THE BENBANNER

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Health & Safety Home
Your Life is Our Priority

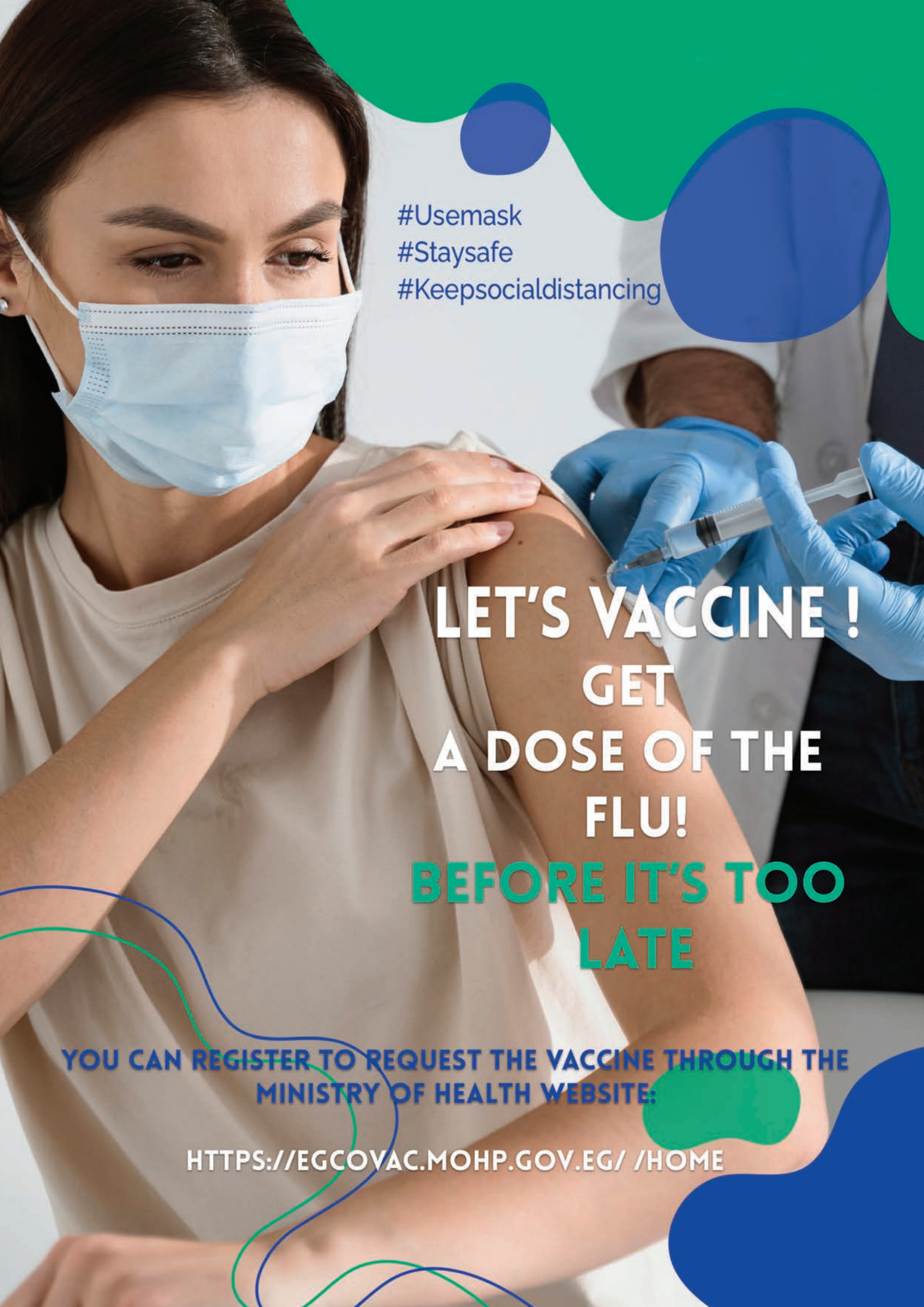
BENBAN SOLAR PARK

A Handicraft Training Program for Women In The Villages Of Benban

Celebration Of the 69th Anniversary Of The July Revolution At Plaza Dorrat El Nil

The National Project " Haya Karima" Reaches Aswan Governorate

The Most Prominent Projects of The African Youth Capital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HEALTH & SAFETY HOME

HEALTH, SAFETY, ENVIRONMENTAL & SOCIAL MANAGEMENT

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The Most Prominent Projects Of The African Youth Capital

The country is interested in developing Aswan Governorate and transforming it into one of the most beautiful tourist areas in Egypt, based on its distinguished location on the Nile, and the development of roads, bridges and temples.
It built several development and service projects, most notably "Solar Energy, New Aswan City, Kalabsha Axis over the Nile."

The solar energy project is one of the most important and largest projects in Aswan Governorate, as it has won many international awards due to the importance of this project in producing clean energy with a capacity equivalent to that of the High Dam.

As for the New Aswan Governorate, it was built with the aim of housing development and reconstruction to be one of the fourth-generation cities, located in a privileged location overlooking the Nile River northwest of Aswan, in addition to establishing a hospital affiliated with Aswan University, New Aswan University, and other service projects.
As part of the road development, the Kalabsha axis was established, which is 23 km long and 21 m wide. It contributes to linking the eastern agricultural road with the western agricultural road with the western desert road across the Nile River.
It contributes to solving the problem of individuals and vehicles completely dependent on the Nile ferries, which take longer and expose their users to risks and accidents.

Celebration Of the 69th Anniversary Of The July Revolution At Plaza Dorrat El Nil

Aswan Governorate celebrated the 69th anniversary of the July 23 Revolution in the newly developed and beautified Plaza Dorrat El Nil.
The celebration was held with a large crowd of people attending to watch the performances of folk and choral groups in cooperation with the Directorate of Culture.

Ashraf Attia, Governor of Aswan, gave his instructions to open the Plaza Dorrat El Nil to receive visitors on Eid al-Adha, as well as to host the Abu Simbel Folklore Troupe and the Children's Choir to present artistic and heritage performances.

It is noteworthy that Plaza Dorrat El Nile is part of the development and beautification project for the facade of Aswan, which includes Al Mahatta Square and the old tourist market.

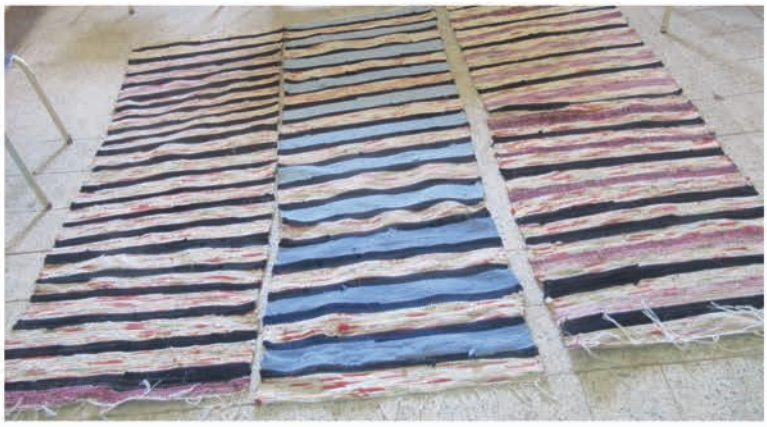
The National Project " Haya Karima" Reaches Aswan Governorate

Coinciding with the launch of the national-wide initiative "Haya Karima" under the auspices of Egyptian President Abdel Fattah El-Sisi, "Haya Karima" has reached the villages of Aswan Governorate, in which this national project aims to enhance the quality of life for the citizens in the Egyptian countryside, and raise the efficiency of the services provided to them. The initiative in Aswan governorate included the three largest centres in it, namely Kom Ombo, Edfu and Nasr Al Nuba. And it targets a total of 31 main villages and 114 sub-villages, 377 hamlets, Kafr and Ezbet at the level of the Edfu, Kom Ombo and Nasr Nuba centres.

The number of projects for "Haya Karima" initiative in the villages of Aswan has so far reached 454 projects which included many development sectors, services, and infrastructures such as clean water networks, sanitation and gas, electricity, schools, and hospitals. The initiative projects are currently implemented in Aswan villages under the supervision of Aswan Governor Ashraf Attia and in coordination with the competent authorities in these centres.
"Haya Karima" initiative is considered one of the largest national projects in Egypt, as the estimated cost of the projects in Aswan Governorate amounted to 11 billion Egyptian pounds.

A Handicraft Training Program for Women In The Villages Of Benban

The Solar Investors Association is keen on developing the Benban community about the role of women and advancing them.
In this regard, a handicraft training program for women on the loom started last June with three associations in the villages of Benban (Al Raqabah, Benban Bahri and Benban Kebli).
This program lasts for three months with a total of approximately 60 trainees divided into 6 groups who have already produced their first work.



MENTAL HEALTH IN THE WORKPLACE

WORK IS AN ESSENTIAL ASPECT OF MOST PEOPLE'S LIVES. IT IS WHERE WE SPEND MOST OF OUR TIME, WHERE WE EARN OUR LIVING, AND WHERE WE OFTEN MAKE NEW FRIENDSHIPS. HAVING WORK THAT YOU ENJOY MAY BE BENEFICIAL TO YOUR MENTAL HEALTH AND OVERALL
WELL-BEING, BUT A TOXIC WORKING ENVIRONMENT CAN LEAD TO PHYSICAL AND MENTAL HEALTH PROBLEMS.
WHEN IT COMES TO WORKPLACE HEALTH AND SAFETY, MENTAL HEALTH IS JUST AS ESSENTIAL AS PHYSICAL HEALTH.

REFERENCE: HTTPS://WWW.CDC.GOV/

What does mental health mean?

Mental health includes our emotional, psychological, and social well-being. It has an impact on how we think, feel, and act. It also influences how we deal with stress, interact with people, and make decisions. Mental health is vital at all stages of life, from infancy through adolescence to maturity.
Mental illness could affect your thinking, mood, and behavior. throughout your lifetime, many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry.
- Life experiences, such as trauma or abuse, discrimination.
- Family history of mental health problems.
- *ongoing physical illness.*

Why does workplace mental health matter?

Workplaces with high levels of mental health and effective management go hand in hand. Unfortunately, many organizations are not aware enough of the importance of mental health in the workplace. They concentrate on physical health by offering benefits such as dental insurance, prescription medicine coverage and discounts on health care services.
Our minds are essential to our well-being, especially considering the negative implications mental illness can sometimes have on physical health, such as high blood pressure, hormone imbalances, and an increased cancer risk. Stress, anxiety, depression and other mental health issues strongly affect businesses and their employees.
According to WHO, a recent study estimates that depression and anxiety disorders cost the global economy US$ 1 trillion each year in lost productivity.
Employees can be affected by poor mental health and stress which leads to

- Decreased productivity and performance.
- Decreased engagement with one's work.
- Poorer communication with coworkers.
- Decreased physical capability and functioning.

How can an employee recognize a mental health issue?

There are several symptoms and signs of mental health issues, including:
- Feeling very tired or drained.
- Concentration difficulties or lower-than-average productivity.

- Self-imposed isolation or avoiding interaction with colleagues.
- Outbursts and mood swings.

- Getting easily frustrated or irritated.
- Lack of motivation.

- Increased absenteeism or tardiness.
- Making unusual mistakes while working.

- Changes in personal grooming and general appearance.
- Seeming passive, worried, tense or acting in unusual ways.

How can employers create a healthy work environment?

- Make mental health self-assessment tools available to all employees.
- Offer free or subsidized clinical screenings for depression from a qualified mental health professional, followed by directed feedback and clinical referral when appropriate.
- Offer health insurance with no or low out-of-pocket costs for depression medications and mental health counseling.
- Provide free or subsidized lifestyle coaching, counseling, or self-management programs.
- Distribute materials, such as brochures, fliers, and videos, to all employees about the signs and symptoms of poor mental health and opportunities for treatment.
- Host seminars or workshops that address depression and stress management techniques, like mindfulness, breathing exercises, and meditation, to help employees reduce anxiety and stress and improve focus and motivation.
- Create and maintain dedicated, quiet spaces for relaxation activities.
- Provide managers with training to help them recognize the signs and symptoms of stress and depression in team members and encourage them to seek help from qualified mental health professionals.
- Give employees opportunities to participate in decisions about issues that affect job stress.

What can employees do to manage mental health and stress in the workplace?

- Encourage employers to offer mental health and stress management education and programs that meet their needs and interests, if they are not already in place.

- Participate in employer-sponsored programs and activities to learn skills and get the support they need to improve their mental health.

- Share personal experiences with others to help reduce stigma, when appropriate.

- Be open-minded about the experiences and feelings of colleagues. Respond with empathy, offer peer support, and encourage others to seek help.

- Adopt behaviors that promote stress management and mental health.

- Eat healthy, well-balanced meals, exercise regularly, and get 7 to 8 hours of sleep a night.

- Take part in activities that promote stress management and relaxation, such as yoga, meditation, mindfulness, or tai chi.

- Build and nurture real-life, face-to-face social connections.

- Take the time to reflect on positive experiences and express happiness and gratitude.

- Set and work toward personal, wellness, and work-related goals and ask for help when it is needed.

Organizations and employers must work together to raise awareness about the significance of workplace mental health and to change workplace culture so that individuals can be themselves and talk openly about their mental health problems without fear of being judged. On the contrary, they should be encouraged to communicate their emotions and to give assistance when necessary.

SAFE DEFROSTING METHODS

How many times have you taken a frozen chicken out of the freezer in a hurry and put it in hot water so that it thaws quickly?

And how many times did you take it out and put it on the kitchen table and leave it for hours even after it thawed?

I bet you've done this a lot, these are the traditional thawing methods we were brought up with, but what you don't know - honey - are that these methods are not safe!

These methods can lead to foodborne illness. Just as you freeze food at a lower temperature to keep it as long as possible, you should also thaw it at a safe temperature.

Thawing food in a warm atmosphere enables bacteria, which may have been present before the freezing process, to multiply and spread.

If you want to eat in a healthy and safe way, you should follow one of the following ways to thaw frozen food.

Thawing food in the refriperator:

This method requires planning because it takes a lot of time, if you want to defrost a chicken or a kilo of meat, it can take a whole day!
But it is undoubtedly healthy and safe. Take out the frozen food from the freezer and put it inside the refriperator to thaw. The food will melt at a low temperature, which will keep it safe from the bacterial growth.
This method guarantees the health and quality of the food for about two days after thawing and before cooking it. You can also re-freeze it again without cooking it, although this may lose its quality.

Thawing food in cold water:

I think you get it now; high temperatures are not the best solution to thaw frozen food, low temperatures are what preserve food and keep it safe after thawing.
This is an ideal way if you are in a hurry and do not have enough time to thaw food in the refriperator, but it needs some care. Put the frozen food in a bag or a leak-proof package so that bacteria from the air or the surrounding environment do not enter the food, and to prevent water from reaching it and then put it inside A bowl filled with cold water.
Change the water with another cold water about every 30 minutes to allow the thawing process to proceed safely. Cook the food as soon as it thaws and do not freeze it again before you cook it.

Thawing food in the microwave:

You can use the microwave to thaw frozen food, there is a specific feature of thawing frozen food in some modern microwaves, but this method may make some parts of the food warmer than the rest, which makes it start cooking already, so you should cook the frozen food as soon as it thaws in the microwave, you can cook it in a conventional oven, grill, or even in the microwave itself.
And of course, don't freeze thawed food again before cooking it, and don't thaw food in the garage, on the kitchen counter, in the car, in plastic bags, or outdoors, all these methods expose food to bacteria and unsafe thawing.

Cooking without thawing:

You may not have the luxury of waiting for the food to thaw safely, or you may simply be in a rush and must prepare the food in no time!
Remember, dear, that cooking frozen food directly without thawing it is a completely safe method, of course it will take %50 longer than normal, and you may experience a very unpleasant taste for yourself when you cook food without thawing it!
But what's the problem? That you and your family eat healthy and safe food is more important than taste.
But, of course, you can cook it safely while maintaining its usual beautiful taste. The whole thing needs to be planned and choose the most appropriate method for you according to your available time, hoping that you and your family will always enjoy health and safety.

Wind Energy

Investing in renewable energy and its production is becoming increasingly popular in many nations across the world like solar energy, hydro energy and many more, in a previous issue,
we have dealt with a topic about solar energy as a form of clean energy. Today we will talk about another source of clean energy sources. namely is wind energy.
Wind energy, often known as wind power, is any mechanical or electrical energy produced by wind or naturally occurring airflow in the earth's atmosphere.
Wind has been considered a source of energy for over a thousand years, but fossil fuels supplanted it for much of the twentieth century. Wind is making a comeback as a source of energy and electricity nowadays.

How does wind energy work?

Wind power is generated using wind turbines. These turbines have large blades that rotate as the wind blows by them. When wind turbine blades spin, they turn a rotor connected to a generator inside the turbine, generating electricity in the process.
The amount of electricity a turbine can generate depends on wind speeds, the length and size of the blades on the turbine, and the type of wind turbine.

Reference: https://www.energysage.com/

What are the types of wind energy?

There are two major types of wind turbines used today:

- *Horizontal axis turbines*

Horizontal axis turbines are the most commonly used today; these turbines typically have three blades high above the ground that spin on a horizontal axis. In order to operate at maximum efficiency, horizontal axis turbines and their rotors need to be pointed in an optimal position to capture the wind head-on, but some horizontal axis turbines have sensors that can shift the rotor in different directions to maximize production.

- *Vertical axis turbines*

Vertical axis turbines have blades that rotate around a vertical axis. Unlike horizontal axis turbines, vertical axis turbines do not need to be pointed directly at the wind in order to operate efficiently; they can capture wind that is coming at them from all different directions. These turbines are often installed closer to the ground and in areas where wind speeds are more variable areas. In most situations, vertical axis turbines cannot produce as much electricity as horizontal axis turbines.

- *Wind turbine size and power capacity:*

Small wind turbine

Small wind turbines can generate 100 kilowatts of electricity, enough to power a home. Small wind turbines are frequently utilized in areas like water pumping stations to generate electricity.

- *Utility-scale wind*

It is Slightly larger wind turbines sit on towers that can reach 80 meters in height and have rotor blades that extend approximately 40 meters long. These turbines can generate 1.8 megawatts of power. Utility-scale wind projects generate power that is sold to utility companies, they are usually directly connected to the electrical grid and generate electricity for a group of utility consumers.

- *Offshore wind*

These turbines are usually placed in the water and are significantly larger than utility-scale wind projects on land. Because of the larger size of the turbines and the higher and more constant wind speeds on the ocean, offshore wind turbines generate more power than small wind or utility-scale wind projects.

Wind turbines can be standalone or grouped together in a wind farm. While a single turbine can provide enough electricity to power a single home, a wind farm can provide enough electricity to power thousands of homes. Wind farms are often built on the top of a mountain or in a windy area to take advantage of natural wind.

What are the advantages of electricity production with wind energy?

Wind is a renewable energy source. Turbines do not have any emissions and do not contaminate the air. It is one of the cheapest renewable energy sources available which makes it a key resource in developing economies. Wind is generated all over the world, and wind turbines can be installed economically almost anywhere.

How to Get Rid of Ants in your Home!

Let's face it, having ants in your home can be annoying thing. It's not only annoying to have ants scurrying around, but a colony of ants may also inflict significant damage. Having ants in your home is quite unsanitary. Humans can be bitten by some ant species, such as Fire and Harvester. Carpenter ants, on the other hand, are known to damage building materials. Ants inside the house certainly contaminate the food. They carry bacteria that can be transmitted through food or an open wound. We all dislike how ants invade our homes, especially during the summer. They live in our house as if it were theirs; nevertheless, there are a few things that may be done to get rid of the ants.

Here are some tips to get rid of ants, without resorting to the use of pesticides and chemicals:

• Keep your house clean

Do your household duties. Clean your surfaces, floors, cabinets, and pantries on a regular basis, as here is where crumbs are most prone to hide.find out what's causing the ants to gather in the first place. There's always a source, whether it's a sticky trickle of honey down the edge of a jar or a wayward spoon in the sink. Clean up whatever drew your new renters in, and if you're lucky, they could simply go on their own.

• Take out the trash

Make sure trash cans are covered (particularly in the kitchen!) and check them after you've taken out the rubbish for any remaining residue.

• Seal all the entry points

Seal the cracks and holes in the walls and floors or exposed crevices in doors and windows to prevent ants from gathering and going out again.

• Food should be well-preserved

Keep food items such as flour and sugar in an airtight container and never leave food uncovered or preserve it tightly wrapped with foil or plastic wrap.

• Try home remedies

There are a lot of natural and safe ways to eliminate the ants without resorting to the use of pesticides:

- Peel the cucumber and place the peel in areas where ants gather.
- Use vinegar as a natural insecticide by putting it in a sprayer and spraying it in areas where ants are present; the ants will suffocate and die as a result.
- Essential oils can be used (some scents ants hate) as oil (mint, cinnamon, cloves, lavender, and lemon) and mix any of them with water and spray the mixture on entry points like windowsills or door frames.
- Sprinkling sesame seeds in areas where ants congregate, as this interferes with their sense of smell, which they use to find food.
- Wipe off the kitchen surfaces and floors with a towel soaked in diluted Dettol or chlorine.

If you have tried everything, you might have a colony, don't hesitate to Call in an expert to inspect your home. They can identify the ant species and properly exterminate them.

ALUMINUM COOKWARE ... AND CANCER!

In the world of cooking utensils, there is something new every day.
The modern types are endless, and each type has a more tempting characteristic than the previous one.
A lot of rumors spread about aluminum cookware, and many said that they are unsafe and unhealthy, it must be disposed of immediately!

Some also said that it causes Alzheimer's disease, and others said that it causes cancer!
Aluminum is present in abundance on the surface of the earth, and therefore it naturally seeps into water and food, and it is toxic if the body absorbs a large amount of it.
Because it is a lightweight material and an excellent conductor of heat and electricity, it was an ideal choice for making cookware.

So, are aluminum cookware unsafe?

The researchers said that an amount of aluminum in these utensils' seeps into the cooked food, whether it is acidic, like lemon, or manufactured like tomato sauce. Some cooked a large quantity of tomato sauce for two hours and then left it in the same cooking pot all night, and in the morning, they tasted it and found an unpleasant metallic taste in it.
By analyzing the amount of aluminum in each cup of tomato sauce, they found that it is only 0.0024 milligrams!
This is a very small percentage of aluminum and should not cause any health risk.
In addition, aluminum in pots only leaks to sour or processed food, but it does not pose any danger to any other type of food.
But of course, it is preferable to avoid cooking acidic and processed food, even if the leakage rate is not large and dangerous.
We also mention that the aluminum in the utensils must be treated and oxidized, because untreated and oxidized utensils may leak a large amount of aluminum to the food.

But what about aluminum foil, is it also safe?

You can use aluminum foil to cover trays or utensils, if it does not come into direct contact with food, as contact with food is dangerous, but using it to coat and cook food does not pose any problem.
Aluminum is present in many foods or food additives used in every home. It is found in pickling agents, self-rising flour, baking powder, and baking mix.
The average per capita consumption of aluminum-containing food additives is about 20 milligrams per day.
Aluminum is also found these days in non-dairy creamers, spreads, and processed cheeses so these sources can provide up to 100 milligrams a day of aluminum per person!

Aspirin and antacids are also the biggest source of aluminum, with up to 5,000 milligrams per day, so what might leak out of cookware is trivial.
In addition, the body does not absorb all the amount of aluminum that enters it, rather it absorbs a small proportion of it and excretes the rest with urine, and the liver and kidneys work to remove toxins from the body.
But of course, it can be dangerous if there is a problem with the liver and kidneys, as aluminum, which is a toxic substance, will be stored in the body and lead to bad complications.

does aluminum cause Alzheimer's and dementia?

Aluminum-linked dementia and encephalopathy been found in elderly people with impaired kidney function. Sometimes, this has happened when dialysis fluid was contaminated by aluminum.
When the kidneys don't work, dietary aluminum can build up in the body and cause dementia. Dialysis is supposed to remove things a failing kidney cannot, so if dialysis fluid is contaminated by aluminum, then this happens faster.

Aluminum has at times been linked to Alzheimer's and Autism spectrum disorder, but in neither case has there been definitive evidence that aluminum causes either. While some studies have shown elevated aluminum levels in Alzheimer's patients, others have not. It's not clear what role aluminum plays in Alzheimer's or whether it is playing a direct role at all.
The other cases where aluminum can cause neural problems are rarer, such as when workers are exposed to chronic, low-to-high doses of aluminum dust or fumes in places like aluminum plants or mines. Other documented cases of aluminum neural toxicity come from embedded aluminum shrapnel.

Finally, does aluminum cause cancer?

Aluminum has never been demonstrated to have a role in cancer. Aluminum smelter workers do have a higher risk of cancer, but this is due to exposure to other chemicals, not aluminum. Aluminum is frequently the target of breast cancer scares because of its use in antiperspirant. Studies have shown that aluminum doesn't get absorbed through skin and no studies have found a link between aluminum and cancer.
While it is true that aluminum is highly concentrated in cigarette smoke and that aluminum absorbs more easily through lung tissue, aluminum is low down the list of harmful substances in cigarette smoke.
Cigarette smoke contains an array of highly cancer-causing chemicals and toxic heavy metals more toxic than aluminum. Smoke particles, on their own, are considered carcinogenic by the American Cancer Society.

Therefore, the aluminum in the pots is harmless, and it is only preferable not to cook acidic and manufactured food in it, especially if you suffer from kidney and liver diseases.
If you are a fan of aluminum cookware...buy it now and don't be afraid.

HAIR LOSS CAUSES

It is known that a woman's adornment is her hair, so women always strive to take care of their hair so that it looks shiny, healthy and thick, to highlight its beauty and attractiveness more.
However, it is no longer rare for you to meet your friend or relative and complain to you about her excessive hair loss, which severely affects her psyche and appearance!
What is the reason for this frequent complaint? Nutrition is undoubtedly a major factor. Eating unhealthy food and unfiltered water prevents your body from getting the vitamins and minerals needed.
But the cause of the loss may also be genetic or pathological, and in all cases, you should go to the doctor to treat the condition of your hair and find out the cause of its loss and be sure to take vitamins that nourish your hair.
This topic is not for women only, most men also may suffer from hair loss for the same following reasons, so read on to learn about the causes and whether they are treatable or not.

1-Hereditary hair loss
Both men and women develop this type of hair loss, which is the most common cause of hair loss worldwide.
androgenic alopecia means that you've inherited genes that cause your hair follicles (what each hair grows out of) to shrink and eventually stop growing hair. Shrinking can begin as early as your teens, but it usually starts later in life.
In women, the first noticeable sign of hereditary hair loss is usually overall thinning or a widening part.
When a man has hereditary hair loss, the first sign is often a receding hairline or bald spot at the top of his head.
Possibility of treatment: Treatment can help stop hair loss or slow its fall, and it may also help to re-grow it again, and the earlier you start treatment, the better the result, but leaving the condition untreated will cause more hair loss.

2- Aging:
With age, people notice hair loss due to the slow growth of new hair.
At some point, the hair follicles stop growing hair in the first place, which leads to the thinning of the scalp hair. The hair also begins to lose its color and then the woman's hairline naturally recedes.
Possibility of treatment: Early treatment helps some people regrow their hair.

3- Alopecia Areata:
Alopecia is a disease that develops as a result of the body's immune system attacking the hair follicles, causing hair loss. This disease causes you to lose hair from all over your body, not just your head, and some people lose their eyelashes and eyebrows due to alopecia areata.
Possibility of treatment: If the hair fails to grow itself, treatment can help stimulate regrowth.

4- Cancer treatment:
Cancer chemotherapy or radiation therapy to the head causes all hair to be lost within a few weeks of starting treatment.
Wearing a cooling cap before, during, and after each chemotherapy session may help prevent hair loss.
Possibility of treatment: After the chemotherapy ends, the hair begins to grow again within months, and the doctor can direct you to a drug that will help your hair grow faster.

5- Stress:
After giving birth, in illness or under any other stress, you may notice heavy hair loss on the pillow or in the hairbrush. This can also happen after a difficult time in your life such as a divorce or the death of someone you love.

Possibility of treatment: If the stress stops, your body will adapt and stop this excessive shedding. When the hair loss stops, most people see that their hair regains its natural density within 6 to 9 months.

6- Damage the hair:
Exposing hair to heat, curling it, straightening it or coloring it leads to damage, and over time this may lead to hair loss.
Possibility of treatment: Stop exposing your hair to heat and start caring of it. But know that once the hair follicle is damaged, hair cannot grow from that follicle, and the presence of many damaged hair follicles leads to the appearance of permanent bald spots.

7- Hairstyle pulls on your scalp:
If you often wear your hair tightly pulled back, the continual pulling can lead to permanent hair loss. The medical name for this condition is traction alopecia.
Possibility of treatment: you can only prevent the hair loss, but it cannot regrow again.

8-Hormonal imbalance:
A common cause of this imbalance is polycystic ovary syndrome (PCOS). It leads to cysts on a woman's ovaries, along with other signs and symptoms, which can include hair loss. Stopping some types of birth control pills can cause a temporary hormonal imbalance. Women who develop a hormonal imbalance can develop thinning hair (or hair loss) on their scalp.
Possibility of treatment: Treatment may help regrow hair again.

9- Scalp infection:
Scalp infections can sometimes lead to scaly and inflamed areas on your scalp. You may see what look like tiny black dots on your scalp. This is actually a stub of hair and some people develop a bald spot.
Possibility of treatment: Treatment can rid you of the infection and once it is gone the hair tends to grow again.

10-Side effects of some medications:
Hair loss may be a side effect of taking some medications. If you suspect that one of the medications you are taking is causing hair loss, go back to your doctor and talk to him and do not stop taking the medication on your own, as some medications may cause sudden stop taking them to occur. Serious health problems.
Possibility of treatment: hair begins to grow again after stopping the drug.

11- Thyroid disease:
If you have a thyroid problem, you may notice hair thinning and hair falling out in clumps when combed.
Possibility of treatment: If the thyroid gland is treated, the loss will stop, and hair will begin to grow.

12- Lack of minerals and vitamins:
Your hair needs several essential minerals and vitamins, which are biotin, iron, protein and zinc, and a deficiency of one or more of them in your body can cause significant hair loss.
Possibility of treatment: Of course, when your body gets enough of the lost nutrients, hair can grow back.

If you suffer from hair loss, now you know the reason!
Go to the doctor immediately to get the right treatment and restore your hair and its vitality again.

Source: https://bit.ly/3AI yv43

Hello, my friends!

I am a traffic cop, and I will tell you how to cross the road safely by yourself.

1 -Stand on the sidewalk in front of the pedestrian walkway.

2 -Watch the traffic light so you know when to cross.

3 -A green light means cars are passing by, so wait until the light is red and the cars have come to a complete stop.

4 -When the light turns red, turn left and right to make sure the road is clear of any passing cars and then cross the road carefully.

Teach your child to Swim

Of course, getting your child involved in sports and keeping him active through physical activity and sports is very important for his development.

Swimming is one of the most beneficial activities you should teach your children; it is a life skill that will stay with them for the rest of their lives.

Swimming is a great exercise at any age, there is no ideal age to learn how to swim and it depends on each child. the earlier your child starts, the better.

Swimming is not only a fun exercise for children, but it also has a wealth of various benefits for children include mental and physical growth, improved social skills and confidence, and it also develops the safety skills of your children.

Here are some reasons why you should teach your child to swim:

Physical Benefits

Swimming improves cardiovascular health by increasing the efficiency of the heart muscle as well as strengthens the lung capacity; swimming teaches kids how to control their breath underwater, which in turn helps to enhance their lung capacity and enables oxygen to circulate more effectively through the body and provide more energy. Swimming provides a full-body workout that builds your kid's muscles and makes the body more flexible and balanced in addition, it helps burn calories and keeps your child in a healthy weight.

Personal and Social Skills

Swimming is an excellent confidence builder, assisting children in developing body confidence and belief in their athletic skills. Swimming with other children provides your children with significant social interaction, which helps them build their social skills outside of school as well. When your children participate in a group activity, they meet people who share their interests. that's why swimming is a positive social activity.

Mental Health

According to researches, the exercise provided by swimming helps kids develop their mind/body connection. As a result, children's brain growth and intellect improve considerably. Swimming also helps boost cognitive and emotional development in children because it stimulates their senses. Swimming successfully reduces tension in children by increasing endorphins in the brain, which also helps them feel happy.

Safety Skills

Swimming is a life-saving skill that every child should learn. According to the Centers for Disease Control and Prevention, approximately one-fifth of every people losing their lives from drowning are younger than 14. You can increase your children's water safety by training them to swim. However, regardless of what they know, you must constantly watch your children in the water.

Supports Educational Performance

Swimming helps strengthen the part of the brain that is associated with memory and learning. Studies have shown that swimming increase intelligence and concentration which assists your child to perform better at school, and it generally improves your child's learning process.

Improves sleep

Swimming expends a lot of energy, so your children will sleep better at night, allowing them to develop, relax, and have more vitality the next day.

It's summer, so now is a perfect time to start teaching your child to swim, enroll your child in swim lessons.

COLORFUL
FISH
CRAFT

SUPPLIES :

- PAPER PLATE
- PAINT
- PAINTBRUSH
- COLORED CARDSTOCK OR CONSTRUCTION PAPER
- SCISSORS
- GLUE
- PENCIL
- FISH TEMPLATE

STEPS

1. DOWNLOAD THE FISH TEMPLATE, PRINT, AND CUT OUT THE PIECES YOU NEED.

2. PAINT A PAPER PLATE IN 2-1 THIN COATS OF BRIGHT PAINT. LET IT DRY COMPLETELY BEFORE MOVING ON.

3. PLACE THE FISH BODY TEMPLATE ON THE PAPER PLATE, TRACE, AND CUT IT OUT.

4. POSITION THE STRIPES IN THE MIDDLE OF THE BODY, GLUE THEM ON, THEN CUT OFF THE EXCESS PAPER.

5. GLUE THE EYE JUST TO THE LEFT OF THE FISH'S NOSE. USE A BLACK MARKER TO DRAW A SMALL SMILE BELOW THE EYE.

6. TAKE THE TOP FIN AND GLUE IT TOWARDS THE BACK OF THE BODY, JUST ABOVE THE TAIL FIN.

7. NEXT, TAKE THE BOTTOM FIN AND GLUE IT TO THE BOTTOM SIDE OF THE FISH.

8. FINISH OFF THE FISH BY GLUING THE SIDE FIN TO THE BOTTOM OF THE FISH, IN BETWEEN THE BOTTOM FIN AND THE MOUTH

WE'RE CERTAIN YOUR KIDS ARE GOING TO LOVE CREATING THIS COLORFUL FISH CRAFT!

REFERENCE: HTTPS://WWW.SIMPLEEVERYDAYMOM.COM/PAPER-PLATE-FISH/

Hassan
Challenge
Summer Heat

A very hot summer day

Anas and Hassan are playing together against another team and the Match is very intense.

Anas: Hassan!! Kick it fast, this is our last chance, we don't want to lose it!

Hassan ran as fast as he could, and received the ball from Anas, and kicked it with all his might to score the goal.

As soon as the ball enters the goal, the referee whistles to Announce the end of the match time.

Hassan: OH MY GOD!!! We did it!! We won at the very last minute!

Anas: Yaaaaay!! I can't believe it! The greatest goal of the most skilled players

Hassan: Yes, it was a great goal, it should be photographed and published in Newspapers.

Hassan received the victory cup; they were so happy and proud.

Hassan: Where are you going, Anas? I want to celebrate the whole day Seriously!

Anas: Honestly, I don't know what to say, but we ran a lot, and the smell of Sweat is killing me, weren't you playing with us?

Hassan: Hahahaha, I was playing but I don't have that problem, well, on the Occasion of our victory I'll reveal all the secrets of my sweet smell To you.

Anas: Well then Mr. Hassan, your fans are eager to know the secret of Your beautiful scent in the summer, what is it?

Hassan: Hahaha, I'm at my fans service, so I will tell you in Detail how to overcome the fear of summer and sweat.

1

The first thing I do in the morning is taking a shower, I wash my hair with shampoo and my body with a loofah and soap.

3

I wear clean and well-washed clothes, I never wear the same set twice without washing.

Hassan *I'm done, this is my daily routine, I guarantee you won't worry about sweat smell again.*

Anas *Thank you very much, Hassan, I'll do this routine to have a beautiful scent too.*

2

I dry my body well and apply deodorant which makes me sweat but without smell.

4

I put on my favorite perfume to feel fresh all day.

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