

# 999

SECURITY AND SAFETY FOR ALL

ISSUE 146 MARCH 2024

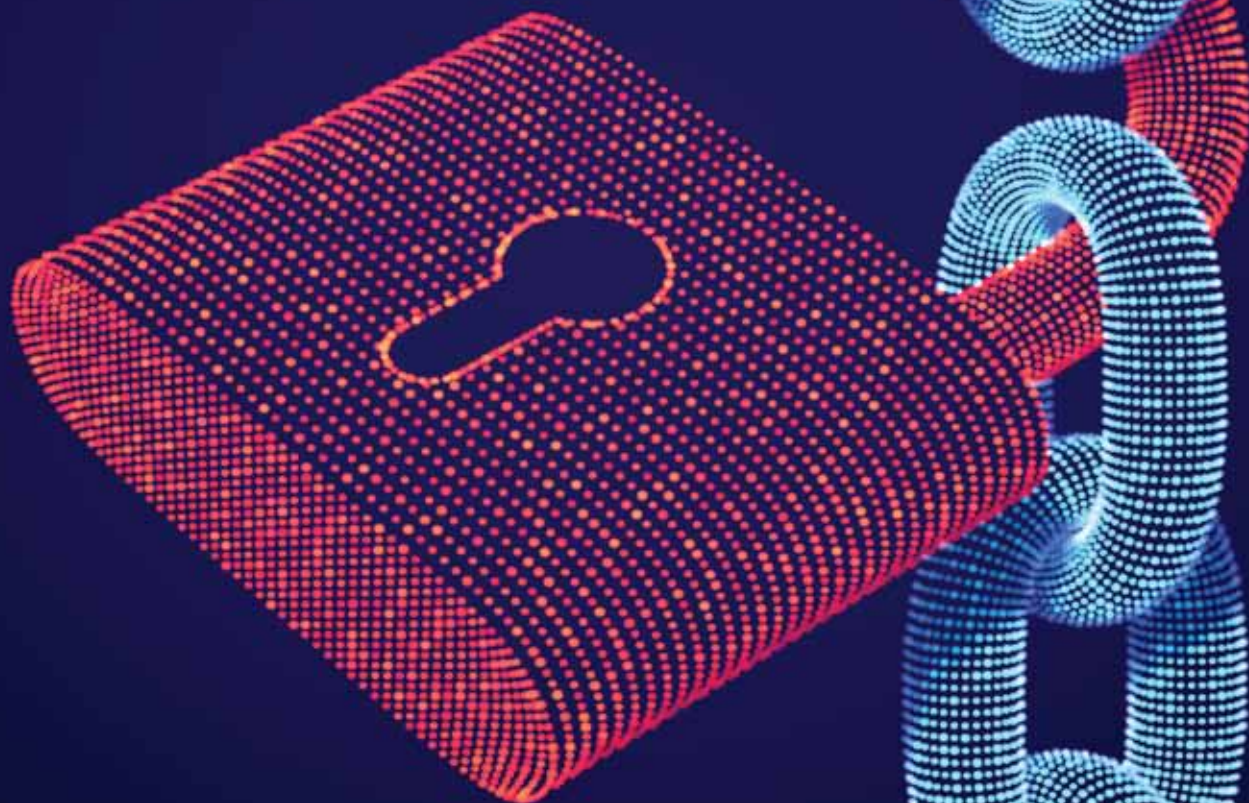
OUTSMART  
SCAM TACTICS

AI TRANSFORMS  
HEALTHCARE

**SPOTLIGHT:**  
OVERCOME THE  
'MOTHERHOOD  
PENALTY'

# DIGITAL DANGER ZONE

THE WEAKEST LINKS & PRIME  
TARGETS OF CYBERCRIMINALS



IN THIS ISSUE: UAE RAMPS UP MULTI-PRONGED APPROACH TO COMBAT HUMAN TRAFFICKING

# Expertise in the Aerospace Logistics



Origin & Destination  
Services in

**150+**  
Countries

Surface  
Transportation in

**06**  
Continents

Aircraft  
Parts  
Movement



Engine  
Movements



AOG  
Services



Dangerous  
Goods  
Handling



Time  
Critical  
Movements



Airside  
Deliveries



24/7  
Operations



Multiple  
Control  
Towers



Service  
Cargo



On Board  
Courier



Charter  
Logistics



Warehousing  
and Quality  
Control



*Beyond security,  
AI has been  
extensively  
integrated across  
all sectors of the  
UAE economy,  
with the healthcare  
sector emerging  
as a key area of  
innovation*

## Ahead of tomorrow

**O**n the cusp of a transformative shift, primarily driven by Artificial Intelligence (AI), economies and businesses worldwide are faced with the choice to either embrace this wave of technological disruption or risk falling behind. The AI industry is projected to inject an astonishing \$15.7 trillion (Dhs57.6 trillion) by 2030 into the global economy. The UAE steers the direction of this technological revolution—a feat made possible through the foresight of its visionary leadership.

Six years ago, His Highness Sheikh Mohammed bin Rashid Al Maktoum foresaw the transformative power of AI, stating on the social media platform Twitter (now X), “Artificial Intelligence is the next major revolution of our times.” This has turned into a strong vision for the country “to be one of the most advanced countries in this regard”—a goal it has pursued with remarkable commitment. Today, the UAE is reaping its first-mover advantage in early AI adoption, as this technology becomes a fundamental asset in enhancing public safety, notably through advanced police technologies that secure its cities.

Beyond security, AI has been extensively integrated across all sectors of the UAE economy, with the healthcare industry emerging as a key area of innovation. In this issue, **999** explores the transformative impact of AI-powered innovations on patient care and health risk assessment. We spotlight groundbreaking technologies, from blood-drawing robots to hospital delivery systems and cutting-edge diagnostic equipment—all unveiled at the recently concluded Arab Health 2024.

While AI significantly enhances human productivity, efficiency, and economic growth by transforming industries and opening new markets, it also raises concerns given its wrongful use by cybercriminals, but the UAE isn't sitting idly by. Our cover story explores the online dangers that particularly threaten SMEs, which find it challenging to defend themselves against sophisticated cyberattacks due to limited resources. The breakneck speed at which cybercrimes evolve, i.e. the proliferation of Deepfakes, underscores the need for constant vigilance against potential misuses of AI while capitalising on its advancements.

Despite 61 per cent of UAE consumers feeling informed about online scams, 90 per cent often ignore fraud warnings, a study from December 2023 shows. Our feature story on this zeroes in on new types of scams that exploit UAE residents' digital presence through identity theft, fraudulent bank calls, and fake travel offers.

The ease of making connections through the Internet, while promising, often blinds individuals to the dangers of engaging with criminals. Many seeking employment online find themselves trapped in situations of abuse, forced marriages, or labour exploitation. Our feature on human trafficking highlights the UAE authorities' cooperation with global law enforcement agencies to dismantle the criminal network of human traffickers.

The United Nations reports that human traffickers mostly target women and girls—with five out of every 10 identified victims being adult women, and two being girls. The persistence of traditional gender roles, which foster unequal opportunities, perpetuates this issue. These norms also contribute to the “motherhood penalty”, where women put their careers on hold due to childcare and unequal domestic responsibilities. On the occasion of International Women's Day on 8th March, 999 highlights how the UAE is pioneering efforts to reframe motherhood from a burden to a celebrated aspect of life.

With the arrival of Ramadan, we invite you to reflect on the environmental footprint of your habits and lifestyles. Our Tips & Trivia section offers six ways to adopt sustainable and eco-conscious habits during the holy month.

Ramadan Mubarak, everyone!





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**STEP INTO THE FUTURE OF HEALTHCARE IN THE UAE, WHERE AI-POWERED MARVELS—FROM A BLOOD-DRAWING ROBOT TO HOSPITAL DELIVERY ROBOTS AND ADVANCED DIAGNOSTIC EQUIPMENT—ARE TRANSFORMING PATIENT CARE AND HEALTH RISK DETECTION**

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The hands that were meant to nourish and protect became instruments of unthinkable harm—taking the lives of their own children



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# DIGITAL Danger ZONE

THE UAE TACKLES 50,000 CYBER THREATS DAILY, YET MANY BUSINESSES REMAIN OBLIVIOUS TO THE RISKS. EXPERTS IDENTIFY THE WEAKEST LINKS AND PRIME TARGETS BY ONLINE CRIMINALS



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and writer on local issues



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respected artist

# UAE extends 'Year of Sustainability' in 2024



**PRESIDENT** His Highness Sheikh Mohamed bin Zayed Al Nahyan has declared 2024 as the extension of the "Year of Sustainability".

This move builds on the achievements of the previous year and reinforces the UAE's dedication to ensuring a sustainable future for all its citizens and residents alike. The announcement was shared on X, the platform previously known as Twitter, during the National Environment Day.

The Year of Sustainability in 2023 played a crucial

role in elevating awareness of the nation's commitment to sustainability and environmental protection and conservation. As the initiative

moves forward, it aims to further engage everyone residing in the UAE in a unified effort to embrace sustainable practices, supported by an array of community-focused initiatives and activities centred on sustainability.

Fuelled by the accomplishments of the past year, the Year of Sustainability team warmly invites individuals and communities to contribute to the development of initiatives for the upcoming year.

The oversight of the year-long initiatives will be under the stewardship of His Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister, and Chairman of the Presidential Court, alongside Her Highness Sheikha Mariam bint Mohamed bin Zayed Al Nahyan.

## President hosts UAE diplomats, representatives at annual forum



HH Sheikh Mohamed bin Zayed alongside UAE ambassadors and overseas representatives

**PRESIDENT** His Highness Sheikh Mohamed bin Zayed Al Nahyan recently welcomed ambassadors and representatives to the 18th Forum of UAE Ambassadors and Representatives of Missions Abroad, an annual event organised by the Ministry of Foreign Affairs.

The forum, held at Qasr Al Bahr in Abu Dhabi, was attended by His Highness Sheikh Abdullah bin Zayed Al Nahyan, Minister of

Foreign Affairs.

In this gathering, His Highness Sheikh Mohamed bin Zayed highlighted how the forum can help UAE's ambassadors and representatives in shaping the country's approach to peace, security, cooperation, economic diplomacy, and foreign policy.

The President underscored the significant contributions of the UAE's ambassadors and representatives abroad in fortifying the

nation's international relations and safeguarding its interests.

Highlighting a key priority, His Highness Sheikh Mohamed urged the ambassadors and representatives to ensure the welfare of Emirati citizens overseas, providing them with comprehensive support. The President also conveyed gratitude for their diligent efforts and extended his best wishes for their continued success in their diplomatic missions.

## President appoints new Director-General for General Authority of Sports

**PRESIDENT** His Highness Sheikh Mohamed bin Zayed Al Nahyan has issued a Federal Decree appointing His Excellency Ghanim Mubarak Al Hajeri, Director-General for the General Authority of Sports.

With over 30 years of experience,

Al Hajeri has held several leadership positions in various fields. He served as the Director-General at Zoo & Aquarium Public Institution in Al Ain, in addition to other positions in the banking sector.

He is a member of several sports councils and committees in the country, including the

Sports Coordination Council; the UAE Handball Federation (UAHF); the UAE Volleyball Federation; and the UAE Football Association Temporary Committee (FATC).

Al Hajeri obtained an MBA in Executive Business Administration, along with a Bachelor's Degree in International Studies.



## Mohammed bin Rashid orders to cut 2,000 gov't procedures



**HIS** Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, has launched the Zero Government Bureaucracy Programme (ZGB), aimed at eliminating 2,000 redundant government procedures within a year, thereby streamlining government operations.

The ZGB Programme mandates government departments to halve the duration of existing procedures and to eradicate unnecessary bureaucracy within a year's timeframe.

A Dhs1 million incentive for government employees or teams that would demonstrate exceptional performance in eliminating needless bureaucratic processes was also announced.

Highlighting the programme's objectives,

His Highness Sheikh Mohammed stressed the necessity for government services to evolve and adopt more efficient business models aimed at reducing bureaucracy, in alignment with the UAE's ambition to become a global leader in government service excellence.

"Procedures are intended to serve people and make their lives easier. Bureaucracy is the main challenge facing any government seeking to develop its services. I will review the development achieved by government entities to assess their progress. Within a year, we will announce the results. The elimination of government bureaucracy and the rapid delivery of services are the two pillars of our future strategy," His Highness said.

## UAE records historic Dhs3.5 trillion non-oil foreign trade

**HIS** Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, has announced a historic milestone for the UAE's non-oil foreign trade soaring to an unprecedented Dhs3.5 trillion in 2023.

This period saw non-oil exports climb to over Dhs441 billion, marking a 16.7 per cent increase from 2022 and making up 17.1 per cent of the country's total foreign trade. This is a significant rise from 14.1 per cent in 2019 and 13 per cent in 2018, with 2023's exports more than doubling those of

2018 and nearly doubling those of 2019.

"We indicated at the beginning of 2023 that it would be a record economic year. The UAE has established new bridges of cooperation through comprehensive partnership agreements. Thus, our foreign trade with the top 10 trading partners jumped by 26 per cent, with Türkiye by more than 103 per cent, with Hong Kong-China by 47 per cent, and with the USA by 20 per cent," His Highness Sheikh Mohammed bin Rashid stated.

Alongside the spike in foreign trade and non-oil exports, re-exports also experienced

significant growth, reaching Dhs690 billion—a 6.9 per cent increase from 2022 and 27.7 per cent from 2021, continuing their growth trajectory seen in recent years.

Imports too witnessed growth, reaching Dhs1.4 trillion in 2023, up 14.2 per cent from the previous year. Imported commodities saw a 20.9 per cent growth from 2022, with other commodities growing by 6.3 per cent. Key imports included gold, phones, petroleum oils, cars, and diamonds, reflecting the UAE's diverse and expanding trade portfolio.

## UAE bolsters global cooperation at WGS 2024



HH Sheikh Mohammed bin Rashid alongside Türkiye President Erdogan during a key presentation at WGS 2024

**HIS** Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, held high-level meetings with

international leaders during the World Governments Summit (WGS) 2024.

Notable discussions were held between His Highness Sheikh Mohammed bin

Rashid and several key leaders including Türkiye's President Recep Tayyip Erdogan, Qatar's Prime Minister and Foreign Minister Sheikh Mohammed bin Abdulrahman bin Jassim Al Thani, India's Prime Minister Narendra Modi, and Egypt's Prime Minister Dr Mostafa Madbouly, amongst others.

The discussions centred on enhancing bilateral relations and identifying avenues to augment cooperation in mutual interests. The meetings also emphasised the necessity for collaborative efforts and strategic alignment amongst world governments to navigate challenges and seize future opportunities, aiming to foster comprehensive sustainable development.

The WGS 2024 witnessed the convergence of over 25 heads of state and government, 120 government delegations, and more than 85 international organisations.



## Mansour bin Zayed leads review of 2023 gov't initiatives



HH Sheikh Mansour (centre) during the Ministerial Development Council's session

**HIS** Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister, and Chairman of the Presidential Court, led the Ministerial Development Council's session held at Qasr Al Watan, Abu Dhabi. The Council deliberated on various initiatives, policies, and reports in 2023.

The agenda encompassed discussions on national policies and projects across sectors such as energy, electricity, and telecommunications. It also highlighted the progress of the National Policy for the Promotion of Healthy Lifestyles and outlined several initiatives aimed at bolstering national tourism and improving the UAE's labour market's attractiveness.

Additionally, the Ministerial Development Council assessed a range of government reports from 2022 and 2023, ensuring a comprehensive review of the country's strategic direction and development efforts.

## Central Bank of the UAE marks 50 years of financial excellence

**HIS** Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister, Chairman of the Presidential Court, and Chairman of the Board of the Central Bank of the UAE (CBUAE), inaugurated the golden jubilee ceremony of the CBUAE.

The event, held at the Abu Dhabi National Exhibition Centre, not only marked half a century of the CBUAE's contributions to the country's economic growth and financial stability but also celebrated the graduation of 1,056 citizens from the 'Ethraa' programme, conducted by the Emirates Institute of Finance to enhance Emirati presence in the financial sector.

Highlighting the significance of nurturing local talent, His Highness Sheikh Mansour stated, "By equipping them with the necessary skills and knowledge across diverse fields, these qualified professionals will play a pivotal role in strengthening the financial sector and contributing to the



HH Sheikh Mansour inaugurating the 50th Anniversary of the CBUAE

nation's ongoing progress."

The ceremony celebrated the CBUAE's significant milestones and contributions to the country's financial stability and economic growth. It also highlighted the launch of

innovative projects under the Financial Infrastructure Transformation Programme aimed at digitalising the financial services sector and establishing the CBUAE as a leading global central bank.

## UAE strengthens economic cooperation with Libya



HH Sheikh Mansour and Libya's Prime Minister during a meeting on the sidelines of WGS 2024

**HIS** Highness Sheikh Mansour bin Zayed Al Nahyan, Vice-President, Deputy Prime Minister, and Chairman of the Presidential Court, met with Abdul Hamid Dbeibah, Prime Minister of Libya's Government of National Unity, during his working visit to the UAE for participation in the World Governments Summit (WGS) 2024 in Dubai.

His Highness Sheikh Mansour and Dbeibah explored avenues to strengthen UAE-Libya cooperation in various economic and developmental sectors. Their discussions aimed at fulfilling the developmental and prosperity aspirations of their nations.

The meeting also covered the World Governments Summit's role and its significance in guiding the future of governance, aiming to create a brighter future for societies by enhancing the foresight of decision-makers.

Prime Minister Dbeibah expressed gratitude towards the UAE for Libya's invitation to WGS 2024, acknowledging the summit's importance in advancing the discourse on governmental innovation and collaboration.

## Abu Dhabi Crown Prince spearheads ATRC board meeting

**HIS** Highness Sheikh Khaled bin Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Chairman of the Abu Dhabi Executive Council, led the board meeting of the Advanced Technology Research Council (ATRC).

The session spotlighted the ATRC's successes in propelling research and development (R&D) within the emirate and approved strategies to bolster its capacity for leading further technological advancements as a part of its upcoming phase priorities.

His Highness approved forward-looking strategies to augment the emirate's research talent base, with a special focus on



HH Sheikh Khaled and the ATRC board discuss embracing future technologies for R&D

enriching the R&D sector by attracting a global pool of researchers and cultivating local youth interest in science, technology, engineering, and math (STEM) disciplines through targeted programmes.

The meeting was attended by HE Dr Sultan Ahmed Al Jaber, Minister of Industry and Advanced Technology; HE Mohamed Hassan Al Suwaidi, Minister of Investment; HE Khaldoon Khalifa Al Mubarak, Chairman of the Executive Affairs Authority; Mansoor Ibrahim Al Mansoori, Chairman of the Department of Health – Abu Dhabi; Ahmed Tamim Al Kuttub, Chairman of the Department of Government Enablement - Abu Dhabi; and Faisal Abdulaziz Al Bannai, Secretary General of the Advanced Technology Research Council.

## Khaled bin Mohamed bin Zayed visits General Women's Union

**HIS** Highness Sheikh Khaled bin Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Chairman of the Abu Dhabi Executive Council, visited the General Women's Union (GWU) in Abu Dhabi.

During his visit, His Highness was updated on the GWU's progress and ongoing efforts under the guidance of Her Highness Sheikhha Fatima bint Mubarak, Chairwoman of the General Women's Union, President of the Supreme Council for Motherhood and Childhood, Supreme Chairwoman of the Family Development Foundation, and Mother of the Nation.

The briefing covered GWU's



HH Sheikh Khaled speaking with members of the General Women's Union in Abu Dhabi

comprehensive efforts to empower UAE women since its inception in 1975, highlighting their pivotal role in the nation's journey towards sustainable development.

His Highness visited the Al Jawhara Hall, which houses more than 800 medals, honorary degrees and certificates of appreciation awarded to Her Highness Sheikhha Fatima bint Mubarak by local, regional and international organisations.

Accompanying His Highness during the visit were HE Dr Mugheer Khamis Al Khaili, Chairman of the Department of Community Development; HE Noura Khalifa Al Suwaidi,

Secretary General of the General Women's Union; and Engr Ghalia Ali Al Mannai, Head of the Strategic and Development Affairs Committee at the General Women's Union.

## Al Mazrouei appointed as Chairman of Abu Dhabi Heritage Authority

His Highness Sheikh Khaled bin Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Chairman of the Abu Dhabi Executive Council, has enacted a resolution naming Major General Staff Pilot Faris Khalaf Al Mazrouei as Chairman of the Abu Dhabi Heritage Authority (ADHA).

Al Mazrouei, who also serves



Al Mazrouei

as the Commander-in-Chief of Abu Dhabi Police, takes the helm of this newly established entity by President HH Sheikh Mohamed bin Zayed Al Nahyan in January 2024.

The ADHA, which succeeds the Emirates Heritage Club and the

Cultural Programmes and Heritage Festivals Committee – Abu Dhabi, is tasked with crafting strategies to safeguard Emirati heritage and customs and enhance societal values of traditional and national identity.

Al Mazrouei's appointment is part of His Highness Sheikh Khaled's broader initiative to nurture a sustainable cultural heritage environment in Abu Dhabi, aiming to promote Emirati culture and heritage.

## Saif bin Zayed underscores youth's pivotal role in UAE Vision 2071

**HIS** Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, underscored the critical role of the nation's youth in steering the UAE towards a prosperous future.

During his keynote address at the World Government Summit (WGS) 2024, His Highness Sheikh Saif said, "Today, the UAE stands as a beacon of excellence and leadership, with its youth embodying hope and determination to shape both the present and the future."

The Interior Minister paid tribute to the visionary leadership of President His Highness Sheikh Mohamed bin Zayed Al Nahyan, supported by His Highness Sheikh Mohammed bin Rashid Al Maktoum,

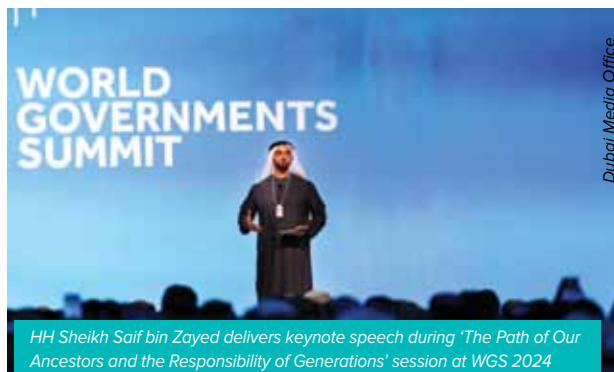
Vice-President and Prime Minister of the UAE and Ruler of Dubai. He acknowledged the wise leaders' strong commitment to preserving the legacy of the nation's founders and propelling the UAE to compete on the global stage across various sectors,

including land, sea, space, and technology.

His Highness Sheikh Saif stressed that in order to realise the UAE Vision 2071 to be the best country in the world, everyone must "persistently strive and exert our utmost efforts" to ensure a bright future for coming generations.

In his presentation, titled 'The Path of Our Ancestors and the Responsibility of Generations', the

Interior Minister spotlighted the UAE's reputation as "the homeland of the impossible," attributing the country's competitive spirit to rational thinking, effective management, and visionary leadership.



## Interior Minister meets with Al Neyadi, Zayed Ambition 2 team

**HIS** Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, held a meeting with Dr Sultan Al Neyadi, Minister of State for Youth, and the dedicated team behind the 'Zayed Ambition 2' mission, a key initiative of the UAE Astronaut Programme.

The visiting delegation included Hazza Al Mansouri, the first Emirati astronaut, and Salem Humaid Al Marri, Director-General of the Mohammed bin Rashid Space Centre (MBRSC).

The meeting highlighted the UAE's substantial progress in the space sector, demonstrating the



country's unwavering dedication to innovation and the exploration frontier. These accomplishments, in line with the vision of the UAE's leadership,

exemplify the nation's competitive spirit.

The meeting was attended by Lt General Abdullah Khalifa Al Marri, Commander-in-Chief of Dubai Police, Major General Salem Ali Mubarak Al Shamsi, Assistant Undersecretary for Resources and Support Services at the Ministry of Interior, Brigadier Dr Faisal Sultan Al Shuaibi, Director General of Strategy and Performance Development at Abu Dhabi Police GHQ, and Salem Humaid Al Marri, Director General of the Mohamed bin Rashid Space Centre, alongside other distinguished officers and officials from both sides.

## Police College in Abu Dhabi holds graduation ceremony

**HIS** Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior, led the graduation ceremony at the Police College in Abu Dhabi, honouring the achievements of class 35 cadets, class 36 male

undergraduates, class 20 female undergraduates, and the second cohort of international students.

In his address, the Interior Minister lauded the graduates for their hard work and dedication, calling upon them to continue

their commitment to the nation's safety.

The event saw the attendance of HE Saqr Ghobash, Speaker of the Federal National Council, and HE Sheikh Nahyan bin Mubarak Al Nahyan, Minister of Tolerance and Coexistence, alongside

distinguished guests from government and diplomatic circles.

Highlighting the ceremony, His Highness Sheikh Saif presented accolades to top graduates. Khalifa Khalid Saeed Rashid Al-Washi was awarded the 'Sword of Honour' for his exemplary performance, while Mohammed Musabeh Rashid

Al-Zahmi stood out as the top-ranking female university student.

Brigadier Walid Al Shamsi, Commander of the Police College, extended his gratitude towards President His Highness Sheikh Mohamed bin Zayed Al Nahyan for his continued support.







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## Mol and ADEK unite for innovative societal projects, research

**THE** Ministry of Interior (MoI) has forged a partnership with the Abu Dhabi Department of Education and Knowledge (ADEK), through Abu Dhabi School 42, by signing a memorandum of understanding (MoU).

This collaboration aims to launch innovative projects that contribute to societal development in areas like innovation, research, and future forecasting.

The agreement, signed by Major General Staff Khalifa Hareb Al Khaili, Undersecretary at the MoI, and Mubarak Hamad Al Muhairi, Undersecretary at ADEK, seeks to align with the UAE's goal of nurturing a forward-thinking generation ready to assume roles as innovators, leaders, and creators.

This initiative, part of UAE Innovates 2024, will also enhance educational and training exchanges, particularly in software innovation.

Al Khaili highlighted the MoI's commitment to enhancing academic and training partnerships with educational institutions, fostering diversity in development axes to elevate government services and support strategic partnerships, including with ADEK.



Al Khaili (right) and Al Muhairi (left) during the MoI-ADEK MoU signing

For his part, Al Muhairi expressed enthusiasm about the partnership, emphasising its role in providing programmes to develop Emirati cadres in programming.

The collaboration will leverage Abu Dhabi School 42's innovative educational opportunities to empower students with programming expertise and essential soft skills crucial for future success.

## Mol, Ajman Chamber bolster partnership for institutional excellence

**THE** Ministry of Interior (MoI) and the Ajman Chamber of Commerce and Industry have inked a memorandum of understanding (MoU) aimed at bolstering cooperation, sharing expertise, and adopting best practices to improve performance and institutional development in line with top governmental standards.

The MOU, signed by Major General Staff Khalifa Hareb Al Khaili, Undersecretary at the MoI, and Abdullah Mohammed Al Muwaiji, Chairman of the Board of Directors of Ajman Chamber, was formalised during the World Government Summit 2024 in Dubai, under the banner



Officials of the MoI and Ajman Chamber during their MoU signing at the World Governments Summit 2024

"Shaping Future Governments".

The ceremony was witnessed by Board of Director officials of Ajman Chamber, including Sheikh Sultan bin Saqr Al Nuaimi, Second Vice Chairman of Ajman Chamber, Maryam Khalifa Al Nuaimi, Board Member, Salem Al Suwaidi,

General Manager, and Mohammed Ali Al Janahi, Executive Director of Member Support Services sector at Ajman Chamber.

Al Muwaiji highlighted the MOU's role in solidifying Ajman Chamber's relationship with the MoI, praising the Ministry's exceptional service quality and its array of local and

international accolades in institutional excellence and innovation.

He stressed Ajman Chamber's dedication to fostering robust partnerships with federal entities to advance institutional performance and service quality for the private sector and broader society.



## Abu Dhabi Police host workshop for customer satisfaction



Participants of Abu Dhabi Police's workshop to elevate customer experience

**IN** a concerted effort to boost customer satisfaction and community happiness, the Abu Dhabi Police's Service and Customer Happiness Department, alongside the Community Police Department, hosted a brainstorming workshop.

The session was aimed at refining

customer satisfaction strategies through exploring innovative proposals and ideas.

Brigadier Khalfan Abdullah Al Mansouri, Director of the Strategy and Institutional Development Centre at Abu Dhabi Police, highlighted the critical role of inclusive societal engagement and continuous

dialogue in achieving excellence in police services, both locally and internationally.

Aligned with Abu Dhabi Police's strategic goals of "Community Happiness" and "Institutional Leadership", the workshop is part of the Abu Dhabi Programme for Effortless Customer Experience. The programme focuses on involving the community in initiatives to boost happiness and implementing best practices to elevate the customer experience.

Key metrics such as the Customer Effort Score and Customer Satisfaction Index are utilised to gauge the effectiveness of these initiatives.

Brigadier Dr Hammoud Saeed Al Afari, Director of the Community Police Department at Abu Dhabi Police, emphasised the significance of such brainstorming sessions in fostering an exchange of ideas and identifying avenues for service improvement, aiming for a substantial enhancement in service efficiency and quality, consistent with global best practices.

## Abu Dhabi Civil Defence participates in INSRC 2024

**BRIGADIER** Salem Abdullah bin Barak Al Dhaheiri, Acting Director General of the Abu Dhabi Civil Defence Authority, explored the latest advancements and methodologies in search and rescue operations during his visit to the International Search and Rescue Conference and Exhibition (INSRC) 2024, organised by the National Centre for Research and Rescue at the Abu Dhabi National Exhibition Centre.

Al Dhaheiri highlighted the event's role in facilitating the exchange of experiences and practices within the fields of search and rescue, underscoring the Abu Dhabi Civil Defence Authority's commitment to integrating cutting-edge solutions to bolster emergency response capabilities.

The Authority's participation was marked by the display of advanced mechanisms, equipment, and devices specific to search and rescue operations—demonstrating the proficiency of the National Search and Rescue Centre team.

The event hosted local, Arab, and international experts in search and rescue, fostering a collaborative environment for knowledge sharing.



Al Dhaheiri during his visit to the International Search and Rescue Conference and Exhibition 2024



## Dubai Police showcase smart technologies to Serbian delegation

**LIEUTENANT** General Abdullah Khalifa Al Marri, Commander-in-Chief of Dubai Police, welcomed Maja Popović, Minister of Justice of the Republic of Serbia, and her delegation at the Dubai Police General Headquarters. The visit coincided with Popović's participation in the World Governments Summit 2024 in Dubai.

Popović explored Dubai Police's facilities, including the smart systems and AI technologies that elevate the emirate's emergency responses, incident management, and police patrols' efficiency.

She praised Dubai Police for their strategic implementation of smart technologies, acknowledging their significant contributions to emergency response improvement, traffic safety, and the overall security landscape of Dubai.

Popović was introduced to the Ghiath Smart Patrol, hailed as one of the most



Al Marri and Popović exchanging commemorative shields

technologically sophisticated security vehicles globally, and the Drone Box platform, which deploys UAVs to enhance emergency responses and crime detection across Dubai.

The visit concluded with Al Marri and Popović exchanging commemorative shields, symbolising mutual respect between the two parties.

## Al Khawaneej Police Station surpasses emergency response targets

**MAJOR** General Ali Ghanem, Acting Assistant Commander-in-Chief for Community Happiness and Logistics Support at Dubai Police, praised Al Khawaneej Police Station for its remarkable achievement of a 96 per cent security coverage rate and an average emergency response time of just two minutes and 26 seconds, exceeding the target of three minutes.

This achievement reflects a significant 97.9 per cent sense of security in the community.

These achievements were highlighted during Ghanem's inspection visit, in the presence of Major General Dr Tariq Mohammed Tahlak, Director of Naif Police Station, and Chairman of the Board of Directors of Police Stations; Colonel Ali Rashid Markhan Al Kaabi, Director of Al Khawaneej Police Station; Colonel Ahmed Mohamed Al Muhairi, Deputy Director of the Inspection and Control Department, and Colonel Khalifa Khalid Al Awadi, Deputy Director of Al Khawaneej Police Station, along with several officers and employees.

Ghanem praised the team's professionalism and commitment to enhancing security, promoting a safe environment, and providing excellent police services, thus improving community happiness and quality of life.



Major General Ali Ghanem (right) praised the exceptional police services provided by Al Khawaneej Police Station to citizens, residents and tourists

Al Khawaneej Police Station initiated several projects to boost community engagement and safety, including 'School Security', 'Reconciliation is Better' (Al Solh Khair), 'Security Teams', 'Safe Roads', 'Smart Farms', and 'Your Voice Is Heard', showcasing its proactive stance in tackling modern security challenges.

Furthermore, the Traffic Registration Section was acknowledged for its dedication to road safety and effective awareness campaigns. The Criminal Registration Section and the

Customer Happiness Section were also recognised for processing 4,035 transactions in 2023, including 3,887 smart transactions.

The station reported outstanding Job Satisfaction and Employee Motivation Index rates of 99.9 per cent and 194.6 per cent, respectively. Ghanem emphasised the ongoing commitment of Dubai Police's leadership to advancing staff qualifications as well as helping them reach their full potential.

## Sharjah Police discuss research collaboration with SCC



A team from Sharjah Police's Police Research Centre a potential research collaboration with the Sharjah Consultative Council

**THE** Sharjah Police General Command, represented by the Police Research Centre,

discussed potential research collaboration with the Sharjah Consultative Council (SCC).

The aim was to identify societal issues that could serve the community and augment the SCC's effectiveness in its parliamentary performance and duties.

The meeting was held at the SCC headquarters, led by Dr Abdullah Belhaif Al Nuaimi, Chairman of the SCC. It was attended by Colonel Ali Saif Al Dhabahi, Deputy Director of the Police Research Centre at Sharjah Police, and his team, alongside Halima Al Owais, Vice Chairperson of the SCC, Ahmed Saeed Al Jarwan, Secretary General of the SCC, and various council members.

## Fujairah Police organise workshop on AI's role in security

**DURING** UAE Innovates 2024, Fujairah Police organised a workshop focused on leveraging artificial intelligence (AI) to advance institutional innovation.

In partnership with the National Programme for Coders, the Ministry of Artificial Intelligence and Digital Economy and Remote Work Applications, and the Mohammed bin Rashid Innovation Centre, the event aimed to integrate AI into policing and security operations.

Shaimaa Alantali, Programming Ambassador from the National Programme for Coders - Golden Class, led discussions



Shaimaa Alantali discusses AI's role in enhancing policing and security at the workshop

on AI's scope, applications, and transformative potential for the police and security sectors, highlighting cutting-edge innovations and technologies.

Brigadier Saif Rashid Al Zahmi, Director

of the Dibba Al Fujairah Police Department, attended the workshop alongside directors, officers, and personnel, underscoring the commitment to enhancing the security system with AI advancements.

## Sultan Al Nuaimi inspects Ajman's correctional facilities

Major General Sheikh Sultan bin Abdullah Al Nuaimi, Commander-in-Chief of Ajman Police, praised the Punitive and Correctional Institution for its outstanding community initiatives and inmate support and rehabilitation.

His remark came during an inspection visit, accompanied by Brigadier Khaled Mohammed Al Nuaimi, Deputy Commander-

in-Chief of Ajman Police; Colonel Mohammed Yousef Al Nuaimi, Deputy Director of the Punitive and Correctional Institution Department at Ajman Police; and several officers.

During the visit, Sultan Al Nuaimi received comprehensive briefings on the institution's operations, particularly noting the

modernising of both women's and men's wards and the progressive rehabilitation programmes. He also recognised the innovative measures such as the establishment of a nursery, a women's workshop, and a sewing workshop, aimed at equipping inmates with valuable skills for their successful reintegration into society.

## RAK Police laud community cooperation during adverse weather

**MAJOR** General Ali Abdullah bin Alwan Al Nuaimi, Commander-in-Chief of Ras Al Khaimah Police, praised the effective police-community cooperation during recent adverse weather conditions. He highlighted the community's compliance with safety instructions issued via text messages and social media platforms by Ras Al Khaimah

Police and the local Emergency, Crisis, and Disaster Management Team.

The absence of serious incidents during the weather disruptions, Al Nuaimi said, was credited to strategic traffic patrol deployments and enhanced operational room readiness.

Al Nuaimi underscored that the 1,566 calls efficiently handled by Ras Al Khaimah

Police reflect the police force's commitment to safety and security.

Ras Al Khaimah Police bolstered the readiness of its security personnel in the operations room to receive calls and respond to inquiries 24/7 through the dedicated emergency number 999 and the non-emergency number 901.

1<sup>st</sup>

Abu Dhabi's ranking as the safest city in the world for 2024, according to Numbeo. Since 2017, Abu Dhabi has led the Numbeo safety index of more than 320 cities worldwide. This year, the Capital received a safety score of 86.8. The list of the top 10 safest cities also includes other UAE cities like Ajman (4th), Dubai (5th), and Ras Al Khaimah (6th).

1<sup>st</sup>

UAE's ranking globally for fifth-generation (5G) network speeds in 2023, according to the UAE Digital Economy Council. The UAE's network operators help drive the overall performance with a median download speed between 557.63 Mbps to 680.73 Mbps.

1<sup>st</sup>

UAE's ranking globally for the government's rapid responsiveness to change, as detailed in the first edition of the Future Possibilities Index Report 2024 by Newsweek Vantage International and the Swiss Horizon Group. This report evaluates transformations and countries' preparedness to leverage them for future development across vital sectors.

1<sup>st</sup>

UAE's position as Armenia's top investment partner and its second-largest trade partner in 2023. Armenia's RA Statistics Committee reported that the foreign trade turnover between the two countries for the first 11 months of 2023 amounted to \$1.457 billion (Dhs5.35 billion). The net inflow of investment from the UAE to Armenia in H1 of 2023 reached \$268 million (Dhs984 million).

1<sup>st</sup>

UAE's ranking as the top destination for Indian tourists, drawing approximately 5.89 million Indian visitors per year, as per VisaGuide.World, citing data from Booking.com and Statista. Saudi Arabia and the United States were the next preferred destinations, with 2.42 million and 1.68 million Indian visitors, respectively.

## BE IN THE LOOP

### SAIF BIN ZAYED UNVEILS NATIONAL ANTI-NARCOTICS CHARTER



His Highness Lt General Sheikh Saif bin Zayed Al Nahyan, Deputy Prime Minister and Minister of Interior and Chairman of the UAE Drugs Control Council, spearheaded the launching of the National Anti-Narcotics Charter, reinforcing the UAE's commitment to combating illegal drugs. Additionally, a strategic plan for 2024-2026, with 51 performance indicators to monitor effectiveness, received the Council's approval.

### AL KHAILI RECOGNISES MOI OFFICERS FOR COMPLETING INTERNATIONAL COURSES



Major General Staff Khalifa Hareb Al Khaili, Undersecretary at the Ministry of Interior, honoured 10 MOI officers for completing courses at the Los Angeles Police Department (LAPD) Academy and Collins College of Law Enforcement in the United States. Al Khaili awarded them certificates of appreciation, encouraging them to use their newly acquired skills to improve police work with excellence.

### MOI SHOWCASES AI-POWERED SECURITY TECH DURING UAE INNOVATES 2024



The Ministry of Interior, represented by the MOI Innovation Centre, held an exhibition of advanced security technologies and innovations at the Manufacturing Innovation Laboratory, on the occasion of UAE Innovates 2024. Highlights included a smart inspection platform, mobile traffic light, smart forensic evidence repository, smart traffic intersection project, and an information security protection system.



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# UAE NEWS BULLETIN

POLICE NEWS, PEOPLE, NUMBERS AND EVENTS

**ABU DHABI**



**80 KPH**

Abu Dhabi Police have issued a reminder to drivers to adhere to the 80 kph speed limit during adverse weather conditions, including heavy rain, sandstorm, and fog, to ensure traffic safety. Drivers who exceed this speed limit will be fined, with penalties depending on the degree of speeding.

Abu Dhabi Police

**AJMAN**



**57-YEAR-OLD**

Ajman Police General Command facilitated the repatriation of a 57-year-old Asian man, left permanently disabled from a run-over accident. The police force secured all the necessary documents and travel arrangements, enabling him to reunite with his family after three years in hospital.

Ajman Police

**DUBAI**



**DHS23,000**

A Dubai misdemeanour court sentenced a scammer to a month's jail and imposed a Dhs23,000 fine, matching the value of the jewellery stolen from a gold store. The fraudster duped the store manager by showing a fake screenshot of an online bank transfer.

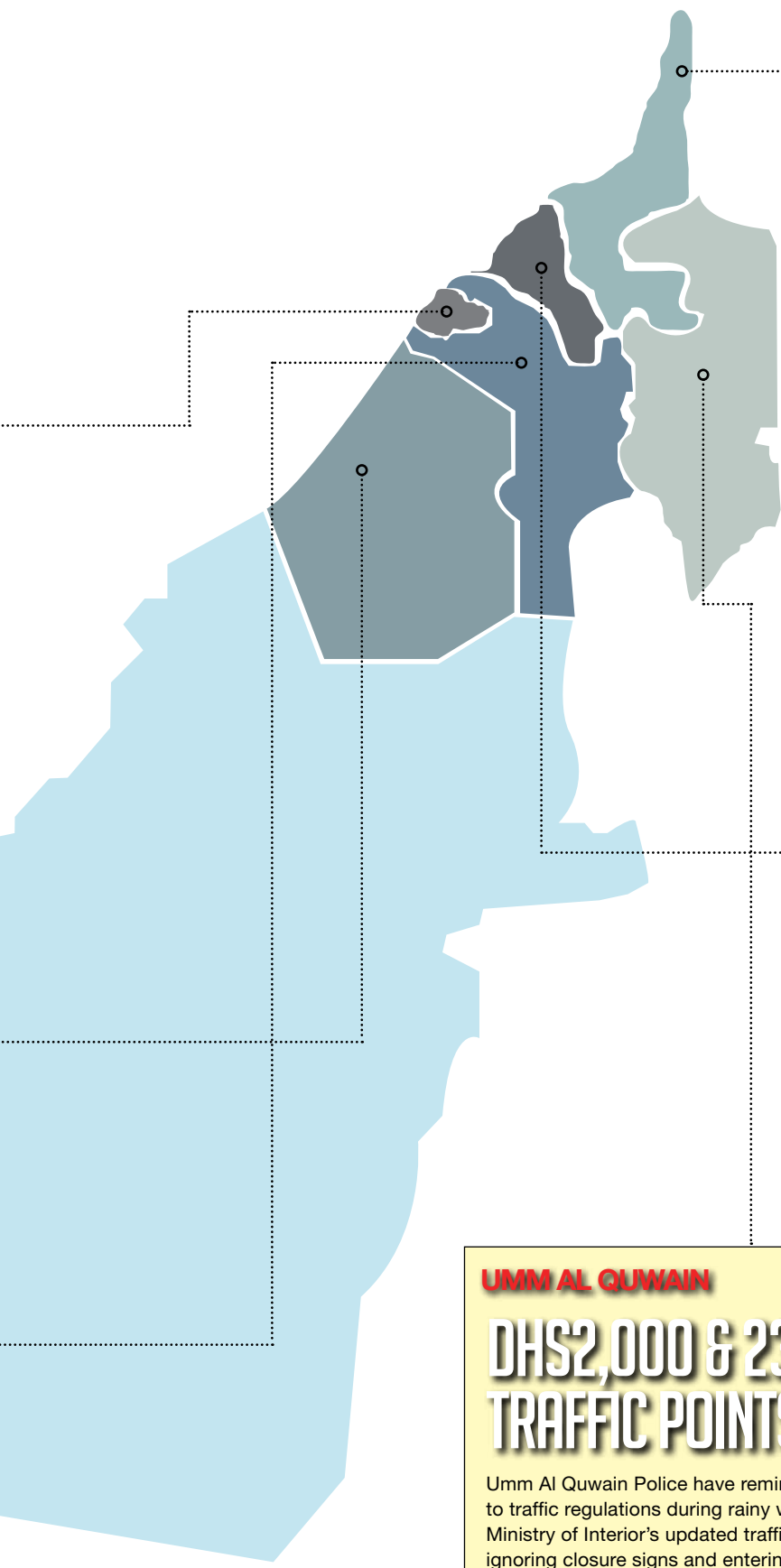
**8**



Ras Al Khaimah Police's Air Wing Department rescued eight foreigners stranded in the northern mountains of the emirate. Rescue helicopters were deployed, successfully locating the mountaineers and transporting them to safety.

RAK Police





**FUJAIRAH**

**DHS500**

Fujairah Police have emphasised the shared responsibility of pedestrians and drivers to use designated crossings, in order to prevent accidents. Drivers who do not respect pedestrian crossings face a Dhs500 fine, whereas pedestrians not adhering to traffic signals or using undesignated crossings will incur a Dhs400 fine.

**SHARJAH**

**11**

Sharjah Police confiscated 11 vehicles for performing stunts on the road amidst rainfall. The Traffic and Patrols Department also impounded 84 cars whose drivers gathered at the stunt location. Illegal driving stunts incur a Dhs2,000 fine, 23 black points, and a 60-day vehicle impoundment.

**UMM AL QUWAIN**

**DHS2,000 & 23 BLACK TRAFFIC POINTS**

Umm Al Quwain Police have reminded drivers to adhere to traffic regulations during rainy weather. Following the Ministry of Interior's updated traffic violations, drivers ignoring closure signs and entering flooded valleys, regardless of the danger level, will face a Dhs 2,000 fine, 23 traffic points, and a 60-day vehicle impoundment.





# DIGITAL Danger ZONE

THE UAE TACKLES 50,000 CYBER THREATS DAILY, YET MANY BUSINESSES REMAIN  
OBLIVIOUS TO THE RISKS. EXPERTS IDENTIFY THE WEAKEST LINKS AND PRIME  
TARGETS BY ONLINE CRIMINALS

BY K NIVEDITA

**A**mongst the many global changes driven by the Internet, its unprecedented impact on communication and business stands out as the most significant. We're familiar with how the Internet has changed the way people interact, but our understanding of its implications on the business landscape needs a revisit. Over the last 10 years, it has ushered in digitalisation of financial transactions and marketing, accelerated the advent of cloud computing and e-commerce, and, on the murky side of it, the emergence of a whole new gamut of cybersecurity challenges.

According to IBM, a cyberattack refers to "any intentional effort to steal, expose, alter, disable, or destroy data, applications, or other assets through unauthorised access to a network, computer system or digital device."

New-age criminals possess the ability to not only shatter small and medium-sized enterprises (SMEs) and micro, small and medium enterprises (MSMEs), but also cripple large business networks.

This nightmare scenario of financial and reputation losses has become a distressing reality for thousands of businesses across the globe. And those in the UAE won't be spared if they don't increase their defences against ever-evolving cybercrimes.

#### WHAT'S THE THREAT?

Dr Mohammed Hamad Al Kuwaiti, Head of the UAE Cybersecurity Council, stated in January 2024 that the UAE fights off 50,000 cyber threats each day. By the end of the third quarter of 2023, the UAE had thwarted over 71 million cyberattacks.

Al Kuwaiti elaborated, "The threats range from phishing emails to DDoS attacks to ransomware. The government is actively working with private sector entities to increase the resilience of the private sector to such threats." He also highlighted that, as of mid-2022, the UAE had 557,000 SMEs, which contributed to 63.5 per cent of the non-oil GDP—and all of them are on the radar of cybercriminals.

The UAE was ranked fifth in the Global Cybersecurity Index 2020 by the International Telecommunication Union, a United Nations organisation, highlighting the country's strong cybersecurity infrastructure. Despite this, cybercriminals are constantly coming up with new ways to breach security.

In 2019, a Dubai-based company specialising in organising exhibitions

**“The threats range from phishing emails to DDoS attacks to ransomware. The government is actively working to increase the resilience of the private sector to such threats**



**DR MOHAMMED HAMAD AL KUWAITI**  
Head of the UAE Cybersecurity Council

was targeted in an email hack, leading to phishing emails being sent to clients. The breach was discovered only after a client alerted the company, but by then, Dhs194,500 had already been stolen from a client's account.

Charlotte Sutcliffe, a Media and Entertainment Associate at the law firm Cedar White Bradley (CWB) in Abu Dhabi, shared with **999 Magazine**, "We have had experiences with clients whose social media or e-commerce sites have been hacked, with false, misleading and sometimes offensive information being published on [their] websites."

"This results in those sites being removed for some time, which can cause significant financial and reputational losses for our clients," Sutcliffe said. "Additionally, hackers have used client online advertising and informational spaces to upload their own offensive and provocative messages. This can result in repercussions to the client (as they are the registered controllers of this advertising space)."

Cybersecurity Ventures, a leading authority on cybersecurity statistics, estimates that cybercrime will escalate to \$10.5 trillion (Dhs38.5 trillion) annually by 2025, up from \$3 trillion (Dhs11 trillion) in 2015.

In October 2023, UK-based insurers Lloyd's of London and the Cambridge Centre for Risk Studies developed a scenario illustrating that a cyberattack on a financial services payments system could lead to worldwide losses of \$3.5 trillion (Dhs12.8 trillion). The United States alone could face damages of \$1.1 trillion (Dhs4.04 trillion) over

**“We have had experiences with clients whose social media or e-commerce sites have been hacked, with false, misleading and sometimes offensive information being published on their websites**



**CHARLOTTE SUTCLIFFE**  
Media & Entertainment Associate at CWB, Abu Dhabi



five years, with significant ripple effects throughout the global business pipeline.

#### DEEPPAKE HEIST

In January 2024, a business in an Asian city fell victim to a cyberattack. This event alarmed business owners and employees worldwide. It involved a sophisticated scam against a major multinational company that lost \$25.6 million (Dhs94 million) through the use of advanced AI technology, specifically deepfake.

The scam began when a finance department employee was deceived by online instructions, purportedly from the chief financial officer (CFO), to secretly transfer a significant sum to a designated account. Any initial doubts the employee had were dispelled after an online meeting with what appeared to be the company's top management, including the CFO. Subsequently, the employee transferred \$25.6 million to five accounts within the country.

It was later revealed that the figures in the meeting were fabricated using deepfake technology, which accurately replicates or clones an individual's likeness in audio and visual formats.

People in the UAE are not immune to deepfakes. Hamid Al Zaabi, Director General of the UAE Executive Office of

**“ Even with incidents happening outside the UAE, we will work closely with law enforcement partners around the world to identify and detect those individuals who knowingly engage in deceptive practices, such as imposter fraud**



**HAMID AL ZAABI**

Director General of the UAE Executive Office of Anti-Money Laundering and Counter-Terrorism Financing

Anti-Money Laundering and Counter-Terrorism Financing, underscored that local authorities were closely working with partners worldwide to identify these criminals and take action against them.

“Even with incidents happening outside the UAE, we will work closely with law enforcement partners around the world to identify and detect those individuals who knowingly engage in deceptive practices, such as imposter fraud. The UAE will then

**“ SMEs and MSMEs are also at significant risk as they may not have the same level of security infrastructure and awareness, making them easier targets**



**MOHAMED AMINE BELARBI**

Founder & CEO  
of Cypherleak

pursue to the fullest extent of the law these individuals, ensuring they are held accountable and brought to justice quickly,” said Al Zaabi.

Mohamed Amine Belarbi, Founder & CEO of Dubai-based cybersecurity company Cypherleak, told 999 about the evolving nature of cyberattacks. “Over the past few years, we noticed new trends in the nature of cyberattacks. Targeting victims has become more sophisticated, with cybercriminals employing advanced techniques such as AI and machine





**“The single biggest threat to companies and individuals in cybersecurity is human error, that is, hackers employing advanced social engineering techniques to target individuals**



**MUHAMMAD CHBIB**

Serial Entrepreneur

learning (ML) to automate and enhance their attacks,” Belarbi explained.

“There has also been an increase in targeted ransomware attacks against specific industries, with attackers conducting thorough research to maximise the impact of their attacks and the likelihood of receiving a ransom. Moreover, the rise of remote work has expanded the attack surface, with more individuals and companies relying on digital connectivity, often without adequate security measures in place,” Belarbi added.

#### FIGHTING CYBER INTRUSIONS

Muhammad Chbib, serial entrepreneur and GISEC 2023 Innovation Award Winner, told 999 that the exponential growth and adoption of generative AI provides hackers with a powerful new method to bypass obstacles and exploit vulnerabilities in Information Technology (IT) or Operational Technology (OT) infrastructures. This is particularly true with the use of automated agents, marking a level of threat unprecedented in scope and scale.

“Over the past few years, the single biggest threat to companies and individuals in cybersecurity is human error, that is, hackers employing advanced social engineering techniques to target individuals. More than 80 per cent of all breaches result from human error, and the UAE is certainly not immune. There’s a significant gap in awareness, affecting both companies and individuals alike, with attacks exploiting human vulnerabilities becoming increasingly sophisticated, ensnaring both ‘cyber-aware’ and ‘cyber-unaware’ individuals,” Chbib explained.

The key to defence, according to Chbib, lies in enhancing personal security measures, given that the world’s march towards AI is inexorable.

The UAE itself, as AI Kuwaiti highlighted, aims to become one of the leading nations in AI by 2031, urging both public and private sectors to adopt measures to secure their systems, mobile phones, and data against cyber intrusions.

## PROTECTION INSIGHTS

*Charlotte Sutcliffe, an Associate at CWB in Abu Dhabi, advises the following to protect oneself, or a company from cyber criminals:*



Exercise caution before disclosing information to any caller. If someone, such as a bank representative, requests personal details to verify your identity, request to call back on the registered customer service line.



Immediately report or verify any work emails requesting confidential information to be sent to a third party, even if prior communication has occurred with that party. Phishing scams, where fraudsters may impersonate authority figures, are prevalent.



Exercise discretion in sharing information, messages, and media. Always ensure the recipient is trustworthy and that the content is never offensive or derogatory.





## UAE'S BOLD STEPS AGAINST CYBER THREATS



The UAE Cyber Security Council has inked a memorandum of understanding with cutting-edge cybersecurity technology Group-IB in 2023, to investigate, prevent, and check digital crime.



Various arms of the government are working with the private sector to establish the resilience of the private sector against cyber threats by strengthening their designs and adding layers of security.



The UAE aims to invest Dhs1.5 billion in cybersecurity as part of Vision 2071 to become AI-driven in all sectors, from transport to healthcare.



In October 2023, the UAE signed an agreement with the US Treasury to increase security in the financial sectors of both countries.



The Cybersecurity Council holds frequent workshops on promoting the culture of cybersecurity and enhancing government communication.



The government launched Cyber Pulse in 2022, which is an awareness-building initiative to encourage community members to play a part in cybersecurity efforts.

"The UAE is promoting a cybersecurity culture and utilising various modern technologies with secure protection in cooperation with key partners. The Cybersecurity Council holds several workshops on promoting the culture of cybersecurity and enhancing government communication," Al Kuwaiti said.

Al Kuwaiti further noted that while the government's security forces are combatting cybercrime, businesses, and organisations must also actively protect their interests by adhering to the government's expert cybersecurity guidelines.

### CYBER RESILIENCE FOR SMES

While cyberattacks can target businesses of any size, large corporations in the UAE are often seen as more lucrative targets due to the vast amounts of data they hold and their financial capabilities.

"However, SMEs and MSMEs are also at significant risk as they may not have the same level of security infrastructure and awareness, making them easier targets. Cybercriminals target businesses across the spectrum, often exploiting the weakest link for financial gain, espionage, or sabotage," said Belarbi.

According to Belarbi, the most crucial step UAE businesses can take to safeguard their assets from cyber threats is to implement a comprehensive cybersecurity strategy. "This strategy should include regular security assessments, employee training and awareness programmes, the adoption of advanced security technologies (such as multi-factor authentication, encryption, and endpoint protection), and the establishment of an incident response plan. It's vital that this strategy is continually reviewed and updated to adapt to the evolving cyber threat landscape," said Belarbi.

Chbib added that the world is facing a scarcity of cybersecurity expertise, so the most effective and promising way to improve the cybersecurity of a company in the UAE is to bet on software automation of cyber-defence measures and to put this at the top of the leadership agenda. He, too, suggested that a company must conduct regular scans of the infrastructure and then address the most strategic issues through regular patching, hardening, and exposure management.

"An in-depth penetration test is also advisable—depending on the size of the business quarterly or semi-annually," Chbib told 999. Of crucial importance, he added,



## CYBERCRIME PROTECTION OF UAE COMPANIES

76%

Percentage of companies in the UAE who believe they are adequately protected against new threats

15%

UAE businesses that experienced cyber incidents over the past two years due to inadequate investments in cybersecurity

25%

Cyber incidents in the past two years that occurred due to the use of weak passwords or failure to change them promptly

24%

Cybersecurity breaches in the past two years as a result of staff visiting unsecured websites

20%

Percentage of companies in the UAE who do not allot adequate budget for updated cybersecurity defences and measures

Source: Kaspersky 2024 Report

is to have regular awareness campaigns for the staff to avoid falling into the trap of human and social engineering—methods by which criminals psychologically manipulate people into sharing sensitive information, or making a security error.

### THE WEAKEST LINK

A recent study by global cybersecurity firm Kaspersky reveals that 20 per cent of UAE companies do not allot adequate budget for updated cybersecurity measures. Conversely, 76 per cent of companies in the UAE believe they are adequately protected against new threats. Over the past two years, cybercriminals have attacked 15 per cent of UAE companies due to their inadequate cybersecurity investment.

Globally, the study found that, in terms of individual employee behaviour, the most common problem is that staff members deliberately do what is forbidden and, conversely, they fail to perform what's required. The study showed that 25 per cent of cyber incidents in the last two years occurred due to the use of weak passwords or failure to change them promptly. The other cause of almost 24 per cent of cybersecurity breaches was the result of staff visiting unsecured websites. Another 21 per cent report they faced cyber incidents because employees did not update the system software or applications when required.

It is important to understand that cybercriminals are not only well-versed with computer systems and the latest technology but also spread across the world. They are untiringly spotting weak links, i.e., companies with inadequate security. Their target is not only the company's finances but also those of their clients accessed through a data breach — and the ripple effect in a connected world would grow until the gang comes up against a company or individual whose system is secure. The only way companies and organisations can thwart cyberattacks is to build a wall around their own systems.

### RISE OF AI-POWERED ATTACKS

Belarbi estimated that one of the most significant future cyber threats UAE businesses should be vigilant about is the rise of attacks powered by Artificial Intelligence (AI) and Machine Learning (ML). As these technologies become more sophisticated, they will enable attackers to automate attacks, personalise phishing attempts at scale, and exploit vulnerabilities much faster than humans can.

"Additionally, the proliferation of Internet of Things (IoT) devices introduces new vulnerabilities, making it crucial for businesses to prioritise security in their digital and connected operations. Staying ahead of these trends by investing in advanced security measures and AI-based

defence mechanisms will be key for UAE businesses to protect themselves in the future," said Belarbi.

### UAE'S FOUNDATIONAL LAWS

In the UAE, governance is aligned with both increasing the reach of technology and protecting against cyberattacks. AI Kuwaiti highlighted that the UAE has a strict set of rules and laws to combat cybercrime.

The foundational laws are Federal Decree-Law No. 5 of 2012 on Combating Cybercrimes, Federal Law No. 3 of 2003 (Telecommunications Law), and NESA Information Assurance Standards. The UAE also has the Computer Emergency Response Team (aeCERT), which coordinates and executes the country's cybersecurity strategy.

Much like the most significant discoveries and inventions throughout human history, technology requires responsible use and vigilance to protect against those who exploit it for malicious purposes. Regrettably, criminals leveraging technology are becoming increasingly sophisticated. To combat cybercrimes, businesses need to strengthen their cybersecurity, continuously train their staff about dangers, and regularly check and enhance their defences against new threats.

# PENALTIES ON CYBERCRIMES

*Here are the penalties for cyberattacks under  
Federal Decree-Law No. 34 of 2021 on Combating Cybercrimes:*



## Unauthorised access and hacking

**PENALTY:** Imprisonment and/or fine ranging from **Dhs100,000** to **Dhs300,000** for hacking websites, electronic information systems, or information networks.



## Hacking resulting in damage

**PENALTY:** At least six months imprisonment and/or fines from **Dhs150,000** to **Dhs500,000** if hacking causes damage, destruction, work interruption, or website disruption.



## Data theft for illegal purposes

**PENALTY:** Minimum one-year imprisonment and/or fines between **Dhs200,000** and **Dhs500,000** for hacking to acquire data or information illegally.



## Cyberattacks on key sectors

**PENALTY:** Temporary imprisonment and fines from **Dhs500,000** to Dhs3,000,000 for attacks on banking, media, health, or scientific entities.



# TOP DIGITAL HAZARDS IN 2024

KEEP AN EYE ON THESE CYBERCRIMES  
EXPECTED TO RISE THIS YEAR:



## PHISHING

Charlotte Sutcliffe, a Media and Entertainment Lawyer at the law firm CWB in Abu Dhabi, told **999** that even law firms experience phishing attacks regularly. Phishing is when you receive a message or email claiming to be from a trusted friend or company, demanding personal information, such as passwords and credit card details. This information is then misused by the receiving entity.



## SOCIAL ENGINEERING

According to security firm Norton, "Social engineering in cybersecurity is the practice of manipulating someone into giving up sensitive information, usually through exploiting human error." It means an online crook tricks a victim by pretending to be someone they trust and uses collected information to build trust. They then persuade the victim to share personal details like contact, or login information for fraud.



## RANSOMWARE

This form of scamming occurs globally and holds companies to ransom. It involves programs that allow a criminal to encrypt the data of a business entity and demand a substantial payment to decrypt it. The encrypted data disrupts the company's functioning and results in losses.



## IDENTITY THEFT

What if your bank calls about your account and demands your account number, address, and password? Smart people will become suspicious. Identity theft, which has grown since the pandemic made commerce a norm, broadly involves a victim's personal data being stolen and used by the criminal to access their bank account and other financial assets.



## SUPPLY CHAIN ATTACKS

It involves cybercriminals targeting vulnerabilities within a company's supply network to gain unauthorised access to the company's systems. Instead of attacking the main company directly, which might have robust security measures, attackers look for weaker points in the supply chain. These weaker points can include third-party vendors, software providers, or subcontractors that are connected to the main company's network but may not have the same level of security.



## ADVANCED PERSISTENT THREATS (APTs)

"These are prolonged and targeted cyberattacks in which an intruder gains access to a network and remains undetected for a significant period," explained Mohamed Amine Belarbi, Founder & CEO of Dubai-based cybersecurity company Cypherleak, to **999**. The purpose of APTs is usually to steal data or monitor network activities silently. These attacks are meticulously planned and executed by highly skilled attackers.



## HACKING

It refers to unauthorised access to computer systems or networks with the intent to steal, alter, or destroy information. It's one of the earliest types of cyberattacks and remains widespread today. Hackers often target financial data, such as credit card numbers, bank account details, or personal identity information. "Sometimes, hacking can result in personal data directly being used in purchases of goods or services. In addition, it can be used in extortion," Sutcliffe told **999**.



## INSIDER THREATS

This refers to the security risk that arises when employees or contractors harm a company's security systems on purpose, by accident, or through carelessness. Such actions can make the company vulnerable to cyberattacks or data breaches, which often result in substantial financial costs due to data recovery, system repairs, legal fees, fines for non-compliance with data protection regulations, and compensation to affected parties.



## DISTRIBUTED DENIAL-OF-SERVICE (DDOS)

In this type of attack, cybercriminals inundate a company's server with an overwhelming amount of internet traffic, effectively blocking access for genuine users seeking online services and websites. To orchestrate this, attackers harness a multitude of compromised computer systems, creating a botnet that acts as a barrage of attack traffic directed at the target, disrupting normal operations and services.





## WHO KICKED THE CAT?

**Ali Obaid** is a veteran Emirati commentator, journalist, and writer on local issues

Every action triggers a chain reaction with significant impacts on our world's complex systems

A manager, lacking people skills and overwhelmed with work, vented his frustration on his secretary. When the secretary entered the manager's office, the manager exclaimed, "I called your phone, and you didn't answer."

"I was in the neighbouring department. I apologise," the secretary replied.

The manager snapped, "You haven't changed a bit. Take these papers and deliver them to the head of the maintenance department, and don't be late."

The secretary, upset by his manager's treatment, walked away and tossed the papers onto the maintenance head's desk, saying, "Don't delay."

Annoyed by the secretary's attitude, the maintenance head said, "Alright, but handle it with respect."

The secretary retorted, "Respectful or not, just get it done quickly."

They argued, with voices rising, before the secretary stormed off to his desk.

Later, an employee approached the department head, saying, "I need to pick up my children from school and return."

The department head angrily shouted, "You leave every day."

The employee responded, "I've been doing this for 10 years, and this is the first time you've objected to me leaving."

The department head ordered, "Return to your desk now."

Puzzled by his boss's reaction, the employee went back to his desk and began making calls to arrange for someone to pick up his children, to avoid them waiting on the street, until he found a solution.

Returning home angry, the employee was greeted by his young son, who said, "Dad, the teacher gave me this because I..."

Before his son could finish, the father yelled and pushed him aside. "Go to your mother."

The child went to his mother in tears, and his little cat

approached him as usual. However, the child kicked it, causing it to hit the wall.

The question here is: Who kicked the cat? Was it the young child, or was it the manager lacking people skills?

This story reminds us of the "Butterfly effect" theory, which suggests that a small action, like the flap of a butterfly's wings in China, could lead to significant consequences, such as floods, hurricanes, and winds in a distant place. This theory is supported by many scientists, philosophers, writers, and the public.

On 25 July 2000, Air France Flight 4590 took off from Charles de Gaulle Airport in Paris bound for New York with 100

passengers and nine crew members.

However, shortly after takeoff, a fire broke out in its left wing, leading to a catastrophic crash into a nearby hotel, killing all 109 on board and four in the hotel, with a total death toll of 113.

Investigators discovered a small metal strip, only 43 cm long, on the takeoff runway. The plane struck it at a speed of 350 km/h, causing its sensitive tyre to burst. A 25 kg piece of tyre then flew into the left wing's engines. Another piece cut an electrical wire near the wing, sparking a fire in the leaked fuel and igniting the entire wing, leading to engine shutdown and the plane's crash into the hotel.

The aircraft was a Concorde, celebrated for shortening flight times due to its high speed and safety standards. Before this incident, there had been no fatalities in 25 years of Concorde operation. Following the crash, the entire Concorde fleet was grounded for a year to improve safety procedures. These measures increased operational costs, leading to the retirement of the Concorde by Air France in May 2003 and by British Airways in November of the same year.

The question raised is: Who brought down the plane, which was a dream project? Was it the small metal strip, or the worker who left that strip on the runway?

**This story reminds us of the "Butterfly effect" theory, which suggests that a small action, like the flap of a butterfly's wings in China, could lead to significant consequences, such as floods, hurricanes, and winds in a distant place**



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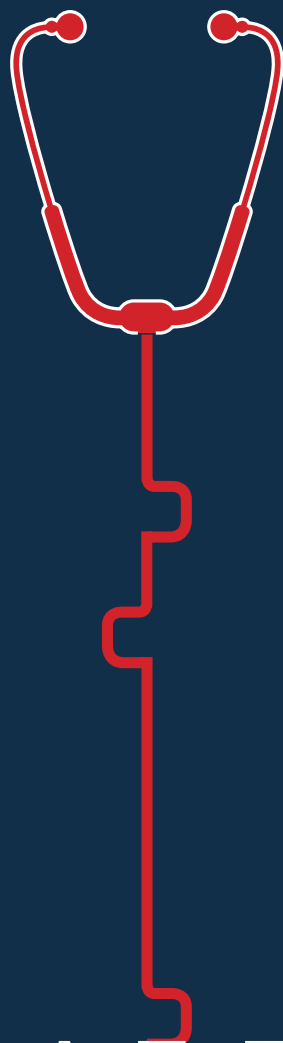
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# HEALING WITH AI

STEP INTO THE FUTURE OF HEALTHCARE IN THE UAE, WHERE AI-POWERED MARVELS—FROM A BLOOD-DRAWING ROBOT TO HOSPITAL DELIVERY ROBOTS AND ADVANCED DIAGNOSTIC EQUIPMENT—ARE TRANSFORMING PATIENT CARE AND HEALTH RISK DETECTION

BY ABDUL WASEY



**“Science and knowledge have always been key drivers of the UAE’s development. Our priority is to ensure the best healthcare and quality of life for our people**

**HH SHEIKH MOHAMED BIN ZAYED AL NAHYAN**

UAE President



**T**he UAE has reaped remarkable benefits from doubling down on its diversification efforts in recent years. As per the recent announcement by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, the UAE’s non-oil trade reached a record high of Dhs3.5 trillion in 2023. This year, the healthcare sector’s transformation serves as a harbinger of the UAE’s stronger push for diversification efforts.

As one of the key priorities of the UAE Government for 2024, the healthcare sector is poised to cement the country’s reputation as a global innovation hub. The 2024 Federal General Budget earmarked Dhs5.2 billion for healthcare, accounting for 8 per cent of the total budget. This investment will be supported by the knowledge-based economy and public-private partnerships to produce groundbreaking healthcare innovations.

President His Highness Sheikh Mohamed bin Zayed Al Nahyan stressed, “Science and knowledge have always been key drivers of the UAE’s development. Our priority is to ensure the best healthcare and quality of life for our people.”

This remark came following the launch of a national strategy to sequence the DNA of every Emirati in March 2023. It aims to enhance personalised treatment and diagnose DNA-related conditions. With over 400,000 samples collected towards a one-million goal, this initiative positions the UAE as a leader in healthcare research and innovation.

#### INCREASED HEALTHCARE SPENDING

Forecasts by Alpen Capital suggest that healthcare spending in the Gulf Cooperation Council member-states will hit \$135.5 billion (Dhs497.29 billion) by 2027, with the UAE expected to experience the most rapid growth at a

7.4 per cent annual rate. This growth is attributed to a booming population and broader health insurance coverage for citizens and expats alike.

As per the January 2024 outlook released by the Dubai Healthcare City Authority, healthcare spending in the



*Arab Health 2024 put a spotlight on game-changing AI-powered medical equipment and devices*

UAE is expected to surge to Dhs126 billion by 2027, with the public sector driving the growth. Meanwhile, private sector investment is anticipated to increase by 8.8 per cent, amounting to Dhs22 billion.

In pursuit of top-tier healthcare services, the UAE is developing key projects like a specialised medical city in Abu Dhabi for women and children, initiated by His Highness Sheikh Khaled bin Mohamed bin Zayed Al Nahyan in January 2024. Additionally, Dubai has announced the Hamdan bin Rashid Cancer Hospital, set to open in 2026, which promises to revolutionise cancer care in the region.

### THE FUTURE OF HEALTHCARE

As part of the country's strong resolve to steer the sector's transformation, it invests heavily in the latest technologies powered by artificial intelligence (AI).

The impact of AI in the global healthcare sector is transformative—from bolstering and unifying medical file systems to enabling predictive health models and from automation to hospital service robots, which are beginning to do more than surgery assistance during precision medical operations.

**“Automation is crucial to avoid a patient receiving wrong treatment or medicine. It is one area where there has been tremendous development**



**DR AZAD MOOPEN**  
Chairman and Managing Director  
of Aster DM Healthcare

This was highlighted during Arab Health 2024, the largest healthcare event in the Arab World, which provided a platform for more than 5,000 exhibitors from all over the world, showcasing innovations in the sector.

During the event, His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, underscored the

importance of public-private partnerships as a major contributor to enhancing the efficiency of the healthcare sector, bolstering its overall competitiveness, and supporting its growth with cutting-edge technologies, advanced facilities, and highly qualified personnel.

On its 49th edition, which ended last month, Arab Health focused on the latest technologies and innovations in the industry, enhancing patient-centred care under the core theme, “Connecting Minds, Transforming Healthcare”. It put a spotlight on game-changing innovations driving the global healthcare industry forward.

The event showcased what AI and human ingenuity can achieve across various areas of healthcare, including medical equipment and devices, disposable and consumer goods, orthopaedics and physiotherapy, IT systems and solutions, healthcare infrastructure and assets, wellness and prevention, imaging and diagnostics, healthcare and general services, and healthcare transformation.

### THE RISE OF ROBOTS IN HOSPITALS

Dr Azad Moopen, Chairman and Managing Director of Aster DM Healthcare, highlighted the transformative potential of automation in healthcare. In an interview with *The National* during Arab Health 2024, Moopen stated, “Automation is something which is happening everywhere, but it has a huge role in healthcare.”

“From the basics, such as the barcoding of medicines given to patients or the barcoding of blood samples and all other materials that need to be precisely managed—automation is crucial to avoid a patient receiving wrong treatment or medicine. It is one area where there has been tremendous development,” said the chairman of Aster, which operates hospitals across the Middle East and India.

The use of robots in the UAE is expected to increase soon, according to Moopen, playing a larger role in hospital operations. “There are many areas where robots can come into work which don't require a human touch,” said Dr Moopen. “Pathology and X-rays are already monitored by AI to a great extent. Although we have not started using service robots yet, we are employing bots in our customer service to reduce delays and manpower.”

During the event, the Emirates Health Services Foundation introduced a “blood drawing robot” to be used across all





its facilities, revolutionising how blood samples are collected. It also unveiled an AI-powered virtual nurse, employing metaverse technology for tasks like triage and scheduling. With over 10,000 diagnoses and symptoms in its database, it simulates human-nurse interactions, offering medical advice and case assessment. Accessible through multiple platforms, it aims to enhance patient care and disease management.

Also featured at Arab Health 2024 was the Camello+ Robot, designed to streamline hospital services by undertaking routine tasks, thus allowing staff to focus on enhancing patient care. The Camello+ Robot delivers medicines, meals, laundry, and even disposes of medical waste with its versatile attachments.

Meanwhile, another innovation, a cutting-edge bone consolidation therapy device, was launched by Asa Laser, an Italian innovation firm. Utilising magnetic fields to mend broken bones directly from a hospital bed, it is especially beneficial for people suffering from osteoarthritis and can also alleviate painful symptoms typical of musculoskeletal disorders. The technology, based on a low-frequency, low-intensity magnetic field, is well-researched, ensuring safety and efficacy. Treatment planning is tailored to each

patient's needs, with the automated system providing a futuristic approach to bone recovery.

#### HEALTH RISK DETECTION

The growth of the healthcare industry can significantly enhance patient care and chronic disease management, leading to better health outcomes and more personalised treatment options. Amongst the chronic conditions highlighted during Arab Health 2024 is the growing prevalence of diabetes in the UAE and the wider MENA region. The UAE diabetes device market is projected to surpass Dhs781 million by 2030, according to market research firm Insights 10.

Dubai is employing Artificial Intelligence (AI) to detect health risks for diabetes and other chronic diseases using the EJADA Ai system, a cutting-edge healthcare monitoring tool that leverages AI for data analysis. This enables early detection of chronic diseases, timely intervention, improved patient outcomes, and more efficient disease management. Launched in 2023, the EJADA Ai system aims to improve the quality of life for individuals at high risk and reduce treatment costs by 25-30 per cent.

Saleh Al Hashimi, CEO of the Dubai

**“The EJADA Ai system's strength lies in its ability to process vast amounts of electronic claims data, providing a detailed view of community health”**



**SALEH AL HASHIMI**

CEO of the Dubai Health Insurance Corporation at DHA

Health Insurance Corporation at DHA, highlighted the AI-driven nature of EJADA. The system has been effective in identifying patients with diabetes who are more likely to face complications, as well as those at high risk of developing the condition. “The EJADA Ai system's strength lies in its ability to process vast amounts of electronic claims data, providing a detailed view of community health,” said Al Hashimi.

## History of robotic surgery



The journey into robotic-assisted surgery began in the 1980s, marking a pivotal shift in medical procedures. The debut of the PUMA 560 in 1985 showcased the first significant leap towards precision medicine, enabling a robot to perform brain biopsies with accuracy, guided by computed tomography to overcome human limitations such as hand tremors.

Following this, the PROBOT, conceived at Imperial College London in 1988, revolutionised transurethral prostate surgery with its ability to perform precise, repetitive cutting motions. The introduction of ROBODOC in 1992 by Integrated Surgical Systems, Inc., in collaboration with IBM, further demonstrated the potential of robotic assistance in surgery, preparing femur cavities for hip replacements with superior precision and speed compared to traditional methods.

By the late 1990s, the landscape of minimally invasive surgery had been transformed with the advent of systems like the da Vinci Surgical System. It set a global benchmark, becoming the most widely adopted surgical robot at that time. Its design featured a surgeon console, wrist-mimicking instruments, and a sophisticated vision system.

Source: Britannica



Visitors at Arab Health 2024, which was held on the backdrop of increased healthcare spending in the GCC

The UAE has a notable diabetes prevalence. According to the International Diabetes Federation in 2021, 12.3 per cent of adults aged 20–79 years old in the country have diabetes. A separate study in the Northern Emirates in 2018 reported a higher prevalence of 25.1 per cent amongst UAE nationals. Additionally, research on migrants in the UAE found a diabetes rate of 15.5 per cent, with 64.2 per cent of these cases previously undiagnosed.

#### STRATEGIC ALLIANCES

Alongside the launch of cutting-edge medical innovations, the UAE's healthcare sector is advancing strategic partnerships, as highlighted by His Highness Sheikh Mohammed bin Rashid Al Maktoum during his visit to Arab Health 2024.

This was echoed by His Highness Sheikh Maktoum bin Mohammed bin Rashid Al Maktoum, First Deputy Ruler of Dubai, Deputy Prime Minister, and Minister of Finance of the UAE, during the event's inauguration. "Dubai's focus on delivering high-quality, patient-centred medical care through strong public-private partnerships has significantly enhanced its reputation as a leading

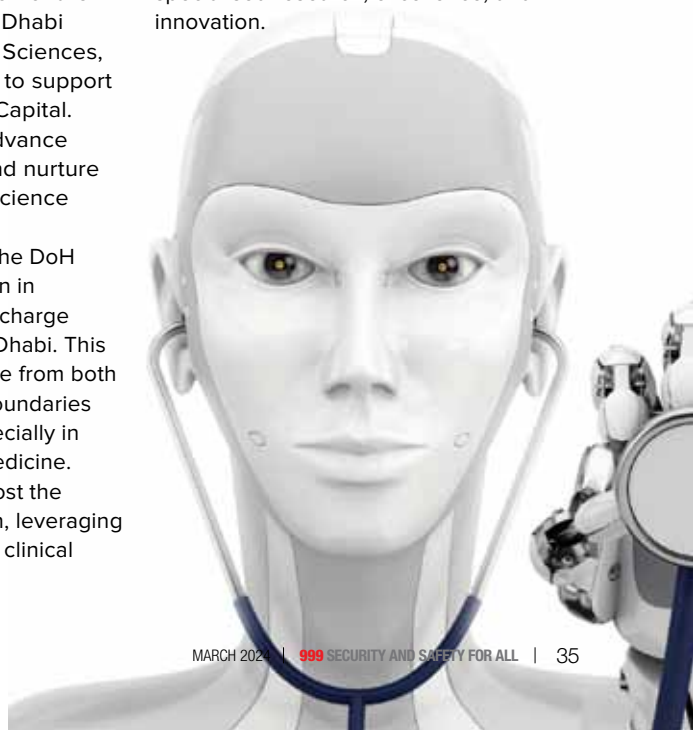
regional and global healthcare hub," His Highness stated.

"Healthcare remains one of our highest priorities in line with the government's objective to make Dubai one of the world's best places to live and work," His Highness added.

At Arab Health 2024, numerous public-private partnerships took shape. This included the collaboration of the Department of Health – Abu Dhabi (DoH) with Masdar City, Xlife Sciences, and Thermo Fisher Scientific to support the healthcare sector in the Capital. These partnerships aim to advance clinical research and trials and nurture a vibrant ecosystem for life science startups.

In another strategic move, the DoH has partnered with GSK, a titan in the biopharma world, to turbocharge innovative healthcare in Abu Dhabi. This collaboration merges expertise from both entities, aiming to push the boundaries of healthcare innovation, especially in research and personalised medicine. The collaboration is set to boost the biotechnology sector's growth, leveraging big data, real-world evidence, clinical trials, and clinical practices.

For the Dubai Health Authority (DHA), a significant memorandum of understanding (MoU) was signed with the Hamdan bin Rashid Al Maktoum Foundation for Medical Sciences and Education. This agreement is designed to enhance the synergy between these entities, fostering the exchange of expertise in education, medical training, specialised research, excellence, and innovation.





# AI Healthcare marvels

EXPLORE THE LATEST TECHNOLOGY SHAPING THE FUTURE OF THE UAE'S HEALTHCARE SECTOR

BY ABDUL WASEY

## Seven-axis automaton

MEET the seven-axis lightweight automaton, the LBR Med Robot. It is designed for flexibility and ease of integration into various medical procedures. It features responsive sensors, strict safety measures, and surfaces optimised for hygiene. The controller enables seamless human-robot cooperation, making it a prime choice for medical applications. The LBR Med is equipped with integrated torque sensors, which endow it with strong haptic capabilities. Its certification under the globally acknowledged CB Scheme simplifies product development and approval for medical device manufacturers, streamlining the path from concept to clinical use.



## Blood drawing robot

THIS regional first from the Emirates Health Services Foundation introduces an AI and infrared-powered robot that revolutionises blood collection with precision and efficiency, streamlining the process for both staff and patients. It is capable of reducing the time medical staff spend on drawing blood by 80 per cent and halving patient waiting times. The device holds 56 patents across five areas, with three additional patents pending, covering internal systems and technologies.

## Matchstick-sized pacemaker

THIS device from Abbott Medical, boasting a 25-year lifespan, marks a significant advancement from the typical 6-7 years. Weighing just 2 grammes and measuring less than 4 centimetres, it features cutting-edge battery technology and miniaturised electronics, allowing for full implantation into the heart's ventricle. This compact-sized pacemaker, with its extended battery life, can be implanted directly into the heart via a vein in the leg. It not only spares the patient from traditional surgery and wires but also enhances the patient experience by reducing the frequency of procedures and minimising the discomfort associated with conventional pacemaker surgeries.



Abbott

## Last-mile delivery robot

THIS mobile robotic vehicle by Singapore's OTSAW performs tasks equivalent to those of three full-time employees. The Camello+ Robot efficiently delivers medicines, meals, laundry and surgical tools, and manages medical waste with its modular attachments. The Camello+ Robot offers up to eight hours of battery life, and OTSAW plans to distribute 1,000 units globally in 2024. Its integration with hospital systems, including lifts and doors, is crucial for seamless operations, showcasing the robot's capability to function both indoors and outdoors. Although it cannot navigate stairs, most hospital infrastructures are compatible with its operations.



OTSAW

## Photon-counting CT device

NAEOTOM Alpha, developed by Germany's Siemens Healthineers, is the first photon-counting computed tomography (CT) device. This advanced system diverges from traditional CT scanners by employing photon-counting detectors that measure individual



Siemens Healthineers

X-rays passing through the body, producing highly detailed three-dimensional (3D) images. These high-resolution images play a key role in oncological procedures, cardiac diagnostics, lung examinations for respiratory disorders, and radiation therapy planning.

## Next-gen BC detector

IT detects breast cancer (BC) using 3D imaging without compression, providing a comfortable patient experience and supplying clinicians with high-resolution images for early diagnosis and treatment. Its exceptional spatial resolution significantly enhances how doctors visualise and evaluate breast tissue. The Koning Vera Breast CT generates high-contrast, genuine 3D images within a rapid 7-second exposure, with radiation levels comparable to those of a diagnostic mammogram.



Koning

## Advanced defibrillators

The BeneHeart D60 and D30, which are advanced BeneHeart series defibrillators developed by the Chinese medical device company Mindray, set new benchmarks in resuscitation technology. These next-gen devices offer a suite of diagnosis and monitoring features for both in-hospital and pre-hospital rescues. With a high-definition screen that supports gesture controls, lightweight design at 4.2kg, and robust build for extreme conditions, they redefine emergency care. The BeneHeart defibrillators incorporate QShock and filtered ECG analysis for quicker defibrillation. The D60 model also provides professional ECG analysis and point-of-care ultrasound functions for precise decision-making in critical situations.



Medical Device Network

## Heartbeat precision

Florida-based Norav Medical's NR-314P Holter device is a leap forward in long-term cardiac monitoring, allowing up to 14 days of continuous ECG recording with wireless connectivity and user-friendly interface. It features advanced 3-lead ECG technology for precise cardiac data. At the Arab Health 2024, Norav also unveiled the latest NH-301 Holter software, equipped with advanced analysis features and capable of integrating with Norav's ECG Management System, offering healthcare professionals comprehensive tools for improved patient care.



Norav Medical





**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.

## FOREVER PRESENT

Sadness is a universal experience, but it can be transformative when it guides us towards making decisions that serve as the bedrock for constructing our lives

**M**emories and places have nothing special about them. It is people that give them meaning, a different unforgettable feeling. Some thought that we got attached to them because we crave love and sweet talk. They do not know that our feelings are deeply true, good, and faithful.

Differences melt when we find our soul mates. Neither age, nor title, nor any other standard matter. We transcend to a higher spiritual realm that does not follow our will and philosophy. Spirits are pulled or pushed by chemistry, without conscience. Hail to those who attract our souls and end up chosen by our hearts, for our tender hearts are homes where guests are honoured, and once they set to leave, we keep them dear to our hearts for that is typical of the virtuous.

I have learned to lock up my doors and fasten my windows well, as some take advantage of chances to destroy us, steal our dreams, and leave. Others take advantage of our suffering and sorrows to have fun or fill a void out of curiosity. I have learned that closed doors mean comfort. Not everybody who gets close to you is fit to be a friend or a lover. Some predatory people sink their teeth into our bodies and our sad souls, indifferent to our wounds or pain. People who came into your life either dimmed your light or lit your darkness up.

You would say to them, "I loved you deeply and felt your longing embrace mine. I saw a flash of light in yours that lit up my darkness and I realised that love rises in the eyes of a lover. I will tell you honestly why I chose you...my heart sank. I felt your love and my heart pounded for yours. I follow you with my eyes because your beauty steals my sight. I passionately, jealously follow you everywhere. When you are out of my sight, my soul leaves my body. Your voice is

music to my ears. Your talk is sweet and charming. Your innocent laughter brings forth the child in me and I dance prancing in parks while the tides of your love lift me up and throw me at your shores. It pains to speak of you in the past tense, while you live in every cell of me. That child is inconsolable. She cannot be saved."

You go down memory lane, back to that happy dream when you felt secure, living the details as they were yet with a deep pain. You'd shout "It is

not a dream" and you fool yourself into going back, trying to bring back what you have lost. But you bump into rejection and rejection could escalate into offence. The child wilts in front of you. And you, you await the one who had left you, to come back and rescue you. They do not come. Even if they did, they will not save you and the child in you will not heal. Her heart will not smile unless you hold them and tell them all is fine. The child will not heal unless you tenderly and kindly mend her wounds. The child will die unless you breathe life into her and stop awaiting an illusion.

There's nothing wrong with a little sadness as long as the right decision to build your life on is taken. Sometimes hard-to-take decisions are the only way to a better, true reality. We pay a high price when we regret hastiness. We get a hard blow when we realise how foolish our hearts were. But our life continues, the train of life. Ambitious people leave and contented people come back.

The difference between us is that I was looking for evidence of your innocence while you were looking for proof to condemn me. This war was lost since I started it with you. If you were unable to continue giving, just stop. Hearts that grow accustomed to care die when care is lost. Everything becomes a memory except that moment when the heart is broken. It remains forever present.

**Hearts that grow accustomed to care die when care is lost. Everything becomes a memory except that moment when the heart is broken**



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# Motherhood: BEYOND 24/7

A GROUNDBREAKING PROPOSAL BEFORE THE FEDERAL NATIONAL COUNCIL AIMS TO TRANSFORM THE CAREERS OF MOTHERS IN THE UAE, SETTING A GLOBAL MODEL FOR ADDRESSING THE 'MOTHERHOOD PENALTY'

BY K NIVEDITA





**F**or many women, becoming a mother represents the fulfilment of a cherished wish, marking a significant and rewarding chapter in their lives. Yet, despite this anticipation, nothing can fully prepare them for the transformative realities of motherhood, from the joy of having a baby to the challenges of raising a child.

Photographs on social media do not reveal the endless nights of little sleep, days filled with responsibilities, physical exhaustion, emotional stresses, all-around frustration, and, in many cases, postpartum depression. Motherhood is hard, especially if the woman has more than one child.

When the young mother is also a qualified professional and ambitious, she clutches the dream of returning to the workplace and a life where she can have other achievements. She would like to be rewarded for her performances and enjoy the freedom that comes from drawing a salary just like her husband does. Mostly, society does not agree.

Rooted in traditional gender roles,

**“A mother’s attention and care are needed by children who are under 10 years of age**



**HE MARYAM MAJID BIN THENEYA**

Member of the UAE Federal National Council

where women bear the unequal burden of childcare and housework, the world is grappling with the problem of missing mothers in the workplace. In November 2023, a UK-based organisation, the Fawcett Society, revealed that 249,124 women, who had children aged four or less, had quit work due to “outdated and toxic attitudes around motherhood”. Amongst its key findings were that one in ten working mothers quit jobs due to childcare pressures,

and two-fifths of working mothers have turned down a promotion due to childcare pressures.

This is the price that mothers pay for growing their children or their families while they’re in the workforce. It’s a global phenomenon that sociologists coined a term for—“the motherhood penalty”.

#### HELPING HANDS

Against this backdrop, the news of a proposal introduced in the Federal National Council (FNC) in February 2024 has sparked interest worldwide. HE Maryam Majid bin Theneya, an FNC member, has proposed to the Minister of State for Government Development and the Future, Ohood bint Khalfan Al Roumi, that women employees in federal government agencies of the country, who have children under 10 years of age, be allowed to work remotely.

According to bin Theneya, working mothers could spend the first half of the day in the office and the second half working from home. This initiative aims to provide children with a secure, supported, safe, and psychologically stable home environment, thereby nurturing stronger individuals for the future. The proposal also includes having a seven-day remote work option for mothers in special family categories, i.e., those caring for children with special needs or elderly family members. “A mother’s attention and care are needed by children who are under 10 years of age,” said bin Theneya.

This proposal has reignited conversations about women and the workplace, especially how, even in 2024, societies worldwide still perceive a woman’s duty and rightful place to be at home with her family, particularly if she has young children. It places no such demands on the father.

#### WHAT IS MOTHERHOOD PENALTY?

Globally, the term “young mum” is a barrier for women returning to the office after a maternity break or exploring new job options. They might not receive callbacks from recruiters or are offered jobs at lower salaries than men or non-mothers; their current bosses will not assign them to high-profile projects, affecting their career growth, salary structure, and long-term earnings. In many cases, women cannot return to the workplace because they lack the support system to care for their children. If there is a choice between who

**1 out of 10 working mothers quit jobs due to childcare pressures, and two-fifths of working mothers have turned down a promotion due to childcare pressures**





## “Mothers experience a 60 per cent drop in earnings compared to fathers in the decade following the birth of a first child. Women have lower pension balances at the end of their working lives

will stay home to care for the child — the mother or the father — it is almost always the former who sacrifices her career as patriarchy dictates. A study by UN Women and the International Labour Organisation (ILO) found that more than two million mothers left work in 2020 when the pandemic started.

According to the 2023 Women in Work Index by PricewaterhouseCoopers (PwC),

involving 33 countries that are part of the Organisation for Economic Co-operation and Development: “Mothers experience a 60 per cent drop in earnings compared to fathers in the decade following the birth of a first child. Women have lower pension balances at the end of their working lives.” The study also noted that the gender pay gap has been widening, despite business leaders being constantly urged to increase

diversity and gender equality — with the motherhood penalty being the most significant driver of the gender pay gap.

Often, working mothers are held responsible for biological stereotyping, and blamed for being tired, temperamental, and impatient, due to the demands of motherhood. Even pregnant women are perceived as being less committed to work, less reliable, less confident, and more emotional and irrational than their non-pregnant female counterparts.

In 2007, Harvard University published a significant study, “Getting a Job: Is There a Motherhood Penalty?”. It revealed that “mothers were considered to be 12.1 percentage points less committed to their jobs than non-mothers, while fathers were perceived as being 5 percentage points more committed than non-fathers. Compared to childless men, mothers were rated 6.4 percentage points lower with regard to commitment than childless men.”

### THE FATHERHOOD BONUS

If the motherhood penalty stalks women, is having a baby a bad career move for dads as well? The term ‘fatherhood bonus’ was coined in 2012 by IPPR, a community of researchers, communicators, and policy experts based in the UK, after it found that “dads earn more while mothers earn less”.

“Academic evidence suggests that there are a number of factors that can help explain the ‘fatherhood pay bonus’. In some cases, upon becoming fathers, men increase their earning capacity because they feel a greater responsibility to breadwinning for the family (and to compensate for their partners’ reduced earnings). Other research suggests that fatherhood is valued by some employers because of the perceived loyalty it may bring and is therefore rewarded. Other reasons suggest that some fathers wait to have children until they feel like they earn enough to support a family,” says the study by IPPR.

In 2014, Michelle J. Budig, a professor at the University of Massachusetts-Amherst, released the conclusions of a long study of the gender wage gap in the US concerning parenthood. The piece was published in *Third Way*, a US think tank. Budig found that men actually earned more after having a child, as opposed to women. “Generally, men find that their earnings increase





“It could help mothers in many ways when it comes to having a good work-life balance. Flexible working will help reduce working mothers’ guilt of not spending enough time with their children. That would eliminate the time spent on the roads and give women more time to tend to their family needs and therefore improve their health and well-being.

**SARAN SOW BARRY**

Mother of three and Dubai-based entrepreneur

“Flexible work arrangements have been a game-changer for me, especially after becoming a mother. They’ve allowed me to maintain my professional trajectory without sacrificing the quality time and care my children need. It’s a balancing act, but one that flexible work policies have made possible, demonstrating that motherhood and professional success are not mutually exclusive.

**MELISSA CHRISTLER**

Mother of two and Dubai-based accountant

“With the option to work remotely or choose my hours, I’ve managed not only to sustain my career momentum but also to thrive. This flexibility has afforded me the priceless opportunity to be an engaged parent without compromising my professional development. It proves that we don’t have to choose between our careers and our families.

**ELSA MAE VERGARA**

Mother of two and Sharjah-based marketing executive

when they become fathers, while each additional child is associated with earnings decline for women,” says the study.

In the years since the report was published, realities have changed only slightly. A 2019 article in a prominent magazine showed that women lose around four per cent in earnings per child while men experience an increase of 6 per cent in the same situation.

#### GLOBAL SNAPSHOT

Zooming out to study the place of mothers in the workplace worldwide is concerning. According to a report released by the US Department of Labor in April 2023, “Mothers of younger children remained less likely to participate in the labour force than mothers with older children”. In the US, only 67.9 per cent of mothers with children under age six participated in the labour force in 2022, compared to 76.7 per cent of mothers whose youngest child was aged 6 to 17. By contrast, fathers with children under age six were more likely to participate in the labour force than those whose youngest child was age 6 to 17 (94.4 per cent versus 91.8 per cent).”

Other studies point the same way. A team of researchers from the London School of Economics (LSE) and

Princeton University (PU) have released the result of a major study — involving 134 countries, where 95 per cent of the world’s population live — that shows that the likelihood of a woman being employed reduces in the 10 years after the birth of her first child. Approximately 24 per cent of women quit the workforce in the first year after childbirth, 17 per cent do not return even five years later, and 15 per cent are absent 10 years later.

The study builds on the work done by Harvard economist Claudia Goldin, who won the Nobel Prize in 2023 in Economics for enabling a greater understanding of women’s labour market outcomes. The Royal Swedish Academy of Sciences, which awards the prize, said that Goldin had shed new light on the key drivers of gender differences in the labour market. The LSE and PU researchers studied mothers and fathers with childless people of similar age, education, and marital status, amongst others.

Then, there is the pervasive gender wage gap— according to the ILO, women are paid about 20 per cent less than men across the world. In the UAE, however, the Decree of Federal Law 2020 makes it mandatory for women and men in the



# WOMEN IN UAE SOCIETY

**95.8%**  
Literacy rate  
amongst UAE  
women

**1st**  
UAE's rank in the Arab World and 22nd out of 170 countries globally in the Georgetown Institute for Women, Peace, and Security's 2023 WPS Index, showcasing the country's commitment to women's financial inclusion, political participation, and justice

**1st**  
UAE's leading position in women's business leadership within the region, having the highest number of women on Forbes' 2023 list of the 100 Most Powerful Arab Businesswomen

**1st**  
UAE's ranking in the Arab World for gender equality, as per the World Economic Forum's 2023 Global Gender Gap Report

**25,000**  
The number  
of Emirati  
businesswomen  
who run business  
projects worth over  
Dhs60 billion

**15%**  
Board  
representation held  
by the 25,000 Emirati  
women across the  
UAE's chambers  
of commerce and  
industry

**15**  
The number of  
Emirati women on  
Forbes' list of the 100  
Most Powerful Arab  
Businesswomen in  
2023

Source: UAE Ministry of Foreign Affairs

private sector and the labour law to have an equal wage. The impact of such a gender-equal economy means that the UAE has a high representation of women in the labour market and specialised jobs. This begins with one of the highest offices in the land, the FNC, where 50 per cent of positions are held by women.

This is why the proposal for remote working in the FNC is particularly significant. When the state encourages women, there is a social impact with wide ripples. The World Bank, too, acknowledges in a 2023 study of 95 countries, that women's participation in the workforce increased 4 per cent, on average, five years after a country enacted childcare laws.

## UAE WOMEN ARE EMPOWERED

The UAE leads the region in gender equality, as highlighted in the World Economic Forum's 2023 Global Gender Gap Report. This top ranking reflects the country's core belief in the equal partnership of women and men in society. Thanks to numerous initiatives across the public and private

sectors, UAE women are increasingly prominent in business, government, and science, technology, engineering and mathematics (STEM) fields.

The UAE proudly stands 22nd out of 170 countries in the Georgetown Institute for Women, Peace and Security's 2023 WPS Index, showcasing our commitment to women's financial inclusion, political participation, and justice.

In the business sphere, UAE women are vibrant participants in the private sector, enjoying equal rights to economic resources. This includes equal pay, as well as the right to own and control land, other property, financial services, inheritance, and natural resources, all supported by national laws.

Leading the Arab world in gender equality, the UAE recorded 15 Emirati women on Forbes' list of the 100 Most Powerful Arab Businesswomen in 2023. Women entrepreneurs are making significant strides in the UAE's private sector, owning 10 per cent of all businesses.

Moreover, Emirati businesswomen are at the helm of projects worth over Dhs60 billion and occupy 15 per cent of the board

positions across the nation's chambers of commerce and industry.

In a landmark move towards further gender inclusivity, the UAE Security and Commodities Authority mandated in 2021 that all listed companies must have at least one woman on their board of directors, underscoring the UAE's commitment to empowering women in leadership roles.

## RESIDENTS POLL

A day after bin Theneya placed her proposal before parliament, UAE-based newspaper *Khaleej Times* conducted a survey of more than 3,100 people on their opinion of UAE businesses enabling women with young children to work from home full-time. While 462 respondents said that this was impractical for business owners, 87 per cent were enthusiastically in favour.

The progressive policies of the UAE have resulted in women being visible, assertive, and heard in workplaces across the country. They hold important offices and make decisions, equal to men. Many of them are mothers and



**“ Remote work is now the established way of work, rather than an option. The UAE must make the transition to working remotely as a quality and competitive advantage**



**HE OMAR AL OLAMA**

Minister of State for Artificial Intelligence,  
Digital Economy and  
Remote Work Applications

successfully fulfil their domestic roles as well.

During the pandemic, the UAE was amongst the countries that bounced back because remote work and hybrid work habits gained popularity very quickly.

In 2023, HE Omar Al Olama, Minister of State for Artificial Intelligence, Digital Economy and Remote Work Applications, said that the technological advances made by the UAE have helped build a strong infrastructure that is helping and empowering workers in the digital age. “Remote work is now the established way of work, rather than an option. The UAE must make the transition to working remotely as a quality and competitive advantage,” he added.

#### RESETTING THE ‘MUM-METRE’

Every loving mother deserves a break and some well-earned me-time, beyond the relentless demands of childcare. The notion of equal parenting remains elusive in too many homes, with women disproportionately expected to curtail their professional ambitions to tend to the needs of their children—feeding, clothing, and nurturing them towards adulthood.

Contrast this with the professional world, where meeting targets or presenting to clients, however challenging, doesn’t compare to the continuous nature of motherhood. The UAE is leading by example, creating a society that acknowledges and facilitates the multifaceted roles of mothers.



## PATTERNS OF WORKING HIATUS FOR MOTHERS



A 2023 study by Al Ain University, UAE, and Mutah University, Jordan, published in the international journal *Information Sciences Letters*, indicates that children of mothers working long hours may moderately require behavioural support. To prevent this and mothers’ hiatus from work, the research advocates for policies enabling working mothers to have more time with their children through adjusted work schedules and leaves, applicable across all sectors.



A survey in the UK by Totaljobs, a recruitment firm, found that 1 out of 10 working mothers of preschoolers had handed in their resignations due to difficulty in balancing childcare with work.



Offices often place many mothers in profiles that are below their potential, primarily because it is assumed that work is a lower priority for them than being a mother. This was the findings of a study by Washington University in Missouri, United States, published in *Demography* journal in 2021.



In many cases, women have to turn down more demanding jobs and travel because these clash with their childcare responsibilities. With a supportive workplace and social infrastructure, she could have worked to her full potential.



The LSE-PU researchers have found that women, who had stay-at-home mothers were more likely to quit work and stay home themselves.



## UAE'S GENDER EQUALITY IN WORK

Here are some of the progressive steps that have been taken by the country:



The UAE has a flexible work environment for all employees, which includes working mothers caring for young children. The Federal Decree Law No. (49) of 2022 enables staff the option of part-time, temporary, flexible, and full-time employment patterns. This will enable working mothers to balance childcare with their work responsibilities.



Circular No. (2) of 2022 allows federal government employees to work remotely on Fridays, which would be a boon for working mothers as they can spend time with their children while also meeting deadlines. A framework for work flexibility in the UAE is scheduled to be launched for use by federal authorities.



The government of the UAE adopted a four-and-a-half-day working week in January 2022 after it was found to be effective at many business establishments in Europe. Employees can work full-time from Monday to Thursday and take a half day on Fridays.



Around January 2022, Sharjah introduced a four-day week, which proved to be successful. From 1 July, the UAE switched to a four-day week for federal government employees. Staff can complete their required weekly hours in four days if their employers agree. During the working days, they are not to work more than 10 hours a day or 40 hours per week.



The Federal Decree Law No 49 on Human Resources Law in the Federal Government allows women employees, who hold permanent positions, to be granted maternity leave of three months with full salary.



For six months from the date of an employee resuming work, she is entitled to two hours of reduced working hours either at the beginning or at the end of the working hours, to nurse her child. Such breaks are fully paid for.



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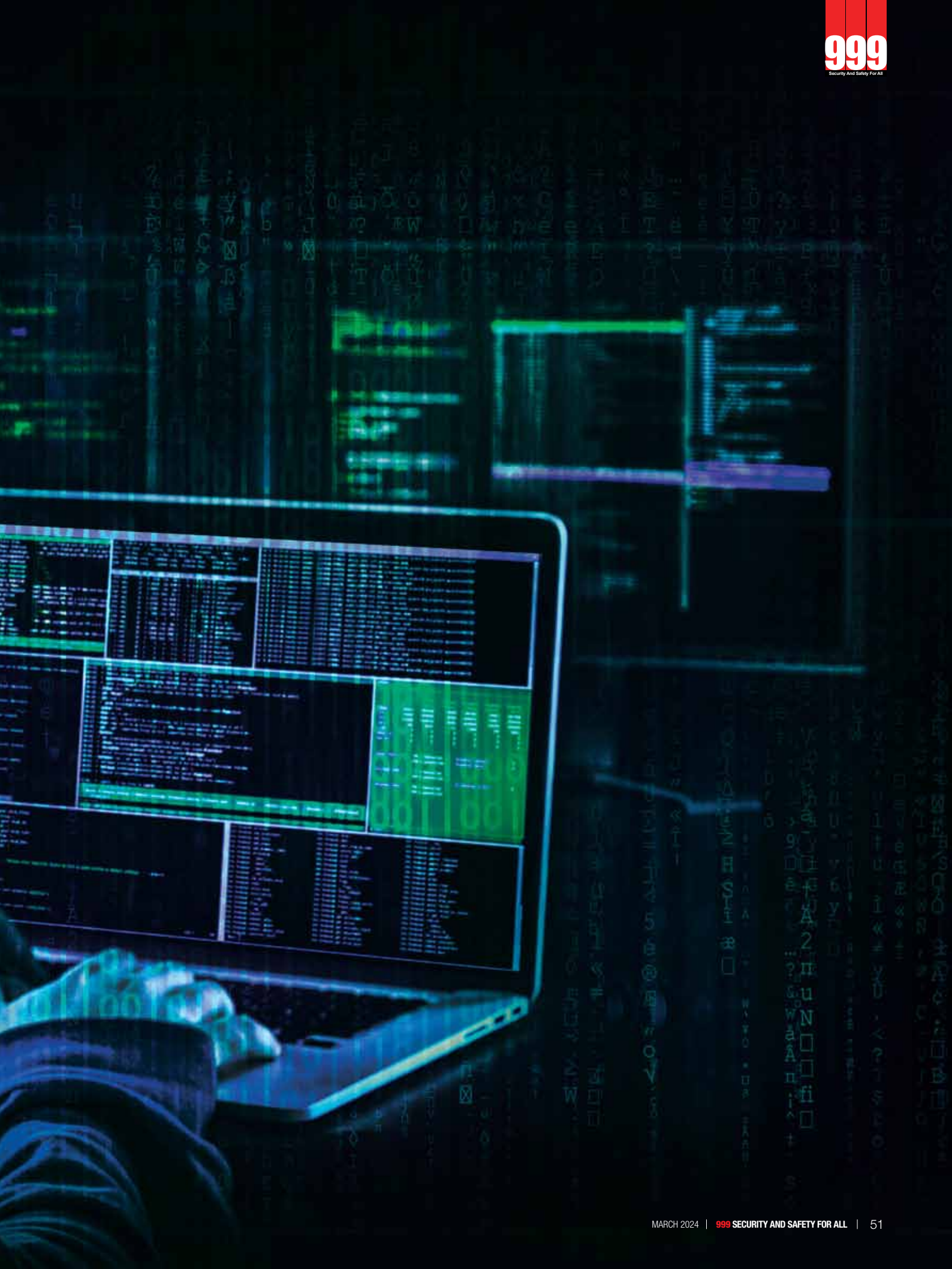
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# SCRAM SCAMS

FROM IDENTITY THEFT TO FAKE TRAVEL DEALS, ONLINE FRAUDSTERS ARE EXPLOITING THE DIGITAL ENGAGEMENT OF UAE RESIDENTS. **999** EXPLORES HOW AUTHORITIES AND FINANCIAL INSTITUTIONS ARE PROACTIVELY COMBATting THIS MENACE

BY MILES YU-LOWELL





**T**he global online community is increasingly targeted by scams, and residents of the UAE are no exception. Most digital fraudsters entice victims with the promise of online rewards—ranging from alluring travel deals to misleading online sales.

A study conducted by Visa, released in December 2023, revealed that, although 61 per cent of UAE consumers consider themselves informed about scams, an alarming 90 per cent are likely to ignore fraud warnings. This worrying trend is exacerbated by the fact that 77 per cent of consumers might engage with fraudulent offers, according to the Stay Secure study by Visa.

The survey, which included 5,800 adults from various regions, including the Middle East, showed that more than half of the UAE population acknowledged being defrauded at least once, with 17 per cent reporting multiple instances of scams.

Cybercriminals have been leveraging technology to enhance their schemes, becoming increasingly sophisticated and challenging to detect. This has opened numerous channels for them to initiate attacks on unsuspecting individuals. Over 71 million attempted cyberattacks in the UAE were thwarted in the first three quarters of 2023, according to Dr Mohammed Al Kuwaiti, Head of the UAE Cybersecurity Council.

#### RING, RING: FAKE BANKING

A European expatriate in the UAE was defrauded of Dhs200,000 by an individual posing as a representative from her bank last January 2024. She was directed to update her Emirates ID information on the banking app, and to disclose her IBAN. However,

following the scammer's suggestion to reinstall her banking application and adhere to his reset guidelines, her accounts were swiftly depleted, including through a fraudulent cash advance and the maxing out of her credit card.

In a separate incident, an Asian expatriate in the UAE received a call from an individual claiming to be a customer service representative from his bank, and threatened to cancel his account unless it was verified. He declined to provide his account number, and proposed to visit the bank instead. This action protected him from becoming a scam victim.

"Always remember not to share your bank details online. The rapidly advancing technology, which enables crimes to be committed from abroad, necessitates greater awareness and caution," advised Colonel Saeed Al Hajri, Director of the Cybercrime Department at Dubai Police. "Always verify the authenticity of such communications through official channels before taking any action or disclosing personal information."

#### ONLINE CART TRAPS

During a surge in online shopping around Eid Al Adha in June 2023, Frank

**“ Always remember not to share your bank details online. Always verify the authenticity of such communications through**



**official channels before taking any action or disclosing personal information**

#### COLONEL SAEED AL HAJRI

Director of the Cybercrime Department at Dubai Police

(name withheld) stumbled upon an online advertisement that seemed too good to be true. Lured by the promise of a 50 per cent discount from his favourite restaurant in Dubai, Frank imagined enjoying a feast that would only lighten his wallet by Dhs37. Little did he know, this would turn into a tale of woe. Minutes later, Frank discovered he was charged Dhs4,848 from his credit card—and not a single burger in sight. He warned others against

**“ A study conducted by Visa in January 2024 revealed that, although 61% of UAE consumers consider themselves informed about scams, an alarming 90% are likely to ignore fraud warnings**





**DR SAEEDA JAFFAR**

Visa's Senior Vice-President and Group Country Manager for the GCC

clicking on online ads, especially during festive shopping seasons.

Another expat's ordeal also highlights the cunning nature of social media scams. The Asian expat lost Dhs14,000 to a scam in August 2023. Believing he was purchasing a combo meal for Dhs14, he found his credit card charged with a jaw-dropping Dhs14,000 instead. He recounted the moment he realised the scam: "I clicked on the ad and selected the food costing only Dhs14. After checking out, I was asked for my credit card details,

**61%** Consumers in the UAE who consider themselves informed about scams

**90%** Consumers in the UAE who ignore tell-tale signs of online fraud

**77%** Consumers in the UAE who are likely to engage with fraudulent offers

**54%** Percentage of people in the UAE who have fallen victim to a scam at least once compared to the global average of 52%

**17%** Percentage of people in the UAE who have been tricked by online fraudsters multiple times, against the global average of 15%

Source: Visa's 2023 Stay Secure Study

which I provided. Then, I tried to process my order, but it didn't work, and I got stuck there. I was not asked to provide the OTP (one-time password) but received a notification that Dhs14,000 had been deducted from my account."

Dr Saeeda Jaffar, Visa's Senior Vice-President and Group Country Manager for the GCC, issued a warning: "In today's digital-first world, scams are evolving in sophistication, with criminals using new approaches to trick unsuspecting consumers."

#### BOGUS DXB ACCOUNT

Just last month, a social media account was flagged after masquerading as Dubai International Airport offering "lost luggage" for as low as Dhs8. This scam, proliferated across Facebook and Instagram, purported to sell unclaimed baggage from the airport's warehouse to free up space.

The genuine Dubai International

Airport promptly issued a warning to its passengers, humorously stating, "We're here for take-offs, not rip-offs," and cautioned against interacting with the counterfeit profiles. The

scam website linked in the posts has been identified as potentially harvesting sensitive data such as passwords and credit card details.





# Legal PROTECTION from SCAMS

In the UAE, several laws and regulations have been established to combat scams and fraud, providing a legal framework for the protection of individuals and businesses. These laws cover a wide range of fraudulent activities, including cybercrimes, commercial fraud, and more specific offences such as electronic payment fraud and handling confidential government data.

## Cybercrimes Law

The UAE Cybercrimes Law, Federal Decree-Law No. 34 of 2021, which came into effect on 2nd January 2022, replaces the previous law on combatting cybercrimes. It introduces strict penalties for various cyber-related offences, including the publication, storage, or making available illegal content online. Penalties can range from a minimum fine of Dh300,000 to a maximum of Dh10 million. The law defines illegal content broadly, encompassing anything that might undermine the security, sovereignty, or interests of the state, affect election results, incite hatred, or diminish public trust in state authorities.

## Penal Code on fraud

Fraud is specifically addressed under Article 399 of the UAE Penal Code, part of Federal Law No. 3 of 1987 and its amendments. This article covers wrongful or criminal deception intended to result in financial or personal gain. It includes using a false name or identity to deceive victims into handing over money, property, or any valuable object. The UAE law requires the deceit to lead to an actual wrongful gain and specifies penalties including imprisonment and fines, demonstrating the seriousness with which fraud is treated.

## Commercial Anti-Fraud Law

The UAE has also enacted Federal Law Number 19 of 2016, known as the Commercial Anti-Fraud Law, to combat commercial fraud more broadly. This law targets a wide range of fraudulent activities including the manufacture, sale, or possession of counterfeit goods, misleading advertisements, and the promotion of fraudulent services. The provisions of this law apply throughout the UAE, including free zones, ensuring comprehensive coverage against commercial fraud activities.

## Punishments for breaching e-payment

The UAE Cybercrimes Law specifies penalties for electronic payment fraud, such as forging or copying credit cards or e-payment methods. Offenders can face imprisonment and fines up to Dh2 million, highlighting the stringent measures against electronic payment fraud.

## Reporting mechanisms

The UAE provides various channels for reporting cybercrimes and fraud, including police stations and specialized online platforms. The federal public prosecution runs an application, "My Safe Society", for reporting cybercrimes and any suspicious activities on social networking sites that could threaten national security or public order.

# Common online scams and how to avoid them

**Dubai Police's "Operation Monopoly" successfully dismantled an international crime syndicate, leveraging AI-powered deepfake technology to swindle \$36 million or Dhs132 million**

## UAE'S PROACTIVE STANCE

The UAE has taken a proactive approach to addressing these fraudulent activities. The country encourages its citizens, residents, and visitors to contribute to maintaining a secure society by reporting crimes. Services such as Abu Dhabi's Aman, Dubai's Al Ameen, and Sharjah's Najeed, which operate around the clock, are available for reporting scams, fraud, harassment, and other issues. Additionally, the UAE Public Prosecution has made the 'My Safe Society' app available for straightforward reporting. Authorities across various agencies guarantee confidentiality.

In terms of regulation, the UAE has enacted stringent laws against scams, encompassing cybercrimes, commercial fraud, and electronic payment fraud, thereby offering robust legal protection for individuals and businesses. The Cybercrimes Law, revised in 2022, stipulates severe penalties, including hefty fines and imprisonment, for online offences. The Penal Code addresses deceit for profit, underlining the grave repercussions of fraud. Moreover, the Commercial Anti-Fraud Law is designed to deter counterfeit operations. Penalties for electronic payment fraud can amount to up to Dhs2 million.

## POLICE IN CYBER ACTION

Dubai Police's "Operation Monopoly" successfully dismantled an international crime syndicate, leveraging AI-powered deepfake technology to swindle \$36 million (Dhs132 million). This high-tech heist involved the

Here is an overview of the most common scams targeting UAE residents and how to safeguard yourself against these deceptive practices:

## IMPERSONATION SCAMS

Scammers often use fraudulent calls, texts, and emails, impersonating government institutions to offer fake services. Always verify the authenticity of such communications through official channels before responding.

## FRAUDULENT WEBSITES

Beware of counterfeit websites offering special deals from well-known restaurants and shops. These sites aim to harvest credit card details during the payment process. Always check the website's legitimacy before making any payments.

## FAKE ADVERTISEMENTS

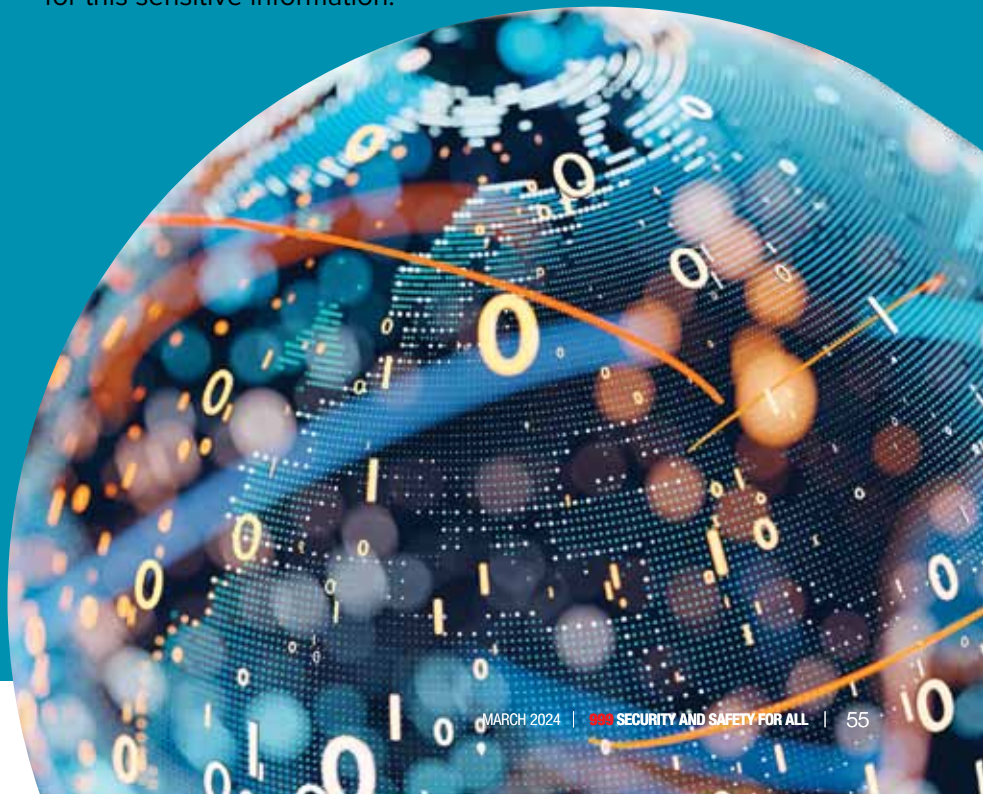
Scammers use fake electronic ads, especially on social media, offering pets for sale or adoption and promising shipping and insurance services from abroad. Do not interact with these ads without verifying their legitimacy.

## JOB RECRUITMENT SCAMS

Job seekers should be cautious of 'fake recruitment' posts. Scammers may create elaborate schemes, including official-looking events or fake recruitment agency pages, to extort application fees from applicants. Verify the authenticity of job offers through direct contact with the company.

## INFORMATION PHISHING

The public is warned not to share confidential information such as bank account details, online banking passwords, or ATM security numbers (CCV) with anyone. Remember, legitimate bank employees will never ask for this sensitive information.





## **The Dubai RTA recently issued a warning against a wave of fraudulent activities targeting public transport users and Nol cardholders, following the emergence of scam websites mimicking RTA's official services**

manipulation of e-mail communications between company executives, persuading staff to transfer large sums to accounts in Dubai.

The diverse group of suspects, led by a mastermind residing outside the UAE, became the focus of a global investigation involving partnerships with law enforcement in France, Hong Kong, and Singapore. The scam was discovered following a report from an East Asian company's lawyer, leading to a succinct investigation that exposed the

criminals' method of intercepting e-mails and using deepfake technology to mimic company directors' voices for fraudulent fund transfers.

The operation also uncovered the gang's elaborate money laundering scheme, involving the transfer of stolen funds between multiple accounts and their eventual funnelling through specialised companies.

Dubai Police's swift action led to the seizure of luxury assets and the recovery and return of the stolen funds, showcasing

their commitment to combating cybercrime and protecting the financial integrity of businesses worldwide.

### HEADS UP, COMMUTERS

The Dubai Road Transport Authority (RTA) recently issued a warning against a wave of fraudulent activities targeting public transport users and Nol cardholders, following the emergence of scam websites mimicking RTA's official services. These fraudulent sites deceive individuals attempting to recharge their Nol cards, leading to financial losses.

In an advisory last January, the RTA called for heightened vigilance, advising users to conduct transactions solely through verified RTA channels, such as the official website, ticket offices, and authorised apps, to avoid falling prey to counterfeit Nol card schemes and unauthorised data collection efforts.

# 6 steps to stay safe from bank fraud

1

### Never share personal or financial information:

Guard your personal and financial details zealously. Do not divulge such information over the phone, via email, or through social media platforms.

2

### Avoid suspicious links and numbers:

Exercise caution with unexpected messages. Refrain from clicking on links or dialling numbers provided in unsolicited texts or emails.

3

### Enable two-factor authentication:

Fortify access to your bank account by activating two-factor authentication, adding an extra layer of security beyond just a password.

4

### Visit trustworthy websites and dial known numbers only:

Ensure you're visiting legitimate websites or dialling official numbers when seeking to contact your bank or any financial institution.

5

### Block unwanted communications:

Utilise features on your phone and email to block unsolicited calls, texts, and emails, reducing the risk of phishing attempts.

6

### Take time to make decisions:

Fraudsters often pressurise victims into making hasty decisions. Always take your time and think carefully before proceeding with any financial transactions.

Consult with someone you trust: If you're uncertain or feel pressured, stop and discuss the matter with a family member, friend, or financial advisor whom you trust. A second opinion can provide clarity and prevent mistakes.



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# END HUMAN TRAFFICKING

THE UAE INTENSIFIES ITS BATTLE AGAINST HUMAN TRAFFICKING WITH RIGOROUS ENTRY AND EXIT CHECKS, STRICT LAWS, INTERNATIONAL COLLABORATIONS, AND AWARENESS INITIATIVES

BY NASEEF CHEENATH

**H**uman trafficking is a significant issue within the broader context of infiltration or illegal migration, impacting countries worldwide, including those with advanced economies such as the UAE.

The United Nations (UN) defines human trafficking as “the recruitment, transportation, transfer, harbouring or receipt of people through force, fraud or deception, with the aim of exploiting them for profit.” An illegal immigrant is someone who enters, resides in, or works in a country without adhering to the legal requirements.

Quantifying the global scale of human trafficking is inherently difficult due to the secretive and deceptive nature of the crime. However, the UN estimates that the smuggling of migrants from Africa to Europe and from South to North America generates approximately \$6.75 billion (Dhs24.77bn) annually for criminal networks.

Human trafficking is recognised not only as a serious crime but also as a violation of human rights. In November 2022, the UN’s International Organisation for Migration (IOM) reported that “more than 50,000 migrants are known to have died worldwide since 2014”. The report highlighted that 27.6 million victims of human trafficking were subjected to forced labour, and an additional 22 million were trapped in forced marriages.

Profit-driven criminal networks exploit vulnerable individuals seeking better lives in developed regions, promising them employment opportunities. These individuals, fleeing poverty, political instability, or social unrest, often take loans to pay these criminals for border crossing assistance. However, blinded by hope, they overlook the risks of dealing with criminals who may resort to extortion, abuse, and violence.

Their perilous journey involves being crammed into overcrowded vehicles, with many perishing en route.

#### BREAKING THE CHAIN

In the UAE, home to 200 nationalities, attempts of human traffickers often lead to arrest. A case in point occurred in January 2024, when the Sharjah Ports, Customs, and Free Zones Authority (SPCFZA) thwarted an attempt to smuggle two individuals into the UAE. Advanced X-ray scanners, during a routine check, detected suspicious objects within two vehicles. These turned out to be iron boxes hidden



**In the UAE, home to 200 nationalities, attempts of human traffickers often lead to arrest. A case in point occurred in January 2024, when the Sharjah Ports, Customs, and Free Zones Authority (SPCFZA) thwarted an attempt to smuggle two individuals**

## What is human trafficking?

The United Nations (UN) defines human trafficking as “the recruitment, transportation, transfer, harbouring or receipt of people through force, fraud or deception, with the aim of exploiting them for profit.”



## “The UAE has taken firm, serious measures to establish a national dynamic developing framework to combat human trafficking crime and protect its victims



**HE ABDULLAH BIN SULTAN  
BIN AWAD AL NUAIMI**

UAE's Minister of Justice

under the rear trunks, carrying two people. The individuals and the vehicle drivers, none of whom had legal documentation, were handed over to the authorities for legal action.

Mohammed Ibrahim Al Raisi, Director of Terminals and Border Points Affairs at SPCFZA, said that the UAE's economic prosperity makes it an attractive destination for those seeking illegal entry. This situation highlights the critical need for relentless surveillance and stringent law enforcement to safeguard the country's security against human traffickers.

The UAE is tackling human trafficking with a comprehensive strategy that combines global cooperation, public awareness campaigns, training

programmes, and police workshops to strengthen law enforcement. Additionally, dedicated human trafficking departments have been set up within police departments across each emirate.

### CROSS-BORDER COLLABORATIONS

HE Abdullah bin Sultan bin Awad Al Nuaimi, Minister of Justice, affirmed the UAE's firm stance against human trafficking, highlighting the country's dedication to human rights protection and adherence to international treaties.

In a statement during the 2023 World Day Against Trafficking in Persons, celebrated annually on 30<sup>th</sup> July, Al Nuaimi said, "The UAE has taken firm, serious measures to establish a national dynamic developing framework to combat human trafficking crime and protect its victims. The UAE was at the forefront of countries in the region that have acceded to the United Nations Convention against Transnational Organised Crime and its supplementary Protocols to Prevent, Suppress and Punish Trafficking in Persons, especially Women and Children, and was keen to ensure that all its national efforts to combat crime are consistent with the standards and provisions of these important international conventions."

He added that in light of the rapid changes in types of human trafficking crimes, "challenges had forced us to build strong, constructive bridges of cooperation... and responsive to fight this crime under the Federal Law No.51/2006 on Combatting Human Trafficking



Smart gates at Dubai Airports

## NUMBERS CRUNCHED

**\$6.75 billion (Dhs24.77bn)**

Annual revenue generated by criminal networks from the smuggling of migrants from Africa to Europe and South to North America, as estimated by the United Nations

**Over 50,000**

Number of migrants known to have died worldwide since 2014, as reported by the UN's International Organisation for Migration (IOM) in November 2022

**27.6 million**

Victims of human trafficking subjected to forced labour, as highlighted in the 2022 IOM report

**22 million**

Victims trapped in forced marriages, as reported in the 2022 study by the IOM

Crimes, despite the criminal's tactics to trap their victims."

### UNIFIED POLICING SYSTEMS

Prioritising stringent entry point controls is important because it enables the effective combat against human trafficking. Utilising integrated criminal justice and policing systems for comprehensive identity checks, potential traffickers can be proactively identified and prevented from entering and operating within the country.

This strategy, adopted by the Ministry of Interior (MoI), ensures border security and upholds vigilance against human trafficking, thereby safeguarding the UAE and its citizens, residents, and tourists alike. The MoI implements a unified



“These novel crimes [including human trafficking] can be tackled with technology, but that does not do away with the need for good old-fashioned collaboration and information-sharing



**MAJOR GENERAL DR AHMED NASSER AL RAISI**

Inspector General at the UAE Ministry of Interior and President of Interpol

“Thanks to the professionalism and dedication of our police officers, the world’s most wanted human trafficker will no longer be able to commit his despicable actions



**BRIGADIER SAEED ABDULLAH AL SUWAIDI**

Director General of the Federal Anti-Narcotics General Directorate at the Ministry of Interior

with the need for good old-fashioned collaboration and information sharing,” said Al Raisi.

Since October 1973, the UAE has been an active member of Interpol, which is headquartered in Lyon, France, joining just two years after its formation.

#### TRIUMPHS AGAINST TRAFFICKING

In January 2023, the MoI took a leading role in apprehending an East African individual with an extensive history of kidnapping, extortion, torture, rape, and murder of migrants. This was achieved in collaboration with Interpol, which had been on the trail of the suspect since 2019 and had issued two Red Notices for his arrest.

Following new intelligence received by Interpol in March 2022, the UAE became part of a global effort to dismantle the fugitive’s criminal network. This included identifying his family members and tracing his money laundering activities. A specialised task force was established, comprising members from the UAE, Ethiopia, Sudan, the Netherlands, and Europol, to tackle this complex operation.


According to a report by *The National*, the victims of the trafficker were primarily “thousands of African refugees and migrants en route to Europe”. The report, citing the news agency *Reuters*, revealed that the East African ringleader and his gang detained the migrants in warehouses in Libya, extorting thousands of dollars from both the migrants and their families. He was arrested in the East African city of Addis Ababa in 2020, but escaped in February 2021.

The notorious human trafficker was apprehended in Sudan and extradited to

policing systems and strong collaboration with Interpol to verify individuals and preempt trafficking attempts.

Major General Dr Ahmed Nasser Al Raisi, Inspector General at the UAE Ministry of Interior and President of Interpol, highlighted during the 24th Interpol Asian Regional Conference held in Abu Dhabi last year that, “Amongst the 10 countries with the worst human trafficking record, five are Asian. The continent also has the fastest growing markets in the world, making nation states vulnerable to cybercrime and illicit trades.”

To this end, Al Raisi emphasised that nations must harness technology to stay ahead of the battle against criminals. “These novel crimes can be tackled with technology, but that does not do away



## INTERPOL

### What is a RED NOTICE?

A Red Notice is a request to law enforcement worldwide by Interpol to locate and provisionally detain an individual, pending extradition, surrender, or similar judicial proceedings. Member countries apply their own laws in deciding whether to arrest a person. It contains two main types of information:

- Information to identify the wanted person, such as their name, date of birth, nationality, hair and eye colour, photographs and fingerprints if available.
- Information related to the crime they are wanted for.

Source: Interpol



**“Any person who commits a crime involving human trafficking shall be subject to temporary imprisonment for no less than 5 years and to a fine of at least Dhs100,000**



**HASSAN ELHAIS**

Legal consultant at Awatif Mohammad Shوقي Advocates & Legal Consultancy

the UAE in January 2023. Following the extradition, Brigadier Saeed Abdullah Al Suwaidi, Director General of the Federal Anti-Narcotics General Directorate at the Ministry of Interior, remarked, “Thanks to the professionalism and dedication of our police officers, the world’s most wanted human trafficker will no longer be able to commit his despicable actions. The UAE will continue to deploy

our full operational capabilities to protect vulnerable communities from this horrific exploitation.”

This commitment of the UAE to international collaboration was also shown in ‘Operation Storm Makers’ in March 2022. This extensive operation involved 25 countries and saw significant contribution from UAE authorities, including the rescue of 80 human trafficking victims, the arrest of 121 suspects, and the identification of 3,400 irregular migrants. A key element of the UAE’s involvement was the activation of its sophisticated smart electronic gates at its airports. These were linked to Interpol’s databases, which played a crucial role in detecting forged documents and bolstering the operation’s success.

#### COMMUNITY WATCH

Dubai Police disclosed in January 2024 that the Police Eye mobile app received over 108,000 anonymous crime reports last year, which included around 32,102 reports concerning human trafficking, drug use, and cybercrimes. These tip-offs represent a significant increase of 756 per cent from 3,752 reports in 2019.



**How to report human trafficking in UAE**

**800SAVE**  
Ewa’a hotline

**+9712-2222000**  
National Committee to Combat Human Trafficking

**+9714-6082347**  
Dubai Police-Control Centre of Human Trafficking

Introduced in 2019, the Police Eye app enables residents to anonymously report suspicious activities directly to Dubai Police, playing a vital role in the city’s safety measures.

#### FORTRESS OF LAW

Hassan Elhais, a legal consultant at Awatif Mohammad Shوقي Advocates & Legal Consultancy, highlighted that Federal Law No. 51/2006 on Combating Human Trafficking Crimes provides a comprehensive framework to address all forms of human trafficking, including sexual exploitation, forced labour, and organ trafficking. This law prescribes severe penalties for perpetrators and mandates the reporting of trafficking incidents, with failure to do so being punishable.

Elhais stated, “The punishments for human trafficking are entailed under article 2, any person who commits a crime involving human trafficking shall be subject to temporary imprisonment for no less than 5 years and to a fine of at least Dhs100,000.”

Moreover, life imprisonment awaits perpetrators in aggravated cases involving vulnerable victims, use of violence or coercion, transnational crimes, or exploitation by public officials.

## What can you do to stop ILLEGAL IMMIGRATION?

**UAE security forces diligently work to prevent illegal immigration, yet they also rely on public cooperation. Here’s how you can make a difference:**

**Ensure compliance at home and work:** Refrain from employing anyone in your home or business without the necessary legal documentation.

**Support through official channels:** To assist the underprivileged, donate to authorised charities instead of giving money to street beggars. Often, what appears as a plea for sympathy is part of an illegal scam.

**Report suspicious activity:** If you notice unusual movements of people in your neighbourhood, or suspect illegal subletting of properties, it’s crucial to report these observations to the police immediately.



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# MASTER FIRST AID, SAVE LIVES

ARE WE PREPARED TO MANAGE EMERGENCIES WITHOUT PANICKING? **999** TELLS YOU WHY EFFECTIVE FIRST AID, EMERGENCY RESPONSE, AND CRISIS MANAGEMENT ARE CRUCIAL FOR SAVING LIVES

BY AMANI AL YAFEI





**B**asic first aid knowledge is crucial for providing immediate assistance during emergencies, potentially saving lives before professional medical help arrives. It empowers individuals to respond effectively to injuries, heat stroke, or choking incidents, reducing the risk of severe complications.

Raising awareness about first aid techniques and their applications is essential in building a resilient community prepared to face any emergency. By promoting first aid education, we foster a culture of care and readiness, ensuring everyone knows how to act swiftly and confidently in critical situations.

Dr Emad Abdel Halim Al Majzoub, a consultant in emergency medicine at Sheikh Shakhbout Medical City in Abu Dhabi, recounted an incident: "It was an ordinary morning, and I was en route to my hospital shift. A mother was leaving the emergency department with her daughter, who had just been examined for symptoms resembling the flu. As they exited, the girl suddenly choked on a small plastic toy. She stopped breathing. The mother, overwhelmed, began to cry.

"Instinctively, I stepped in, having the knowledge of what to do. I had to act swiftly, so I pulled the girl and began striking her back firmly between the shoulder blades. After several forceful hits, a piece of the plastic toy was dislodged, and she started breathing again. Had they been alone, the outcome could have been dire."

The first aid method Dr. Al Majzoub applied to the choking girl is known as the Heimlich manoeuvre. This emergency



Abu Dhabi Police emergency responders carefully transporting an accident victim to an ambulance

procedure is used for situations where an individual, often a child, is choking due to an obstruction in their throat or windpipe, such as food, toys, or other objects. It's critical to use this method only if the person is unable to speak, breathe, or is gasping for air, indicating severe distress.

To initiate the Heimlich manoeuvre, the rescuer should first verify if the individual is choking by asking, "Are you choking?" The victim might manage to cough but be incapable of speaking or calling for help. Their ability to speak or breathe may deteriorate, leaving them only able to gasp for air. A common sign of choking is the victim clutching their throat with their hands.

If the choking person can still speak, cough, or breathe, it's advised not to perform the Heimlich manoeuvre. Instead, encourage them to cough vigorously, as a strong cough might dislodge the object on its own.

#### BLEEDING DRIVER

Major Mahmoud Mohamed Al Balushi, Head of the Medical and Technical Affairs Department at the Abu Dhabi Civil Defence Ambulance Management Authority, told 999, "In the aftermath of a car accident, basic first aid knowledge can be life-saving. Immediate actions, such as assessing the victims for injuries, calling emergency services, and providing support for shock, can significantly impact





“Basic first aid knowledge can be life-saving. Immediate actions, such as assessing the victims for injuries, calling emergency services, and providing support for shock, can significantly impact outcomes



**MAJOR MAHMOUD  
MOHAMED AL BALUSHI**

Head of the Medical and Technical Affairs  
Department at the Abu Dhabi Civil  
Defence Authority

outcomes,” Al Balushi gave a first-hand experience, emphasising that people should never move an injured person unless there is an immediate danger, as improper handling can worsen injuries.

Al Balushi recounted, “After witnessing a traffic accident, I quickly and safely pulled over to a safe lane. I assessed the scene for safety and potential hazards, then proceeded to provide first aid to the severely bleeding driver using the kit I always carry.

“While administering first aid, I called the emergency hotline, giving detailed information about the accident and the driver’s condition to ensure quick deployment of medical resources. I managed to control the bleeding effectively until paramedics arrived, ensuring the driver received continuous care.”

#### HEAT STROKE

In the UAE’s summer heat, residents must guard against heat stroke. The mandatory midday work break from 12:30 pm to 3 pm helps reduce these risks.

Body temperatures above 37.2 degrees Celsius trigger profuse sweating, causing fluid loss, dehydration, and decreased salts and electrolytes. This can lead to muscle cramps, a faster heart rate, and a quick pulse. Without immediate care, dehydration may drop blood pressure, and harm organs, including the muscles, kidneys, and heart. Extended

## The importance of first aid



**Immediate care:** First aid offers immediate help to those injured or ill, lowering the risk of further complications or health decline.



**Damage control:** Rapid response reduces the severity of injuries or sickness, aiding in better recovery chances.



**Lifesaving:** In emergencies such as traffic collisions or work-related accidents, first aid is essential for preserving lives.



**Emotional support:** Early assistance alleviates anxiety and fear, providing comfort and reassurance to the injured.



**Preventing worsening:** First aid prevents conditions from escalating, reducing the chances of reaching a critical point.



**Enhancing recovery:** Prompt care facilitates quicker and more effective healing, minimising negative health effects.





heat exposure can cause multi-organ dysfunction syndrome and heat stroke, with the potential for brain damage and unconsciousness.

Talking about some incidents related to heat stroke and the first aid responses he applied, Al Balushi said, "One day, I found a person lying on the ground, suffering from dizziness due to heat exhaustion from prolonged exposure to direct sunlight. Without hesitation, I immediately contacted the emergency hotline for assistance and instructed the individual to elevate his legs, promoting better blood

circulation to vital organs.

Additionally, I used a nearby fan to help lower his body temperature and applied cold water until the paramedics arrived for medical assistance."

"In another incident, I encountered an unconscious man in a public area. Upon inspection, he appeared disoriented and unaware of

his surroundings. I called the emergency hotline for help and used my first aid kit, which contains a blood glucose measuring device. The device indicated he had low blood sugar levels. As he regained consciousness and began to speak, I tried to educate him about his condition. I also provided him with juice to raise his sugar levels, maintaining his condition until paramedics arrived to give professional medical care."

To stay protected against heat-related conditions, especially during the hottest months, residents are advised to stay hydrated by drinking plenty of fluids. If you start to feel hot, dizzy, or nauseous, take breaks in a cool place. Be aware of the signs and symptoms of heat stroke, such as severe headaches, vomiting, blurred vision, profuse sweating, or excessive water drinking, which may indicate impaired heat regulation.

In such cases, immediate action is crucial. First, move the person to a cooler area as quickly as possible. Offer them cool water to drink, but avoid giving water to an unconscious person, as it may enter their lungs. And immediately call for an ambulance to ensure they receive proper medical attention.

**“First aid plays a crucial role in saving lives, particularly in the critical first minute following an emergency**



**DR EMAD ABDEL HALIM  
AL MAJZOUB**

Emergency Medicine Consultant at Sheikh  
Shakhboub Medical City, Abu Dhabi

**COMMON MISTAKES**

Al Majzoub highlighted common mistakes by first responders, like improperly handling fainting or bleeding cases and moving individuals with possible fractures unsafely. He cautioned against using unsuitable transport that could worsen injuries.

Additionally, Al Majzoub urged the media to boost first aid awareness. He commended advancements in first aid practices and recommended compulsory first aid certification for acquiring specific qualifications, such as academic degrees and driving licences.

**WE CAN ALL BE HEROES**

Dr Al Majzoub underscored that basic first aid aims to preserve life until professional medical help is available or the patient is taken to a medical facility. Emergencies might include wounds, bleeding, fainting, or fractures.

“First aid plays a crucial role in saving lives, particularly in the critical first minute following an emergency. The key first aid goals include stopping any bleeding, reviving consciousness, and clearing airway obstructions, which are crucial for easing pain, providing reassurance, regulating body temperature, and addressing specific conditions,” said Dr Al Majzoub.

He added that people can all be heroes and lifesavers by participating in first aid courses. He also suggested using social media and various platforms to share first aid tips, foster community involvement, and provide updates on the latest first aid techniques and medical advice.





# Emergency GUIDELINES

## Emergency contact:

Immediately call the appropriate emergency service for medical help if someone is unconscious.

**999**  
for  
Police

**998**  
for  
Ambulance

**997**  
for  
Civil Defence

**996**  
for  
Coastguard

## Observe if the person shows any signs of life:

If you determine the person is not breathing, starting Cardiopulmonary Resuscitation (CPR) is crucial. CPR is a life-saving technique used in emergencies when someone's breathing or heartbeat has stopped. It consists of chest compressions combined with artificial ventilation to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing.

## Control bleeding:

Controlling bleeding by applying direct pressure involves pressing firmly over the source of bleeding with a clean cloth or bandage. This method helps to stem the flow of blood, allowing the blood to clot and stop further bleeding.

## Elevate the injured part, if possible:

It involves raising the affected area above the level of the heart to reduce swelling and bleeding. When dealing with fractures, it's important to immobilise the area to prevent further injury and to stabilise the fracture.



## Cool burns under cold running water:

This step will alleviate pain, and prevent further tissue damage. This method involves gently running cool (not ice-cold) water over the burned area for at least 10 to 20 minutes. The cooling process helps to stop the burn from penetrating deeper into the skin, which can reduce the severity of the injury, lessen swelling, and accelerate the healing process.

## Clear any obstructions for choking incidents:

When someone is choking or experiencing respiratory distress, ensuring the airway is open and free from obstructions is crucial to restoring normal breathing. For choking adults and children over one-year-old, back blows and abdominal thrusts (Heimlich manoeuvre) can be used to dislodge the object. For infants under one year, a combination of back slaps and chest thrusts is recommended.

## Additional measures:

Provide psychological support: Offer empathy and understanding to support the person's mental health.

## Document information:

Record symptoms and the incident's details.

## Proportionate first aid:

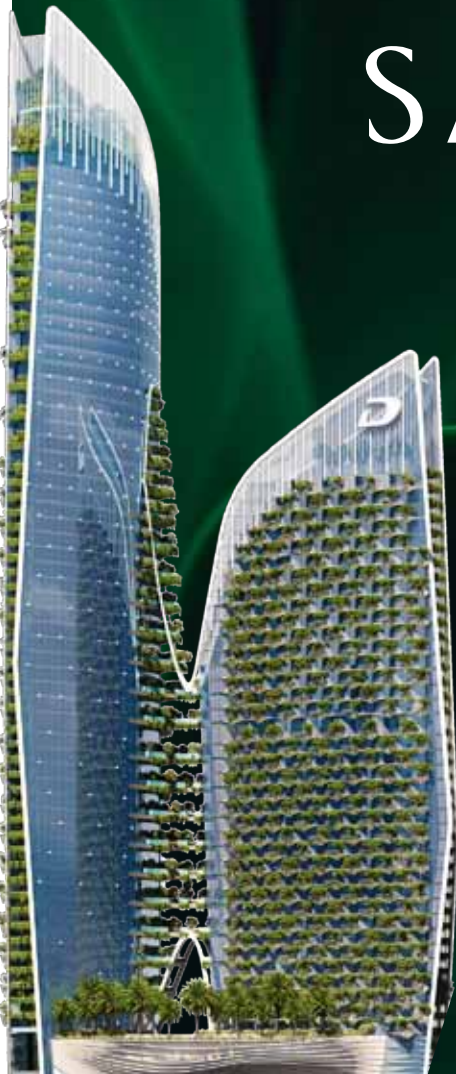
Tailor first aid to the injury's nature and severity. Taking first aid courses is recommended to improve emergency response skills.

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# GREEN RAMADAN

DISCOVER THIS GLOBAL INITIATIVE GUIDING MUSLIMS  
TO ADOPT SUSTAINABILITY, MINIMISE FOOD WASTE,  
AND HARMONISE THEIR RAMADAN OBSERVANCES WITH  
ENVIRONMENTAL STEWARDSHIP

BY SAEED AFZAL



A global movement towards an environmentally conscious Ramadan is gathering pace amongst Muslim countries and communities across the globe. This initiative, dubbed “Green Ramadan”, aligns with the global commitment to shift away from fossil fuels.

Green Ramadan prompts Muslims—and the world at large—to re-evaluate the impact of their habits and lifestyles during the holy month on climate change and environmental degradation.

The aim of Green Ramadan is two-fold: it enlightens the Muslim community about the true spirit of Ramadan, centred on moderation, reflection, and gratitude, while tackling lifestyle excesses like overconsumption and over-indulgence. The campaign encourages a shift towards responsibility and proactive measures to safeguard the planet and encourage a sustainable future.

EcoMENA, a sustainability advocacy group, draws attention to the marked increase in food wastage during Ramadan, notably in the GCC nations where, “as per conservative estimates, around 50 per cent of the food prepared during Ramadan is discarded”. This problem highlights a wider trend of over-indulgence, which stands in contrast to the principle of moderation that Ramadan seeks to instil in every aspect of life.

“The amount of food waste generated in Ramadan is significantly higher than other months,” EcoMENA reports, attributing this to the “chronic inclination towards over-indulgence

and lavishness during the holy month”.

In the UAE, the Ministry of Climate Change and Environment (MOCCAE) is determined to solve food waste, with 38 per cent of prepared food being thrown away across the emirates annually. This increases during Ramadan, seeing “a 50 per cent increase in wasted food compared to other months”. In response, MOCCAE launched the UAE Food Waste Pledge in 2018, encouraging the hospitality sector to cut down on food waste, which led to the conservation of 1.6 million meals in 2018 and two million in 2019.

Kamran Shezad, Director for the Islamic Foundation for Ecology and Environmental Sciences, in his 2023 book *Guide to an Eco-Conscious Ramadan*, supported by Greenpeace, addresses the irony of fasting all day only to engage in excessive cooking and eating at Iftar.

“Eat and drink from the provision of Allah, and do not commit abuse on the earth, spreading corruption

*Holy Qu’ran 2:60*

“We may spend the entire day refraining from food and water but in its place, it is common practice that we end up cooking a lot more during Iftar times,” Shezad observes, noting that overconsumption extends beyond food to “regularly going shopping and using our cars more often.”

He stresses that such habits exhaust the planet’s vital systems, essential for our health and well-being as written in the Holy Qu’ran (2:60): “Eat and drink from the provision of Allah, and do not commit abuse on the earth, spreading corruption.”

Shezad explains, “This verse prompts us to adopt sustainable eating habits to prevent harm to our planet.”

By aligning our actions with the values of the holy month, we can significantly reduce our ecological footprint. Here are 6 ways to adopt sustainable living and eco-conscious habits during Ramadan:







## 1 Combat food waste

Resisting impulsive buying is key. Purchase only what is needed to significantly cut down on excess. Efficiently manage leftovers by storing them using eco-friendly containers for sharing. Organising a leftover Iftar night can also ensure all food is consumed, reducing your ecological footprint and conserving resources.



## 2 Eliminate plastic use

Reduce the use of plastic cutlery, plates, and packaging. Switching to reusable alternatives not only reduces landfill waste but also curbs the demand for single-use plastics, a significant source of pollution. This transition promotes sustainability and community responsibility.



## 3 Prioritise local produce

Help lower the environmental toll of food transportation by prioritising local produce during Ramadan. This step reduces carbon emissions and energy usage, supports local farmers, and boosts the local economy. Choosing local over imported goods cuts down on transport-related emissions and offers fresher, more nutritious options for Iftar and dinner with minimal environmental impact.



## 4 Conserve water

During Ramadan, conserve water by using it sparingly for ablutions, cooking, and cleaning. Opt for reusable water bottles, ensure taps are fully closed, and fix leaks. Collect water used for washing fruits and vegetables to water plants. These steps help preserve precious water resources and reduce the environmental impact of plastic waste.



## 5 Support food charities

Supporting food charities such as the UAE Food Bank during Ramadan is a powerful gesture towards environmental stewardship. By rerouting surplus food away from landfills, this initiative cuts down on methane emissions—a win for the planet. The UAE Food Bank targets a 30 per cent reduction in food wastage by 2027, echoing the sustainability and charitable ethos championed by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai.



## 6 Embrace public transport

Using public transport more during Ramadan can greatly benefit the environment by cutting emissions and enhancing road safety in the UAE. The rise in traffic accidents during this period is often linked to the effects of fasting, such as dehydration and low blood sugar, which can reduce a driver's focus and reaction time. Using public transport mode over your car/vehicle during Ramadan contributes to environmental protection by lowering air pollution and saving energy.

## DID YOU KNOW?

For the first time since the millennium dawned in 2000, a unique occurrence awaits the UAE. Ramadan 2024 falls during the winter season. With the cooler months spanning from December 21 to March 20, this year's holy month offers a refreshing change from the usual summertime fasts over the past two decades. The National Centre of Meteorology anticipates a pleasant 28°C throughout the UAE during most of the holy month.

*Source: National Centre of Meteorology*





# THE FAMILY NEXT DOOR

A COUPLE COMMITTED AN UNTHINKABLE AND HEINOUS CRIME  
THAT TOOK AWAY THE LIFE OF THEIR OWN FLESH AND BLOOD

BY WAGIH HASSAN

DIGITAL ILLUSTRATION BY ANANGPAL SINGH



**W**hat could drive parents to harm their child and then try to commit suicide? This was the question that lingered in the air of a neighbourhood in one of the emirates, in the wake of the death of a 7-year-old girl named Yemi. It was a crime of unspeakable horror, not spawned from the criminal underworld, but perpetrated by the very hands that were meant to nurture and protect.

The crime was solved thanks to the diligent work of the police, the help of the community, and two important letters found at the scene.

One of their neighbours was the first to uncover the tragedy that happened to the family who hailed from an African country. Alarmed by strange noises and getting no response at the door, they called the police, which led to the shocking discovery.

An officer from the Criminal Investigation Department recounted: “A concerned neighbour was the first to sense that something was wrong in the apartment where Yemi lived with her parents, Chike and Bisi.

“The noises made the neighbours suspicious, so they tried to find out what was happening. When nobody answered the door after several tries, they called the police.

“Once we received the call and obtained the necessary permissions from the public prosecution, we entered the apartment. What we saw was horrifying. On the floor lay the lifeless body of the girl, while her father, Chike, was found hanging from the ceiling by a belt. The girl’s mother, Bisi, however, was found alive as she had lost consciousness before she could complete her suicide attempt.”

The letters found at the scene provided insight into the family’s spiralling crisis.

The first letter detailed Chike’s argument with his cousin over money, stating, “My cousin has been embezzling money from our store to such an extent that my business can no longer survive.”

Chike’s letter laid bare his financial and emotional turmoil: “I felt trapped and betrayed. Bisi and I came to the conclusion that we could no longer endure this crisis, after dedicating our lives and careers to this business.”

Towards the end, Chike wrote: “We could not stand the thought of Yemi facing this world alone, without us.”

The second letter was an apology to their families, pleading for forgiveness. It read: “I extend my apologies to my family and then to my wife’s family for this decision we have taken.”

After Bisi’s condition stabilised in the hospital, police officers were able to get more details from her. Confined to her hospital bed, Bisi admitted to the crime, alongside her husband, in the suffocation of their only daughter.

Given Bisi’s distressed and unstable state, authorities closely monitored her in the hospital to prevent any self-harm.

Once Bisi had fully recovered, she was formally charged with the premeditated murder of her daughter—her own flesh and blood. Furthermore, she was charged in relation to her suicide attempt, an act repudiated by legal, religious, and moral standards.

Bisi received a sentence that aligned with the emirate’s punitive and rehabilitative system.

**The crime was solved thanks to the diligent work of the police, the help of the community, and two important letters found at the scene**

*The names and characters mentioned in the story are fictitious, and any resemblance with real people is purely coincidental.*



# CARING HANDS TURNED CRUEL

THE HANDS THAT WERE MEANT TO NOURISH AND PROTECT  
BECAME INSTRUMENTS OF UNTHINKABLE HARM—TAKING  
THE LIVES OF THEIR OWN CHILDREN

BY MARY LEEWAY





## A FATHER'S CONFESSION

**WHEN:** AUGUST 13, 2018

**WHERE:** COLORADO, UNITED STATES

Oil field operator Christopher Lee Watts initially cooperated with the police when his 15-week pregnant wife, Shanann, and two daughters, Bella and Celeste, went missing in August 2018. He even spoke to a local television reporter, pleading for their return. "Shanann, Bella, Celeste, if you're out there, just come back, like if somebody has her, just please bring her back," Watts implored.

However, this interview raised suspicions amongst the police, leading them to request that Watts undergo a polygraph test. He failed the lie detector examination. Two days later, police confirmed their suspicions: Watts had strangled his pregnant wife to death and smothered his two children. Shanann was buried in a shallow grave near an oil storage facility, while the children were disposed of in crude oil tanks.

It emerged that prior to the killings, Watts had discussed divorce with his wife and was having an affair with a co-worker. He was convicted and sentenced to life in prison without parole, incarcerated in a maximum-security facility in Wisconsin.

Watts claimed to have found new faith in prison, stating that he reads scriptures to his family's photos every night. It was during this period that he started sharing the details of the final moments of his family.

On the morning of the killings, Shanann confronted him about



*Christopher Watts, his wife Shanann, and daughters Celeste and Bella*

his infidelity, which he denied before declaring their marriage over. Shanann responded by telling him that he would never see the children again, prompting him to strangle her in their bed. He then wrapped Shanann's body and placed it in the backseat of his truck. Their daughters witnessed this and began crying; he placed them both in the backseat as well. He smothered Celeste first, and Bella, softly asking, "Is the same thing gonna happen to me as Cece?", uttered her last words, "Daddy, no!"

The case not only shocked Shanann's family but also thousands of followers on social media. In her posts, she appeared to be living a happy married life with her husband and loving daughters, professing their affection for their father.

## CONSPIRACY THEORIST

**WHEN:** AUGUST 2021

**WHERE:** ROSARITO, MEXICO

"He wanted to save the world from monsters," shared the wife of Matthew Taylor Coleman with investigators regarding her husband's motives for killing their two young children in August 2021.

Coleman, owner of a surf school in Santa Barbara, took his two-year-old son and 10-month-old daughter on what was supposed to be a family camping trip. Instead, he drove them to the US-Mexico border in the resort city of Rosarito and fatally shot them with a spearfishing gun.

His wife, Abby, reported the children missing. Investigators traced Coleman's location to Mexico using his mobile phone. During an interview with the Federal Bureau of Investigation (FBI), Coleman admitted to the killings.

Coleman claimed to have visions that his wife had "possessed serpent DNA" and passed it on to their children. He believed he was the only one who could stop them from spreading an alien species that would wreak havoc on Earth.

It was found that he and his wife were researching QAnon conspiracy theories, which believe in secret elites maliciously controlling the world. This prompted speculations that Abby may have been aware of the crime. No charge was filed against her.

In October 2023, a federal judge in San Diego ruled that Coleman was not fit to stand trial. Instead, the judge



*Matthew Taylor Coleman with his wife and two children*

ordered him to undergo treatment and scheduled another hearing for March 2024. Coleman pleaded not guilty to charges of murdering his children, although court records show he confessed to the killings during interviews with law enforcement. In February 2023, prosecutors informed the judge that they would not seek the death penalty against Coleman.



## COLD PUNISHMENT

**WHEN: FEBRUARY 2021**

**WHERE: WORCESTERSHIRE, UNITED KINGDOM**

Around 2 pm on a chilly winter day in February 2021, Carla Scott dialled 911 and reported that her nine-year-old son, Alfie, had “fallen asleep in the bath”. When police officers arrived at their residence in Worcestershire County, located in the West Midlands of England, they found the boy unresponsive in a cold bath with 50 injuries across his body.

Investigators discovered that Alfie’s mother and stepfather, Dirk Howell, had repeatedly assaulted, beaten, and subjected him to cold baths as part of a cruel and “sinister” punishment.

Prosecutors presented evidence of a pattern of excessive punishment by the mother and stepfather, including beatings with a belt and a slipper, resulting in Alfie being covered in bruises. Additionally, he was forced to stand both inside and outside the house, deprived of food, confined to his room, and repeatedly submerged in cold water with his head held under.

Neighbours had raised concerns about Alfie’s treatment with UK social services, but both parents lied when confronted to conceal their abuse. “At no stage has either of them shown any remorse or accepted responsibility for their actions,” stated Detective Chief Inspector Leighton Harding.

During the trial, the 35-year-old mother and her partner denied the accusations. She claimed she had neither beaten the schoolboy nor attempted to cover up the crime. However, after 10 hours of deliberation, the jury convicted the mother of manslaughter while acquitting her of murder charges. In contrast, Howell was found guilty of murder.



PA Media



West Mercia Police

Alfie, his mother Carla Scott, and stepfather Dirk Howell

## STUFFED SUITCASE

**WHEN: JANUARY 2024**

**WHERE: GOA, INDIA**

Suchana Seth was described as an artificial intelligence “ethics expert” and data scientist, but she took an unexpected turn towards the opposite end of the spectrum – the murder of her own son. This co-founder and chief executive officer of an artificial intelligence start-up was arrested in January 2024 for allegedly killing her own four-year-old son in a resort-apartment in North Goa.

Indian police apprehended the 39-year-old mother with a suitcase containing the body of her son as she returned from a popular beach destination in the neighbouring coastal state of Goa, travelling in a taxi.

Upon her departure from the hotel, housekeeping staff discovered bloodstains on the floor, prompting immediate contact with the local police. The authorities then instructed the taxi driver arranged by the hotel for Seth’s journey to transport her to the nearest police station.

An autopsy report indicated that the child may have been smothered to death with a cloth or pillow. The motive for the alleged murder remains unclear, but police mentioned Seth spoke about a strained relationship with her husband and ongoing divorce proceedings.

Goa police stated that Seth was “very unhappy” about a court order related to their separation.



Hindustan Times

Suchana Seth carrying her four-year-old son







A full-page background image showing a man in traditional Arab attire riding a camel through a body of water. The scene is set during sunset or sunrise, with a warm, golden glow in the sky and water. The camel is in motion, splashing water. The man is looking back over his shoulder. The overall mood is adventurous and historical.

# THE JOURNEY OF IBN FADLAN

DESPITE CAUTION FROM THE PRINCE OF  
KHWARAZM, THE ARAB SCHOLAR AND  
TRAVELER AHMAD IBN FADLAN PERSISTED  
IN HIS JOURNEY, CULMINATING IN A  
SIGNIFICANT ENCOUNTER WITH  
THE KING OF THE SAQALIBA

BY DR FALEH HANDHAL





FOR ILLUSTRATIVE PURPOSES ONLY

**I**n our previous recounting of the journey undertaken by the Arab scholar and traveller Ahmad Ibn Fadlan in 921 CE, we delved into his group's interactions with various civilisations, including the Turks, Saqaliba, Rus, and Khazars. His main aim was to impart Islamic laws and principles; however, the scope of his mission expanded significantly. Ibn Fadlan's detailed accounts illuminate the cultural exchanges and societal norms of the time, especially the interactions between Islamic traders and nomadic tribes.

To summarise the historical groups from our previous discussion, the Turks were a group of nomadic people who originated from the Altai Mountains and spread across Central Asia and the southern steppes of modern-day Russia. The Khazars, a significant Turkic group, dominated southeastern Europe and Central Asia from the 4th to the 11th centuries. Meanwhile, the Saqalibas were a Slavic people who settled in their capital Bulgar, situated along

the Volga River. The Russes, establishing themselves from around the 8th to the 11th centuries, controlled river routes between the Baltic and the Black Seas.

Our previous discussion ended as the group departed from Bukhara for Khwarazm, crossing a river by boat. Mohammad bin Arraq Khwarazm Shah, prince of Khwarazm, warned them against venturing too far into Turkic territory due to the presence of numerous groups of non-believers, suggesting it would be wiser to stay within Khwarazm and report these concerns to the Caliph.

Ignoring this advice, the delegation continued towards the Saqaliba, reaching the town of Al Gerganiya. They spent four Hijri months there – Rajab, Sha'aban, Ramadan, and Shawwal – wearing heavy wool or animal skin clothing to endure the severe winter.

By mid-Shawwal, when the ice on the Oxus River thawed and its flow returned to normal, the group began planning their return journey. The delegation now

comprised only three members—Ibn Fadlan, Takeen Al Turki, and Paris Al Saqlabi, as Sawsan Al Rosi was unable to join them.

Their route took them through what is now known as Turkmenistan, the land of the Turks, where they stopped for 10 days. They faced hailstorms and intense cold, leading to extreme exhaustion and perilous conditions. Their travel involved moving from midnight to noon, then resting. This pattern continued for 15 nights until they reach a great mountain.

After crossing this mountain, they arrived in the territory of the Turkish tribe known as "Al Ghuziyya." It is worth noting that the Al Ghuziyya were the Ghuzz Seljuks, a nomadic community living in tents and migrating from place to place, thus enduring numerous hardships.

Ibn Fadlan offered insights into their way of life, noting: "Their leader is called 'Arbab,' and they deliberate collectively to make decisions. However, once a consensus is reached, it's often the least esteemed member who challenges their resolution.

"When aggrieved or harmed, an individual looks skyward proclaiming 'Bir Tengri,' translating to 'One God' in Turkish. Adultery is unknown amongst them, and those found guilty are executed by being split in two. This is achieved by securing the accused between two tree branches, which are then pulled apart.

"Their matrimonial customs include a man suggesting a female family member, like a daughter or sister, for marriage to

**“Their matrimonial customs include a man suggesting a female family member, like a daughter or sister, for marriage to someone he knows well by presenting a particular piece of clothing as an offer. Acceptance is signified by taking the woman, with the dowry typically comprising camels, livestock, or other assets**



**“When a man dies, they dig a cave-like grave, dress him in his clothes, give him his bow. They also put all his possessions in the grave with him and seal it with clay to form a dome. Then, they kill all his animals, keeping only the head, legs, skin, and tail, believing these animals will join him in heaven**

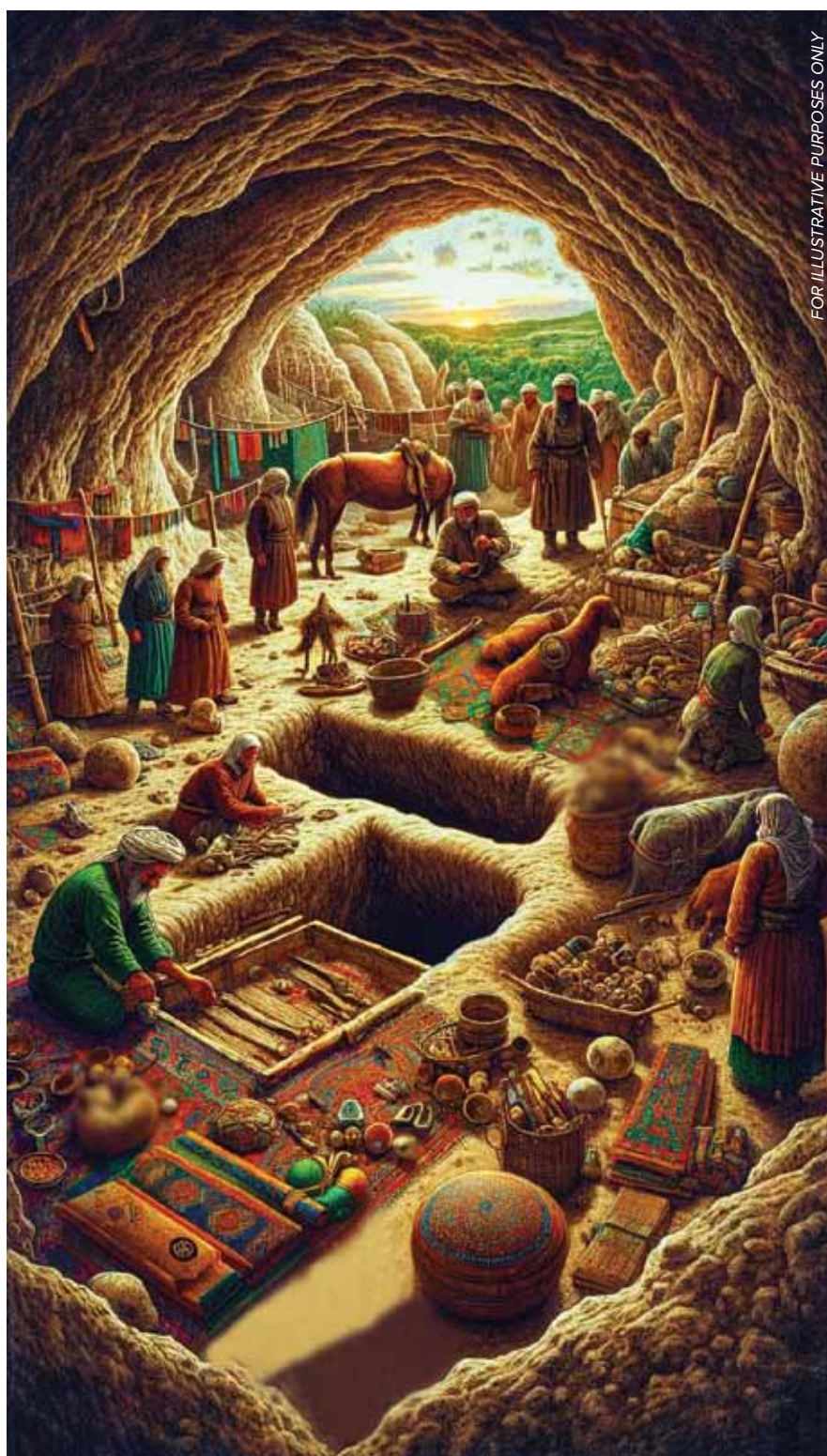
someone he knows well by presenting a particular piece of clothing as an offer. Acceptance is signified by taking the woman, with the dowry typically comprising camels, livestock, or other assets. A man must settle the dowry before he can be with his wife. This culminates in him visiting her residence in the company of her parents and siblings, where they can finally be together.

“Should a man pass away, leaving behind a spouse and offspring, the eldest child is expected to marry the widow, on condition that the child is not the deceased’s biological offspring.”

Ibn Fadlan further observed that Muslims are prohibited from entering their lands without first establishing relations and bringing garments for the men and headwear for the women. Unlike common practices, they do not slaughter sheep; instead, they kill them by striking the head until death ensues.

Ibn Fadlan also recounted an instance, saying: “One individual, upon hearing me recite the Qur’an, was noticeably moved and asked the translator to request that I continue. He then inquired, through the translator, ‘Does our Lord Almighty have a wife?’ I was profoundly shocked and sought Allah’s forgiveness. He, too, sought forgiveness,”

In terms of trade, Ibn Fadlan described that if a merchant borrows money and goods from one of them for trading and later comes back, he repays what he borrowed, often with



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more profit. If the merchant dies and the animals he took come back, making the lender lose money, the lender takes the animals to the town’s biggest merchant. He tells him, “He was your relative, so you should take these,” essentially asking for his money back. If the lender finds out the merchant ran away, he

chases him until he finds him, and might even kill him.

Ibn Fadlan also described their burial rites: “When a man dies, they dig a cave-like grave, dress him in his clothes, give him his bow. They also put all his possessions in the grave with him and seal it with clay to form a dome. Then, they



kill all his animals, keeping only the head, legs, skin, and tail, believing these animals will join him in heaven.”

“If the deceased harmed others, they make wooden figures for each person he hurt and place them on his grave. If they forget to sacrifice animals for a day or two, a leader will say he dreamt that the deceased’s companions went to heaven without him. Then, they kill the animals at the grave and eat the meat. If, after a couple of days, the leader announces that the deceased has sent a message saying, “I have joined my companions and am at peace,” everyone leaves. The leader of the Turks is called “Yabghu”, and his second-in-command is “Kudurkin”.

Now, we continue telling the story from the book, picking up before they left.

Aturk bin al-Tughan, the army leader, invited them to stay in his area. He set up tents for them to stay in, gave them sheep to eat, and pack animals to carry their stuff. They thanked him by giving clothes for him and his wife. When they met with him, they invited him to become a Muslim. He said, “I won’t say anything until I seek counsel from the ruler.”

Before they left, an important event happened. Three leaders, named “Tarkhan”, “Niyal”, and “Ilghaz”, met to discuss the visit of the group.

**“These people were sent by the Arab king to the Saqaliba king, something we’ve never seen before. No representative from the Sultan has come here since our ancestors’ time**

Tarkhan said, “These people were sent by the Arab king to the Saqaliba king, something we’ve never seen before. No representative from the Sultan has come here since our ancestors’ time. I think the Sultan is trying to trick us by having them spy in the Khazar land. So, I suggest we cut one of them in half.”

Another leader suggested, “Instead of harming them, let’s take their belongings and send them back empty-handed.”

A third leader proposed, “We should capture them and give them to the Khazar king as prisoners, so their people can pay for their release.”

After debating for a week and struggling to decide whether to harm them or let them live, they couldn’t agree

on what to do. In the end, they decided to let them go. So, they left the area and traveled through various places, cities, and rivers until they reached a place where the “Bashgird” tribe lived. This tribe was known amongst the Turks for being very brave. Ibn Fadlan described them in this way:

“Each of them makes a wooden idol the size of a door header. Before traveling or facing an enemy, they bow to it. I was curious why they do this, so I had the translator ask. One person explained, “I was born in a shape similar to this idol, so I believe it created me.” They believe in various gods: one each for winter, summer, rain, wind, trees, animals, night, day, death, and the earth. The most important god is the sky god, who meets with the other gods. I also saw some of them worshipping fish and others worshipping a kite bird. They told a story of a battle where the kite bird appeared and scared their enemies away with its cries, making them flee. So, they started worshipping this bird, calling it their god.”

Ibn Fadlan shared these observations about the people, and then they continued their journey. They crossed six rivers, spending two to four days traveling between each one, until they arrived in the land of the Saqaliba.





### ENCOUNTER WITH THE SAQALIBA KING

The Saqaliba, as we mentioned in the previous article, are Slavic people who inhabited the central region of Russia, about 600 miles east of Moscow. Their capital was called “Bolghar”, which no longer exists as it became part of the Russian Empire and the Soviet Union.

The group took 70 days to reach this town from Jurjan. After a day and night’s journey away, four princes, related to the king, welcomed them. Near the city, the king himself awaited and, upon seeing them, thanked God for their safe arrival, gave them money, and arranged for their accommodation.

They spent Tuesday and Wednesday there, and on Thursday, the king gathered his officials to hear the message from Abbasid Caliph al-Muktadir. The group displayed the black Abbasid flags and prepared a black horse for Ibn Fadlan, covering its head with black cloth. Ibn Fadlan dismounted as a sign of respect, and the king stood to greet him, whom Ibn Fadlan noted as obese.

Ibn Fadlan then began to relay the caliph’s message, pausing for the king’s reply to the caliph’s greeting. After the reading, the crowd’s response was so loud it felt like the ground shook. Ibn Fadlan also read messages from the caliph’s minister, Hamid ibn Al Abbas, and caliph’s counselor, Nazir Al Harami, marking a significant moment in their mission.

After the formalities, Ibn Fadlan gave the king and his wife, who was sitting

**Ibn Fadlan shared his experiences with the king, including a specific conversation. He noted that when the king was praised by preachers, they would say, “Allah, rectify the reign of King Yiltawar of Bulgaria”**

next to him, gifts such as perfumes, clothes, and pearls, following their custom. An hour later, the king invited them to join him for a meal. When they arrived at the dining area, the king, along with the princes, indicated for them to sit to his left. His sons took places close to him, showing their bond. The king then brought out a table covered with grilled meat.

Holding a knife, he cut a piece of meat, ate it, and then repeated this two more times before choosing a piece for Susan Al Rassi. As she accepted it, smaller tables filled with grilled meat were served to everyone, including the group, the princes, and the king’s sons, respecting the tradition that nobody starts eating before the king.

Afterwards, honey was brought out for everyone. Any remaining food on the small tables was quickly taken away by the servants. At the end of the meal, the king stood up and said, “My joy with my lord, the Commander of the Faithful, may God prolong his life,” a sentiment echoed by the four princes and his sons as they stood. He expressed his thanks three times, and then the delegation departed.

Ibn Fadlan shared his experiences with the king, including a specific

conversation. He noted that when the king was praised by preachers, they would say, “Allah, rectify the reign of King Yiltawar of Bulgaria.”

Ibn Fadlan advised the king, telling him, “Allah is the King, and no other should be invoked from this pulpit except him, in all His Majesty and Glory.”

The king asked Ibn Fadlan, “How, then, should the invocation be for me?”

Ibn Fadlan suggested, “In your name and the name of your father.”

The king then expressed his concerns, “My father was a non-believer, and I do not wish to mention his name on the pulpit, and I also do not like my name, which was given to me because it is the name of a non-believer, to be mentioned. So, what is the name of my master, the Caliph?”

Ibn Fadlan replied, “Jaafar.”

The king inquired further, “Is it permissible for me to be called by it?”

To which Ibn Fadlan assured him, “Yes.”

Pleased, the king declared, “Yes, indeed, I have made my name Jaafar and my father’s name Abdullah.”

Thus, he began to be invoked: “Allah, rectify your servant Jaafar bin Abdullah, the servant of the Commander of the Faithful.”



## PRECISION PRO

Samsung unveils its latest flagship smartphone – the **Samsung Galaxy 24 Ultra** – powered by Galaxy AI, a comprehensive suite of AI-powered features that enhance communication, search, and creativity with precision. The Galaxy S24 Ultra offers a stunning titanium design, a 6.8-inch display, and a 5000 mAh battery with 45W wired and 15W wireless charging.

Samsung has a track record of producing topnotch camera phones. For the Samsung Galaxy 24 Ultra, it engineered a camera system that makes your photos look more amazing. No more shaky, pixelated images taken from far away with Ultra's Quad Tele System. With upgraded Nightography, photos and videos shot from afar will still be brilliant even in dim conditions.

The Samsung Galaxy 24 Ultra also offers live voice and text translations, tone suggestions, chat assist, transcript assist, and can summarise notes, too! Want to highlight a text on the screen? Galaxy S24 has Google's "Circle to Search" feature that lets users encircle, highlight, scribble on, or tap anything on the screen to see helpful results.



**PRICE:** Starts at Dhs5,200

**WEBSITE:** [www.samsung.com/ae](http://www.samsung.com/ae)

## TURBO-CHARGED LAPTOP



Meet the **Dell XPS 13 Plus**, a new laptop inspired by the Gen-Z lifestyle with a minimalist and modern design, a four-sided InfinityEdge display, and a sustainable production and packaging process. It features a monitor with a built-in 4K HDR webcam, dual array microphones, 14W speakers, IPS Black panel technology, and Microsoft Teams certification, providing an exceptional visual experience.

With 16GB of memory and 512 GB total SSD capacity, users can run many programmes without losing execution and store enough documents, movies, photos, and music. Its battery can last for seven hours, allowing you to stay unwired and work for longer periods without interruption. And when you run out of battery, its Express Charge 2.0 can quickly charge your laptop to about 80 per cent in less than an hour of charging.

**PRICE:** Dhs4,000

**WEBSITE:** [www.dell.com](http://www.dell.com)

## WEATHERPROOF SHOOTER

Looking for a camera that can handle any outdoor challenge? You might want to check out the **PENTAX WG-90**. This is the latest model in the WG series of all-weather adventure cameras of the PENTAX brand, known for its waterproof, weather-resistant products.

The PENTAX WG-90 is waterproof down to 14 metres deep, shockproof against a fall from a height of 1.5 metres, and freeze-proof digital compact camera. It features a 16-megapixel CMOS sensor, a five-times optical zoom lens, and a high-performance imaging engine. It can deliver super-high-resolution images with a top sensitivity of ISO 6400.

The camera also has a built-in ring light that powers the Digital Microscope mode, enabling you to capture clear images of the microscopic world. It also has an outdoor-friendly monitor that optimises the image brightness level for better visibility in bright locations.

**PRICE:** Dhs1,280

**WEBSITE:** <https://pentax.eu/products/pentax-wg-90>





## EAR-GONOMIC



Wearing earphones and eyeglasses together for an extended period can lead to discomfort and sore earlobes. The **Huawei FreeClip** is designed to address this issue. Weighing only 5.6 grammes, this unique earbud has a horseshoe shape designed for comfort and compatibility with glasses. You can wear it comfortably all day. It has reversible earbuds with onboard sensors, a high-sensitivity dual magnetic circuit, and a reverse sound waves system for better audio quality. With its open-ear design, you can be immersed in music while still aware of the ambient sounds. It has an 8-hour battery life extendable to 36 hours with the charging case. You can connect it to two devices simultaneously—mobile phones, tablets, PCs, or watches—and seamlessly switch audio between them.

**PRICE:** Dhs950

**WEBSITE:** <https://consumer.huawei.com>

## REFRESH MASTER

Online gaming has evolved into a global phenomenon, connecting millions of players across the virtual landscape. For gaming enthusiasts, a high refresh rate is vital to conquer battlefields. Enter the **AORUS 15**, a cutting-edge gaming laptop, that aims to redefine virtual battlefields by blending potent performance with portability. Featuring a 360Hz gaming panel, it provides a cinematic visual experience with minimal bezels and rich details. The AI Nexus app enhances gaming with AI Boost and AI Generator, creating an unparalleled gaming adventure.



**PRICE:** Dhs7,700

**WEBSITE:** [www.aorus.com](http://www.aorus.com)

## NEXT-GEN VIEW



**PRICE:** Dhs1,200

**WEBSITE:** [www.ray-ban.com](http://www.ray-ban.com)

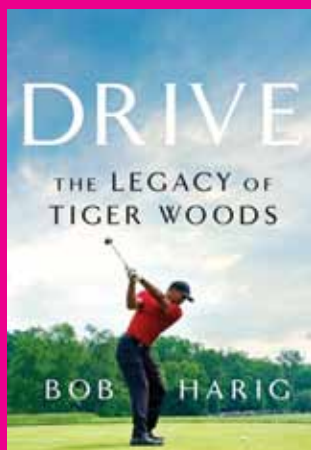
Meta, the company behind Facebook, Instagram and WhatsApp, has collaborated with EssilorLuxottica, makers of Ray-ban, to create the **Ray-Ban Meta Smart Glasses**—a next-generation smart eyewear collection. Powered by the Qualcomm Snapdragon platform, the smart Ray-Bans allow you to snap a photo or video clip, freeing your hands from the constraints of a hand-held smartphone. They feature discreet open-ear speakers and five built-in microphones that let you enjoy rich audio quality for music and calls. They are equipped with a 12MP camera capable of capturing ultra-wide angles and can store up to 32GB of images. What's more, the smart glasses can do live-streaming to Instagram and Facebook, allowing the wearers to share their unique view of the world.





## STORIES OF RESILIENCE, POWER, AND HEROISM UNVEILED BETWEEN THE COVERS THIS MONTH

BY JASON RAZMUS



### WOODS' LEGACY

**TITLE:** Drive: The Lasting Legacy of Tiger Woods

**AUTHOR:** Bob Harig

**PUBLISHER:** St. Martin's Press

**PRICE:** Dhs110

Tiger Woods is one of the most famous and influential figures in sports history. He has achieved remarkable feats in golf, such as winning 82 PGA Tour titles, 15 major championships, and becoming the first African or Asian-American player to win the Masters Tournament, one of the most prestigious golf events in the world. However, he has also faced many challenges, such as scandals, injuries, and surgeries, that threatened to end his career. Nevertheless, he has shown remarkable resilience and determination to overcome these obstacles and return to the top of his game. In 2019, he won the Masters for the fifth time, 22 years after his first victory at the same tournament. This book tells the inspiring story of his comeback and legacy, based on extensive coverage and interviews with him and his peers. It is a captivating and emotional portrait of a sports icon who has transformed the game of golf and inspired millions of fans.

### WHEN IN ROME

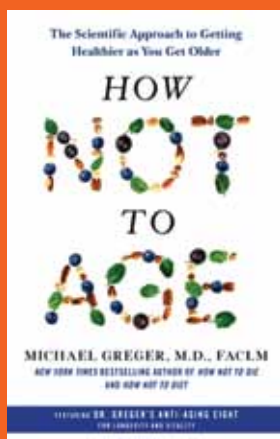
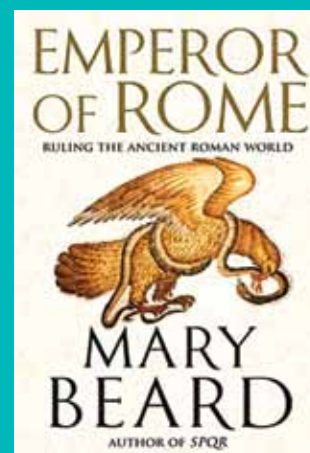
**TITLE:** Emperor of Rome: Ruling the Ancient Roman World

**AUTHOR:** Mary Beard

**PUBLISHER:** Liveright

**PRICE:** Dhs96

Using various sources and perspectives, renowned English scholar of Ancient Rome and University of Cambridge Professor Mary Beard writes a sweeping account of the lives and roles of the Roman emperors. The book is not a conventional biography of each emperor from Julius Caesar to Caligula, Nero, Marcus Aurelius, and Alexander Severus. Rather, it is a thematic and critical analysis of their power, personality, and legacy. It also reveals the lives of the people who surrounded the emperors, such as their wives, rivals, slaves, court jesters, soldiers, and ordinary people who begged for their help and mercy. Aside from historical sources, Beard cites archaeological evidence and modern scholarship to present a vivid and nuanced portrait of one of the richest, most luxurious, most extreme, and most powerful empires in history. Beard's style, insight, originality, and humour make the thousand-year-old ancient story of Rome relevant to modern readers.



### FOOD FOR AGEING

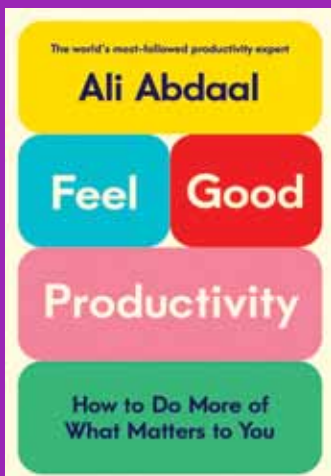
**TITLE:** How Not to Age: The Scientific Approach to Getting Healthier as You Get Older

**AUTHOR:** Michael Greger

**PUBLISHER:** Flatiron Books

**PRICE:** Dhs103

Getting older does not have to mean getting sicker. Internationally renowned physician and nutritionist Dr Michael Greger reveals the science of ageing and chronic illness and how to prevent them with diet and lifestyle in this book. By reviewing top peer-reviewed anti-ageing medical research, Dr Greger identifies 11 pathways for ageing in human cells and shows ways to disrupt them with natural foods and spices. One of his secrets is eating foods that are rich in spermidine and quercetin. Spermidine is an organic compound which plays an important role in metabolism and helps boost the cell renewal process. Quercetin is an anti-inflammatory natural pigment that fights free radical damage linked to chronic diseases. This book offers simple and accessible methods to preserve body functions. It also suggests recipes, do-it-yourself serums, and supplements.



## JOYFUL PRODUCTIVITY

**TITLE:** Feel-Good Productivity: How to Do More of What Matters to You

**AUTHOR:** Ali Abdaal

**PUBLISHER:** Celadon Books

**PRICE:** Dhs75

Ali Abdaal is a doctor at the UK National Health Service and, at the same time, an entrepreneur and YouTube creator. He became intrigued by the science of productivity while juggling the demands of medical training and building his business. After decades of psychological research and documenting his own experiences, he wrote this book. It reveals how the secret to productivity and success is not hard work, but feeling good. Abdaal introduces the three energisers, blockers, and sustainers of feel-good productivity, and shares practical tips and inspiring stories to help readers achieve more and live better. The book is a guide to transforming work and life with joy and fulfilment. It has received positive reviews from readers who have found the book's approach refreshing, balanced, and actionable. It is a must-read for anyone who wants to turn their daily to-dos into a fulfilling journey of personal growth.



## RESILIENT YOUTH

**TITLE:** The Things We Didn't Know

**AUTHOR:** Elba Iris Pérez

**PUBLISHER:** Gallery Books

**PRICE:** Dhs103

Andrea Rodríguez, a young girl, experiences childhood in two different worlds of the Americas in the 1950s. She is nine years old when her mother whisks her and her brother away from a small factory town in Massachusetts and abandons them at the mountainside of Puerto Rico. Months later, they are brought back to Massachusetts. This book is a lyrical, cross-cultural coming-of-age novel that explores the themes of immigration, identity, culture, and family, as Andrea tries to find her place and voice in both societies. It also celebrates the diversity and richness of Puerto Rican culture and history, as well as the resilience and courage of its people. The novel is a debut work by Elba Iris Pérez, who won the Books Like Us contest, a competition that aims to promote diverse and underrepresented voices in literature.



## GENERATIONAL LIE

**TITLE:** Wandering Stars

**AUTHOR:** Tommy Orange

**PUBLISHER:** Knopf

**PRICE:** Dhs96

In 1864, a group of soldiers killed and mutilated around 230 American Indian tribes – mostly women, children, and elderly – who were encamped by the Big Sandy Creek in southeastern Colorado. Pulitzer Prize finalist and author Tommy Orange wrote this sequel to his acclaimed debut novel, *There There*, about the descendants of a Native American family who survived the Sand Creek massacre. It alternates between the past and the present, exploring how the trauma of the massacre and the assimilation policies of the school affect the lives of three generations of the family. The novel is a blend of historical and contemporary fiction, with rich and diverse characters and perspectives. Written in a poetic and powerful style with vivid and diverse voices and perspectives, the novel is a critique of the system that has oppressed and erased Native American people and their history.



## New digger wasps species discovered in Abu Dhabi

The Environment Agency – Abu Dhabi (EAD) has discovered eight previously unknown digger wasp species through taxonomic research.

They were identified in four protected zones: the Al Wathba Wetland Reserve, Al Bida, Barqa Saqoor, and Houbara Protected Areas, integral to the EAD's Sheikh Zayed Network of Protected Areas.

As per EAD, all species, which belong to the same family of wasps (Hymenoptera: Spheciformes: Crabronidae), exhibit solitary behaviours, with the females constructing nests for their offspring. They



EAD

with global experts facilitated their identification.

Dr Shaikha Salem Al Dhaheeri, Secretary General at EAD, highlighted Abu Dhabi's initiative to study ecosystems as well as its commitment to biodiversity conservation.

"The fact that these species were discovered within our protected areas is a testament to the fact that it is vital to always ensure that biodiversity is protected and

lay eggs on immobilised prey, ensuring fresh food for the emerging larvae, which later pupate and mature into adult wasps.

Utilising Malaise Traps and collaborating

taken care of, allowing all types of species to thrive in their natural habitats," stated Al Dhaheeri.

## Abu Dhabi completes DNA sequencing of Ghaf tree

The genome sequencing and analysis of the Ghaf tree have been completed by the Environment Agency- Abu Dhabi (EAD) and global tech-enabled health care agency M42.

The sturdy, evergreen national tree of the UAE, scientifically known as *Prosopis cineraria*, thrives in arid environments.

The completion of the Ghaf tree's DNA sequencing will pave the way to advance understanding of the genetic makeup of organisms that can help it withstand prolonged drought and high salinity.

For centuries, the Ghaf tree has been



ADMO

mammals. Each tree can live for up to an average of 120 years, making it an icon of stability and peace in the desert.

If a desert area has a Ghaf tree, it means it has groundwater because the tree taps water deep in the sands.

Scientists hope the research can help pave the way for further nature conservation efforts and possibly develop drought-resistance-trees.

The Ghaf tree was declared the UAE national tree in 2008

an essential food source, as well as a source of fuel, shelter and medicine. It also supports large population of insects, which in turn provides food for reptiles and small

due to its cultural and traditional importance. It also grows in the desert regions of southeastern Arabia, Afghanistan, India and Pakistan.

## AI revolutionises wildlife protection and conservation

In a pioneering approach to the conservation of endangered species, scientists are now utilising Artificial Intelligence (AI) to monitor and safeguard animals such as elephants, rhinos, tigers, and whales.

Notably, an AI system has been developed for identifying individual elephants through their calls. A brainchild of researchers from Cornell University and the University of Oxford, the system employs deep learning to analyse the frequency and duration of elephant vocalisations, cross-referencing them with a database of known elephants. This enhances tracking movements, understanding social interactions, and detecting signs of poaching or human-elephant conflicts.



Another AI tool was developed by Portland-based conservation tech nonprofit Wild Me, which automatically identifies individual animals by their unique coat patterns, or other hallmark features, such as fluke or ear outlines. Called Wildbook, the system is instrumental in recognising individual animals based on distinctive

features like stripes, spots, or scars. Wildbook scans images and videos from social media, citizen scientists, and conservation organisations, matching them with existing records to estimate population size, assess distribution, and monitor the survival and reproduction of endangered species.

Moreover, a collaborative effort by researchers from the University of Southern California and Microsoft has resulted in the AI system Protection Assistant for Wildlife Security (PAWS).

This system predicts

potential poaching areas by employing machine learning to analyse historical data on poaching activities and environmental factors such as terrain, roads, and vegetation. PAWS then generates patrol routes for rangers, maximising their effectiveness in apprehending poachers and preventing future crimes.

## Over 5,000 new species unearthed in deep-sea mining zone

A recent study published in *Scientific Reports* reveals the discovery of thousands of previously unknown species in a deep-sea mining zone in the Pacific Ocean.

Led by researchers from the University of Hawaii at Manoa, the study focused on the Clarion-Clipperton Zone (CCZ), a vast seabed area abundant in

polymetallic nodules containing metals like cobalt, nickel, and copper—highly sought after for renewable energy technologies.

The CCZ unveiled an astonishing array of



life, featuring 71 new sponge species, 22 new coral species, and numerous other creatures including worms, crustaceans, and molluscs.

Researchers estimate the CCZ's

biodiversity to exceed 14,000 species, establishing it as one of the deep sea's most diverse regions. However, they caution against the looming threat of deep-sea mining, warning of potential irreversible damage to these delicate ecosystems.

The study calls for more research and conservation efforts to protect the CCZ and its inhabitants from the impacts of mining. It also urges the establishment of

marine protected areas and environmental standards to ensure that any mining activities are sustainable and minimise harm to the environment.



## Pen over keyboard: Handwriting boosts brain power



In this age where classrooms are increasingly embracing digital technology, handwriting seems to be fading into the background. However, brain researchers from Norway have found that handwriting is still better than typing on a keyboard for learning.

By measuring the brain activity of 36 university students who wrote on paper

and on a screen, researchers from the Norwegian University of Science and Technology found that handwriting improves brain connectivity and learning, compared to typing on a keyboard. The study revealed that handwriting activates more regions of the brain, particularly the theta/alpha frequency bands and the parietal and central areas. This increased

brain connectivity is linked to improved memory formation and the encoding of new information, making handwriting a superior learning method.

“Handwriting requires fine motor control over the fingers, and it forces students to pay attention to what they are doing. Typing, on the other hand, requires mechanical and repetitive movements that trade awareness for speed,” the researchers wrote in *Frontiers* journal.

The study also suggested that handwriting helps children distinguish between similar letters such as ‘b’ and ‘d.’ The authors suggested that children practice handwriting at an early age to establish optimal neuronal connectivity patterns for learning.

Handwriting should also be continually practised in higher education as it has benefits for brain development and performance.

However, the researchers stressed the importance of learning the use of computer keyboards to keep up in the ever-developing digital world.

## Playing instruments tunes out memory loss, dementia—study shows

As we age, our brains sometimes hit a snag, taking a bit longer to fetch a word or a name. This could be a sign of mild cognitive impairment (MCI), which can lead to Alzheimer’s or dementia. A new study published in the *International Journal of Geriatric Psychiatry* suggests that playing musical instruments can bolster memory and cognitive abilities in older adults.

This discovery comes from a study on brain health involving 1,570 adults aged over 40. It suggests that being involved with music could help slow down the decline linked to MCI.

The study’s researchers found that musical activities were associated with better performance on complex tasks and memory tests, and that continuing to play music in later life provided even more benefit. Singing and overall musical ability were also linked to more



favourable performance.

However, the study did not find a link between listening to music and cognitive ability due to limitations in the study, although it noted past studies that listening to music improved spatial ability known as the “Mozart Effect”.

Nonetheless, this study reinforces previous studies on the link of music to reducing the risk of MCI and dementia.

The researchers recommend promoting musical education and engagement as part of a protective lifestyle for brain health.

# WHAT THE MONTH HAS IN STORE



## ARIES (MARCH 21 TO APRIL 20)

March brings a surge of energy and ambition, Aries. It's a month to chase your dreams with vigour. Professional opportunities may knock at your door; be ready to answer. Embrace challenges as they shape your path to success. Remember, don't neglect your personal life amidst your pursuits.



## TAURUS (APRIL 20 – MAY 21)

Focus on your personal growth and financial stability this month, Taurus. A prudent approach to your finances is advisable, as unexpected gains are likely. In relationships, open communication will resolve longstanding issues. Your patience and perseverance will pay off, leading to a fulfilling month.



## GEMINI (MAY 22 – JUNE 20)

March is a month of connections and creativity. Networking will open new doors, so engage in social activities and professional gatherings. Your ideas are ripe for the taking; share them. A surprise encounter might lead to a meaningful collaboration. Stay curious and adaptable.



## CANCER (JUNE 21 – JULY 22)

This month promises emotional and professional growth, Cancer. Workplace challenges will test your resolve but will also highlight your strengths. Never allow your temper to ruin what you've built over many years, as it can be detrimental to your career. Stay calm and humble.



## LEO (JULY 23 – AUGUST 22)

Bold decisions and leadership will define this month for you, Leo. Your charisma attracts both professional prospects. A project or goal you've been passionate about will start to gain momentum. Celebrate your victories, but remain humble. Generosity with your time will enrich your relationships.



## VIRGO (AUGUST 23 – SEPTEMBER 22)

Attention to detail pays dividends this month, Virgo. At work, your diligence will be recognised; expect rewards or accolades. Health-wise, prioritise self-care to recharge your batteries. In relationships, a small gesture of appreciation goes a long way in strengthening bonds.



## LIBRA (SEPTEMBER 23 – OCTOBER 22)

Balance is your theme for March, Libra. Professionally, strive for fairness and diplomacy to navigate challenges. New business partnerships will bloom. Creatively, your ideas attract attention. Channel your artistic energy into projects that reflect your true self.



## SCORPIO (OCTOBER 23 – NOVEMBER 21)

Transformation is underway, Scorpio. Embrace change with courage, especially in career and personal development. An introspective journey leads to valuable insights about your desires and goals. Financially, be cautious with investments; research thoroughly before committing.



## SAGITTARIUS (NOVEMBER 22 – DECEMBER 21)

Adventure awaits, Sagittarius. March encourages you to explore and learn. Travel, even if local, will inspire and rejuvenate your spirit. Professional opportunities arise from unexpected sources; stay open-minded. Friendship flourish under shared experiences. Embrace spontaneity.



## CAPRICORN (DECEMBER 22 – JANUARY 19)

Dedication defines your March, Capricorn. Hard work brings you closer to your long-term goals. Financially, wise investments and savings plans are favoured. On the home front, decluttering your space also clears your mind, fostering peace and productivity.



## AQUARIUS (JANUARY 20 – FEBRUARY 18)

Innovation fuels your month, Aquarius. Your unique approach to problems sets you apart at work. Personal projects or hobbies provide a creative outlet and potential for growth. In relationships, community involvement leads to new friendships and inspirations.



## PISCES (FEBRUARY 19 – MARCH 20)

Pisces, March is a month of introspection and creativity. Your empathetic nature draws people to you, offering comfort and understanding. Professionally, trust your intuition to guide decision-making. Artistic or spiritual pursuits provide solace and joy.



# PUZZLES

## ACROSS

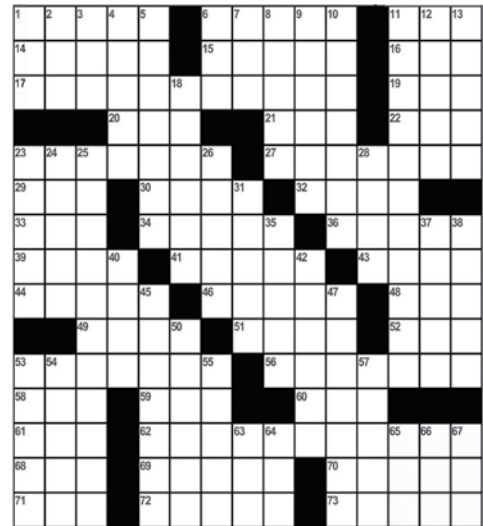
- 1) Flubbed one
- 6) Taco condiment
- 11) Stage success
- 14) This puzzle has one
- 15) Campaign poster plea
- 16) First lady McKinley
- 17) Emulate a stereotypical hobo
- 19) Infant fare
- 20) Roth acct.
- 21) Amaze
- 22) \_ Beta Kappa
- 23) Low-grade merchandise
- 27) Satirise
- 29) Luau garland
- 30) Balkan War participant
- 32) \_ & Span (household cleanser)
- 33) Matterhorn, e.g.
- 34) Takes shots?
- 36) Hardly windy
- 39) Retained

## DOWN

- 41) Hardly taut
- 43) Stair-climbing aid
- 44) Digital novel
- 46) Shocking
- 48) Danson of "Becker"
- 49) Soprano Lily
- 51) Japanese wrestling
- 52) " \_ got my eyes on you"
- 53) Electromagnetic energy units
- 56) One handling nightclub security
- 58) Permit
- 59) " \_ is me!"
- 60) Lakers' org.
- 61) Word before "mode"
- 62) Played a child's game
- 68) Takeaway game
- 69) Weasel kin
- 70) Sister of Clio
- 71) Popular show fish
- 72) OK Corral first name
- 73) French Impressionist

## DOWN

- 1) Suffix of most ordinal numbers
- 2) Letter after pi
- 3) Actor's agt.
- 4) Letter through a filter
- 5) Thaw
- 6) "We're off to \_ the wizard"
- 7) "Rumble in the Jungle" fighter
- 8) Juridical
- 9) Unstressed vowel sounds
- 10) Tackle
- 11) Doctor's oath
- 12) "Famous Potatoes" state
- 13) Follow-up shot, in basketball
- 18) Superfast drivers
- 23) Alloy
- 24) Short star?
- 25) Tough-skinned mammals
- 26) Food for whales
- 28) It's on the waterfront
- 31) Friends
- 35) Clean with elbow grease
- 37) Spaghetti drainer
- 38) Official
- 40) Tugboat sound
- 42) Teahouse cinch
- 45) Ability
- 47) Had qualms
- 50) Putting on airs
- 53) Dangerous board on a pirate ship
- 54) Prefix meaning "sun"
- 55) Nasal dividers
- 57) Mother-of-pearl
- 63) Collector's pride
- 64) Old TV screen
- 65) Broomstick rider
- 66) LAX info
- 67) Advisable tactics



## Easy

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

## Medium

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

## SOLUTIONS

SOLUTIONS FOR THE FEBRUARY ISSUE



[www.alberichcrosswords.com](http://www.alberichcrosswords.com)

[www.dailysudoku.com](http://www.dailysudoku.com)

### easy

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

### medium

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

P	U	M	P	S	I	D	A	H	O	L	O	W
A	F	O	O	T	C	O	L	O	R	O	N	O
L	O	W	P	R	E	S	S	U	R	E	W	A
			P	U	N		M	A	G	S	I	T
R	A	M	A	D	A	N	S	C	A	L	A	R
O	V	A		E	M	I	R	E	N	O	L	
G	A	R		L	E	X	I	S		O	N	T
U	S	S	R		L	O	G	O	N		E	D
E	T	H	O	S		N	O	N	E	T		I
		M	A	T	E	R	I	P	S		E	T
F	L	A	M	I	N	G		C	H	A	T	T
O	I	L		P	S	I		E	R	A		
G	E	L		P	U	S	S	Y	W	I	L	L
E	G	O		L	E	T	H	E		N	O	O
Y	E	W		E	S	S	E	N		A	N	T

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