2	1
5	9	2	6	3	7	1	8	4
8	3	7	2	4	1	6	9	5
1	4	6	9	8	5	7	3	2
6	7	5	4	9	8	2	1	3
3	1	4	5	7	2	8	6	9
9	2	8	3	1	6	5	4	7

medium

6	4	3	7	2	1	8	9	5
8	5	7	3	4	9	1	2	6
2	1	9	6	5	8	7	3	4
5	2	4	8	9	6	3	7	1
7	8	6	4	1	3	2	5	9
9	3	1	5	7	2	6	4	8
3	6	5	9	8	7	4	1	2
4	7	2	1	6	5	9	8	3
1	9	8	2	3	4	5	6	7



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