

## THE BIG STORY

A WEEKLY PUBLICATION FROM THE MEDIA DESK

## EYE FACTS & HEALTH TIPS YOU NEED TO KNOW

- Your eyes focuses on 50 different objects every second.
- The only organ more complex than the eye is the brain.
- Your eyes can distinguish approximately 10 million different colors
- It is impossible to sneeze with your eyes opened.
- Ommatophobia is a fear of the eyes.
- 80 percent of all learning comes through the eyes.
- Only 1/6 of your eyeball is

Now that you know these facts, here are 7 health tips for your eyes:

- 1. Get your eye checked regularly
- 2. Eat leafy green vegetables a lot
- 3. Wear safety eye glasses or gog-
- 4. Give your eyes rest
- 5. Have proper distance between eyes and your gadgets (computer screen, cell phones, tablets e.tc.)
- 6. Quit smoking (if you do)
- 7. Lower the brightness level of your computer screen, tablets and cell phones.

Culled from: www.TipsByExperts.com



6.It helps to

**PROTECT** 

Culled from: @Fusionfitness 1

## BPSR APPLAUDS NIMC FOR EXTENDING NIN ENROLMENT TO NIGERIANS IN DIASPORA



L-R: Director General Bureau for Public Service Reforms (BPSR) Mr Ibrahim Arabi and the DG/CEO, National Identity Management Commission (NIMC) Engr. Aliyu A. Aziz at the NIMC headquarters during the recent courtesy visit.

he Bureau for Public Service Reforms (BPSR) has commended the National Management (NIMC) for the extension of the National Identification Number (NIN) Enrolment into the National Identity Database (NIDB) and increased enrolment figures remained the to Nigerians in Diaspora.

This was disclosed when the BPSR team paid a courtesy visit to NIMC Headquarters, Abu-Director General, BPSR, Mr. Ibrahim Arabi, received a warm welcome from DG/CEO, Engr. Aliyu A. Aziz and some of the NIMC however being awaited from the World Bank management Staff.

Mr. Arabi, thanked NIMC for the warm reception accorded to his team. He also extolled the Commission for its many strides, particularly the extension of enrolment sermade towards the Digital Identity Ecosystem for being a great host. roll-out.

He highlighted that the major objective of the visit, accordingly, was to find out how NIMC is faring in the implementation of recommendations submitted to NIMC in the previous assessment the Bureau undertook earlier in the year.

"These recommendations include but not limited to the need for improved online preenrolment; enrolee education; effective information dissemination through social media platforms and to establish a grievance address mechanism" he said.

hile responding to the BPSR team, Engr. Aziz remarked that the Commission regularly undertakes Author: Elvis Ogah, Corporate Communications study of BPSR's periodic reports,

and recommendations therein contained, particularly those within the powers of the Management are diligently implemented, while it interfaces with relevant authorities- Office of the Secretary to the Government of the Federation, for those outside the ambits of its powers.

e said "quite a lot has happened in the Commission since the year start-Notably, the increased ened. forcement measures that led to the National Identification Number (NIN) becoming a pre-requisite for anyone to access government services and a leap from 7 million unique NIN as at 2015, to 36.1 million in August 2019."

Commission Engr. Aziz further stated that although execution of the recommendations have reached advanced stages of completion, de-duplication overarching strategic focus for the Commission which the Digital Identity Ecosystem seeks to address.

ja recently. The team, which was led by the "On the Digital Identity Ecosystem Project, evaluation has been concluded on the Expression of Interests (EOIs) received; a nod is to commence with the next phase. When the Ecosystem commences, enrolment centres would increase to ten thousand as against the current one thousand" he declared.

In his closing remarks, Engr. Aziz thanked vices beyond the national frontiers by way of the entire BPSR Team who in turn, expressed Diaspora Enrolment and for progress being their appreciation to the NIMC Management



Cross-section of the BPSR team and NIMC management team present at the meeting