

Bahrain this week

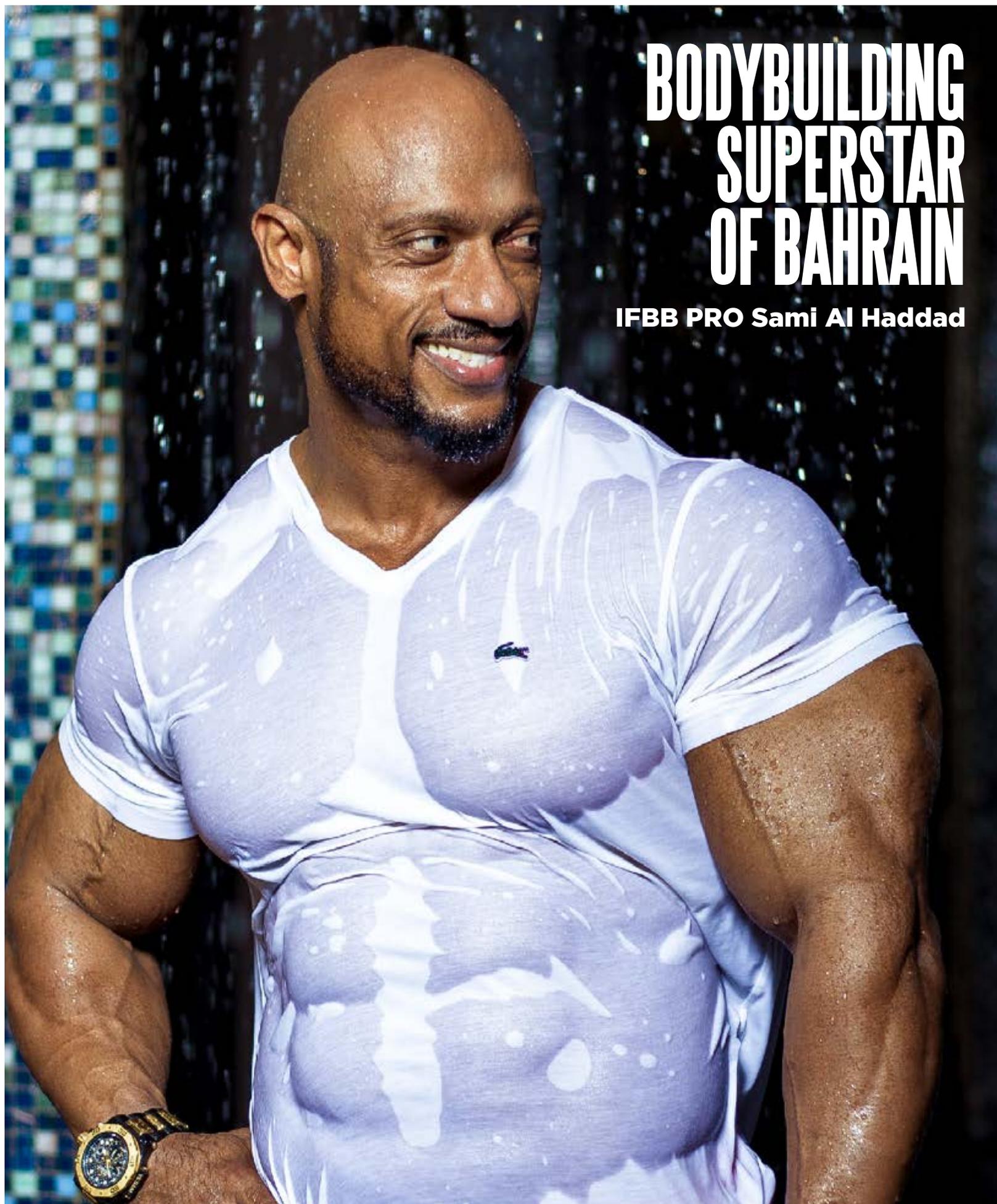
IT'S TRULY LOCAL

FIRST ENGLISH AUGMENTED WEEKLY

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BODYBUILDING SUPERSTAR OF BAHRAIN

IFBB PRO Sami Al Haddad

SPOTLIGHT

BODYBUILDING SUPERSTAR OF BAHRAIN

Exclusive interview with IFBB PRO Sami Al Haddad



The name **Sami Al Haddad** is synonymous with bodybuilding in the Kingdom of Bahrain. A superstar in the realm, Sami Al Haddad has made the Kingdom's name glorious by winning the gold medal in the Ifbb Pro Spain 2018. Bahrain This Week meets with Sami Al Haddad on the victorious occasion.

First and foremost, Congratulations once again! Can you briefly detail the championship and the ultimate victory?
Before Spain, I did three pro shows and placed in 2nd place in all of them.

These shows made me realize how close I was to the gold and didn't get it! I came back home and gathered all my power to set a plan for gold. I promised Shaikh Nasser bin Hamad Alkhalifa that I would bring the gold medal in the Kingdom.

I used to train three times a day and have 7 meals and sleep only 6 hours. The other Athletes were well prepared too, but I knocked them out and got the gold.

To whom are you thankful for this victory?

To none other than Shaikh Nasser bin Hamad Alkhalifa for his unlimited support.

How and when you got initiated into bodybuilding?

I started when I was in high school at the age of 17. I got into it because of many reasons, but on top of all, I wanted to be someone that the kingdom going to be proud of one day.

Can you explain your daily routine to achieve your goals?

Can't do that because this interview can't



cover all my lines (lol). I need a book to explain my day! Basically, I wake up at 5am, start with cardio, meal, meal, gym workout, meal, gym workout, meal and sleep by 11.30pm.

Do you miss anything while maintains the rigid regimes to reach your goals?

I miss the normal life and the juicy food. However, but I am used to it, but still I can complain about it (lol).

After your victory at the Asian Championships in 1996, you had waited for six years for the next victory. Similarly, you had waited for 9 years, after your victory at Men's World Championship for the victory at Ifbb Pro Spain. Are you purposely taking these breaks?

We heard of champions shows up in a period of time and they disappear, because they burned their cards and reached their maximum potential. In my case, I didn't! I always keep something in my tank...an element of surprise.

What are the mistakes that a common man can make while intending for body building?

Rush, looking for short cuts, avoid legs

workouts, reading something from the net and intend to do it at the gym.

What's your advice to the aspiring bodybuilders?

Set a plan, follow your target and never give up. Failing is the sign of doing something right and big, just keep trying and never look back, always stick with the basic, and have a smart trainer to look after you. Genetics can't help you alone, hard work, dedication and discipline matter too.

Tell us about your family.

I have a beautiful wife (Elvira) who is supportive and with me for 17years and my son sultan 14years old, and my daughter 16years old. I thank God every day for the great small family I have!

Who are your greatest supporters?

H.M King Hamad bin Isa Alkhalifa
H.H Shaikh Nasser bin Hamad Alkhalifa
My family
My friends
And fans in social media

What's your next dream?

Thank God I achieved all my dreams and more, and hungry for more.



TRAFFIC: MAKING ARRANGEMENTS FOR A LONG TRIP



While driving around the city or on its fringes is one thing, going on a trip involving hundreds of miles – a journey encompassing up to two days – is quite another ball game. A good number of people in Bahrain make such long journeys in their cars to go on pilgrimage, or visit scenic

places as far afield as Salalah in Oman, or go on shopping trips to Dubai or even to go home on vacation in Jordan or elsewhere.

It is not merely a matter of concentrating on the road like in a city, or of remembering to wear the seat belt or not jumping the red signal. Such a trip involves numerous logistical issues and a lot of care and precautions.

Before setting on a long journey the first thing to look into very closely is the state of your car. You must have its tyres checked and if any tyre looks rather worn take no chances and replace it. The same goes for the spare wheel which must be in good condition and the battery as well. Check the air pressure in all tyres as well. And ensure that the tool box has everything in place.

The next thing to do is check the state of the brakes and the level of brake oil and coolant. Take a couple of spark plugs along; you never know. You must also carry a fire-extinguisher and a wire-charger for the battery. The latter is a

boon when you car stalls and a passing vehicle is willing to help you start it “provided you have the wire”.

It is a good idea to also carry a plastic can of petrol, tightly sealed, in the boot. On a journey of a couple of thousand miles, it can be traumatic to be left high and dry on a deserted stretch with a car which has run out of petrol. Indeed it is a good idea to periodically have your tank topped up at the nearest petrol pump once you notice that two-thirds of your petrol has been used up.

You should also regularly check the coolant level and make periodical stops to have snacks at wayside restaurants if only to allow your engine to cool down if you have been driving steadily for more than three hours.

And once at your destination, do take your car to the nearest garage for the mechanic to check your brakes, tyres, battery etc. and ensure everything is in order and have any wear and tear fixed.

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INSIDE BAHRAIN

BTEA LAUNCHES MANGROVE TOURS IN TUBLI BAY



In collaboration with the Supreme Council for Environment, the Bahrain Tourism and Exhibitions Authority (BTEA) has announced the launch of mangrove tours in Tubli Bay. This comes in line with the BTEA's plans to attract visitors by offering unique and unforgettable experiences, further developing the Kingdom's tourism sector and strengthening its position as an ideal tourist destination.

"It gives us great pleasure to announce the launch of mangrove tours in Tubli Bay in collaboration with the Supreme Council for Environment. We aim to provide all visitors unique experiences through the various attractions and activities offered in the Kingdom. This comes as part of the BTEA's long-term strategy to further develop the

Kingdom's tourism sector under the slogan 'Ours.Yours.', which contributes towards the Kingdom's economy and the Economic Vision 2030," said the Chief Executive Officer of BTEA, H.E. Shaikha Khaled bin Humood Al Khalifa.

Tours will depart from Sitra Park between 8am and 4pm. Participants can choose one of two locations, either a tour in Tubli Bay, which covers an area of 100 square kilometers and is priced at BD20 for 4 people or the mangrove tours which feature a beautiful mix of well-protected green mangrove forests and Bahrain's skyline, priced at BD 5 per passenger. Both trips aim to provide visitors with the opportunity to discover the Kingdom's nature offerings.

BAHRAIN'S CRAFT LEGACY TO REACH THE WORLD THROUGH NEW ARTBAB INITIATIVE



Bahrain's heritage of crafts and crafts people's skills will take centre stage at the Art Bahrain Across Borders – ArtBAB 2019 in a movement aptly titled 'Artisans Across Borders'. The exciting movement will see global fashion icon and designer JJ Valaya curate the project, transforming Bahraini craft into luxury acquisitions that will be sought-after in luxury branded stores across the world and develop a new appreciation of the timeless craft traditions

among a whole new generation of Bahraini craftspeople.

Announcing the 'Artisans Across Borders' project at a press conference today, Shaikha Maram bint Isa Al Khalifa, Director of the Office of Her Royal Highness Wife of the King of Bahrain, said, "It is with pride that we present 'Artisans Across Borders' as an organic continuation of our growth. Our theme for the 2019 edition of ArtBAB is 'Legacy' - it will be a

celebration of the foundational effect and influence of Bahrain's traditional crafts on contemporary Bahraini art. The project will be headlined by noted design guru and luxury fashion icon JJ Valaya, who will work closely with our Bahraini craftspeople to give our timeless craft traditions a contemporary designer touch. It is a collaborative effort that has grown from the vision of ArtBAB Fairs & Program Director Kaneka Subberwal and Art Select, the art

consultancy that conceived ArtBAB."

'Artisans Across Borders' will unfold in three parts. The first will be a distinctive Artisanal Room at ArtBAB 2019, featuring dramatic large masterpieces which will be special limited edition and bespoke designs with their origins in Bahraini crafts. The second part will consist of stylish commercial interpretations of Bahraini craft pieces that can be retailed at stylish stores around the world as distinctive representations of Bahraini crafts.

The third part of the project is the Book of Bahrain, a lavish coffee table book of photographs that will encompass different sights of Bahrain's persona – architecture, history, portraiture and cityscapes.

The project will involve craftspeople from the Jasra Handicrafts Centre, Capital Mall and the Manama Handicrafts Centre. Welcoming the project's vision, Shaikha Wafa Al Khalifa, Director of Crafts at the Ministry of Industry, Commerce & Tourism, said, "This project 'Artisans Across Borders' is important not just for the reanimation of Bahraini crafts but because these crafts will take to the world a new portrait of Bahrain as a country where timeless crafts meld with millennial sensibilities."

UNIQUE LEARNING EXPERIENCE FOR STUDENT-ENTREPRENEURS



Injaz Oman has organised the seventh edition of the A'sharika (The Company) programme in 2018, targeting school and university students from different governorates of the Sultanate with the aim of providing real business opportunities for Omani youth and preparing and motivating them to enter the labour market successfully and with the right amount of confidence.

The six-month programme, which is in the form of a friendly competition, offers students a unique learning experience by helping them establish their own

companies and engage in innovative work.

After putting up their companies, participants are required to introduce innovative products to the market. They then dive into the business of trade by selling their products, and the company with the most profit receives an award.

"The programme assists a generation capable of managing successful future projects and contributing to the strengthening of the national economy, as well as participating in building in Oman," said Azzan Al Busaidi, a member of the

Injaz Oman team.

"It offers a practical learning experience in the actual field," he added. The programme also aims at developing participants' skills to enrich their performance and help them explore their potential in the fields of business and entrepreneurship.

The student-companies participating in the programme vie for several awards that highlight the fundamentals of relevant fields.

The organisation holds a variety of workshops in marketing, sales, and

business management, and has recently launched a series of new workshops called "Kaif" (How), which will be held for the first time in the region. The workshops aim to educate students on how to establish, manage, and refine their skills, with the help of successful entrepreneurs and experts from the private sector.

One of the most important achievements of the programme is the creation of job opportunities, as some of the participants start their own business ventures after joining A'sharika.

UPDATES

BAHRAIN RANKED 26TH GLOBALLY & 5TH IN ASIA WITHIN THE UNITED NATIONS EGOVERNMENT DEVELOPMENT INDEX 2018

UNITED NATIONS
E-GOVERNMENT
SURVEY 2018

GEARING E-GOVERNMENT TO SUPPORT TRANSFORMATION
TOWARDS SUSTAINABLE AND RESILIENT SOCIETIES



Results of the United Nations eGovernment Development Index 2018 presented the Kingdom of Bahrain's rank as 26th international and 5th in Asia as it maintained its position amongst countries with very high indexes making only two Arab countries, out of eight in Asia, to attain such position. This classification was not attained by any Arab country

apart from Bahrain and the United Arab Emirates (UAE). Moreover, only 40 countries were capable of achieving such international classification amongst 193 countries being evaluated. The Kingdom also accomplished a massive leap in achieving the 4th position international within the Telecoms Infrastructure index – seven ranks higher from the last issued

report in 2016.

The Information & eGovernment Authority (iGA) thanks the Ministry of Transportation & Telecommunications as well as the Telecommunications Regulatory Authority along with their employees for their exerted efforts in achieving such honorable success. These efforts witnessed by all and observed in tangible projects such as the launch of network technologies of 5G and the development of the entire sector by implementing the 4th National Telecommunications Plan. Such accomplishments confirm the continuous collaboration amongst various government entities with an aim of raising Bahrain in numerous local and international arenas.

iGA Chief Executive Mr. Mohamed Ali AlQaed expressed his gratitude to Bahrain's wise leadership for its distinctive attention given towards the country's ICT sector as the leadership's directives effectively contributed in reaching such accomplishment especially with the continuous follow-up by H.H. Shaikh Mohammed bin Mubarak AlKhalifa - Deputy Prime Minister, Chairman of the Supreme Committee for Information and Communication Technology which constantly seeks to utilize technology to

firstly serve the citizen. This is reflected in the Kingdom's rank in the report.

AlQaed also thanked all public entities for their tireless combined efforts which enabled the Kingdom to achieve advanced global positions in the Online Services as these entities' websites are evaluated. Such entities include the Ministry of Education, Ministry of Health, Ministry of Labour and Social Development, Ministry of Finance, Supreme Council for Environment along with the Ministry of Information Affairs. This year's report also evaluated the Ministry of Works, Municipalities Affairs and Urban Planning website as Municipal services were evaluated for the first time – going in line with the global trend of Smart Cities.

The Sustainable Development Goals (SDGs) were also highlighted in the report through the evaluation of technologies implemented by countries to achieve these goals.

It is worth noting that United Nations eGovernment Development Index - issued by the United Nations Department of Economic and Social Affairs - is a study which focuses on all indicators represented in Online Service, Telecoms Infrastructure, Human Capital along with the eParticipation index.

HEALTH

CONCERNS ABOUT TEETH OF CHILDREN AND MALOCCLUSION

Baby Bottle Tooth Decay

You can help prevent your baby from getting cavities or developing what is called Baby Bottle Tooth Decay or Early Childhood Caries, by beginning an oral hygiene routine within the first few days after birth. Start by cleaning your baby's mouth by wiping the gums with a clean gauze pad. This helps remove plaque that can harm erupting teeth. When your child's teeth begin to come in, brush them gently with a child's size toothbrush and a small amount of fluoride toothpaste, about the size of a grain of rice. For bottle feedings, place only formula, milk or breast milk inside and avoid using sugary beverages such as juice or soda. Infants should finish their bedtime and naptime bottle before going to bed.

Dental Emergencies: Accidents can happen anywhere, anytime. Knowing how to handle a dental emergency can mean the difference between saving and losing your child's permanent tooth. For all dental emergencies, it's important to take your child to the dentist or an emergency room as soon as possible.

Here are some tips if your child experiences a common dental emergency:

- For a knocked-out tooth, keep it moist at all times. If you can, try placing the tooth back in the socket without touching the root. If that's not possible, place it in between your child's cheek and gum, or in milk. Call your dentist right away.
- For a cracked tooth, immediately rinse

the mouth with warm water to clean the area. Put cold compresses on the face to keep any swelling down.

- If your child bites his tongue or lip, clean the area gently and apply a cold compress.
- For toothaches, rinse the mouth with warm water to clean it out. Gently use dental floss to remove any food caught between the teeth. Do not put aspirin on the aching tooth or gum tissues.
- For objects stuck in the mouth, try to gently remove with floss but do not try to remove it with sharp or pointed instruments.

Thumb sucking: Sucking is a natural reflex and infants and young children may suck on thumbs, fingers, pacifiers and other objects. It may help them relax or make them feel safe or happy. Most children stop sucking by age 4. If your child continues to thumb suck that after the permanent teeth have come in, it can cause problems with tooth alignment and your child's bite. The frequency, duration and intensity of a habit will determine whether or not dental problems may result. Children who rest their thumbs passively in their mouths are less likely to have difficulty than those who vigorously suck their thumbs. If you are worried about your child's sucking habits, talk to your dentist or consult your child's pediatrician.

Space Maintainers: Space maintainers help "hold space" for permanent teeth. Your child may need one if he or she loses a baby tooth prematurely, before the permanent tooth is

ready to erupt. If a primary tooth is lost too early, adult teeth can erupt into the empty space instead of where they should be. When more adult teeth are ready to come into the mouth, there may not be enough room for them because of the lost space. To prevent this from happening, the dentist may recommend a space maintainer to hold open the space left by the missing tooth.

Sealants: Sealants are a fast and easy way of protecting your child's teeth that act as barriers to cavity-prone areas. They are usually applied to the chewing surfaces of back teeth and sometimes used to cover deep pits and grooves. Sealing a tooth is fast and there is virtually no discomfort. As long as the sealant remains intact, the tooth surface will be protected from decay. Sealants hold up well under the force of normal chewing but may have to be reapplied if needed. Both primary and permanent teeth can benefit from sealants. Ask your dentist if sealants will help your child.

Mouth guards: Mouthguards can help protect your child from a dental emergency. They should be worn whenever your child is participating in sports and recreational activities. Mouthguards cushion blows that would otherwise cause broken teeth, injuries to the lips and face and sometimes even jaw fractures. If your child participates in such pastimes, ask your dentist about custom-fitted mouth protectors.

Malocclusion: Malocclusion, or bad bite, is a condition in which the teeth are crowded, crooked or out of alignment, or the jaws don't meet properly. This may become particularly noticeable between the ages of 6 and 12, when a child's permanent teeth are coming in. If not treated early, a bad bite can make it difficult to keep teeth and gums clean where teeth are crooked or crowded, increasing the risk for cavities and gum disease.

Bad bites can also:

- Affect proper development of the jaws.
- Make the protruding teeth at risk for chips and fractures.
- Affect eating and speaking.
- Make some teeth more likely to wear abnormally or faster than those that are properly aligned.

Schedule regular checkups with your dentist twice a year, regular check-ins with the dentist means that any potential issues are caught early and are easier to fix. It's also a good idea to check in with the orthodontist on a regular basis.

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Bahrain Specialist Hospital
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THINGS TO CONSIDER BEFORE HAVING MICRODERMABRASION - PART 2

Microdermabrasion sounds vaguely painful, but it's actually one of the gentlest, fastest, non-invasive anti-aging treatments around today.

Microdermabrasion is a non-surgical facial resurfacing technique performed in a series of about 6 to 10 treatments. It mechanically exfoliates the outermost layer of dead skin cells (the stratum corneum) and vacuums them away, leaving your skin feeling softer and smoother — and if done well, looking younger and more vibrant.

FACTS ABOUT MICRODERMABRASION TO WOW YOUR FRIENDS WITH

5. Many people choose microdermabrasion over chemical peels and laser treatment because it is generally safer and more cost-effective.
6. The procedure may be a little uncomfortable but shouldn't hurt (though skin can feel a little tender afterwards).
7. Microdermabrasion stimulates blood flow, which increases the nutrition delivered to skin cells. This improves cell production, which improves skin's elasticity and texture.
8. Microdermabrasion temporarily removes moisture so it should always be followed by application of a rich moisturiser
9. The best results are usually seen by people in the early stages of ageing,

between 35 and 50.

10. It's not recommended if you have skin conditions such as rosacea, eczema, dermatitis, active sunburn, herpes, lupus, open sores, psoriasis, fragile capillaries or widespread acne. Seek medical advice first.
11. A series of 6–10 treatments is usually recommended for optimum results, with 2 weeks in between for skin to recover.
12. The entire procedure usually takes about 30 minutes for the face, longer if you want your neck and other body parts such as hands and feet done.
13. Skin will be more sensitive to sunlight afterwards so stay out of the sun or use a good sunscreen.
14. Your beautician should be checking in with you about your comfort level during the treatment. Don't be afraid to speak up if you feel like your face feels like it's being sucked into a black hole. microdermabrasion it's important to look after your refreshed skin with nourishing skin care products.

To WIN BD 20
vouchers from Joz Salon & Spa,
Email your answers to:
contest@bahrainthisweek.com

How many treatments
are ideal for optimum
results?

The Yoga Buzz

BUDDHI MUDRA



Method

1. Sit in a comfortable seated meditative position. Relax your body, keeping the spine erect and breath regular.
2. Bring your little finger and the tip of your thumb together while keeping the other three fingers straight.
3. Place both the hands on the thighs with the palms facing upwards.
4. Stay in this mudra for 15 minutes with a steady breath. It can be practiced up to three times a day.

Practicing buddhi mudra is thought to develop psychic, intuitive energy and cure or provide relief from a range of diseases and ailments that result from a lack of water in the body. Some of the other benefits are as follows :-

Benefits

1. Digestive issues, including indigestion and constipation
2. Skin disorders such as eczema and psoriasis
3. Anemia and other blood-related problems
4. Disorders related to the bladder and kidneys

Namaste
Neelanjana Bharadwaj

'Buddhi', means intuition or perception in sanskrit and this mudra is used for mental clarity. This mudra is generally performed when one needs to understand intuitive messages from your subconscious (your dreams and meditations that puzzle you) One of the most powerful benefits of performing this mudra is for improving internal and external dialogue or communication.

TASTE OF TRADITION

TRADITIONAL BRAZILIAN FRIDAY BRUNCH EXPERIENCE AT BRAZIL RODIZIO GRILL AND LOUNGE



Located at the much preferred location Adilya, in Bahrain, Brazil Rodizio Grill & Lounge is an authentic, Brazilian style Steakhouse with a simple concept. The concept of catering each visitor with more of everything- food, drinks, service and ambience.

This vibrant, brightly-coloured Brazilian restaurant offers traditional churrasco and is most famous for its all-you-can-eat-and-drink style dining.

Once you set at your table, your Brazilian style dining experience begins. you can relax and enjoy one of their favourite cocktails, or you can head straight over to the fabulous unlimited salad bar for selection of seasonal salads, cheeses, pasta and other side dishes.

The real experience begins as their Passadors (Carvers) move between tables, offering their select cuts of Beef, Lamb, Prawns, Chicken and Sausages, all slowly cooked over a natural charcoal fire to preserve all their natural juices and flavours. Tender morsels are brought to you on skewers and expertly carved at your table.

To further accompany this feast, dishes such as potato wedges, artisan cheese bread are served to your table for you to enjoy. Throughout your meal, you can enjoy drinks and for dessert try their delightful Charcoal-Grilled Pineapple or Banana Flambada, Home recipe Chocolate Cake or simply the traditional fruit salad.

Brazil Rodizio Grill now offers a scrumptious oriental cuisine- The Feijoada

& Churrasco brunch all you can eat and drink every Friday with Live music Entertainment served from 1230pm to 0330pm.

Experience the aromatic sizzling variety of premium meat and tongue tingling desserts only at the authentic Brazil Rodizio Grill and Lounge serving over 15 cuts of meat varieties in 1 meal. Be the first to experience Our Friday Brunch Offer for BD 21+-. Group reservations can also avail a discount of 15%.

Join them for a dining experience that dates back hundreds of years to the cowboys of Southern Brazil. Times may have changed, but they are sure that their food, service and hospitality, is just how they would have had it!!!

Win vouchers
Brazil Rodizio Grill & Lounge
answer the question below:
Who are Passadors?
Email your answer to contest@bahrainthisweek.com before Friday for your chance to win.



Two Winners will get one pack of Schweppes +C 330mlx6 each. All you have to do is answer the below question and mail to us at: contest@bahrainthisweek.com



Which animal has the largest brain?

PR THIS WEEK



BATELCO SUPPORTS ANNUAL KHALID BIN HAMAD FUTSAL LEAGUES FOR YOUTH CENTRES AND THE DISABLED

Batelco, in line with its commitment to the youth of Bahrain, has announced its support of the 6th Khalid Bin Hamad Youth Centres Futsal League and the 3rd Khalid bin Hamad People with Disabilities Futsal League, which is taking place at Khalifa Sports City until 9th August.

Batelco is the exclusive telecom partner for the event, which is taking place under the patronage of His Highness Shaikh Khalid bin Hamad Al Khalifa, First Deputy Chairman of the Supreme Council for Youth and Sports and President of Bahrain Athletic Association. The event is organised by the Ministry of Youth and Sports Affairs (GOYS) under the guidance of His Excellency Mr. Hisham bin Mohammed Al Jowder, Minister of Youth

Affairs and Sports.

Several Youth Centres and Clubs around the Kingdom of Bahrain are participating in the league including eight girls' teams. Over 80 teams will participate in knock out rounds to qualify for the final round of 16 to be followed by quarter-finals, semi-finals and finals, with the losing teams competing in matches for 3rd and 4th place.

The Khalid bin Hamad Youth Centres Futsal Leagues aim to deepen the bonds among Bahraini youths. The Leagues encourage the role of youth centres and clubs that are recognised as the incubators of the youth in the Kingdom, and play a great role in supporting youth activities with a major emphasis on sports.



LULU GROUP TRAINING ON CUSTOMER SERVICE EXCELLENCE BY THE NINE TRAINING CENTER – THE9TC

The Nine Training Center had recently conducted a training program on Customer Service Excellence for their valued client Lulu Group at the Wyndham Garden Hotel, Juffair.

The Tamkeen Supported Training Program was attended by 30 participants and delivered by a certified trainer with a hands-on approach towards the training and exceptional knowledge on modern training methodologies and practices.

Customer Service Excellence training program has been designed and developed to assist the individuals and companies involved in the delivery of Customer Services. It was a highly participative, trainer-led training aimed at equipping the participants with hands on practical knowledge, skills, and the importance of positive attitude.

The candidates expressed their appreciation to the Nine Training

Center Chairwoman and CEO Shaikha Noora Khalifa Al Khalifa, Mrs. Gopika Beri the Managing Director and, to the Management of Lulu Group and their Training Managers, Mr. Manu and Mrs. Shaikha Al Zowayed. The candidates are extremely enthusiastic about applying the useful practical tools, knowledge, and skills they have gained from this highly beneficial training course.

The Nine Training Center located in Zinj focuses on providing exclusive, effective and distinctive training programs in terms of quality of inputs, processes, and outputs in training and human resources development at the local and regional levels. 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 contact +973 77 33 33 65.



GULF AIR'S HIGH FLYER AWARD SCHEME HONORS TOP EMPLOYEES

Gulf Air, the Kingdom of Bahrain's national carrier, has rolled out a "High Flyer" award scheme whereby the airline recognises and honours employees who perform their duties at an outstanding level of service.

Gulf Air Chief Executive Officer Mr. Krešimir Ku ko and Deputy Chief Executive Officer Captain Waleed Abdulhameed AlAlawi, alongside members of the airline's executive management team including Gulf Air Director of Human Resources Mrs. Nouf AlSowaidi, congratulated the honored staff in a dedicated ceremony at the airline's Muharraq headquarters. The celebrated staff included members of Gulf Air's maintenance, technical, marketing, sales, human resources and operations departments.

Mr. Ku ko thanked staff saying: "Employees are the backbone of any organisation, and never more so than at

the Kingdom's national carrier. Our airline's growth and success is directly linked to our workforce's individual and collective growth and success. I am delighted to recognise you all – representatives from across the organisation's various departments, who have tirelessly worked and excelled in their fields. Thank you for your dedicated efforts."

Gulf Air's "High Flyer" award scheme, established this year, recognises the efforts of employees who consistently display a superior level of commitment, accountability, positive attitude and ability to embrace change. It takes into consideration a range of business accomplishments and achievements in terms of customer service and teamwork and recognises individual and team efforts across Gulf Air's global operations.



KHCB CONTINUES TO WELCOME UNIVERSITY STUDENTS TO ITS INTERNSHIP PROGRAMME

Khaleeji Commercial Bank (KHCB) continues to welcome university students in the Kingdom to its pioneering internship programme, by receiving 13 students from various local universities as part of the requirements to completing their academic studies.

This initiative reflects the keenness of KHCB to adhere to its social responsibility, alongside its deep interest in preparing the coming generations to engage in the Islamic banking sector, in order to contribute to its development.

The two-month internship programme provides students with the opportunity to learn about the Islamic banking system and the work environment in various departments by rotating interns through various departments to work closely with the staff, in order to acquire practical skills, in addition to learning how to create

a CV, prepare for interviews and attending a number of educational lectures on Islamic banking.

On this occasion, Mr. Mohammed Abdulla Saleh, Assistant General Manager of Human Resources and Corporate Communications at the Bank commented "We are pleased to contribute in training and development of future leaders through a programme that includes the most important practical aspects and knowledge of the Islamic banking sector. Organising this programme stems from the bank's belief that the human element is central to any success; thereby, the bank has endeavoured to regard banking expertise and competencies and to incentivise and develop them within an institutional environment that enables them to excel and achieve self-fulfilment."



AL NAMAL & VKL HOLDING UNVEILS ITS 11TH HOTEL IN BAHRAIN

Al Namal & VKL Holding, leaders in the Hospitality Industry in the Kingdom of Bahrain, opened the Park Regis Lotus Hotel, which is the first foray of the StayWell Holdings Group's Park Regis brand in the Kingdom.

Located in Juffair, the Kingdom's touristic hub, the brand-new 19-storey Hotel offers 164 luxuriously designed guest rooms, an onsite fitness centre with 24-hour gymnasium and lap pool, and state-of-the-art business facilities.

With the provision of unrivalled entertainment opportunities at the forefront of its conception, the Park Regis Lotus Hotel boasts an array of premium onsite restaurant and bar options, which serve buffet breakfast and casual dining, a patisserie and tea-room, and a roof top café that offers panoramic views of the Juffair Sea.

Owner of the Park Regis Lotus Hotel, Dr. Varghese Kurian, said "We would like to express our gratitude to the Ministry of Industry, Commerce and Tourism for its significant support and well wishes during this auspicious occasion as we embark on yet our latest venture with the inauguration of this refined establishment. We are truly excited to have partnered with StayWell Holdings in the introduction of the first Park Regis hotel in the beautiful coastal city of Manama as it marks the beginning of a prosperous association between our distinguished companies. The opening of this hotel exemplifies our commitment towards the Travel, Tourism, Hospitality, and Investment sectors in the country, and we look towards operating at our best capacity and with our signature quality to deliver on that commitment."



HONOR FOR IMTA

International Motor Trading Agency WLL (IMTA) the distributors of Mazda for the Kingdom of Bahrain were facilitated by Mazda Motor Corporation (MC) for the High Market Share and excellent

after sales activities in Bahrain. The facilitation took place in MC's head office in Hiroshima, Japan and was attended by Mazda Motor Corporation (MC) for the High Market Share and excellent



AL SALAM BANK SIGNS DEAL WITH KINGDOM PROJECTS

Al Salam Bank-Bahrain, one of the pioneering Shari'a-compliant banks in the Kingdom, announced the signing of a Memorandum of Understanding (MoU) with the Kingdom Projects to facilitate property financing solutions for customers wishing to buy luxurious villas in the "Janayin Al Hamala" project. The project also includes residential villas that fits the criteria of Mazaya program (formerly known as Social Housing Financing Program) from the Ministry of Housing.

The project comprises of 148 luxurious villas ready to deliver that are designed

to meet the requirements of a modern Bahraini family and it offers customers with 5 different types of villas, ranging to 220m² that consists of 4 bedrooms, 3 bathrooms, large majlis room, living room, kitchen, balconies, store, housekeeping room and 2 parking spaces.

Present at the signing ceremony held at the Bank's headquarter office in the Bahrain World Trade Center were Mr. Anwar Murad – First Deputy CEO of Al Salam Bank-Bahrain and Kingdom Projects, along with senior officials at the bank.



VIVA PARTNERS SKIPLINO TO INTRODUCE BAHRAIN'S FIRST CLOUD-BASED QUEUE MANAGEMENT SYSTEM

In line with its commitment to empower the Bahraini start-up landscape, VIVA has partnered with the homegrown Skiplino Technologies, to introduce the Kingdom's first cloud-based queue management system by a telecom operator. A revolutionary online system which allows people to queue digitally through a mobile application, VIVA customers will now be able to book their appointments at any of the 19 VIVA retail outlets or via the VIVA self-care app in just a few clicks anywhere, and at any time.

This collaboration with Skiplino marks another significant step from VIVA Bahrain towards digital transformation and extending its support to Bahrain Economic Development Board's (EDB) initiatives in encouraging the growth of local ecosystem as a key engine to foster grassroots innovation and entrepreneurship.

Commenting on the partnership, VIVA Bahrain Chief Commercial Officer, Karim

Tabbouche said, "As the fastest-growing, most innovative telecommunication operator in Bahrain, we recognise the need to support Bahrain's Economic vision 2030 and play an active role to support the scale-up of the Bahraini start-ups by empowering them with technological support and market visibility to help them succeed. Moreover, this is in line with our efforts to maintain an edge in innovation by enhancing our customers' experience through a convenient, on-the-go digital offering that gives them greater control over their time and life."

Recognised as the world's most intelligent queue management system, Skiplino has earned several global accolades including the Forbes Innovation Award 2017, The World Summit Award 2016, named as one of the 100 start-ups by World Economic Forum, one of the top 20 start-ups in TNW Europe 2016 to name a few.



SUMMER OF SAVINGS FROM FORD

Almoayyed Motors, the sole distributor of Ford and Lincoln vehicles in the Kingdom of Bahrain, has launched the Summer of Savings campaign with the hottest offers on Ford models. Customers who purchase a Ford SUV or sedans from Almoayyed Motors during this campaign are not only assured of big savings but can also avail benefits such as 5 Years Road Side Assistance and 5 Years Warranty.

Almoayyed Motors General Manager Mario D'costa commented: "Almoayyed Motors continues to offer the best deals

with its Summer of Savings campaign and our customers can look forward to some amazing offers on Ford vehicles this season."

The Summer of Savings at Almoayyed Motors offers sizzling savings on several models which include Ford Focus – starting from BD 4,995; Ford Edge – starting from BD 8,995; Ford Explorer – starting from BD 10,995; Ford Expedition – starting from BD 11,995; Ford F-150 and Ford Mustang – both starting from BD 12,995.

ALL EYES ON YOU...

To view more pictures visit www.bahrainthisweek.com



Al Hawaj hosted a special football night at the Crowne Plaza Hotel, on the event of the FIFA World Cup 2018 held in Russia.



Launch of Vitamin D campaign at Al Hilal Multispecialty Centre Manama



The British School of Bahrain (BSB), class of 2018 graduation ceremony held at the Diplomat Radisson Blu Hotel.



The raffle draw winner of '10Kg Gold for 100 Winners' campaign by Malabar Gold & Diamonds receiving the prize 100gm Gold Bar at Malabar Gold & Diamonds Temple road outlet.



Seef Properties Donates BD15,000 to Shaikh Isa bin Salman Al Khalifa Educational Charitable Trust Fund



Kids cooking Class summer camp organized by Golden Tulip hotel



CrediMax announces the name of its May and June winner for its 2018 "WE GIVE THE MAX" campaign

ALL EYES ON YOU...



Grand opening of Park Regis Lotus Hotel, Juffair



Iconic French tearoom Angelina Paris opens its Bahrain branch at Adliya Block 338



Handicrafts Directorate Distributes Certificates to the Participants of the 'Glass Arts – Level 2' Workshop



Shura and Parliament" secretariats participate in Youth City 2030 in educational and awareness competitions



Bahrain Chamber of Commerce & Industry signs MoU with Bahrain Institute for Banking and Financial Studies

To view more pictures visit www.bahrainthisweek.com

TECH UPDATE

BIG DATA APPLICATIONS



Data science is taking a huge amount of data and analyzing them to discover patterns or new information, this field existed for a long time, but it got recently more viable because computers are faster now and databases are cheaper, two of the most important aspects are the speed, storage and range, that in the range of information

and variables. Websites usually harvest and store user data, and analyze them using big data science.

Big data applications are creating a new era in every industry. The below figure shows examples of Big Data applications in different type in industries.

Big Data in banking and securities

With big data, banks can now use the huge amount of their client's information to constantly monitor their client's transaction behaviors in real time, allowing them to provide the kind of resources they need. In addition, Big Data allow banks to process this information faster, avoiding any potentially embarrassing situations.

Big Data in healthcare

Big data has been applied successfully to biomedical science, and more specifically genomic medicine, which defined by the National Human Genome Research Institute (NHGRI) as the science of using genomic information about a person for a treatment or a diagnosis.

Big Data in insurance

The insurance industry is data-dependent. To remain competitive, insurance companies must be ready to mine information for insights in modern ways. Thus, Big Data should be used in insurance to reduce claims, create value for their customers, and help proactively monitor risks to minimize customer losses.

Big Data in education

Big Data allows for customization at

colleges and universities, even if they have huge number of students. This will be created with blended learning; a combination of online and offline learning.

Big Data in transportation

Big Data comes to rescue, being used to control traffic and enhance traffic management. In addition, Big Data provides for real time route optimization by speeding up deliveries based on delivery sequences, traffic conditions, and recipient status.

Big Data in government

By employing a big data platform, governments can use huge amount of relevant information important to their daily functions. It's so important because gives them that information in real time. The opportunity to have real-time analysis is vital especially in a society that moves so quickly from one thing to the next. In addition, governments are now able to make faster decisions and then monitor those decisions.

By: Dr. Jihene Kaabi

College of Information Technology,
University of Bahrain

AI BEATS DOCTORS IN DIAGNOSING BRAIN TUMORS



A Chinese AI system diagnosed brain tumors and other conditions more accurately and faster than a team of top Chinese physicians. The AI, called BioMind, was developed by the Artificial Intelligence Research Centre for Neurological Disorders at Beijing Tiantan Hospital.

The AI correctly diagnosed 87 percent of 225 cases in just 15 minutes, while a team of 15 senior physicians diagnosed 66-percent of the cases accurately.

When it came to predicting cases of brain hematoma expansion, the AI won yet again: with correction predictions in 83 percent of cases, whereas doctors only achieved 63-percent. And that's not because the doctors were slacking. According to Gao Peiyi, head of the radiology department at Tian Tian hospital, the human results were better than average accuracy in ordinary hospitals.

To train the AI, developers gave the

AI tens of thousands of images and diagnoses from the hospital's past ten years. The AI could diagnose a number of neurological diseases, including meningioma and glioma with over 90 percent accuracy. "I hope through this competition, doctors can experience the power of artificial intelligence. This is especially so for some doctors who are skeptical about artificial intelligence. I hope they can further understand AI and eliminate their fears toward it," Wang

Yongjun, executive vice president of the Tiantan Hospital told Xinhua.

AI can reduce workloads for doctors and help them keep improving their skills. It would function like a GPS, while human physicians remain behind the wheels.

According to Dr. Gauden Galea, a representative of the World Health Organization in China, China's huge population and accessible digital medical data gives it an advantage in developing medical AI.



WORLD DEBUT FOR NEW MCLAREN 600LT

- 600PS and 620Nm ensures blistering acceleration: 0-100km/h (62mph) is the equal of a McLaren 675LT at 2.9 seconds (0-60mph in 2.8 seconds); 0 – 200km/h (124mph) in just 8.2 seconds
- New aerodynamic carbon fibre bodywork – including front splitter, side sills, extended diffuser and fixed rear wing – contributes to 100kg of downforce at 250km/h (155mph)
- 100kg lighter* than 570S Coupé DIN kerbweight, with a lightest dry weight of 1,247kg giving a power-to-weight ratio of 481PS/tonne
- Optional Clubsport and Clubsport Pro packs available from McLaren Special Operations (MSO) for even lighter weight and more track-focused features
- Nearly a quarter of McLaren 600LT parts new compared to McLaren 570S Coupé, including unique top-exit exhaust system and two all-new, ultra-lightweight alloy wheel designs
- Forged aluminium double wishbone suspension derived from the McLaren Super Series combine with stiffer anti-roll bars and an 8mm reduction in ride height to help deliver enhanced dynamic performance and new heights of driver engagement
- Bespoke Pirelli P Zero™ Trofeo R tyres work in harmony with increased downforce to generate circuit cornering speeds that exceed those of a McLaren 675LT
- Latest-generation lightweight brake calipers, carbon ceramic discs and a McLaren Senna-inspired brake booster ensure precise pedal feel and phenomenal stopping power: 200km/h to standstill in just 117 metres
- 600LT opens next chapter in the McLaren ‘Longtail’ (LT) story; production volume strictly limited

The quickest, most powerful and most track-focused – yet road legal – Sports Series McLaren made a debut at the 2018 Goodwood Festival of Speed. The arrival of the new 600LT, which is built to excel on roads and race circuits alike, marks both the beginning of the next chapter in the McLaren ‘Longtail’ (LT) story and the setting of a new benchmark for super-sportscar performance.

“The new McLaren 600LT is our most extreme road-legal Sports Series model and possesses the optimised aerodynamics, increased power, reduced weight, track-focused dynamics and enhanced driver engagement that are the hallmarks of any McLaren LT. Only the fourth McLaren in more than two decades to be designated a ‘Longtail’, the 600LT redefines expectations of super-sportscar performance, delivering astonishing acceleration and outstanding track cornering speeds with a truly extraordinary dynamic connection between driver and car.” Mike Flewitt, Chief Executive Officer, McLaren Automotive

The new McLaren 600LT epitomises the McLaren philosophy of producing lightweight super-sportscars that deliver extreme performance and are exceptionally rewarding to drive. With the engine management system of the 3.8-litre twin-turbocharged V8 recalibrated and less back pressure from a top-exit exhaust system that is even shorter and more extreme than that of the McLaren Senna allowing the engine to breathe more freely because of, the 600LT can call on peak power of 600PS (592bhp) at 7,500rpm and a maximum torque output of 620Nm (457lb ft) at 5,500-6,500rpm. These outputs deliver

astonishing levels of performance: 0-100km/h (62mph) takes just 2.9 seconds, matching the acceleration of the revered McLaren 675LT Super Series model. 0-200km/h (124mph) is achieved in a remarkable 8.2 seconds and the 600LT can continue gathering speed to a top speed of 328km/h (204mph).

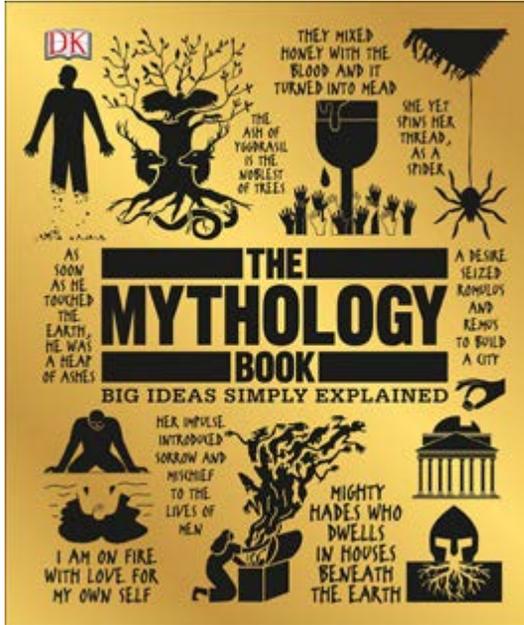
Inspired by the renowned McLaren 675LT models and their iconic ‘Longtail’ McLaren F1 GTR racing predecessor, the new addition to the LT family has all the physical hallmarks of a true McLaren ‘Longtail’, including an extended front splitter, lengthened rear diffuser, fixed rear wing and elongated silhouette – in this case by 74mm compared to a McLaren 570S Coupé. The unique bodywork optimises aerodynamic performance, working in conjunction with the flat carbon fibre floor of the 600LT to produce the 100kg of downforce at 250km/h (155mph) that generates more grip and greater high-speed stability and is a significant contributor to the car’s excellence on a track.

Extensive use of carbon fibre – including for the monocoque chassis that is some 25 per cent stiffer than a comparable aluminium chassis and for the new aerodynamic features – together with lightweight materials throughout the track-focused cockpit, helps the McLaren 600LT to achieve a lightest dry weight of 1,247kg and equivalent power-to-weight ratio of 481PS/tonne. With the optional Super-Lightweight Carbon Fibre Racing Seats developed for the McLaren Senna fitted, the 600LT weighs 100kg less than a 570S Coupé – a remarkable reduction that delivers tangible benefits in every aspect of the car’s performance.

ENTERTAINMENT DIGEST

BOOK REVIEW

THE MYTHOLOGY BOOK: Big Ideas Simply Explained By DK



The Mythology Book : Big Ideas Simply Explained by DK is a compilation of eighty popular myths and characters from all around the world. From the gods of Greek mythology to the Norse heroes, these stories and characters are retold

and explained with engaging text and bold graphics.

The world's leading illustrated reference publisher for four decades, DK's aim is to inform, enrich, and entertain readers of all ages. The newly released Mythology book brings wisdom of ages to life. The stories unravel the meanings behind the stories, getting to the heart of the importance of mythology to different cultures worldwide. More than just stories, myths are a testament to the amazing creativity of humans striving to explain and make sense of the world around them.

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MOVIE TRAILERS



Category:
Adventure, Comedy, Family

MANAGEMENT PRINCIPLES

BAHRAIN AS A RESEARCH CENTER

By Dr. Jassim Haji

The research and development as a function lies at the core of the progress of any company or technology. It is where innovations are turned into a reality, where new latent demands and needs are addressed in new features or products, and where existing products are enhanced to meet additional demands and garner further customers. Unfortunately, in the Middle East, we do not have centers that perform research and development activities, major companies locate theirs in different locations of the world, either in the Far East, Europe or the United States for example. For the Kingdom of Bahrain, this is a big opportunity that is overlooked. Our Kingdom has a huge untapped potential and many supporting factors that can be used to create ideal environments to host research and development centers from all over the world.

We have big numbers of fresh graduates in our Kingdom in the field of information technology, whether specializing in computer science, computer engineering, networking, or management information systems. Those graduates have the needed passion and countless of new innovative ideas that are just waiting to become real. We have

seen many of their creative thoughts being turned into actual inventions in their graduation projects and dissertations for their respective universities. We have seen many universities conduct exhibitions to showcase the graduation projects of their students to different companies that are looking to hire fresh talents and this is a clear evidence of the potential that the young in this region generation has. Many of those projects can be patented, and others can be enhanced further to build feasible marketable products or services that can be sold and profited from. With this potential, these graduates can form the foundation for the research and development centers that can be located in our Kingdom. All these young minds only need someone to nurture them, and these centers are the best way to do so.

Furthermore, we have an abundance of skills in the Kingdom of Bahrain, we have local cadre who are well trained, certified and educated in many fields and technologies. And the labor force we have is strong and can serve greatly as the core of establishing and running the research and development centers. Using such local labor will also reduce the potential costs of running these

centers instead of relying on expensive expertise brought from other countries. And it is without a doubt that the expenses expected in the Kingdom of Bahrain in terms of running businesses or establishments are very low, it will certainly help in ensuring feasible and economic operations of these centers along with their profitability.

In addition, these research and development centers can form ventures with the different colleges and universities available in the Kingdom of Bahrain so that new projects and researches of new technologies can be made jointly benefitting from both sides; the marketing and commercial aspects from the research and development centers with the academic and theoretical aspects from the educational institutions. Even corporations can participate in such ventures, whether they are international or local, to come up with new products and services for new customers or to satisfy some corporate needs that are critical in their operations.

Defining Research and Development: Research and development consists of the investigative

activities that a person or business chooses to do with the desired result of a discovery that will either create an entirely new product, product line or service, or strengthen an existing product or service with additional features.



MAKING LIFE EASIER, ONE ID CARD AT A TIME!



As we are all aware that personal ID cards are considered as essential official documents when physically or electronically conducting government and non-government transactions or services, the Information & eGovernment Authority (IGA) constantly seeks to improve the ID card eServices to fully and conveniently complete a transaction without any obstacles or difficulties and with the least amount of time and efforts. For that, the Authority provides citizens and residents the Family Services - available under the Identity Card Services on the national portal (Bahrain.bh) and tailor-made to meet all their personal card needs.

To attend to beneficiaries feedbacks and suggestions received from the multiple communication channels such as the National Suggestions & Complaints System 'Tawasul', IGA enables heads of families to take advantage of several ID card-related services such as renewal, updating contact

details or replacement of lost/damaged of identity cards for themselves, family members and their domestic workers or enquire about identity card status.

After registering in the Standard eKey which only takes a few minutes; heads of families or parents may carry-out the vast range of services with a distinctive feature of selecting a specific service for each identity card then paying for all transactions at once by adding each card to the available cart without the need to repeat the payment step several times. What's even better, the service allows users to simultaneously follow-up and check the status of their applications via email or text messages to then receive ID cards physically or through mail to any existing address.

For any suggestions or enquiries, please contact us via the National Suggestions & Complaints System 'Tawasul' on Bahrain.bh or the mobile app via the eGovernment Apps Store at Bahrain.bh/apps.

bahrain.bh

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INFORMATION & eGOVERNMENT AUTHORITY



INFO

WHAT'S ON

Did we miss you in our listings? Like to be in our next issue? For Listing: 17484448, 33458390 Email: events@bahrainthisweek.com

MURPHY'S
Family – Friendly Sports & Entertainment lounge

Young Adults- Game Nights
Brief Description of Promotion: Buy 2 beverages & get 1 game session complimentary.
Games included – Bowling, Pool, Shuffle, Bar Billiard and Foosball
Daily, 7PM - 10PM
Opening Hours Murphy's: Daily, 12 PM – 12AM
Location: Level 1, The Grove Hotel & Conference Centre
Contact details: 16 030303



GALETTE DES ROIS
6th Jan 2018 to 31st Dec 2018
Culina Training Center

The much awaited Tradition every New Year is now in the Kingdom, entertain everyone while enjoying the exquisite flavor combination of flaky puff pastry and mouth watering almond powder. To order please call 38381401

Al Safir Restaurant (All-day-dining restaurant)

- Al Safir Restaurant will be opened during the Holy Month of Ramadan.
- Buffet breakfast will be served from 6:30 AM to 10:30 AM priced at BHD 10.500++
 - Business Lunch Buffet will be served from 12:30 PM to 3:30 PM priced at BHD 9.000 net
 - A la carte menu will be offered until 4:00 PM and from 9:00 PM to 11:30 PM

Call +973 17533533 for reservations and more information or book online at www.sheratonbahrain.com

GRAND FRIDAY BRUNCH – SARAYA RESTAURANT
Starting Friday 22nd June
Time: 12:30pm – 04:00pm

-BD36 net per person inclusive of soft beverages -BD40 net per person inclusive of selected beverages -Free for kids till 6yo
-50% discount for kids from 6 to 12
Join us as we welcome back our popular award winning Grand Friday Brunch. Enjoy a variety of flavorful international dishes along with refreshing unlimited beverages and a selection of delicious appetizers and mouthwatering deserts with live cooking stations. Relax and enjoy fantastic live performances by our Cuban band, Timeless. Your little ones will also be busy enjoying a range of kids' activities. For reservations and more details, please call +973-17636363.

BAHARAT RESTAURANT AT LE MÉRIDIEN

Bahrain's Sweetest Brunch
Discover it for yourself and be prepared to indulge in a sensorial and savoury experience BD26 net including soft drinks and water, or BD38 net including selected free flow beverages. Live music from our vibrant duo, Deux Sons. Book for 10 + people and receive 20% discount. Every Friday from 12:30PM to 4:00PM Le Méridien City Centre

Bahrain, Seef (17171144).
Business lunch
Enjoy a selection of Middle Eastern and Indian fusion cuisine inspired by the restaurant name Baharat (Spices), food prepared in an open kitchen. Buffet concept featuring a tandoor oven & indoor grill. Lunch buffet at BD 14.50 net. Soup and salad buffet for BD 6.600 net. Kids aged 6 – 12 dine at half price. Sunday to Thursday from 12:30PM – 3:00PM. Le Méridien City Centre Bahrain, Seef (17171144).

Winner's for last WEEK'S COMPETITIONS!

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SCHWEPPES
Francis Silva

JOZ SALON & SPA
Ankita Lad

Validity to collect the prize is two weeks
Time to collect your prize is Saturday between 0300 PM - 0500 PM from Go Alive media office. Contact 17484448

SPORTS THIS WEEK

KHALID BIN HAMAD'S HUMANITARIAN INITIATIVES PRAISED



The 6th Khalid bin Hamad Futsal League competitions, held under the patronage of His Highness Shaikh Khalid bin Hamad Al Khalifa, First Deputy President of the Supreme Council for Youth and Sports, President of the Bahrain Athletics Association and Honorary President of the Bahrain Sports Federation for Disabilities, witnessed the special attendance of the international referees who represented the Kingdom in the last two editions of the World Cup, consisting of Nawaf Shukrallah, Yasir Tulefat and Ibrahim Mubarak, in honour of their great success and commendation.

International Referee Shukrallah said that he was happy to be present at this youth forum, which has witnessed great

success since its inception. He affirmed that the interest and patronage of HH Shaikh Khalid bin Hamad Al Khalifa for this initiative has impacted its success greatly, adding that "The noble objectives of HH Shaikh Khalid bin Hamad Al Khalifa are not limited to sports but extend to other aspects also, the most important of which is humanitarianism by opening participation to various individuals, including those with disabilities, young women and ministries."

He added that the expansion of the participation slot will strengthen relations and enrich Bahraini sports with various raw talents from youth centres and clubs.

For his part, Assistant International Referee Yasir Talfat asserted the

importance of the Khalid bin Hamad Futsal League at the local level and its gained importance to various parties, both clubs and youth centres, in addition to the media attention it receives. He pointed out, "The league managed to attract a wide range of youth from the cities and towns of the Kingdom, which entails the potential of extracting football talents capable of representing our clubs and national teams." A large number of participants in this year's edition is evidence of the successes achieved in the past five years, he said.

Ras Ruman Youth Center made an incredible come-back to knock-out Abu Saiba Youth Center 6-4 and progress to the quarterfinals. Ras Ruman found

themselves 4-2 behind near the end of the match, but they scored four quick goals to stun their opponents. The winners had to thank their player Qassim Hassan who contributed a whopping five goals to allow his team to advance to the last 16-stage and earn himself the best man of the match award. Moreover, Sanabis Youth Center had an easy ride against Bu Quwah Youth Center, defeating them 6-3. Qassim Hassan contributed a goal for the winners and won the man of the match award. Furthermore, Hamad Town Youth Center drubbed Jurdab 6-2 to progress to the quarterfinals, with Bashar Al Nashaba scoring twice for the winners and winning the best man of the match award.

Beat the Heat

More Offers Available in Store.

ميغا مارت
MEGA MART

Lulu Centre Tel : 17 250 334 • Juffair : 17 826 884 • Muharraq : 17 343 266 • Hamad Town : 17 412 563
Salmaniya : 17 252 624 • Galali : 17 32 00 25 • Segayya (Al Hayat Shopping Centre) : 17 00 30 61
MegaMart Express : 17 382 511 • Lagoon, Amwaj Island : 16 030 106 • Budaiya : 17 00 10 24

ماكرو مارت
Macro Mart

West Riffa Mall : 17 650 075
Saar : 17 225 818

Promotion Period : 26th July to 11th Aug 2018

* Terms And Conditions Applicable.



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