

Building self-resilience: Navigating through the challenging times

The people of Afghanistan have been going through a historical humanitarian crisis. The fall of democratic regimes, internal conflict and war, displacement, and the rising inflation are issues that have haunted the children and youth of Afghanistan with no option left but to constantly seek opportunities of migration in other countries. Despite the prevailing financial crisis and the down and gloom about the future of the country, there still stands a thick chance for the youth and children of Afghanistan to build the resilience and the muscles to endure and sustain.

While UNICEF, Save the Children, WFP, ICRC and many other NGOs are on the ground to respond and support the families, youth and

children through disaster risk reduction (DRE), food security and livelihood (FSL), Protection, Welfare, Sanitation and Hygiene (WASH), Education and Health and nutrition programs, not enough is seen on the part of youth to build an inner resilience to cope with the adversities. For a more robust post-traumatic functioning of youth, we have to build their muscles and resilience to navigate through these challenging times.

Here are five tips which you should follow:

1. **Shift your focus from your vulnerabilities to your capabilities.** Explore yourself and seek what you can do for yourself and your loved ones. For example, if you have lost your job, self-reflect and see what skills you have and other

possibilities. Work with a colleague who can provide you with feedback to discover your actual strengths and build on them.

2. **Foster a consistent relationship with your caring and trustworthy adult** who could instill optimism in you, share their wisdom and encourage you to function at your full potential.

3. **Engage with your family, community, school and social institutions** to alleviate the uncertainties and explore possibilities of what you can do.

4. **Don't bow down to the adversities**, but rather build the noteworthiness and resilience. For instance, if your school is closed, find alternative ways to self-educate and learn consistently until schools reopen.

Thanks to the internet, you can have access to the world-class education from the top schools around the globe.

Promote your mental health and seek opportunities to do sports and recreational activities.

5. **Promote optimism, helpfulness and positive mindset.** There is always a silver lining behind every dark cloud.

These all shall pass and your inner strength will emerge.

Brain research shows that stress experiences in managing stress, adversities and trauma including learning from failure, is important for healthy youth development and well-being. In the face of the adversities, we need to adjust and bounce back.

Sayed Saleem Salda

Factories resuming operation in Herat



KABUL: While some factories in some parts of the country have been shut down, officials in Herat province have announced the reopening of two plastic and aluminum plants.

The two plants are among the largest waste recycling plants in the country's west, which direct employment for hundreds of people in difficult economic conditions.

The sustainability of these two factories is important to prevent environmental pollution in the province as well as of plastics and metals waste of their production. The factories recycle the wasted parts of materials.

Recently, local officials of the Herat province visited Herat province for these two factories and New Kabul Times, the provincial governor asked the provincial government to provide a written note of their problems to be investigated and addressed fully.

Ahmadullah Amiri, Herat provincial governor, said that the province has been working in the waste recycling sector for more than ten years and some of its products are exported to Iran, Pakistan and Canada. Canadian traders buy recycled waste from the factory while Pakistan and Iran buy the bottles which are their favorite product.

The factory operating in producing aluminum sheets in Herat has largely prevented the import of similar goods from neighboring countries.

especially Iran, and now the boilers of the factory have taken over Herat market.

Hamidullah, one of the officials of the province, said that the whole process of materials production and always control the working process of the employees and provide remuneration for accelerating the operation.

So far, Hamidullah has bought a large number of waste from Iran and metal aluminum sheets, and he is trying to teach his province to more people, so that the people after him could work in the industrial park in the aluminum recycling sector.

Hamidullah says, "Our factory is capable of producing 110 types of aluminum sheets. The government needs to provide us support in domestic production. We buy aluminum waste from the market and it into aluminum sheets. We produce high quality aluminum and various countries buy our products."

On some occasions, power outages in Herat Industrial Park cause the production process to stop, and it creates a delay in the delivery of aluminum sheets to customers.

The Herat Aluminum Recycling Factory also needs more access to aluminum scrap and waste, but it is being smuggled to Pakistan.

The government is able to prevent the smuggling of aluminum and iron waste from Herat.

Officials who have received the two plants say they will not

allow vehicles of aluminum and iron to leave Herat under heavy surveillance at the gateways of Mirwais in Herat/Guzdar district.

One of the workers in this factory says the metal aluminum sheets are sent to the provincial government facility for getting recycled.

Mohammad, a 26-year-old and he is happy to work in this factory instead of going to Iran through an illegal way. But with rising unemployment, it has become difficult for him to meet his needs.

Mohammad likes to stay in his country and make a living. I am happy to work in the factory. If this factory was not active, I would have to go to Iran and work there. He asked the government to control prices of goods in the markets to solve people's problems.

Referring to the company of manufacturing aluminum in Herat, he called on craftsmen to reactivate their factories and reduce the increasing number of unemployed people in the society.

Meanwhile, it is said that several trucks of plastic wastes from non-alcoholic beverage bottles and cans, often collected by drug addicts and working children from the city of Herat, are brought to the factory every day.

These bottles are washed in a shedder and after several steps, they are turned into fit, big bags which are mostly used in the markets in Afghanistan.

Zarif Wahgani, a businessman from the southern prov-

ince of Afghanistan, said his business of recycling plastic bottles has had an income of \$1.5 million in Herat Industrial Park.

Six years ago, he brought all his employees and family members to his factory, but now all his employees are Afghans. IEA talking over the government, the volume of illegal waste in the market has decreased. We process more than 20 tons of plastic waste per day, and the activity of our factory was able to significantly prevent the theft of illegal waste from Iran. We are interested in increasing our investment in this sector, provided that there is security and people buy our products.

There are several large non-alcoholic beverage factories in Herat, and most of the people of Herat in using carbonated and energy drinks in high, which results the volume increase of plastic waste production in Herat.

It should be mentioned that ten years ago, more than 300 factories were active in the industrial park, but now the number of factories has declined to less than 100.

Despite the frustration of Afghan craftsmen, officials of the aluminum and waste factories insist they are working to keep their factory which is running until the last minute, and not leaving hundreds of workers unemployed and in need of benevolence.

Amir

Government making efforts to reduce air pollution in big cities



KABUL: The tobacco firms of Afghanistan have begun to smoke producing of smelly factories to reduce air pollution in big cities of the country.

Environmental monitoring groups monitor the fuel burning systems of houses, shops and factories to reduce further air pollution in the country. The air pollution has become a major concern for the citizens, especially the big cities of the

country. On the other side, using smoke producing of smelly factories and old cars are another cause of air pollution in Afghanistan. National Environmental Protection Agency (NEPA) of the Islamic Republic of Afghanistan has announced the process of monitoring factories in Kabul, Kandahar, Herat, Mazar-e-Sharif and Jalalabad. The inspection by the citizens in the cold season, especially the big cities of the

factories to make sure that they are using purifying filters. The department said that they will continue a series of follow-up of pollution sources in the capital and provinces. However, citizens who are struggling with poverty and have no choice but to use low-cost coal to heat their homes. It is worth mentioning that air pollution causes the most damage to human health, especially in winter. The Kabul Times

Snow enriches underground water source

"Kabul can survive without gold, but it cannot survive without snow," so the saying from a Kabul resident told The Kabul Times.

With nearly a week of light and heavy snowfalls, the Kabul citizens' worries about the capital's drinking water supply have diminished.

The country's meteorologists are optimistic about continued winter precipitation within the capital.

"Kabul citizens awake to a winter of thick snow. Last week, however, some melted away with their usual children celebrating the good gift and the factories becoming hopeful about the ability in agricultural products in the country."

There is the most important resource for water, as it brings a snow cover, which will melt and be good news for the water supply in the city and the surrounding areas.

"The weather was much colder, we couldn't walk or breathe and today we are very happy for the clean weather and snow, so we welcomed it," Ahmad Sabidi, a Kabul resident told The Kabul Times.

Sabidi hoped that besides reducing pollution, the snow will positively affect the upcoming year's agriculture.

Fawad Salibi, another Kabul citizen, also expressed happiness about the recent snowfall and said they didn't want the weather to be polluted again and named the pollution as a major issue in the city.

He asked the government to take good plans about the reduction of pollution and how the melted snow can be used to create the upcoming year's agriculture as well," said Nadim Ahmad another Kabul resident.

However, cold weather will not be good news for the poor people who have nothing eat and enough fuel to burn and keep themselves warm.

In the same time, the Islamic

Republic of Afghanistan announced that they will provide assistance including food items for the poor citizens and the emergency.

Meanwhile, Afghanistan Meteorological Department (AMD) has predicted heavy rainfall and snowfall in some part of the country.

It is said that there was more chance of rain and snowfall in some southern and northern areas such as Kabul, Paktia, Logar, Nangarhar, Laghman, Faryab, Nuristan, Khost and Badkhash provinces as anticipated on January 7 and 8.

Up to 50 millimeter rain and 30 centimeter snowfall, a statement from the department, expected to fall in the said areas, with the possibility of flash flood in some areas.

Dozens of officials have left much of the snow system's infrastructure badly damaged or destroyed while the FA has pledged to do more to rebuild all of the country's infrastructure.

Saba Ahmad

