



# RAMADAN

*Kareem*

March 11, 2024

Ramadan, a sacred month in the Islamic calendar, is much more than a period of fasting from dawn until dusk. It is a time of spiritual reflection, self-discipline, and increased devotion for millions of Muslims around the world. During this holiest of months, Muslims engage in a variety of practices beyond fasting, including prayer, charity, and acts of kindness, all aimed at deepening their connection to Allah and strengthening their bond with the global Muslim community. With its rich tapestry of traditions and rituals, Ramadan stands as a beacon of faith, unity, and renewal for Muslims of diverse backgrounds and cultures worldwide.

# Ramadhan

**THIS PERIOD OF FASTING IS NOT ONLY A RELIGIOUS OBLIGATION BUT ALSO HAS POTENTIAL HEALTH BENEFITS FOR THE BODY:**

## Improved Metabolic Health:

Fasting during Ramadan can lead to improvements in insulin sensitivity and blood sugar control.



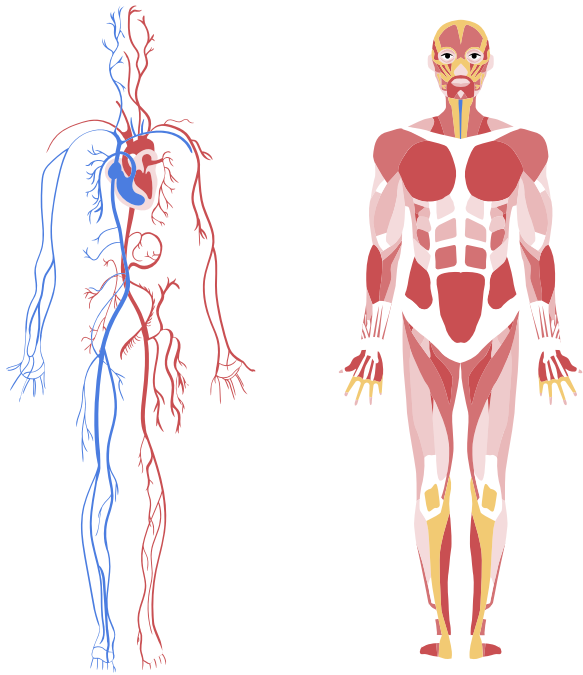
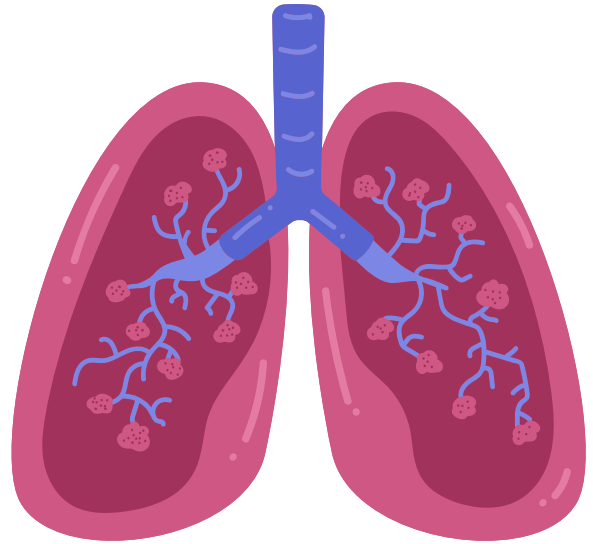
## Weight Management:

Ramadan fasting can contribute to weight loss or weight maintenance. The limited eating window often leads to reduced calorie intake, which can help individuals achieve a calorie deficit necessary for weight loss.



## Detoxification:

Fasting during Ramadan allows the body to undergo a natural detoxification process. With the absence of food intake during the day, the body can focus on eliminating toxins and waste products accumulated over time.

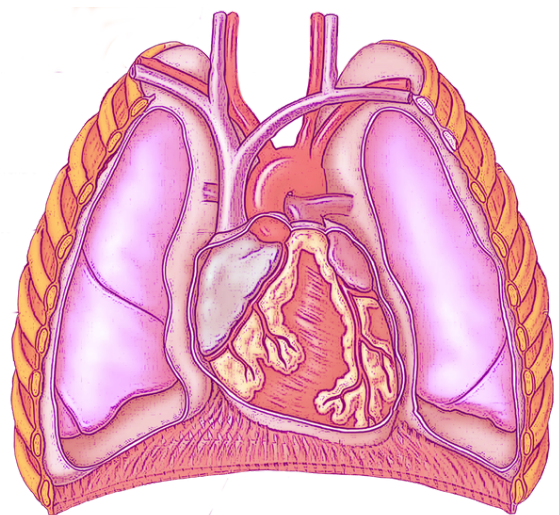


## Enhanced Digestive Health:

Fasting during Ramadan gives the digestive system a break from continuous food intake, potentially improving digestive health and alleviating issues such as indigestion, bloating, and constipation.

## Cardiovascular Benefits:

Some studies suggest that Ramadan fasting may lead to improvements in cardiovascular health, including reduced blood pressure, cholesterol levels, and inflammatory markers.



## Promotion of Mindful Eating:

Breaking the fast during Ramadan encourages mindful eating practices, where individuals are more aware of their food choices and portion sizes. This mindfulness can extend beyond Ramadan and promote healthier eating habits in the long term.



## Spiritual and Psychological Benefits:

Beyond its physical effects, Ramadan offers spiritual and psychological benefits. Fasting fosters self-discipline, empathy for the less fortunate, and a sense of community among Muslims worldwide.

**IT'S IMPORTANT TO NOTE THAT THE HEALTH BENEFITS OF RAMADAN FASTING MAY VARY FROM PERSON TO PERSON, AND INDIVIDUALS WITH CERTAIN MEDICAL CONDITIONS SHOULD CONSULT WITH HEALTHCARE PROFESSIONALS BEFORE PARTICIPATING IN FASTING PRACTICES. ADDITIONALLY, IT'S CRUCIAL TO MAINTAIN BALANCED NUTRITION AND HYDRATION DURING NON-FASTING HOURS TO SUPPORT OVERALL HEALTH AND WELL-BEING.**





# INTERNATIONAL WOMEN'S DAY



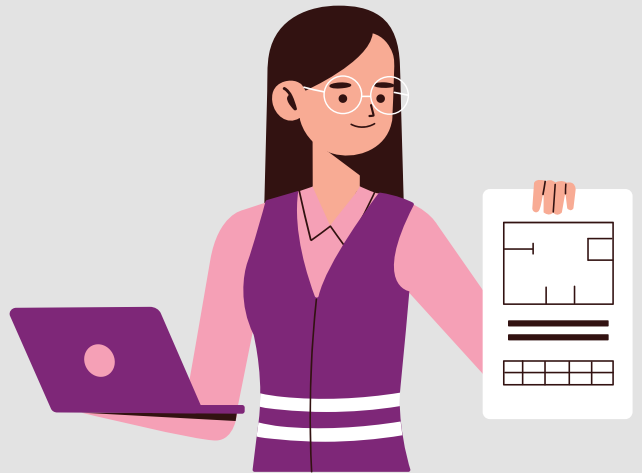
FRIDAY | 8 MARCH, 2024

International Women's Day is a global tribute to the resilience, achievements, and contributions of women worldwide. It's a timely reminder to appreciate the women in our lives and recognize their significance. Let's seize this opportunity to celebrate their strength, love, and sacrifices, and to reaffirm our commitment to never taking them for granted.



## DAILY SACRIFICES:

Women often make numerous sacrifices on a daily basis, balancing personal and professional responsibilities, nurturing their families, and supporting their loved ones, all while often putting their own needs and desires on hold.



## BOUNDLESS LOVE:

Women possess an unparalleled capacity for love and compassion, offering unwavering support, care, and understanding to those around them. Their nurturing nature creates a nurturing environment that fosters growth and emotional well-being.

## BIG HEART:

Women have a remarkable ability to empathize and connect with others, demonstrating empathy, kindness, and generosity of spirit. Their compassionate nature fosters strong bonds and cultivates a sense of community and belonging.





## **STRENGTH IN ADVERSITY:**

Women exhibit extraordinary strength and resilience in the face of adversity, overcoming obstacles, challenges, and barriers with determination, courage, and grace. Their resilience serves as a source of inspiration and empowerment for others.

## **LEADERSHIP AND EMPOWERMENT:**

Women are catalysts for change, advocating for equality, justice, and empowerment for themselves and others. Through their leadership, vision, and determination, they challenge stereotypes, break down barriers, and create opportunities for progress and advancement.

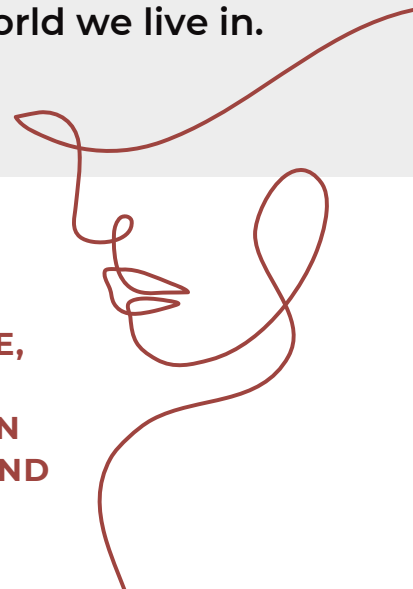


## **MULTIFACETED CONTRIBUTIONS:**

Women contribute to society in multifaceted ways, excelling in various fields such as education, healthcare, business, science, arts, and politics. Their diverse perspectives, talents, and skills enrich communities, drive innovation, and shape the world we live in.



**OVERALL, WOMEN'S IMPORTANCE LIES NOT ONLY IN THE SACRIFICES THEY MAKE, THE LOVE THEY GIVE, AND THE STRENGTH THEY DEMONSTRATE BUT ALSO IN THEIR RESILIENCE, LEADERSHIP, AND TRANSFORMATIVE IMPACT ON SOCIETY. RECOGNIZING AND HONORING THE CONTRIBUTIONS OF WOMEN IS ESSENTIAL FOR BUILDING A MORE EQUITABLE, INCLUSIVE, AND PROSPEROUS WORLD FOR ALL.**



# NO SMOKING DAY



No Smoking Day is an annual campaign observed globally to raise awareness about the health risks associated with smoking and to encourage smokers to quit. It serves as a reminder of the importance of maintaining a smoke-free lifestyle for both personal health and the well-being of those around us. This day provides an opportunity for smokers to access support, resources, and information to help them quit smoking successfully. It also aims to inspire individuals to adopt healthier habits and create environments that promote smoke-free living.





# HERE ARE SOME FACTS ABOUT SMOKING THAT YOU MIGHT HAVE NOT HEARD BEFORE:

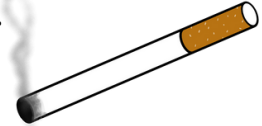
## NICOTINE EFFECTS ON TASTE BUDS:

Smoking can temporarily dull a person's sense of taste and smell. However, when a smoker quits, their taste buds can become more sensitive, leading to an enhanced appreciation for flavors.



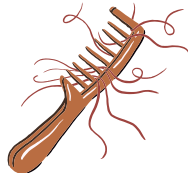
## YELLOW FINGERS AND TEETH:

Nicotine and tar in cigarette smoke can stain fingers and teeth, leading to a yellowish discoloration. This staining can persist even after quitting smoking and may require professional cleaning to remove fully.



## INCREASED RISK OF HAIR LOSS:

Smoking has been linked to hair loss and premature graying. The toxins in cigarette smoke can damage hair follicles, disrupt the hair growth cycle, and contribute to hair thinning and loss over time.



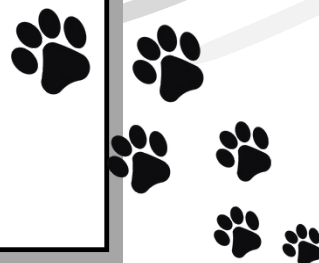
## SECONDHAND SMOKE ON HOUSEHOLD ITEMS:

Secondhand smoke can permeate household items such as furniture, curtains, and carpets, leaving behind a lingering odor. This odor can be challenging to remove and may persist long after smoking indoors has ceased.



## IMPACT ON PET HEALTH:

Pets exposed to secondhand smoke are at risk of developing health issues such as respiratory problems, allergies, and even cancer. Additionally, nicotine residue can accumulate on pet fur, leading to ingestion when pets groom themselves, which can be harmful to their health.




**As we commemorate No Smoking Day, let's embrace the opportunity to stand in solidarity with smokers seeking to break free from the shackles of addiction. By raising awareness of the detrimental effects of smoking and promoting the benefits of a smoke-free lifestyle, we can empower individuals to take control of their health and well-being. Let us extend a helping hand to those on their journey to quit smoking, providing them with the support, resources, and encouragement they need to succeed. Together, let's envision a future where tobacco addiction is a thing of the past, and every individual has the opportunity to thrive in a smoke-free environment.**



# INTERNATIONAL DAY OF HAPPINESS

**The International Day of Happiness holds special significance for the United Arab Emirates (UAE), a nation that prioritizes the well-being and happiness of its citizens and residents. Recognizing that happiness and well-being are fundamental pillars of sustainable development, the UAE has taken proactive steps to promote happiness and positivity across all sectors of society.**

**One key initiative spearheaded by the UAE is the establishment of the Ministry of State for Happiness and Wellbeing, reflecting a commitment to prioritize happiness as a national goal. This ministry works collaboratively with various government entities to implement policies and programs aimed at enhancing the overall happiness and quality of life of individuals in the UAE.**



# HAPPINESS

Moreover, the UAE has embraced the concept of happiness in its governance and decision-making processes. It has integrated happiness and well-being indicators into its national development plans, ensuring that policies are aligned with the goal of fostering happiness and fulfillment among its people.

In addition to governmental efforts, the UAE hosts a multitude of events and activities to celebrate and promote happiness in the community. These initiatives include workshops, seminars, cultural events, and initiatives focused on promoting mental health, positivity, and social cohesion.

Furthermore, the UAE's commitment to happiness extends beyond its borders through initiatives such as the World Happiness Report, where it actively participates in global dialogues and collaborations aimed at advancing the science of happiness and well-being worldwide.

In summary, the International Day of Happiness holds great importance for the UAE, reflecting its dedication to fostering happiness, positivity, and well-being among its people and contributing to a happier and more harmonious society both locally and globally.

