



**BAHRAIN CHAPTER OF
THE INSTITUTE OF CHARTERED
ACCOUNTANTS OF INDIA**
(AFFILIATED TO BAHRAIN ACCOUNTANTS ASSOCIATION)

Executive Committee 2019-20

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Conquering New Frontiers

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BCICAI CONNECT

January 2020

Dear Esteemed Members,

January is a very busy time for us finance professionals, be it for those who are involved in managing the function or those of you who are in the Audit firms. With several deadlines looming over us, most spend endless hours burning the midnight oil to meet the deliverables. We too at BCICAI had a hectic month of activities with several events and new initiatives throughout the month. Below we present to you the Events brief for January 2020. Happy reading.

CA Maheshkumar Narayan
Chairperson

Synopsis of Events

BCICAI FOOTBALL PREMIER LEAGUE 2020

PARTICIPATION IN THE PRAVASI BHARATIYA DIVAS CELEBRATIONS

CPE EVENT ON MAKE INDIA READ AND GAME OF RISK

CHILDREN SPEECH & ESSAY WRITING

REPUBLIC DAY CELEBRATION

BOOK READERS CLUB LAUNCH

FAREWELL MEETING WITH INDIAN AMBASSADOR

BCICAI COLLABORATES AS KNOWLEDGE PARTNERS

ADVANCE EXCEL AND DATA ANALYSIS WORKSHOP

BCICAI SPEECHCRAFT 2020

BCICAI OVERSEAS STUDY TOUR TO GEORGIA IN MARCH 2020

CAREER OPPORTUNITY

FESTIVE GREETINGS

SPECIAL OFFERS

ESSAYS BY CHILDREN

BCICAI FOOTBALL PREMIER LEAGUE 2020

Members and family participated in big numbers in BCICAI Football League 2020 held at Soccer Avenue in Saar. Tournament which saw participation of over 75 players, was spread across 10 matches. Participating team included Solidarity Blues, Al Areen Royals, Tally Stars, ICICI Invincibles, Asma Rockers and UAE exchange strikers. UAE exchange strikers won the finals of this closely fought tournament 1-0. Asma Rockers finished as runners up.



PARTICIPATION IN THE PRAVASI BHARATIYA DIVAS CELEBRATIONS

Executive committee members joined the Pravasi Bharatiya Divas Celebrations at The Indian Embassy on 9th January 2020.



CPE EVENT ON MAKE INDIA READ AND GAME OF RISK

The first CPE event for the calendar year 2020 was held at Al Areen Palace & Spa with two speakers CA Amrut Deshmukh and Mohamed Al Isa. This was the first ever CPE event to be held at this venue. Over 100 plus members participated in the event during which speakers shared valuable insights on the importance of Taking measured Risks to succeed and to cultivate a habit of Reading books.



CHILDREN SPEECH & ESSAY WRITING

To mark the Republic Day celebration BCICAI extended opportunity to members' children to present write ups of 500 to 600 words on few selected topics. These essays were reviewed by the guest speaker CA Amrut Deshmukh and one of the Past chairperson. The best 3 essays were selected, and children presented the same as a speech at the CPE event. The topics given for the essay/speech were

1. Books are our best friends
2. Avoid single use plastic and save the environment
3. India in 2047



REPUBLIC DAY CELEBRATION

To mark the occasion of the 71st Indian Republic Day members and children dressed in Indian attire and participated in a special cake cutting ceremony. Members also attended the Republic Day celebrations at the Indian Embassy.



BOOK READERS CLUB LAUNCH

With an aim to revive dying habit of reading BCICAI launched an initiative to have regular sessions on knowledge gained from the many best sellers and popular books. With the Book Readers Club we invited members who are willing to share their thoughts, learnings and summarise the knowledge gained on any recent book that they have read. This club was launched on 24th January 2020 by CA Amrut Deshmukh who is on a mission to make India Read, as a part of republic Day celebration.



FAREWELL MEETING WITH INDIAN AMBASSADOR

Executive Committee members met with H.E Indian Ambassador Alok Kumar Sinha who is completing his mission in Bahrain and moving back to India. H.E conveyed his best wishes to the CA fraternity in Bahrain and lauded the efforts of the Chapter in various areas. HE assured wholehearted support of the Indian Embassy for all the future endeavours of the Chapter in its mission to CONQUERING NEW FRONTIERS. Excom expressed gratitude for all the encouragement and guidance extended by HE during his tenure in Bahrain and wished him good luck for the future endeavors.



BCICAI COLLABORATES AS KNOWLEDGE PARTNERS

BCICAI collaborated with Smart SMB as Knowledge partners at the Smart SMB Summit held on 29th January 2020. As Knowledge partners BCICAI facilitated a panel discussion on the topic " Taking stock of VAT implementation impact in the mid-market ". We are extremely thankful to the below members who have consented to be part of the panel.

1. CA Jaideep Rana, CFO, BIBF & Immediate Past Treasurer, BCICAI
2. CA Gaurav Khurana, Head of Tax, Moore Stephens
3. CA Krishnan Kavasseri, CFO, Ebrahim K Kanoo
4. CA Nitin Sharma, CFO, Kalaam Telecom
5. CA Sanjeev Aggarwal, Head of Finance, Solidarity



ADVANCE EXCEL AND DATA ANALYSIS WORKSHOP

To facilitate updating the technical and analytical skills of our members, BCICAI organized an Advance Excel and Data Analysis workshop. CA Suresh Devendran from Kuwait conducted that event and around 40 members actively participated. The Facilitator has more than ten years' experience in Designing and Delivering Training in similar areas. Members gained in-depth knowledge in Power Pivot, how to use Macros and various other advanced Functions in Excel.



BCICAI SPEECHCRAFT 2020

With the goal to develop the public speaking and presentation skills of our members BCICAI in collaboration with ICAB Toastmasters Club launched the Speechcraft 2020 programme. Several Members and spouse of members joined the programme.



BCICAI OVERSEAS STUDY TOUR TO GEORGIA IN MARCH 2020

BCICAI launched the Overseas Study Tour to Georgia for members and families to be held in March 2020. Members responded positively and the registration was closed in two days with more than 50 interested travellers.

CAREER OPPORTUNITY

One career opportunity was shared during the month for Asst. Manager in the Compliance Department

FESTIVE GREETINGS

Video greetings for New year, Pongal, Bihu, Makarsankranti, Lohri and Republic day were shared with members.



SPECIAL OFFERS

Special offers to members and families was extended by Royal Bahrain Hospital for screening & blood tests. Discount was extended by the Organizers of the Ghazal event by Famous Singer Hariharan. Special discounted fees was extended by CA Meenakshi Sundaram for the Everyone Communicates, Few Connects workshop.

ESSAYS BY CHILDREN

BOOKS ARE OUR BEST FRIENDS

BY: ISHAN PRASHANT GANDHI, THE NEW MILLENNIUM SCHOOL

Every person connects to the books from the birth. The first book of life of every person is the mother. Mother tell us the stories and lullabies at bedtime. So, from the childhood, we learn about the values of books. We go to school and learn a lot of new stuff from the books

Somebody has said, 'There is no loyal friend then the book'.

Books are the best friends because they always inspire us to do great things in life. Books like gold mines. Books like The Gita, The Mahabharata, The Quran, Bible inspires us and teach us the best lesson of our life. Some books also teach us how to help the society. Some books are on the life of successful people, and they show us the path of struggle to get the success.

Books teaches us to have dreams. The more you read, the bigger your imagination gets. It motivates us to chase our dream. It takes us flight of fancy, to a place or country we want to visit without even having to pay for it.

Reading helps us to have better vocabulary. It is always seen that book readers have richer vocabulary and its easier for them to find the best expression and words for all that they want to tell.

We should use the books carefully without damaging them. We should keep them safe from wet environment and keep them away from dust. We should not make a lot of drawings or funny and crazy remarks on the books

Today books are also changing their appearance from hard copy to ebooks on Internet. Though I prefer reading ebooks compared to print books as they are lightweight and easy to carry around and also saves a lot of space. We can always read print books or e-book as long they are right books to read.

Books may be costly to buy. But good books are worth more than the money. They give something more than money can give. When we are traveling or when we are at home and have nothing very important or urgent to do, it is better to read books. The time is well spent and we gain knowledge.

It's always better to read books rather the watching movies and television. Reading increases your knowledge and makes you think. Watching television on the other hand kills off brain cells. Books are also more reliable than the sources on the internet which changes every hour.

Books has been used as the major means of storing information for centuries. Today we are reading and learning science, inventions, discoveries etc because of the efforts of our ancestors who have it in the form of books.

Friendship with good books makes you a good person and Friendship with bad books makes you a bad person. If you want to select a best friend of your life then, then you should select books as your best friend because books can provide us a company in our good or bad time and teach us a lesson. They give us a pleasant company when we feel lonely or stock at boring party. They inspire us and help us to overcome failures. They don't ask questions. They rather provide answer to the questions that keep troubling us.

Man is known by the company he keeps. Then why should we not keep the best company that of the books. So friends let's take pledge to read at least one book a month and also motivate other to read as well.

BY: KANISHKHA RAGUNATHAN, THE NEW MILLENNIUM SCHOOL

When my father informed that BCICAI wants the children of its members to write a brief essay on one of the three topics. Immediately I have chosen the topic "Books are our best friends".

Books are our best friends not only in loneliness. Do you know why books are the best friends? because they always inspire us to do great things in life. Let us take an example: (real life - I am telling what I understood)

Imagine you are alone at home and your parents went out leaving you gadget-free. It is obvious that when we don't have any gadgets, we feel bored as if we are going to do something. Automatically you will pick out an interesting book and start reading. Books are like a friend who plays with us in a form of reading. What else we need when we have books? now let us see how the books help us.

ESSAYS BY CHILDREN

There are many kinds of books with different theorems, which are basically: SCIENCE & FICTION (like Alchemist), TRUE-LIFE STORIES (Wings of fire, A Journey with Vadapav), COMICS (like Tinkle, Geronimo Stilton), HISTORIES AND SANSKRITH PLAYS (Kalidasa plays, Asoka the great), INSPIRATIONAL & ADVENTUROUS (like Shakespeare, Mark Twain), etc. are really wonderful and plays a great role, not only in elders but also in children. Each theorem which are exposed teaches us various things which we haven't even discovered. They directly or indirectly lead us a way to our life.

Speaking of education, books are the greatest treasure for us. My favourite books are Shakespeare stories as the grammar is really well built in his books. Recently, I have read a book "Four short stories of Shakespeare". Because of the language, initially I find difficult to understand the meaning of many words. After reading the book I realised there is lot of improvement in vocabulary and our slangs. Instead of obsessed with dangerous e-gadgets we can read books and gain some knowledge. There is abundance of things we need to learn that we haven't yet discovered.

By reading many books, I have written my experience as a clause.

"Today A Reader, Tomorrow A Leader;

The More You Read, The More You Understand;

The More You Understand; The Knowledge You Acquire;

The More Knowledge You Acquire; The Wise You Are;

The Wiser You are; The More Wisdom in You

The More Wisdom in You, The Better Help You Give;

The More Help You Give; The More You Are Respected;

The More You Are Respected, The More You Aer Loved by Every One;

The More You're Loved; The Peaceful You Are"

Starting with a good reader, we ended up in having peace. This is what is caused by book.

Books evacuate our vocabulary, helps us to learn new word meanings, built a very good character in us and simultaneously reading books maintains our slangs too. We learn a lot from books just like a good friend and it is our responsibility to choose the right books wisely.

It's going on too lengthy, so I would like to conclude that the joy of reading books cannot be described in words, which we can understand only by real experience. Therefore, please read (in any language which you feel comfortable), maintain and take care of any books as they are our best friends. It's at your doorsteps, open and discover them immediately.

Thank You Very Much BCICAL for giving me the opportunity.

BY: SAMHITHA JAGADISH, THE NEW MILLENNIUM SCHOOL

"A room without books is like a body without a soul." - Marcus Tullius Cicero

Wikipedia says "A book is a set of printed sheets of paper held together between two covers." But it is more than just a sheaf of papers held together between covers. It is a friend, guide, a philosopher and a companion in need. Before World Wide Web [WWW], books used to be the only source of information, but now we have information at the touch of our finger tips, still I feel nothing can take the place of books.

We can never feel alone with the company of books, even during summers when no friends are around and it is too hot to play outside, books come in handy to kill the boredom. They also help overcome failures and are also an inspiration to do significant achievements many a times and because reading books gave me the confidence to participate in readathon and get to Round 2 in the competition. If we are to find friends as many as the genres in books, it would be almost impossible. There are variety of genres for books like fiction, non-fiction, novel, fantasy, magic, humor/comedy, history, self-help, history, art, mythology etc. For example, when we read history book, we travel back in time. When we read a comedy book, it lightens our mood and makes us laugh. When we read a fantasy book, it improves imaginative skills.

ESSAYS BY CHILDREN

Let me explain my relationship with book over the years. From a small child to a tween I had wonderful company of plenty of books. The first book I read as an infant was 'Where is my Puni?' [A Tamil book], which I have read over and over and tore it to bits, my mother would say. Growing up as a toddler, I was fortunate enough to get my hands on wonderful books like 'Green eggs and Ham' - rhyme book for vocabulary skills, "My Granny went to Market" - which improved my counting skills, Gajapathi Kulpathi - lovely rhyming book, plus the infamous "The very hungry caterpillar" and many other ones.

As a kindergartener, I got to read "The Smartest Giant in Town", "A Chair for my Mother" (a Caldecott honor book), "Beautiful Banana", and "Ismat's Eid" which were rich in Empathy. Room on the broom, Gruffalo and Monkey Puzzle were my favorite reads as per my mother. To top this, I have enjoyed a unique book which is wordless and narrated only with pictures, it is 'Flotsam' (A Caldecott medal book), which is now my sister's favorite too.

As years passed, there were books like "Spaghetti and Meat Balls", "The Greedy Triangle" which helped with math skills. 'Kate and Mona Lisa', 'The Veena Player', 'Art and Max', 'the dot' which was art oriented.

Later I have graduated to chapter books, the first one I read was 'Bookasura', a fantasy mythological based story which I still cherish. Then I have read many Geronimo Stilton, Diary of Wimpy Kid and such books which I have borrowed and exchanged mine with my classmates.

"The why why girl", "Women in science", "Good night stories for rebel girls", "I am Malala" were wonderful books for empowerment.

This summer holiday I completed the entire series of Harry Potter. I like this series because it has magic and fantasy in right proportion.

My favorite author is Enid Blyton. My favorite series "Famous Five" is authored by her. Though I enjoy reading other author's books, Enid Blyton will always be my favorite.

The current book which am reading is "My journey with Vadapav", which my father has won in a raffle draw. Certain words are a bit complicated for me, but still am continuing to read the book.

There are so many books in the world, the few books I have read so far have touched upon many topics and have helped me learn many things and supported me in needy times. Though I use technology, books were, are and will be my best friends.

BY: UTKARSH KARTHIK, ASIAN SCHOOL

APJ Abdul Kalam said thus "One best book is equal to 100 good friends. One good friend is equal to a library"

A book is the map of a man's life; as well as the life in the nature. Every page of a good book is a store house of man's greatest and noblest thoughts. For me, they are special because they can give me knowledge no one else can, give inspiration to do something great in life, help understand the reality around us, etc. The books make me real confident to face the beautiful outside world.

There are many types of books. Encyclopedias, schoolbooks, novels, biographies, auto biographies etc. I myself plunge into teenage fiction, junior fiction, quiz books etc. Another interest for mine is reading Hindu, Greek & Roman mythology. A recent book I read was about many young male achievers which gave me goosebumps as well as lot of inspiration. I find reading very interesting because whenever I read a book, I think of the story concept and take a picture of it in my mind.

Christopher Paolini said beautifully that "Books are my friends, my companions. They make me laugh, and cry and make me find meaning in life".

But are books really our best friend? Yes they are, because they give us a lot of fun time just like a good friend. Friendship with a good book will make us good; similarly friendship with a bad book might instill negative thoughts in us. They make us laugh, cry; gives us a taste of the real world and the essence of life.

Books give me specific thrills and creative knowledge; and open me up to a beautiful world of imagination. They inspire me to do great and funny things in life and assure me that I can overcome any kind of failure. Doesn't it rhyme just like the experience we have when we are with our best pals?

Books are the best time pass when we are alone, we pick up a book and start reading to feel relaxed. Whenever we feel sad, a good book cheer us up, make us happy; and shares our sadness. Just like our best friends.

ESSAYS BY CHILDREN

In a library you meet all these mighty minds of the world. People who tell, teach or advise us are not always there; but books are always with us. We can refer to them, clarify our doubts, and remind ourselves of facts we have forgotten or learn a point which we have not looked into so far.

So, all I need to do is open a book and enter a whole new world; something I have neither known or imagined or dreamt. Many great people have done this and succeeded in life.

Hence, I conclude my essay by writing a poem on the essay "books are our best friends".

Books are my best friends

Which never go out of trend

It is like a golden door,

Which takes me to a world I have never been before

It unfolds the mystery

Of our elaborate history.

This is our personal guide

To live in this world with pride (Author Anonymous)

Thank you

BY: GAYATRI SHARMA, THE NEW MILLENIUM SCHOOL

It is rightly said," A book is a dream you hold in your hands."

When you read a book, you gradually learn and improve in many areas such as vocabulary, productive usage of time, concentration and many more. A book is a treasure of knowledge one can carry with him. It is handy and compact. One might argue that a book may be heavy to carry. But when you can carry a mobile phone of 150 grams and a power bank of 300 grams, why can't you carry a book weighing 250grams?

Books stoke our imagination. I can imagine myself sitting on a broom stick and playing the Quidditch match between Gryffindor and Slytherin. Now, this is a scene straight out of 'Harry Potter and the Philosopher's Stone' that has always enthralled me. Well, I must also mention here that I am a chocoholic. I can imagine myself in a boat floating on a chocolate river surrounded by gummy houses, chocolate cars and giant lollies. Doesn't that remind you all of "Charlie and the Chocolate factory" written by the British novelist and poet, Roald Dahl.

Books promote the healthy habit of reading. George R. R. Martin has said," A man who doesn't read leads one life, whereas a man who reads lives thousands of lives." Nowadays, people compare technology like google with books. Well, you can get a denser history from google; but it also has its side effects. For instance, the blue rays and radiation emitted from phones and other devices are harmful.

Books are of many types. In Indian history we learn about the great Indian freedom struggle. Books on freedom fighters like Bhagat Singh, Mahatma Gandhi and Chhatrapathi Shivaji Maharaj, teach us about the various principles they adopted to attain independence. When I read about Mother Teresa, I was moved by her love for mankind and service to the poor. She indeed is an example of the saying, "The hands that serve are holier than the lips that pray." When I read about Gautham Buddha, I understood his dislike towards material life. He also led his followers towards the path of enlightenment. The glow on his face changed the lives of various evil people. Through religious books and great epics like the Ramayana and Mahabharatha, we can learn family values and moral values. Thus books are a source of entertainment, education and enlightenment.

A book is a friend that is always available near me. A friend in true sense because it has and will be instrumental in shaping a better personality in me. I also know that I will need books throughout my life. And a friend in need is a friend indeed.

ESSAYS BY CHILDREN

BY: HIMANI DADHICH, THE NEW MILLENIUM SCHOOL

A book is always explained to be just a piece of junk with a bunch of alphabets printed on a blank sheet that's what I thought .But, 2-3 years ago I was alone at home and when the golden light dribbled over the land like a syrup on oatmeal they haven't returned till the shadows of the evening dissolved into the gathering darkness of night. The air was cool and the crickets chirped

I was really scared to be by myself ... I ran to my room shut the door and pulled out a book out of my closet and ducked in to the blanket...As I began to read my mind was diverted from all my fears and I was on the other face of life which was filled with adventure and magic ..OHHH this incident calls for a poem:

I met a dragon face to face
The year when I was ten,
I took a trip to outer space,
I braved a pirate's den,
I stowed aboard a submarine,
I opened magic doors,
I travelled in a time machine,
And searched for dinosaurs,
I climbed atop a giant's head,
I found a pot of gold,
I did all this in books I read
All when I was only ten years old!

“Ordinary people have big televisions but
extraordinary people have big libraries”
Good morning respected sir/madam

Books are truly filled with a bunch of places to visit and amazing people to meet ,they are answers to all my questions A body without a soul has taught us many things about life which not even a teacher who shares the same emotions like us could teach us -

Being Smart: Have a good capacity to learn.

Brave: Ready to face problems with courage.

Never give up: Nothing is Impossible.

Be compassionate: Show empathy to others

Be Humble: Don't Insult anyone and be modest

Be Positive: Be happy in whatever you are doing.

Good Moral Values: Respect people and their opinions.

Let's make a quick learning the word for the day is:

Bibliophile :{ noun} a person who loves books

Books are being the major source of storing information from ancient days but now you can also carry e-books, no burden of books thanks to technology. Mobile phones and various other gadgets do not remain our best friends forever because they may be out dated but the books will always remain our best friends because the concepts and the knowledge provided by a book are never be out-dated.

Now, the question which arises is that which books to read?? Go to a book store where u meet your happiness...Read the blurb..if something doesn't grab your attention in the first few sentence don't get it just because of its trend...if you still don't understand read reviews, get the recommendations from the two F's which is -

- friends
- family

ESSAYS BY CHILDREN

You can make excuses or progress basically what is galloping in our head is that I have an excuse that I am so busy I am no small kid who is abundant free time! I do have an option for that too

Amazon and audible are big help to note other titles that customers have purchased and u have it on your fingertips u can listen to books ...Blinkist is also good for busy people who are avid reader but don't have time to read the whole book

Develop interest in life as you see it; in people, things, literature, music- the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people. Therefore I would like to conclude by saying that "we lose ourselves in books, we find ourselves there too"

INDIA IN 2047

BY: SHRUTHI BATHINI, THE ASIAN SCHOOL

I have a vision. A vision which our constitution-makers saw 70 years ago. A vision of a nation free of poverty. A vision of a country so developed in all fields, a nation where no person sleeps without shelter or clothes. A land where no child sleeps hungry. The vision of every true Indian citizen.

By 2047 India will be celebrating its 100th independence day and this shall be a great achievement for India and there are a few things that I'd like to discuss my vision India is a country with a population of over 1.3 billion people but with no development in sports whatsoever. Let us take the summer Olympics conducted in Rio de Janeiro for an example. India won just 2 medals whereas Japan with a meagre population of 0.1 billion people won 141 medals. This shows the amount of importance our country gives for sports. By 2047 I would like to see India with more success in sports. This will be possible if the government sets up more sports institutions where every child is given a chance to prove his skill. India consists of a large number of extremely talented people but none of this talent has been put to good use.

Secondly, the US has the most advanced military in the world. This is because the US spends a whopping \$612.5 billion on their military whereas India spends \$54 billion on its military. The main priority of the government should be the safety of its citizens. Henceforth, I believe that the government should spend more on the advancement of the military. India has a large military but it isn't really advanced so by 2047 I want India to have a more advanced military where its fighter planes and ships etc. So by 2047, I want India to be armed with fighter planes and submarines which are made with India's own technology instead of buying them from other countries.

The next prospect in which I believe India requires a lot of development is in the education field. In the US they spend \$68 billion on education whereas India spends about \$8 billion. We can see that there is a vast difference in the amount that they spend. India has a higher population than the US so India is supposed to be spending more on the education sector than the US. Since it hasn't invested much in education we can see the result clearly. Harvard University located in the US is the best university in the world whereas the institute of science Bengaluru which ranks number one in India ranks 435th in the world. This is very depressing. So by 2047, I want India to spend as much as it can on education and I want to see Indian universities as a part of the top 10 universities in the world.

The last thing is the most important as well as the most depressing fact. The welfare of the people should be the main motto of every country's government. The general well being of the people is what makes the country happy. But in India, this is not happening. India has a population of 1.3 billion people whereas France has a population of just 67 million people but still France spends \$555 billion dollars whereas India spends just 7.7 billion. Does this mean India doesn't give importance to the welfare of its people? This is because corruption in India is very high. So by 2047, I visualize an India with no corruption where every citizen is content This is my vision for India: 2047 and I shall do everything within my capabilities to achieve it and I hope that you too will help me in this strive for success.

ESSAYS BY CHILDREN

AVOID SINGLE USE PLASTICS AND SAVE THE ENVIRONMENT

BY: KAUSHIK VAIDYANATHAN, INDIAN SCHOOL

Plastic bags have a wide range of usability in our day to day lives. For instance, we use them to carry our foodstuffs from groceries shops, we also use them as gloves to do dirty chores or as knee pads while gardening. Our kitchens are filled with single use plastics in the form of covers of grocery items, bottles of ketch up, pickles, cheeses etc.

Basically, plastic bags can be improvised to do so many things and are therefore very handy at home. The reason why plastic bags are so popular is because they are cheaper than eco-friendly bags. Furthermore, plastic bags are waterproof and very convenient during rainy days. Whilst, the usage of plastic bags is convenient, the reality is that they pose serious threats to us and the environment.

One of the reasons why plastic bags are bad for the environment is that they practically take forever to decay. Plastics have a very low rate of degradation that it may take thousands of years for a small piece to disintegrate. It goes without saying therefore that since the first modern plastic bags were designed in 1965 by the Swedish company, Celloplast, virtually all the plastic bags are still in existence today. Manufactured from polyethylene- a high density plastic, these bags can withstand all weather conditions.

Secondly, they negatively contribute to climate change. All the polymers and compounds used in the creation of plastic bags such as polypropylene and polyethylene are derived from petroleum and natural gas. The process of extracting fossil fuel and then processing it to produce plastics releases greenhouse gases into the atmosphere. This has resulted to the degradation of the ozone layer, which has subsequently led to global warming.

Moreover, plastic bags pollute the environment. Since they are very light, they are easily carried by wind and water to various places on earth. They litter our pathways, fences, houses and trees and make them look ugly. Plastics also form a layer on the earth's surface blocking the availability of ground water and hindering the growth of plants' roots.

They also pollute water bodies. All the plastic bags eventually end up in the oceans and other water bodies. Look at the Great Pacific Garbage Patch, which is located between Hawaii and California. With so much plastic floating on water, the marine life is put into too much risk. The situation is even worse if the plastic waste finds its way to the bottom of the ocean, where many sea creatures live and lay eggs. Apart from eating the plastic bags, the sea creatures may also get entangled in plastic wastes and mutilated by the chemicals.

Creatures that prey on fish, such as humans, birds, terrestrial animals and other marine animals also get sucked into the equation through the ocean food web when they feed on contaminated fish meat. When humans consume contaminated fish, they are at a higher risk of getting serious health complications, such as cancer, liver dysfunction etc.

So now you know that having single use plastics are bad not only for our health but also for the ecosystem. Then why use them? Stop using use and throw plates and buying water bottles. Let us go back to reusable materials for carrying water and food in our daily life. Saying no to small items of plastics like drinking straws and small tables on pizza boxes have huge positive impact on environment. Plastics give a helping hand to us but they are polluting our land!!

Say no to plastics, go green. Let this be our motto for a plastic free environment.

WE ARE AT WAR WITH OUR OWN HOME

BY: SUMEDHA SARDA, ST CHRISTOPHER'S SCHOOL

Plastic. Pollution. Deforestation. Global Warming. Extinction. And so many other countless disasters destroying this planet. We, humans, have been so extremely indolent when it comes to saving the planet. Numerous people with not only ingenious thoughts but ways to make Earth sustainable are being ignored as we rarely take action! Are we being blind to our own reality?

Today's epidemic is non-biodegradable and non-compostable plastic materials. If we keep using plastic irresponsibly then the harm we will do to the Earth will be irreversible.

ESSAYS BY CHILDREN

Single use plastic is one of the main killers to the creatures of the Earth. Can you believe that there is more plastic than the number of fish in the oceans? Generally plastic takes a few hundred years to biodegrade and releases lots of harmful gases like carbon dioxide and methane, when are kept in massive landfills because they mix with other harmful and toxic substances.

Furthermore, the great Pacific garbage patch is a massive tornado of plastic in the Pacific Ocean. Also known as the Pacific trash vortex, currents carry debris from the west coast of North America to the patch. The Great Pacific Garbage Patch is a massive area measuring more than 1.6 million square kilometers and has caused the death of thousands of creatures.

United States of America is one of the biggest countries that creates plastic pollution with 500 million plastic straws being used in America every day!!

All this evidently confirms how irresponsible and ignorant we are towards our damaged and dying Earth. However, I believe there is still time for improvement and change. My idea of eliminating plastic is not only reducing it but also finding alternatives to it. We can use small cardboard boxes for fast food, paper drinking cups and reusable glass straws. I also think supermarkets and stores should start charging customers for plastic bags. If all else fails then at least using reusable plastic will make a difference. Using banana leaf cutlery instead of single use disposable plastic cutlery is another option.

Bahrain's supermarkets should also install a bulk section for pulses, rice, nuts and then we could use jars to take how much we want home and it would all be charged by weight. Individuals can buy reusable cloth bags to take to markets and communities can each take chances to do ocean and beach clean ups. Some easy ways an individual can make a change is, reducing straws and plastic bags, using a water bottle, using matches, planting plants and taking shorter showers.

But the difficult part is that plastic is very convenient, cheap and cannot be removed completely from our lives. So after trying our best to reduce the use of plastic, the second best step is making plastic which is less toxic and sustainable in the long run. Like plastic made out of tapioca, a starch extracted from the roots of cassava plant, which will prevent ecological catastrophes.

The nature of these biodegradable and eco-friendly bags will play a significant role to slow climate change, save marine species and stop the release of toxic oxymorons, and they are edible and soluble. This is how we can contribute for a longer future.

I am influenced and motivated by the inspiring work of Environmental activists such as Greta Thunberg and Jane Goodwill. Now is the time to wake up and end our war with our own home. It is crucial we take action now.

PRESS RELEASE

MONDAY, JANUARY 20, 2020

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news of bahrain

THE DAILY tribune

Soccer event



BCICAI Executive Committee (Excom) members met with Indian Ambassador Alok Kumar Sinha who is completing his mission in Bahrain and moving back to India. Mr Sinha conveyed his best wishes to the CA fraternity in Bahrain and lauded the efforts of the Chapter in various areas. He assured wholehearted support of the Indian Embassy for all the future endeavours of the Chapter in its mission to conquering new frontiers. Excom expressed gratitude for all the encouragement and guidance extended by Mr Sinha during his tenure in Bahrain and wished him good luck for the future endeavours.