



WAYS TO RELAX AFTER A LONG DAY AT WORK

To help your mind and body relax and rejuvenate every day or week after work, we have found 10 of the best ways to help you enjoy some 'me time'. Try doing one (or more) of these things to get the most out of your leisure time:

1. DISCONNECT

The first thing you should do as you step out of the office is to turn your work phone off. Avoid bringing work home with you.

2. TAKE A WARM SHOWER

Water has a calming effect on the mind and soul. Try a nice hot shower to help your muscles relax.

3. EXERCISE

Work off the stress - literally.

4. GET OUT OF THE HOUSE

A change of scenery after being cooped up indoors all day at work will help you relax. Seek some peace and quiet with soothing tunes that will influence your mood substantially.

5. READ A BOOK

Try reading a book about a powerful character, or a positive situation. You can opt for an episode or two of TV series you like if you are not an avid reader.

6. SLEEP TIGHT

There's no better way to restore energy than getting a good night's sleep. Go to bed early and remove distractions that prevent you from sleeping once you're in bed. Power down your electronics/phones at least half an hour before going to bed.

FEC Approves Implementation of Strategic Roadmap for Digital Identity Ecosystem in Nigeria

The Federal Executive Council (FEC) has approved the immediate commencement of the implementation of a strategic roadmap for Digital Identity Ecosystem in Nigeria at its meeting, held on Wednesday September 12th, 2018 and chaired by President Muhammadu Buhari, GCFR.

The digital identity Ecosystem is a framework that leverages on the existing capabilities and infrastructure of distinct government agencies and private sector organisations to carry out enrolment of Nigerians and Legal residents into the National Identity Database (NIDB) as well as issuance of Digital identity, known as the National Identification Number (NIN) to give Nigeria a credible and robust identity management system.

The FEC approval of the Identity Ecosystem will bring into full force the implementation of the provisions of the NIMC Act 23, 2007, which include the enforcement of the mandatory use of the National Identification Number (NIN) by January 1, 2019, and the application of appropriate sanctions and penalties on defaulters as provided under Section 28 of the NIMC Act and Regulations.

Speaking on the strategic roadmap for the Identity Ecosystem for Nigeria ap-



President Muhammadu Buhari GCFR

proved by the Federal Executive Council, Director-General/CEO of NIMC, Engr. Aliyu Abubakar Aziz, explained that the step falls in line with the Federal Government's efforts to reposition the country's status in the global economy, towards achieving the Economic Recovery and Growth Plan (ERGP) launched in April 2017.

According to Engr. Aziz, the ERGP is designed "as an omnibus strategy for the government to meet the critical needs of the citizenry in areas such as food security, energy, transport, human capital development, but more critically developing a local digital economy."

While expressing gratitude to President Buhari and Vice President, Prof. Yemi Osinbajo, as well as members of

the FEC, National Assembly, the World Bank, the French development agency - AFD, the European Union/EIB and members of the Harmonisation Committee, including industry stakeholders whose expertise and contributions fostered harmonious discussion and created the platform for the development of the roadmap, Engr. Aziz explained that all agencies of government and the private sector who are directly or indirectly into the business of data capture and service provision requiring identification of persons should note that:

- Guidelines, processes, procedures for licensing public and private sector organisation will be published soon.
- Enforcement of the mandatory use of the NIN for services and transactions based on the Mandatory Use of the NIN Regulations 2017, will commence.
- Duly licensed organisations will be required to carry out the front end services of the Identity Ecosystem (data capture, authentication and verification services, etc.) in compliance with the provisions set out in the Nigeria Biometrics Standard.

**FORGOT YOUR
NIN?**
National Identification Number



DIAL *346#

Available on All Mobile Networks