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Exclusive interview with Mr. Veer Arjun Passi, CEO Kalaam Telecom

Sea Festival Attracts Thousands



Thousands strut their superhero charms on Marina promenade



iPhone X:
Face The Future

INSIDE BAHRAIN

HAMAD TOWN MODEL YOUTH CENTRE ACHIEVES A SET OF SUSTAINABLE DEVELOPMENT OBJECTIVES



His Highness Shaikh Nasser bin Hamad Al Khalifa, Representative of His Majesty the King for Charity Works and Youth Affairs, Chairman of the Supreme Council for Youth and Sports, President of Bahrain Olympic Committee, inaugurated the Hamad Town Model Youth Centre which was implemented by the Ministry of Youth and Sports Affairs, in the presence of His Excellency Mr. Hisham Bin Mohammed Al-Jowder, Minister of Youth and Sports Affairs, and a number of officials, members of the Shura Council, MPs, governors and invitees. His Highness unveiled the memorial plaque to mark the official opening of the Hamad Town Model Youth Centre, which was built under the directives of His Majesty King Hamad bin Isa Al Khalifa to build four model youth centres in the Kingdom's governorates.

His Highness Shaikh Nasser affirmed on this occasion that the Hamad Town Model Youth Centre is part of a package of projects adopted by the Kingdom of Bahrain to develop the infrastructure of the youth and sports movement, in addition to achieving the sustainable development goals adopted by the UN.

"The Centre realises a set of objectives including the achievement of gender equality through the inclusion of special facilities for girls in accordance with the customs of the Bahraini community, through which they can practice various programmes in line with their preferences and hobbies," His Highness Shaikh Nasser said, explaining: "The Centre also uses clean energy through eco-friendly building materials and efficient use of energy and technology, to encourage investment in energy infrastructure and clean energy technology. Furthermore, the

Centre also fulfils the goal of sustainable cities and communities, promoting modern urbanisation and city management in addition to the provision of green spaces." His Highness further added: "The Supreme Council for Youth and Sports has prioritised the issue of upgrading Youth centres, in line with the directives of His Majesty King Hamad bin Isa Al Khalifa, to include youth in the development process taking place in the Kingdom."

His Highness Shaikh Nasser pointed out that the Supreme Council for Youth and Sports has built an integrated system of modern facilities capable of embracing Bahraini youth, praising the efforts exerted by His Excellency Mr. Hisham bin Mohammed Al-Jowder and all the Ministry of Youth and Sports Affairs members, which followed the stages of implementation of the project and saw its excellent completion in all aspects for the disposal of Bahraini youth.

His Excellency Hisham bin Mohammed Al-Jowder said that the Hamad Town Model Youth Centre is the second in a series of model youth centres implemented by the Ministry of Youth Affairs and Sports in accordance with the directives of His Majesty the King. The Minister of Youth and Sports expressed his thanks and appreciation to His Highness Shaikh Nasser bin Hamad Al Khalifa for his continuous and direct follow-up with the implementation of this important youth project, which confirms his keenness to support youth centres as a primary destination for youth. It's worth noting that the newly launched Centre is capable of welcoming over 30,000 young men and women during the year

SEA FESTIVAL ATTRACTS THOUSANDS



The second edition of the 'Sea Festival', held at Bahrain Bay, has attracted a large number of visitors.

During the festival, a number of diving pioneers including Dhow Captains Mr. Essa Al Muhaiza, Mr. Thani Dawood Mayah, Mr. Abdulrahman Ali, in addition to the well-known photographer, Mr. Khalifa Shaheen, and the antique artifacts collector, Mr. Saleh Al Hassan, were honored for their achievements,

dedication and passion, and for inspiring the younger generation and educating them on the rich history of Bahrain's sea industry.

The ceremony was held in the presence of the Minister of Industry, Commerce and Tourism, H.E. Mr. Zayed Bin Rashid Al Zayani, and the Chief Executive Officer of Bahrain Tourism and Exhibitions Authority, H.E. Shaikh Khaled bin Humood Al Khalifa.

The event, attracted visitors of all ages who enjoyed the line-up of exciting sea-related activities such as the Techno Aqua World for games, an indoor area featuring a multimedia photo gallery, a theater, and a designated area for pearl and jewelry merchants. Other activities held in the outdoor area included the surfing simulator, free diving shows and much more. Sea related food vendors were also available onsite.

The event also promoted and showcased the sea-related handicrafts and the history of the profession through modern technology. Hosting this festival comes in line with the BTEA's long term strategy to further develop the Kingdom's tourism sector under the slogan of 'Ours.Yours.', which contributes towards the Kingdom's economy and the 2030 Economic Vision.



Don't Let Luggage And Limbs Hang Out

With vehicular traffic on the rise on all highways and byways in Bahrain there has been a decline in the road etiquette among drivers and the race to get ahead has become the norm. People are sometimes on edge as they negotiate the long queues of cars and trucks at traffic lights and roundabouts, try to squeeze past yellow boxes and experiment with all manner of devious ways to beat the red signal.

In such a scenario vehicles often tend to ignore the rule of breathing space and minimum distance between each other which can be dangerous if a vehicle is badly or inappropriately loaded or the pets or children are 'hanging out' of a vehicle for fun or out of curiosity.

PACKING LUGGAGE IN CAR

A car has only so much space. Even a 4WD despite all the claims made in adverts eventually has only so much room. The first rule is never to load so much in the car boot that you should have to keep the lid open. This is dangerous on many counts. Some of the items may fall out onto the road if not properly tied up or packed. More significantly an open boot lid blocks the driver's view of the traffic in the back because rear-



view mirrors can help only to a limited extent.

If loading on top of the car in the purpose-built fixture, like many people going on pilgrimage to Saudi Arabia do, the luggage has to be tied up securely. And nothing must protrude beyond the limits of the vehicle. A protruding bar, rod, suitcase or trunk may hit or

graze with a fast-moving vehicle with an accident or damage which may prove to be costly.

There are also daring and innovative people who try to carry rods, sticks, tubes etc. which won't fit into their car by letting them protrude out of the windows. They do not realise that this is highly dangerous but also illegal. Imagine if the road were to hit a passerby or come in the way of another vehicle!

CHILDREN AND PETS

Children must not be seated in the front and the little ones should be seated and strapped in a baby chair suitable to their size. But sometimes children in the back seat who have outgrown the age of the baby chair tend to lean out of the windows, waving hands to all and sundry and, space permitting, even leaning out. You must curb this behaviour on their part. A car or truck or bus swishing past your vehicle may result in a disaster you may rue all your life. Train growing children never to lean out of the car or put their hands out. And the same goes for the family pets. Be sure their heads and paws are well inside the car.

Happy driving






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TECH

IPHONE X: FACE THE FUTURE



"The X is a beautiful, modern sculpture, and iPhone owners finally have a reason to show off their phones again."

Apple's 10th anniversary iPhone X sets a new gold standard for the next decade of iPhones. Coming hot on the heels of the iPhone 8 and iPhone 8 Plus, the iPhone X steals the show despite sharing nearly identical internal hardware. The X (pronounced "ten") is a beautiful, modern sculpture, and iPhone owners finally have a reason to show off their phones again.

Turn on the iPhone X, and it's easy to forget almost every other phone released this year. Apple's following the "bezel-less" smartphone design trend, where the edges around the screen melt away to offer an immersive all-screen experience. Technically, other phones may have slightly smaller bezels, but we like the approach Apple took here.

Most of the time, anyway. The notch cut out of the screen to accommodate the front-facing camera can be a little distracting. We prefer the notch on the Essential Phone, which is just a tiny black dot compared to the iPhone's wide black stripe. iOS gracefully splits the top status bar in half around the notch, and many native apps also tailor their designs to it, but it's easy to feel a break in immersion when watching YouTube videos and movies on Netflix.

Right now, not all apps support the full display. Apps like Snapchat, Google Calendar, and Google Docs have giant black bars on the top and bottom that make the iPhone X look like an iPhone 8. Apple said all the major social media networks support the unusual screen, and it said many developers are in the process of submitting updated versions of their

apps. We saw Slack, for example, adding support yesterday. You'll likely see apps with black borders around them for a few more weeks as developers continue to issue updates.

The OLED display goes a long way in making amends for these quibbles. The 5.8-inch screen has a 2,436 x 1,125-pixel resolution (458 pixels per inch), and it's razor sharp. Colors are vibrant, blacks are finally as pitch-dark as many other OLED Android phones, and it was easy to read in direct sunlight. You'll have a hard time pulling your eyes away from this screen.

As on the iPhone 8 and iPad, Apple's True Tone technology detects the lighting condition you're in, and adjusts the screen's tint to make it more readable. It works extremely well, and made the screen warmer — and easier on the eyes — in our harsh office lighting.

The phone's all-glass rear is almost the same as the iPhone 8 Plus, except the dual-camera setup has turned to a vertical orientation. Apple says the front-facing depth sensors and cameras took up a lot of space up top, and the rear camera wouldn't fit sideways. With only the Apple and iPhone logo printed on the glass, the back looks minimal and sleek. The vertical orientation is a dead giveaway you have the iPhone X, as it's a pretty unusual camera orientation and placement on a phone.

One noticeable difference is the power button, which now perhaps should be called the "lock button." Still situated on the right edge, it's more elongated than before, which makes it easier to find and press. We say lock button because to turn

off the iPhone X, you need to press the lock button and the volume up or down buttons. Tapping on the lock button just wakes or turns off your screen, but you can double tap it to activate Apple Pay, or press and hold it to launch Siri.

The mute switch is on the top left, and the volume rocker sits below. There's still no headphone jack, and the only port is for your Lightning cable at the bottom edge, between the bottom-firing speakers. For music, you'll either have to pair wireless earbuds with the Bluetooth 5 technology on board, or you can embrace the dongle life with the included Lightning to 3.5mm headphone jack adapter.

What we like most about the iPhone X is its size. It feels compact — it's slightly larger than the 4.7-inch iPhone 8, but it has a bigger screen than the 5.5-inch iPhone 8 Plus. The X is comfortable in the hand, and it feels remarkable to have so much more screen real estate than a cumbersome "plus-sized" phone.

Verdict

Let's get one thing out of the way first: the iPhone X is not a phone for the Android fan. This is a phone for someone who's entrenched in the iPhone ecosystem and doesn't want to leave, but has become bored to tears by the same old design for the last four years.

The iPhone X is the phone we've been willing Apple to make, partly so that we've got something new to write about, but also so that those who look forward to the arrival of a new iPhone actually have something to get excited about. 'New

Phone Day' is one of the highlights in many people's years, and the iPhone X is worthy of the excitement.

Apple has got things almost entirely right with the iPhone X, taking all it's learned from its past handsets and fusing them together to make a device that's like nothing else the brand has ever produced.

In our opinion, the greatest iPhone before the X was the iPhone 4, which elevated Apple from 'poor specs but great user experience' to a real smartphone contender, fusing strong design with decent performance.

But the iPhone X takes things in a whole new direction, offering users something they've never had before in the iOS world. We're annoyed it's taken this long to get an OLED screen on an Apple phone, but now that we've got one there's not a lot to fault on the iPhone X.

The selfie camera, the raw power, the all-new screen shape and the well-implemented Face ID combine impressively to create a new direction for the iPhone.

It's interesting that Apple says the iPhone X is the future of smartphones, however, because many of its new features are already present on other handsets on the market. The X is not going to make waves in the same way the original iPhone did.

But in terms of the future of iPhones... well, this is it. Anything that's not the iPhone X now just looks dated and slathered in bezel. The iPhone X is indeed the Apple handset of the future, and everything else it's made is history.

THOUSANDS STRUT THEIR SUPERHERO CHARMS ON MARINA PROMENADE



as boxing, football, headstands, aerobic classes and rope gymnastics offered ample opportunities to showcase physical strength proving that group exercise can create a collective energy burst that can help push one's physical limits.

The two-hour superhero walkathon made for a delightful scene as residents got under the skin of their favourite superheroes from comic books and took to getting fit. The most popular superheroes seen getting into their stride were Superman, Batman, Spider-Man, Cat Woman and Wonder Woman. Dozens of similar looking superheroes of various kinds thronged the grounds, filling the scene with an infectious vitality.



The lawns of Skydive Dubai were abuzz as nearly a 1,000 people registered for the Superheroes Walkathon that began on Friday, in the latest chapter of the 30X30 Dubai Fitness Challenge. Thousands of other residents turned up to take part in the array of activities lined up for the day.

Scores of people dressed up as comic book superheroes, making for a riveting sight, were flagged off for

a 3.2km walkathon around the Dubai Marina promenade even as hundreds of others lent the atmosphere a charge of pure adrenaline as they participated in the daylong fitness carnival which began at 8am and continued until 10pm.

Brimming with enthusiasm, Dubai residents took to a range of fun activities as toddlers, teens, mums, dads and even grandparents, were seen putting their best foot forward. Competitions such

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HEALTH

YOU CAN'T HELP GETTING OLDER, BUT YOU DON'T HAVE TO GET OLD...



"Most people have no idea how good their body is designed to feel".

With the month of November flowing in, men's health is hot in air!!! It was in 2004 the Movember foundation (origin from Adelaide, Australia) started the annual event of Movember, involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. Yet after, the subject of men's health

remains frequently neglected in present era. Neglecting men's health generates considerable pain and suffering, along with sizeable and avoidable health care costs.

Androgen deficiency ranks high amongst the major men's health issues in modern medicine. Currently prevalent in 5.6% men between 30-79 years, it is estimated that by year 2025 there will be a 38% increase in men suffering with this condition. With aging, serum testosterone

(the male hormone responsible for male health & wellbeing, reproductive function and muscle mass) levels decline at a rate of 0.4-2.6% per year. This has been associated with declines in bone mass, muscle mass/strength, physical function/frailty, and sexual function. More recently, testosterone decline has been correlated to serious health issues, such as abdominal obesity, diabetes, metabolic syndrome, hypertension and heart failure.

The symptoms of low testosterone include tiredness, lack of energy, reduced strength, and frailty, loss of libido, decreased sexual performance, depression and mood change. Many of these symptoms are also experienced by normal aging man and hence the clinical diagnosis often becomes challenging. The diagnosis is finally achieved with detailed evaluation by an expert and related investigations. The treatment involves replacement therapy under close medical supervision and regular surveillance. Due to lack of awareness and diagnostic dilemmas, testosterone deficiency currently remains an under-treated condition. It is important to address this issue to ensure well-being and improved quality of life.

Recognizing and preventing men's health problems is not just a man's issue. Because of impact on wives, mothers, daughters, and sisters, men's health is truly a family issue.



Dr. Krishanu Das
FRCS (UK, Gold medal), MD, FACS (USA), FECSM (European Board), DLS (France) (Accredited Fellowship Urooncology, Endourology & Robotic Surgery) (Consultant Urologist, Andrologist, Minimally Invasive & Transplant Surgeon) Bahrain Specialist Hospital
Email: krishanu.das@bsh.com.bh

Brought to you by Joz Salon n Spa

THE 8 MOST POPULAR HAIR COLORS FOR WINTER

Shades so good, you'll swear off hats

In winter—We rely on exceptionally great hair color to elevate our just-rolled-out-of-a-snow-bank look. So to help you get your hair game together before the first freeze hits, we've rounded up the prettiest, most popular colors, below.

CARAMEL OMBRÉ: It's official: The ombré is here to stay. But unlike the dip-dye look of your high school years, this style is all about using complementary colors versus contrasting hues. For dark brunettes, we're loving a seamless bronze melt from the mid-lengths to ends.

CHESTNUT BROWN: While your first instinct may be to go darker and cooler for winter, try layers of chestnut brown, instead, which help to add a warmer tone to your skin. And come spring, it's a perfect transition shade/base color for highlights.

HONEY BLONDE: Honey-blond hair is the ultimate in-between shade for brunettes and blondes who want a minor change without looking too severe.

ASH BLONDE: Remember that one time when celebrities dyed her hair every possible shade of blonde? Oh, wait, that was literally this past year. And our

favorite of the hues is her recent ash blonde with platinum, face-framing highlights, which, honestly, is wearable every single day of the year.

BARELY THERE BALAYAGE
Let's be real: Gorgeous, low-maintenance color is #goals when the weather outside is constantly terrible, which is why we're so in love with grow-out friendly route with touches of balayage on the midlengths and ends. If you're a brunette, try soft waves caramel, and if you're blonde, try a teensy-bit blonder.

WHITE-GOLD HIGHLIGHTS
Leave it to Beyoncé to be both glow-y and frosty at the same damn time. Just in time for winter, her caramel highlights have been taken from blonde to icy white-gold. Almost like champagne on ice. Sorry.

To WIN BD 20

vouchers from Joz Salon & Spa,

Email your answers to:

contest@bahrainthisweek.com

Write to us how do
you maintain your hair
after dyeing?

The Yoga Buzz

SUPPORTED HANDSTAND [SHALAMBA ADHO MUKHA VRKSASANA]



Adho Mukha Vrksasana translated as the Downward facing Tree pose or Handstand is an inversion in which the whole body is lifted up and balanced on the hands. It requires a lot of arm strength and balance. Using a chair as a prop can ease you into the pose giving a better understanding of alignment.

Props Required P:- 1 chair, 1 mat, 1 bolster

Organising the Pose

- Keep a chair, on a mat facing a wall about 2-3 feet away from it.
- Come to the front of the chair in a mini downward facing dog with the palms on the mat, fingers spread out, close to the wall.
- Then walk your feet towards the wall such that your upper shoulders and head release to the wall. Then take your feet one after the other and place them on the chair, with the legs straight and hips

lifted high.

- Hold this position with the back released towards the wall, arms straight, forearms moving forward, core engaged with normal breathing.
- Hold this position for 1 minute or longer to build strength in the shoulders, arms and wrists.
- If and when ready lift the right leg up and rest it against the wall and hold for a few breaths. Then engage the core and propel the left leg up till it reaches the wall. Hold the body up against the wall while supporting on your hands for as long as you can easily do so.

Use of Props-

- You can place a bolster vertically against the wall to support the neck and torso, if required.

Benefits:-

1. Strengthens the shoulders, arms, wrists and back
2. Stretches the abdomen
3. Improves the sense of balance.
4. Helps relieve stress and mild depression
5. Enhances blood circulation all over the body.

Namaste!
Neelanjana Bharadwaj- Yoga Expert

TASTE OF TRADITION

AN UNFORGETTABLE FUSION.



Established in a great location at Juffair district, 10 minutes from Manama City Centre in Bahrain, **The Fusion Cafe** at Ramee Palace Hotel is the perfect union between elegance and comfort which is ideal for the Arab world. The Fusion Cafe is located on the lobby level of Ramee Palace and is known for its multi-cuisine menu and lavish breakfast buffet. The Fusion Cafe also offers free Wi-Fi to its guests; so, if you are looking for a place to energize your mornings or unwind

after a long day at work, you know where to be! Fusion cafe offers quality food & beverage with top ingredients used in contemporary, well prepared and beautifully presented dishes, cooked by our expert chefs.

Variety is the spice of life, they say! And if you like your lunches with a little bit of surprise, pop by Fusion Café for their new rolling set lunches featuring quirky mod-Asian dishes, starting from just BD4.5 net. Fusion Café's three-course

meal is incredibly popular and is one of the most affordable executive lunch set. They're available from Saturday to Thursday 11:30 pm-3:30 pm, and come with an extensive variety dishes. Their lunch buffet includes any choice of salad, soup, main course, rice or bread and dessert. The modern multi-cuisine menu changes seasonally as well. Make sure to dine-in for an unforgettable buffet experience.

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Which is the oldest language in the world?



PR THIS WEEK



BATELCO HOLDS WORKSHOP FOR MANAGEMENT AS PART OF ILEAD PROGRAMME

Batelco in line with its commitment to develop its employees held a workshop for its middle and senior managers as part of the Company's iLead programme. Batelco's Human Resources Division worked in collaboration with a training partner to develop the leadership programme, which was created with Batelco's specific requirements in mind.

The workshop, which took place at the Shaikh Isa Cultural Centre, was carried out over three days with small groups attending each session to ensure optimum personalised attention for each participant. The programme focused on Batelco's managers as being a catalyst in implementing change, coaching their teams, and developing future potential leaders.

Batelco Group General Manager Human Resources & Development Shaikh Ahmed Al Khalifa opened the sessions with

a short speech highlighting the importance of continuous development for Batelco's employees, and emphasizing that Batelco places much emphasis on training and development of employees at all levels.

Following on from the success of this workshop, Batelco will be continuing the journey by arranging additional workshops on different modules to build on the iLead platform, revolving around shaping the future, inspiring others and growing the business.

To create a memorable experience, managers showed their commitment to the iLead programme by placing their handprints on a large canvas board, as a symbolic gesture that reflected their support and determination to carry the vision, goals and purpose of the programme. The canvas board will be displayed at the Batelco Hamala premises to mark this occasion.



LPOD WATERPARK ACHIEVES INTERNATIONAL STANDARD CERTIFICATION

The Lost Paradise of Dilmun, Bahrain's biggest water park has recently achieved official certification from world renowned International Organization for Standardization (ISO)

In its aim to ensure international standard on quality management & health & safety procedure, the waterpark has now secured the prestigious certification of ISO 9001:2015 & OHSAS 18001 - 2007.

ISO 9001:2015 is the Quality Management System (QMS) standard and is designed to be a powerful business improvement tool. The newest update was revised to ensure that the standard continued to serve the business community and maintain its relevance in today's market place.

"This certification is a testament to LPOD Water park's sound business model and its commitment to putting our guests needs at a top priority. This also

reiterates the fact that the company & its management is in the right track in leading the way for the country's leisure industry to be of world class service and quality" says Dr Essa Faqeeh CEO AL Areen Investments Co.

The certification has come after a long and stringent process of evaluation conducted by representatives of TUV NORD. The audit has taken into account the water park's overall quality management procedures, best business practices in satisfying the requirements and expectations of its customers and the overall management of the company.

In addition, the Occupational Health & Safety management certification (OHSAS 18001) further proves the management's ability to create the best possible working conditions in a safe and hazard free environment for both its employees and guests.



KHALEEJI COMMERCIAL BANK AND THE BIBF ANNOUNCE THE LAUNCH OF THE ECONOMIC DIVERSIFICATION FORUM

Under the patronage of the Bahrain Economic Development Board (EDB), Khaleeji Commercial Bank (KHC) and The BIBF announce their Strategic Partnership to launch The Economic Diversification Forum.

The objective of the two-day Economic Diversification Forum, which will be held on 19th and 20th November, is to address the topic of economic diversification and highlight its importance for Bahrain's national economy. Held under the theme "Working together for a sustainable future", both international and local experts will deliver insightful sessions and participate in stimulating panel discussions focusing on the importance of adapting to new economic conditions and other various factors that play a role in ensuring long term stability for all stakeholders in the Kingdom.

This strategic partnership and the EDB's patronage is in line with Bahrain Economic Vision 2030 to ensure the enduring well-being and prosperity of

all Bahrainis and to create opportunities in the Bahraini market, enabling individuals and enterprises in Bahrain to develop and prosper.

This year, the Forum will begin with a high level panel discussion on how best to tackle the topic of diversification for Bahrain's economy. The panel will feature experts from various sectors in the Kingdom, such as financial services, education, oil and gas, industry, tourism, and technology. This will be an interactive platform where participants will provide insight on enhancing human capital knowledge and capability in addition to a broad economic outlook covering all sectors.

Additional, specialised workshops will shed light on various topics within the economy, giving the participants a more comprehensive overview of economic prospects and current threats to financial and economic stability, in addition to prospects of support for entrepreneurs in the Kingdom.



ALWANY INTERSCHOOL ART COMPETITION

AJM Kooheji Group in association with the Ministry of Education launched the fourth annual AlWany Art Competition at their Yamaha showroom in Ma'aameer. The competition was held for a period of 2 days; 22nd and 23rd of October 2017 under the title "My beloved country - Bahrain". Owing to the wide participation and the success of the previous editions, the capacity of the competition has increased and over 400 students participated this year.

The first day of the competition took place at the AJM Kooheji Group Yamaha Showroom located in Ma'aameer, while the second day took place at the LG Sehla Showroom.

The competition was divided into 5 categories - Category 1 consisting of students from the 1st to the 3rd grade, Category 2 consisting of students from the 4th to the 6th grade, Category 3 consisting of students from the 7th to the 9th grade and Category 4 consisting of students

from the 10th to the 12th grade, and adding to the students with special needs. Category 5 consisting of students with special need whom all were awarded with encouragement gifts. All other categories were evaluated by eminent judges from the Ministry of Education who are experienced and skilled in the field of art. The three winners from each category were awarded with trophies, cash prizes and gift vouchers from AJM Kooheji Group.

Gracing the occasion was Mr. Mohammed Kooheji, Director, AJM Kooheji Group. While inquiring with him on the event he stated, "It is with extreme joy and pride to witness such young talent working on such amazing paintings. I have seen this competition grow from the first year with around 150 - 200 students to 500 students 4 years down the line. I am sure that this will be a competition that will grow bigger in the coming years. We are thankful to the Ministry of Education for associating with us for this event."



GULF HOTELS DONATES TO THE ASSOCIATION OF MIGRANT WORKERS PROTECTION SOCIETY

A Check of BD 2000 was donated by Gulf Hotels Group to Migrant Workers Protection Society in support to their activities .

"We were delighted to provide this worthy donation to Migrant Workers Protection Society as we very much support and respect the work that they do in the Kingdom of Bahrain to help unfortunate low income migrant workers

who often need support and assistance in educating and guiding them to understand their rights and responsibilities." Said Mr. Garfield Jones, Gulf Hotels Group C.E.O.

The donation check was presented by Mr. Garfield Jones, Chief Executive Officer of the Gulf Hotels Group to Mrs. Mona Almoayyed – Honorary Patron of Society, in the presence of Mr. Ron Peters, Deputy Chief Executive Officer of the Gulf Hotels Group.



THE NINE TRAINING CENTER TRAINS ON PROFESSIONAL DIPLOMA IN DIGITAL MARKETING

The Nine Training Center trained a group of students on Professional Diploma in Digital Marketing Training Program from Digital Marketing Institute-Ireland supported by Tamkeen.

The training was provided by highly experienced and qualified trainers with experience in Sales, Marketing & Digital Marketing from various countries and continents and exceptional knowledge about the modern training methodologies and practices.

The candidates expressed their appreciation to the Nine Training Center Chairwoman & CEO Shaikha Noora Khalifa Al Khalifa, and to Ms. Gopika Beri- the Managing Director and said they are extremely enthusiastic about applying the useful practical tools and knowledge

& skills they gained from this highly beneficial training course.

The Nine Training Center is In Jinj (above Jasmis Restaurant) with the vision to be highly distinguished in providing exclusive, effective & distinctive training programs in terms of quality of inputs, processes, and outputs in training and human resources development at the local and regional levels.

Candidates are enrolling on Batch 4 and 5 of the Professional Diploma in Digital Marketing.

For Bahraini Nationals, a huge array of international and local training programs are being offered at the Nine Training Center through Tamkeen's various schemes.

For your training requirements, please kindly contact 77333365 or 77333368.

HRH CROWN PRINCE ATTENTION & FOLLOW-UP ON 'TAWASUL' ENHANCED GOVERNMENT PERFORMANCE AND DEVELOPED SERVICES



The Information & eGovernment Authority (iGA) Chief Executive Mr. Mohammed Ali AlQaed highlighted the importance of the Government Forum 2017 – held under the patronage of HRH Prince Khalifa bin

Salman AlKhalifa – the Prime Minister – and initiated by HRH Prince Salman bin Hamad AlKhalifa – the Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister. The Forum reflects the success of the wise government's policy in attaining customer satisfaction by continuously evaluating the quality of performance of delivered services and contributing in providing advanced public services to citizens in the highest of quality. He also commented that the attention paid by HRH the Crown Prince to the National Suggestions & Complaints System 'Tawasul' has enhanced the efficiency of public entities' performance and contributed in developing public services through direct prompt response. This has created a positive competitive amongst the government entities in an aim at reaching

high levels of excellence in the delivered services.

AlQaed congratulated the Ministry of Housing; Ministry of Industry, Commerce and Tourism together with the Ministry of Transportation and Telecommunications for being granted this year's Government Forum Excellence Award for communicating with citizens via Tawasul. He thanked them for their keenness and commitment to the positive interaction. He further stated that such recognition has been acknowledged for their efforts and initiatives in solving citizens' issues and developing the quality of services as well as government performance. The CE stressed that such recognition is considered as a motivational initiative for other entities to strive towards providing the best for the nation and its people.

Regarding the total number of cases received via Tawasul - from January up until September 2017 – the number has exceeded 12,000 cases received through bahrain.bh and the mobile app. Utilizing the app has been steadily growing in comparison to the national portal. Moreover, the rate of responding within the

assigned timeframe has reached 99% from the total number of received cases.

The process of developing the system is continuous in order to achieve the highest standards of efficiency. Recently, the user-backend of the Tawasul system has been entirely developed for all governmental entities in addition to the development of the reports and statistics system, development of reviewing the timeframes when responding to raised cases accompanied by new system reports and updating some features such as raising reports specifically to the minister's office and a report that measures the performance level of responses in details.

The public can benefit from Tawasul via the national portal (bahrain.bh) or the mobile app (bahrain.bh/apps) which offers numerous advantages such as ease of submitting suggestions or complaints to public entities with the accessibility of attaching documents within a period of maximum 30 seconds. Additionally, users can then follow-up on their complaints through a tracking number along with a survey of the users' feedback on their complaints.

SHAIKHA HAYAT FOR TOP WOMEN SPORT MEETING



Member of the Supreme Council for Youth and Sports, the Bahrain Olympic Committee (BOC) and Women's Sport Committee chairwoman Shaikha Hayat bint Abdulaziz Al Khalifa will attend the Fourth International Conference of Sports for Women 2017 in Abu Dhabi.

This two-day conference commences tomorrow (Monday) at the Abu Dhabi National Exhibition Centre and is an initiative of the Fatima bint Mubarak Ladies Sport Academy (FBMA).

The event promises to be a milestone

event that promotes and supports FBMA's vision for sports and culture to become a part of the lives of every Emirati woman, and helps inspire and connect women of all backgrounds to further break down barriers.

This year the conference will be focusing attention on a variety of important topics around the central conference theme - Inspiring Generations. Topics which represent critical barriers to participation in sports for women, and will provide thought-leadership on key issues around women in sports.

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WHEELS & GEARS

H-D® 2018 MODELS HIT THE ROAD IN BAHRAIN



Harley Davidson® Bahrain has marked the 115th anniversary of its parent company by unveiling Harley® bikes 2018 models, featuring unprecedented revolutionary changes to the designs and the performances compared to the predecessors.

The new collection includes eight Softail® models, all of which combine the powerful performance of Dyna® models and the unique beauty of the Softail® bikes.

The new Softails® have an all-new lighter, stiffer frame, new suspension,

and most importantly, the new 45-degree, four-valve-per-cylinder Milwaukee-Eight V-Twin engine now with dual counter-balancers. All of the new bikes come standard with a 107 c.i. engine, while a few are available with a bigger 114 c.i. option. Thanks to the new frame, the new bikes are about 35 pounds lighter than their predecessors.

The eight new Softail® models have been put in three different categories by the design team; Functional Standards, Modern Classics, and Revolutionary Design DNA. Although the Dyna line has

been discontinued (at least for now), a few Dyna models have been reborn as Softails®.

Commenting on the new models, Dave Foley, vice president of Product Planning and Portfolio Management, Harley-Davidson® Motor Company said:

"Our new Touring motorcycles will be some of our most sought-after bikes in 2018. For CVO, we've rebooted the styling tone of the overall lineup and added some exclusive performance enhancements. The level of fit, finish and performance has never been higher and owners will

appreciate the intricate details like the new color trim on the rocker box lowers that marks the CVO engine's exclusivity."

Meanwhile, Brad Richards, Vice President of Styling and Design, Harley-Davidson Motor® Company further added: "Dave's right. The new direction our Styling department took with the design formula on the bikes is truly seismic. Take a look at the level of finish on any of the nine CVO paint sets, but especially the Fade on the CVO Limited, the depth of the paint layers and how it glows in the sunlight is just stunning."

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ALL EYES ON YOU...



The opening of the Equestrian Horse Racing season in Bahrain.



UAE Exchange Bahrain celebrated the 10th anniversary of business operations at their Head office in Manama.



Arabian Gulf University (AGU), has recently participated in a workshop organised by the Social Media Club Bahrain at the Al Areen Resort.



'Delegation from Al Noor Charity Welfare Society Visits Diyar Al Muharraq'



Dragon City received a visit from members of Al Noor Society, the charity supporting various sectors of the local community.



The Algerian Embassy in Bahrain celebrates its National Day.



SPOTLIGHT

LEADER OF DISRUPTIVE BUSINESS CONNECTIVITY SOLUTIONS

Exclusive interview with Mr. Veer Arjun Passi, CEO Kalaam Telecom

Kalaam Telecom has always been at the forefront of innovation & technology disruption. In May this year, the second-largest ISP for business in Bahrain announced its partnership with Versa Networks, USA – an industry leader in disruptive software-defined networking technology to launch Bahrain's first Secured SD-WAN (Software Defined Wide Area Network) infrastructure, an end-to-end solution which simplifies and secures the WAN/branch office networks.

In today's world, with enterprise challenges rapidly increasing with growing business and technology needs, such as increase in demand of cloud applications, non-centralised manageability of multiple branches, increase in security threats and longer time to prepare branch for business, Kalaam's next generation feature-rich Secured SD-WAN solution mitigates these challenges.

Veer Passi, Chief Executive Officer of Kalaam Telecom said at the time, "Being one of the leading telecom providers for businesses in Bahrain, it is very essential for Kalaam to constantly understand the challenges of the enterprises and mitigate them with a latest disruptive solution."

Despite the dynamic market changes in the local telecom industry, Kalaam has been successful in growing its market share over the past decade. Kalaam was founded by Mr. Nezar Al Saie in 2005 and later joined by investors from the well-known and respected Shoaibi and Qureshi families from KSA. Kalaam was uniquely positioned as an alternative telecom operator offering data, voice & managed solutions for corporate businesses in Bahrain. Kalaam's enterprise products and services covers the entire gamut of network & ICT requirements for business including Data, Internet, Voice, Cloud, ICT & Managed solutions.

Tell us about Kalaam Telecom and what is the story behind the name?

Kalaam is a brand whose essence can be defined by a single word – Liberation. It

was born out of a need for more consumer-centric and cost-effective services. The aim was to meet that need and desire head on. Our essence is further enhanced through communication that is simple, positive, upbeat and real. "Kalaam" as a word itself means 'to talk' in Arabic which derives our original tagline – "Now you're talking" which refers also to the first International calling that we started, which is a very cost effective solution.

The company was born when the telecom regulator in Bahrain opened its doors to alternate operators. Since then there have been other operators offering mobile, fixed line and value added services, but Kalaam was the first alternate provider in the Kingdom of Bahrain to offer cost effective solutions such as the international calling card – hala. Kalaam was in fact, the pioneer of international calls at a low cost. In 2008, in the competitive environment that we were operating in, it was necessary for us to move into a long-term sustainable Business Model, which was to become a one-stop solution provider for the enterprise segment. Gradually we shifted our focus to increase our value proposition in all industry segments. As our business focus evolved, our tagline has changed to "Connecting your Business is our Business".

What kinds of strategic partnerships does Kalaam pursue on a domestic and international level?

As a part of the same evolution, when we started focusing on the enterprise segment, as a strategy we wanted to be a "one-stop solution provider" for all the needs of the enterprises across all industry segments.

Our strategic partnerships both domestically and internationally, allowed Kalaam to offer disruptive solutions that are unique in value and mitigates the current challenges of enterprises.

For the past 12 years, we have been constantly working on enhancing the portfolio of innovative customized managed solutions for all industry segments such as Banking & Financial Services, Hospitality, Education, Retail, Industrial and many

others. In addition, bundling such unique values along with Kalaam's traditional telecom service such as Internet, Voice and Data, allowed us to be a one-stop shop operator of customer choice.

Kalaam always believes in partnering with the industry leaders in respective solution domains, just like the recent launch of SD-WAN with Versa Networks, a leader in SD-WAN as per Gartner. Some other notable partnerships include Microsoft for enabling companies to move to cloud and go Digital and with Splicecom – UK's leading business-grade in unified communications and cloud contact center solutions.

Bahrain has traditionally been a hub for international companies such as BNP Paribas, American Express Bank, Ahli United Bank, Yokogawa, DHL, Aramex and many more, which require connecting to their parent/branch company in other parts of the world. Hence, we decided to expand our network reach across the globe by deploying international POP's (Point of Presence) to connect with global branches. Currently, Kalaam has presence in 5 countries including UAE, Kuwait, KSA, London, Frankfurt and growing.

What is the key driver for Kalaam's success?

Through innovation and understanding what our customers need, Kalaam's singular purpose has been to follow a consultative approach – we listen, create, deliver, manage and monitor.

Since 2005, Kalaam has been providing superior services and value to our customers and has created long-standing relationships based on customer satisfaction. This is reflected in the company maintaining an industry leading customer retention rate of 98% over the past 12 years with a highly qualified and experienced team. Kalaam has continued to deliver future technologies at a very minimal cost and scalable solutions across all the industries.

Another key driver for success has been that Kalaam has been ambitious and has grown both organically and inorganically through acquisitions. Kalaam has been the only telecom operator in the Kingdom to undertake two acquisitions in Bahrain – Lightspeed Telecommunications and NGNS. The company's comprehensive portfolio of telecom, ICT, VAS and Cloud solutions for business customers include: Business broadband, National Data Connectivity – DIA, P2P & MPLS; International Data Connectivity – GMPLS, IPLC, VSAT; Voice – Business International calling and Toll-free service, ICT solutions like Fiber to Home, Data Center Hosting, AVPN, Bulk SMS messaging, On-premise managed infrastructure, IPTV and our latest branch connectivity solution – Secured SD-WAN. Kalaam intends to play a significant role in meeting Bahrain's Economic Vision 2030 by facilitating and supporting the growth of emerging industry segments in Bahrain including ICT & Outsourcing industry.

As a result, Kalaam has been able to provide potential and existing customers with the most comprehensive suite of best-in-class products to meet their telecom, ICT and cloud needs. Despite the dynamic market changes in the local telecom industry, Kalaam has been very successful in growing its market share constantly, over the past 12 years.

What is the strategy to achieve further

growth in the sector?

In a Dynamic industry like telecom, where the pace of change is so fast, it is important for us to meet customers' emerging requirements for enterprises. Based on results of a survey conducted by our team across various industry segments last year, one thing became clear, that businesses are looking for a one-stop-technology-partner that offers end-to-end managed solutions for their IT & communication requirements instead of dealing with multiple vendors.

Acting on this valuable feedback received from our customers, Kalaam has realigned and evolved in two noteworthy areas: One, we take a consultative approach to our customer's requirements rather than do a "product-sell"; and two, we have moved beyond offering standard vanilla-packaged products and services to delivering 'solutions eco-systems' that are carefully selected and engineered from a bouquet of Data, Voice, ICT, Internet and cloud connectivity services. The customized ecosystem provides a convenient plug and play model for enterprises that consists of LAN, WAN-local and international, voice – international and local calling, hosting and other ICT services. Further Kalaam has been heavily investing in innovative technologies to be able to proactively meet the challenges posed to the enterprises from the current business environment like security, software defined network, Cloud, IPTV etc.

Kalaam's industry segmented solution-ecosystems are backed by Kalaam's key service benefits: a dedicated account manager, 24x7 customer care and network operations center, dual data center, defined and best-practices SLAs and proactive service monitoring tools.

Bahrain is probably the most competitive market for ICT, how do you compete?

The niche we have created is through clear focus, as the only telecom operator, which is focused on the enterprise business. Most of the other large telecom operators are primarily focused on consumer business, while we are extremely focused on enterprise business. Kalaam's key differentiators are innovation, speed to market for new products, one-stop solutions, competitive offers, a dedicated team and above all great service.

Kalaam has also extended its reach to regional & International markets through expansion of its network. This has allowed us to create new revenue streams like wholesale business from regional & International telecom companies and diversify our portfolio.

What is the future for your business clientele and how do you plan to develop it for the future?

Our focus continuously will go towards managed solutions for the customers and we go industry by industry. We have a market research team, who talk to people in the different industry segments, understand them, and understand what are the typical challenges they are facing in their industry domain. Based on market feedback, our team designs solutions for those industry challenges.

We have been creating solutions which are very unique for every industry, such as the infotainment platform for the hospitality industry where a guest can check-in and check-out using his mobile app or from a television which can manage his entire hotel stay and experience. He can book a Taxi, order food, book events, watch on demand

content, play games or browse the Internet.

Similarly, we have created solutions for the call-center industry where a startup company does not need to invest in expensive equipment. Our Cloud solutions hosted in our data center where a client only buys a small phone for each agent can bring down the cost dramatically and can manage their entire business effectively.

So, as a strategy we will continue to develop more and more niche solutions for each industry. We will be investing in a lot of latest technologies by partnering with International technology companies and enhance our product portfolio. We have recently invested in a cloud platform and a new data center in Bahrain. We are also creating channel partners for our solutions in the GCC market to take our unique offerings regionally, to UAE, Jordan, Saudi Arabia.

How do you support the Bahrain Economic Vision 2030?

Bahrain's Economic Vision 2030, launched in October 2008, gives us a direction that the Kingdom wants to take the ICT segment forward by supporting the small and medium enterprises. The vision is to make Bahrain a regional ICT hub. Competitive technologies that are available here allow most of the services to have a very cost effective pricing as compared to the rest of the region.

EDB and Tamkeen have been promoting Bahrain as a regional ICT hub and to support the vision, Kalaam has been working with various startups to provide very cost effective solutions for the outsourcing industry – typically call center industry and BPO's (Business Process Outsourcing) and unique office-in-a-box solutions for the small and medium enterprises. Our objective is to provide end-to-end solutions to the SMB – Data, Internet, Voice, ICT, Cloud and startups at a very competitive cost, so that they can focus on their core business and leave the technology challenges to us.

Kalaam is supporting the go-to cloud & digitization strategy of SME & even large companies, through strategic partnerships with Microsoft, Amazon Web Services, enabling companies to connect to the cloud seamlessly & effectively.

You are the second leading provider, so what will it take to get to become the first?

We are next to the incumbent in the enterprise business, but this also gives us an opportunity to strive harder. As the saying goes, "When you are no 2, you keep trying harder."

Kalaam is a very niche telecom service provider which does not cater to the consumer segment like the other operators in Bahrain, hence an apple-to-apple comparison would not be fair. We only started 12 years back and gained a market of share of 17% of the broadband market.

With the successful acquisition of Lightspeed, Kalaam became the 2nd largest operator for enterprises in the Kingdom of Bahrain with a cumulative client-base of more than 4,000+ across all segments.

The acquisition of Lightspeed Telecommunications – a subsidiary of Orange Telecom in 2014 and NGNS customer base in 2013 has brought together significant synergies, primarily, in network and infrastructure.

To ensure business, mission-critical digital assets remain protected and connected, now Kalaam with its combined

infrastructure i.e. Dual highly redundant Data Centers and diversified backbone can provide near 100% service uptime and guaranteed service levels. Secondly, most enterprises are looking for a one-stop shop to meet all their communications needs and, now, with our managed services and whole boutique of industry-based solutions, we can meet those demands very confidently.

Being 2nd also allows us to serve our customers better and continuously grow our market share, not only in Bahrain but in other countries also. We are ambitious in growing organically and inorganically by way of acquisitions, partnerships, whether globally or regionally.

Can you tell us about your dream, your long-term strategy?

Our long-term vision is to be a significant managed solution provider in the region. We would like to extend our network from Bahrain to the MENA region offering diversified connectivity and solution options to customers in Bahrain and across the region.

I would also like to emphasize that our ultimate vision is to be the operator of choice for enterprise customers locally and regionally by ensuring innovative services and customer satisfaction in everything we do.

Having been with Kalaam for almost a decade now, how has the experience been?

It has been a great journey so far. We have visionary and respected shareholders who have always supported the company. One of the reasons that I have been here so long is that besides giving me the responsibility the Board have given me the autonomy to run the business in the manner deemed fit and the same is applicable at all the levels in the company. At the same time, a company is only as good as it's people. We are lucky to have a really dedicated, innovative and smart team here. We have grown to become almost a 100 people company today. At the end, success is all about people and we work as a small family where everyone is an equal partner in the success.

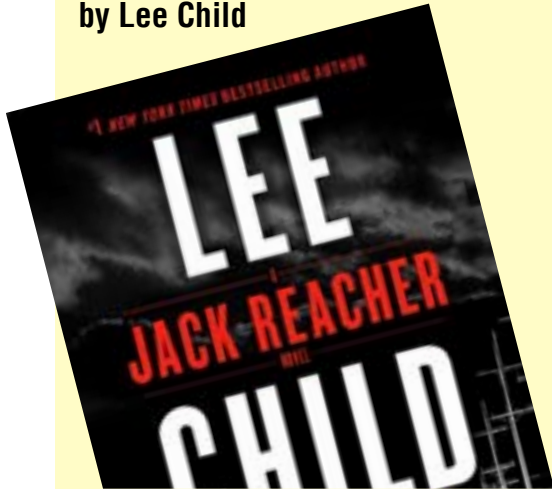


ENTERTAINMENT DIGEST

BOOK REVIEW

The Midnight Line (Jack Reacher #22)

by Lee Child



Reacher takes a stroll through a small Wisconsin town and sees a class ring in a pawn shop window: West Point 2005. A tough year to graduate: Iraq, then Afghanistan. The ring is tiny, for a woman, and it has her initials engraved on the inside. Reacher

wonders what unlucky circumstance made her give up something she earned over four hard years. He decides to find out. And find the woman. And return her ring. Why not?

So begins a harrowing journey that takes Reacher through the upper Midwest, from a lowlife bar on the sad side of small town to a dirt-blown crossroads in the middle of nowhere, encountering bikers, cops, crooks, muscle, and a missing persons PI who wears a suit and a tie in the Wyoming wilderness.

The deeper Reacher digs, and the more he learns, the more dangerous the terrain becomes. Turns out the ring was just a small link in a far darker chain. Powerful forces are guarding a vast criminal enterprise. Some lines should never be crossed. But then, neither should Reacher.

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MANAGEMENT PRINCIPLES

QUALITIES THAT MAKE YOU A GOOD LEADER

By Dr. Jassim Haji

What makes a good leader or manager? For many it is someone who can inspire and get the most from their staff.

There are many qualities that are needed to be a good leader or manager.

- Be able to think creatively to provide a vision for the company and solve problems
- Be calm under pressure and make clear decisions
- Possess excellent two-way communication skills
- Have the desire to achieve great things
- Be well informed and knowledgeable about matters relating to the business
- Possess an air of authority.

Do you have to be born with the correct qualities or can you be taught to be a good leader? It is most likely that well-known leaders or managers (Winston Churchill, Richard Branson or Alex Ferguson?) are successful due to a combination of personal characteristics and good training.

Managers deal with their employees in different ways. Some are strict with their staff and like to be in complete control, whilst others are more relaxed and allow workers the freedom to run their own working lives (just like the different approaches you may see in teachers!). Whatever approach is predominately used it will be vital to the success of the business. "An organisation is only as good as the person running it".

Great managers have some characters in common which can be learnt by upcoming and

young managers through simulation, that is, the imitation of the leadership styles of great managers to achieve results. Some criteria is required which is predictable from the simple aggregation of individual characteristics of the agents. If novices can painstakingly learn from and imitate characters of experts, they will surely develop their skills.

Managing a team with more than two people is not an easy task because of the fact that sub-teams will emerge from the bigger team and this existence of smaller teams in a team have its challenges and opportunities if well managed. Nobody is an island on his or her own and projects are easier to execute where there is more than one collaborators, especially with mutual understanding and team spirit. Synergy is the factor that helps teams to do what individual members will not do. The whole team performance is more than the sum of the performances of individual members of the team. This is due to the gelling of the team members and the dynamism therein.

Great leaders share some features in common. Experience is their priceless jewel which makes them to be in control of their situations. Their functions are the same irrespective of their field, that is, to lead others purposefully and achieve objectives. Great leaders are in sports management, business management, educational management, etc.



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The sought-after service is delivered to the expatriate segment by the Labour Market Regulatory Authority in cooperation with the Information & eGovernment Authority. The eService is accessible on the national eGovernment Portal (Bahrain.bh). Foreign workers have the option to either enter their personal identity card, work permit, application ID or passport numbers to grasp the validity of their permits.

For any suggestions or complaints, you may report them through 'Tawasul App' (Bahrain.bh/apps) or contact us via the National Contact Center (8000 8001).

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WHAT'S ON



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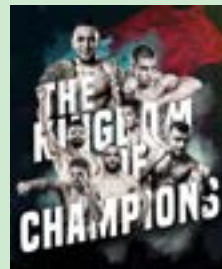
Filipino Food Festival November 3 & 17 Al Areen Palace & Spa

Romantic Island Dining at Keizo Gazebo, BD 81++

Situated at the lakeside of the main restaurant on a man-made island, the gazebos offer a stunning and intimate set-up ideal for couples celebrations. Book our Private Island Gazebos for a romantic dining experience with a four-course set menu plus welcome drinks and get 30% discount on couple's massage at the largest spa in Bahrain! Romantic Dining Island Booking includes Rose Petals Decor, Centre Piece, Flowers, Candles, and many more upon request. Find your perfect romantic celebration and reserve your own gazebo at +97317845000.

Filipino Fiesta Brunch at Keizo, BD 12 net

Celebrate the best of Asian culinary heritage with a one-of-a-kind Filipino Food Fiesta on November 3 & 17, Friday from 12:30PM – 4:30PM featuring timeless Filipino classic dishes & special mocktails prepared by our Filipino chefs. Get 15% discount for groups of 6 people or more, for hoteliers, cabin crews, US Navy & Filipino community. There will be karaoke sessions to add fun to the night. Dine in our Asian restaurant situated in a man-made island and call now +97317845000.



Brave 9: The Kingdom of Champions 17th November 2017 Khalifa Sports City, Isa Town, Kingdom of Bahrain

Brave Combat Federation is back to the Kingdom of Bahrain with the biggest and best fight card ever promoted in the Middle East. Live the unique experience of attending a Mixed Martial Arts event with the best fighters from more than 20 different countries, including the "Pride of Bahrain" Hamza Kooheji.



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