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FIRST ENGLISH AUGMENTED WEEKLY

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Celebrating
Unity in Diversity



**BEHIND THE
SCENES OF
"RAINBOW
JELLY"**

**BAHRAIN
ANNOUNCES 8
MORE NATIONS
FOR BRAVE CF**



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AL HAWAJ
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ALHAWAJBH





BEHIND THE SCENES OF "RAINBOW JELLY":

INTERVIEW WITH SOUKARYA GHOSHAL

"Rainbow Jelly", a food fantasy film by Indian Film Director **Soukarya Ghoshal** and lead special actor Mahabrata Basu has been applauded at the Bahrain Summer Festival. Based on the life of a 12 year old autistic orphan boy Ghoton, the movie conveyed a strong message to the society-everyone has a unique role to play in the society.

Director Soukarya Ghoshal shares his experiences during the direction and production of the film.



How successful has the film been on a personal level?

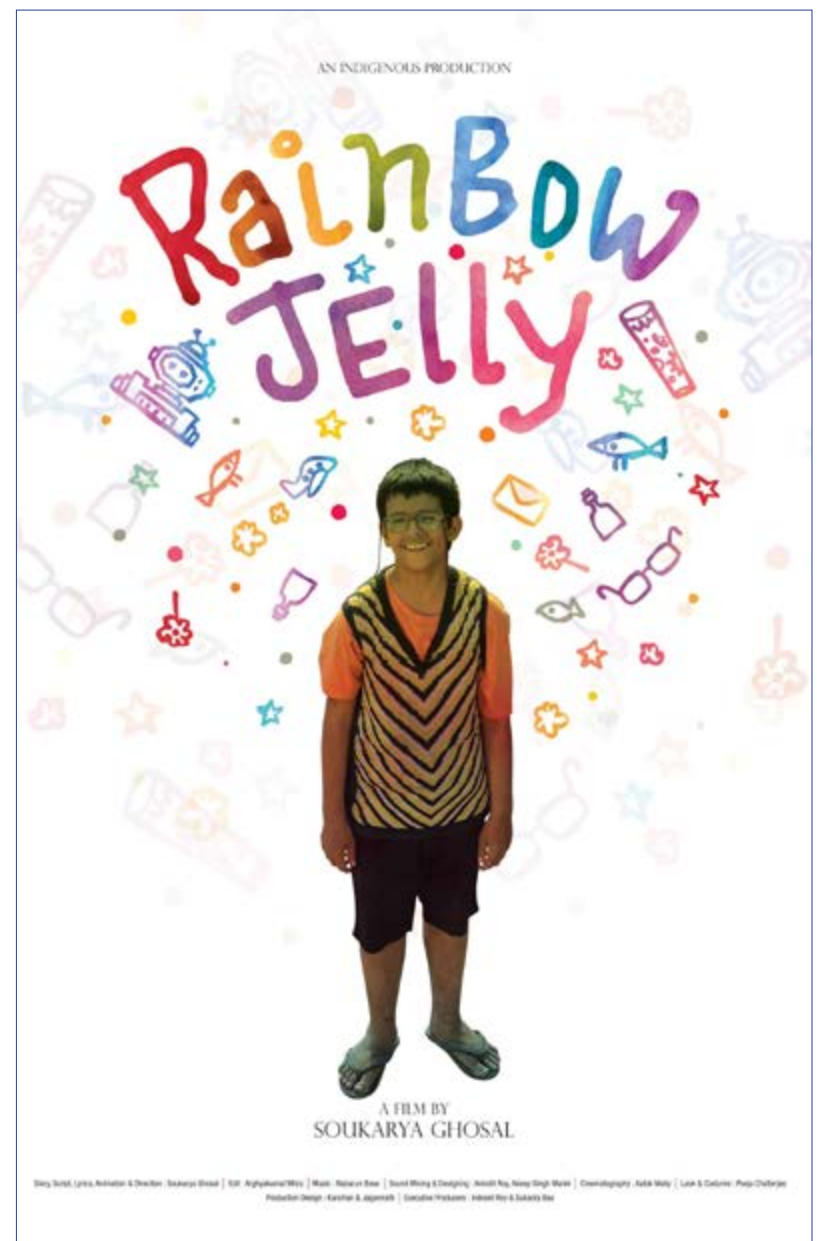
My debut film Pendulum (2014) had earned critical acclamations and the success of my second film Load Shedding (2015) had built my fan base. Rainbow Jelly is my third film. It has been the most satisfying and successful film in terms of its box-office success as well as my journey as a filmmaker.

It has been an important project for me and my wife – Pooja Chatterjee (co-producer and costume designer) as we took a loan and pooled in all our resources to make this film. From the inception, we had the ambition for Rainbow Jelly that it should be more than just a cinema—it's a LIFE! It's a life of the special need children like the character Ghoton and how it has changed the life of the protagonist Mahabrata Basu. Most importantly, it's a life about

the people who started believing that Ghoton can win!

We grew up listening to fairytales about shooting stars. These days due to excessive pollution we don't have the privilege of seeing shooting stars. In the film, when Ghoton wishes something and an airplane flies, his wish comes true. I received messages about how kids including special need children and grownups like us believed in this magic concept in their personal lives.

When Mahabrata came for the audition he was in a school Shamil with more or less 15 other children, where there was no system of regular examinations. On our side we did intense workshops over three months and rigorous rehearsals which helped him to develop memorizing skill and in clearing the Class VII entrance test at a normal school--Patha Bhavan, where he studies



now with thousands of normal children. I felt somehow I managed to make a social experiment with the film and contributed a little to the society.

What were the challenges in making the film?

Leading Newspapers of the country are considering Rainbow Jelly as the face of Bengal's indie cinema. There are usual challenges in making an independent film which we were already aware of. Plus we have chosen a subject that doesn't have a ready market. The producer who had first agreed to fund the film, backed out on seeing my lead actor, Mahabrata Basu—a special child without any prior acting training.

Attacked by septicemia after birth, Basu developed a neurological problem, with speech issues and low-reflex disorders. My wife decided we'll produce it ourselves and we formed our company Indigenious

Production along with other two partners. One day the child's mother asked, 'How many dialogues Mahabrata has?' I said he has the most dialogues in the film.' She said, 'Drop Mahabrata then. He doesn't know how to learn by heart, and cannot memorize the dialogues.' But I was determined. His mother helped him a lot to memorize the dialogues by giving him constant narrations from the script. It took him one month to learn. But then it was even tougher for me as he had to unlearn the entire process of acting just to break the melodramatic intonations he developed while memorizing the script with his mother.

Their mind and body are not always in sync. I researched and applied spoon-marble balance exercise to strengthen his concentration power. In the beginning he failed miserably. After one week he was confident. Mahabrata has a strong adopting capability but his



reactions were numb. I came up with an idea of smiley method, I drew different emojis on sheets which he practiced in the workshop later while shooting I had to shout saying 'smiley 1, smiley 4' etc. for his reactions. It wasn't easy for the co-actors but it worked.

The final hurdle I faced was the dubbing process. Since the film is not a sync sound, Mahabrata had to dub all the dialogues, that too 4 months after the film was being shot. By then he had come out from the character and was extremely uncomfortable with the regular process of dubbing. Then one of my sound designers Anindit Roy came up with an incredible plan. I had to sit on the floor of the dubbing room with headphones in front of Mahabrata. I used to listen to the pilot track, then used to imitate the dialogues in the same way Mahabrata had delivered while shooting. Listening to it in the dubbing room Mahabrata would mimic that. The sound engineer would then only select the portions which is mimicked by Mahabrata and would fit into the scene. I know it's a terribly complicated & time taking process but I had no other option.

Was Mahabrta really hurt during the hitting scenes? How did he feel?

No, it was all done by fine acting skills, fast editing technics, make up and the magic of cinema. The uncle, played by a veteran actor Koushik Sen, always joked about his character that he had the most challenging role to fake hit the boy as badly as he can but without hurting him! Mahabrata rather complained that the hitting scenes don't look real and he wasn't hurt properly. I can share a story



here, there was a scene in the film where Ghoton came running fast to see the tea seller. Mahabrata accidentally fell down on the street and we were about to cut the shot but he insisted to carry on. He delivered his dialogues perfectly though his body was shaking. Later we found out that he was badly injured. This is Mahabrata. 'My limitations are my enemy, if I cannot turn them down they will turn me down' as he beautifully speaks of himself.

Why did you choose a lead actor with special abilities?

I was almost sure I'll cast a special child for Ghoton's role because I wanted the character to be as much organic it can be. When I saw Mahabrata for the first time I wasn't convinced. He came for an audition, while talking to his father we asked Mahabrata whether he would

like to have tea or cold drink. He smartly replied 'first tea then cold'. We all laughed, Mahabrata laughed too. I remembered when I sketched Ghoton's role; I wrote that his smile is as bright as the seven rays of the sun. I saw that 100 watt smile in him. That was the only thing I was searching in my Ghoton.

Do you see more roles for special child actors in future?

I think yes. Rainbow Jelly has set a trend to involve more roles for special children in Bengali cinema. Moreover after the success of the film it is also clear that a special child is no way less than a professional actor. We just need to learn to speak in their language, that's all.

Any future plans for Mahabrata?

Mahabrata is an important fresh face in Indian cinema today. He looks so convincing

on screen. Camera loves to linger on him. He can surrender 100% to the director. I am sure Indian filmmakers would love to explore him more as a child actor. Personally, I have requests to make a sequel to Rainbow Jelly. As I love to work organically, I would wait for Mahabrata to grow up to match the character's age who is now set in his new chapter of life at a special school.

How was the film received?

Our film's success key was word-of-mouth publicity. Star-studded big budget films' box office result depends on the first weekend of its release where independent films like Rainbow Jelly need at least two weeks. However, we had house full shows for six consecutive weeks. The film has been also critically acclaimed by the critics and the cinemagoers in Calcutta. I have a strong fan following on social media where I still receive love and blessings for my film. Rainbow Jelly has been screened at the prestigious film festivals in India including Habitat International Film Festival in New Delhi and Bangaluru Bengali Film Festival. At the Hyderabad Bengali Film Festival the film received the Best Film award in both Jury and Viewers' Choice categories, which is incredible. Besides, its lead actor Mahabrata Basu won the Best Actor award in the Popular Choice category, Arghakamal Mitra won the Best Editor and I won the Best Screenplay award. The film will be screened next at Pickurfllick Indie Film Festival 2018.

What did it mean to you as the film being screened at the Bahrain summer festival?

Bahrain Summer Festival has been an honor for me as I represented India in the festival for the first time. Children from different abilities and nationalities have seen the film. They don't know Bengali language neither they are used to watching films with subtitles. Despite of that they laughed and cried with Ghoton. That's the Moksha a film can achieve in its lifecycle. Very few filmmakers can experience that, I am glad that I did!

Written by Subidita Bhattacharya
Freelance Film Distribution
Consultant
Kingdom of Bahrain

Subidita did her Masters in Film Marketing and Distribution from UK. In Bahrain she stepped into the industry with Bahraini film The Sleeping Tree as a Marketing Consultant and later she worked as a Production Manager in the latest Netflix show Arabia Motors. Subidita believes films are being made to be seen by the world. With Rainbow Jelly as an overseas Distribution Consultant, she is fighting for the film to introduce it outside India. Launching the film in Bahrain is an example of right collaboration with the right people who believe what you believe. She has introduced the film to Nivedita—who finally came on board to represent Rainbow Jelly at Bahrain Summer Festival 2018. For further enquiries on the film please contact her at subiditab@gmail.com



BAHRAIN ANNOUNCES 8 MORE NATIONS FOR BRAVE CF



Brave Global Expansion 2018 hosted on 8th August PM at Sofitel in Bahrain, revealed the upcoming events, projects and global partnerships for 2018. Brave Combat Federation will host events in 8

nations in the coming months of 2018. The events will take place in Morocco, Colombia, United Arab Emirates, Pakistan, Bahrain, South Africa, Saudi Arabia and India. The upcoming events

were confirmed during the Brave Global Expansion 2018 Conference held in Bahrain. Brave Combat Federation is an initiative under the leadership of His Highness Sheikh Khalid bin Hamad Al Khalifa from the Kingdom of Bahrain, First Deputy President of the Supreme Council for Youth and Sports, President of the West Asian Athletics Association and the founder of Brave Combat Federation.

The promotion has announced that there will be aggressive expansion in the athlete relations and the broadcast department leading to 2018. Currently over 250 athletes has signed or represented from 43 nations in Brave Combat Federation.

Brave Combat Federation has hosted events in Bahrain, UAE, Brazil, India, Mexico, Jordan, Indonesia, United Kingdom and Morocco there by aiming to create a global eco-system for the sport of mixed martial arts. Brave Combat Federation will be hosting the 2018 Brave International Combat Week which will feature the 2018 IMMAF World Championships alongside a premium edition of Brave Combat Federation.

The IMMAF World Championship has been brought to Bahrain for the second time through Bahrain through Brave International Combat Week. The number of participants are expected to be 103 marking it double in participation from the 2017 participants (51 nations participated). This will indeed make the 2018 Championship as the largest global representation for any mixed martial arts event hosted in the world.

Schedule of events

- Brave 14 - Tangier, Morocco (18th August, 2018)
- Brave 15 - Bucaramanga, Colombia (7th September, 2018)
- Brave 16 - Abu Dhabi, United Arab Emirates (21st September, 2018)
- Brave 17 - Pakistan (TBD)
- Brave 18 (Brave International Combat Week 2018) - Bahrain (11-18th November, 2018)
- Brave 19 - Kingdom of Saudi Arabia (TBD)
- Brave 20 - Johannesburg, South Africa (TBD)
- Brave 21 - India (TBD)

Brave 18 was announced to be taking place in the promotion's home country of Bahrain in November at the Khalifa Sports City Arena, sometime during 2018 Brave International Combat week. The week of MMA celebration will feature Brave 18, as well as the 2018 IMMAF world championships, which are returning to Bahrain for 2018. Mohammed Shahid, the President of Brave Combat Federation also announced that there would be another press conference in the near future to reveal special plans for Brave 18, as it has great significance to the promotion, both for being in Bahrain and for its timing during Brave International Combat week.

The event will be promoted both regionally and globally through digital footprint and broadcast partners to meet the viewership requirements by ever growing fan base.



GAME ON!

UNREAL BAHRAIN KICKS OFF THE 8TH EDITION OF GAME ZANGA



development tools available, and some of those tools make it possible to create fun games without needing to write a single line of code as well as plenty of content and libraries that you can use in your games for free.

Game Jams have long been a staple of innovation in the game development scene and have a long-lasting tradition within game developers as a rite of passage towards calling themselves true game developers. Jams bring together many people with different experiences together and put them into competition to deliver innovative games following a theme over a constrained short period of time.

Bahrain is not unfamiliar to organizing Game Jams, where the next one after the Game Zanga would be the Bahrain Game Jam. Bahrain also hosted its first Global Game Jam this year thanks to Unreal Bahrain and CH9, followed by The GCC Game Jam and GCC Game Conference organized by Inifinte Ware and Polytechnic Bahrain as part of the StartUp Bahrain Week, organized by the Bahrain Economic Development Board.

Many consider that their games have completed once submitted at the end of the jam. However, teams following up with those games at times achieve amazing success. Prime examples are games like Superhot which was developed over the 7 Day First Person Shooter Game Jam and went on to make over USD 4 Million in sales. This is an incredible success for a game whose concept was developed in 7 Days.

Another game, Goat Simulator, which was developed during an internal game jam at coffee stain studio has made over USD 12 Million in revenue. The list goes on with games like surgeon simulator, Thomas was alone, and who have enjoyed similar commercial successes and helped their creators to open independent game development studios. According to Newzoo, the gaming industry was valued at USD 116 Billion in 2017 and is expected to grow to USD 143.5 Billion by 2020.

The Bahrain Jam will be held at the CH9 Incubator located on the Second Floor of the Lagoon Mall in Amwaj Islands, and will start from Friday 17th of August until Sunday the 19th of August 2018. It will be open for the duration of the 48-hour jam. For more info on how to join or help with the Game Zanga 8 please visit www.UnrealBahrain.com or email Social@UnrealBahrain.com

Follow the local game development community in Bahrain on Twitter, Instagram, & Facebook: @UnrealBahrain, @UDSyndicate & @bhgame devs.



The Bahrain Game Development Community has big plans for the upcoming months, with a focus on promoting game jams. This will also increase awareness of the game development initiatives made in Bahrain with the vision of creating a game development industry in Bahrain.

Zanga "مقننر" a local slang that means "in a constricted situation." It was an initiative, started 8 years back by the

GameTako community as a non-profit initiative to promote and support the gaming industry, and is now organized by volunteers from game dev communities across the Arab World such as Yousef BuHazza, Danar Kayfi, Tariq Mukhtar, Moneim Mohammad, and Mahmood AlSarhani.

ConsultNivs strategic Partners, Unreal Bahrain in Cooperation with The Unity Devs Syndicate, and Corporate Hub 9

are happy to announce that Bahrain will host the 8th installment of the Game Zanga Game Jam Competition across the Arabian Region.

The 5-day free workshop organized by Unreal Bahrain and in collaboration with Polytechnic Bahrain which will be held at Polytechnic Bahrain from the 12th until the 16th of August 2018. The workshop will allow those partaking in it to learn the basics of the Unreal Engine. Those who are interested can register at the Unreal Bahrain Website and those who have the passion to learn can bring your own laptop with the latest version of the Unreal Engine installed on it.

Game Zanga is an event for game development enthusiasts all over the Arab World and beyond. The Jam offers no Financial Prizes but intended to spread the challenge and skills of game development across the Arabian region.

According to a statement made by Zanga, it's open to game development enthusiasts of all ages; backgrounds and skill levels, whether you are an industry professional or you've never made a game before. The statement adds that the obstacles to development are practically nonexistent these days and there are free



BHR4ALL AND SPARTAN FITNESS SPECIAL - HEALTH AND WELLNESS FOR ALL!



BHR4All in collaboration with Spartan Fitness organized a Health and Wellness for children. A group of coaches trained the children in a fun and effective way while keeping them engaged throughout the sessions. The "Be Ready Volunteering Team" was on hand throughout for first aid if required.

Physical activity and sport hold the potential to serve as a unique channel to facilitate the inclusion of persons with disabilities within the mainstream community.

"Words cannot express our deep gratitude to Mr. Faris Kooheji and the entire team at Spartan Fitness for welcoming our special group of young men and women three times a week for an entire month. The team is stronger, fitter and healthier as a result of the variety of exercises. We have noticed a remarkable difference in coordination and mobility of the participants. Overall, each one is more confident thanks to the motivation from the coaches and even members at the fitness center. In just twelve sessions, we have seen a life changing impact and we

look forward to working with Spartan in the future" said Ms. Nivedita Dhadphale, founder of Bahrain for All.

Children with intellectual disabilities (which may include Down syndrome, Fragile X syndrome, and other cognitive delays or disabilities) need physical activity just as their typically developing peers do. Sports can help to build kids' confidence and help them get to know other kids in the community (and vice versa). Cardiovascular fitness is critical to improved health for kids with Down syndrome. Teens who have Down syndrome are two to three times more likely to be obese than their peers without Down syndrome.

According to the World Health Organisation, appropriate practice of physical activity assists young people to:

- develop healthy musculoskeletal tissues (i.e. bones, muscles and joints);
- develop a healthy cardiovascular system (i.e. heart and lungs);
- develop neuromuscular awareness





(i.e. coordination and movement control);

- maintain a healthy body weight.

Physical activity has also been associated with psychological benefits in young people by improving their control over symptoms of anxiety and depression. Similarly, participation in physical activity can assist in the social development of young people by providing opportunities for self-expression, building self-confidence, social interaction and integration. It has also been suggested that physically active young people more readily adopt other healthy behaviors and demonstrate higher academic performance at school.

The American Mission Hospital gave each student a full check-up prior to starting the sessions. Lucky Clucks and Aquacool supported the camp with healthy post workout snacks and drinks.

The team of BHR4All is happy to offer the special community a window of opportunity to improve their health and wellness. The purpose at ConsultNivs is to work with organisations in the public and private sector to encourage optimization of CSR budgets in order to have a genuine positive impact on society through; alignment of thinking, integration of activities and engagement of all key stakeholders. Many of the heroes in society are often ignored or overlooked due to their disabilities or differences from what is considered the "norm". The purpose of CSR is to drive change towards sustainability for the community at large. It is the responsibility of every business to balance profit-making activities with impactful activities that benefit society



"PLAY FOR A CAUSE" IN SUPPORT OF PEACE DAY



Fawaz Albinmohammed



Ebrahim Alsada



Abdulrahman Janahi

BHR4All announces "Play for a Cause" Football Tournament in Support of Peace One Day to celebrate Unity in Diversity in collaboration with Winners Football Center.

Winners Football Center is a dream come true for two young entrepreneurs, Fawaz Albinmohammed and Ebrahim Alsada, who always had a passion for football.

With the aim to create "The best Football Center" in Bahrain, they started working on the concept of Winners Football Center, a place dedicated to all aspects of football, based in Bahrain with a vision to expand in the region.

Focused on quality of the facility itself and its services, the concept of Winners

became a reality. Winners is a place, which is fully equipped with multi-use facilities with all necessities and much more. It is a place to gather the entire family and friends, and enjoy safe and fun activities.

The Tournament:

BHR4All in collaboration with Winners Football Center will be hosting the "Play for a Cause" football tournament in support of Peace One Day for men, ladies and children U-12's (2006 – 2007). The tournament will start on 30th August and run all the way to the 29th of September. The winners in each of the men and ladies categories will walk away with a cash prize of \$2000 while the winners of the

children's tournament have the chance to win some exciting prizes.

The men and ladies will be played on an eight a side pitch with each team having a maximum of 15 players including the bench. The tournament will start with the groups and then the best teams in each group will then qualify onto the final rounds. The final of all categories will be held on the 29th of September along with a huge event to celebrate Peace One Day.

There will also be matches for people with different abilities, which will be announced soon.

"We are delighted to have the opportunity to work with the team at Winners for this important tournament in support of Peace One Day. Winners

will manage the tournament and we look forward to exciting friendly matches in September. BHR4All has been listed as partner for peace and through this initiative we have an opportunity to reach a wider audience to showcase our local talent as well highlight unity in diversity in Bahrain. In 2016 approximately 2.2 billion people were exposed to Peace Day messages through activities ranging from radio broadcasts to social media campaigns and across the world, an estimated 940 million people were aware of Peace Day." Nivedita Dhadphale, founder of Bahrain for All mentioned.

Register your team now!
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RETHINK BAHRAIN

TRAFFIC: MAKE BEST USE OF VEHICLE ACCESSORIES

There are numerous fixtures and features provided by manufacturers in vehicles to make it easy for the driver to navigate the roads without fear of getting involved in an accident. Many drivers do not make the optimum use of these fixtures out of laziness or ignorance which is a pity. A little attention to them and a driver's life can be so much more easy.

For example it is essential for a driver to keep an eye on the movement of the traffic behind him to see who is approaching him at what speed, who wants to change the lane or overtake him, who is 'blinking' his headlights to ask him to get out of the way and so on. This is where the role of the mirrors in the car comes into the picture.

Thus, while it is necessary to focus on the road ahead, one should at regular intervals throw a glance at the rear-view mirror too, installed above the windscreen. A driver should therefore

make sure, when he starts his car, to adjust it to suit his convenience in terms of keeping an eye at the rear of the vehicle.

No less important is the role of side-view mirrors. These enable a driver to take a closer look at who is trying to overtake him and also enable him to avoid colliding with a vehicle when he himself is trying to make a left or right turn. But remember, even while using the side-view mirrors, a driver must turn his head to personally ensure there is no danger in the 'blind area' – the space between the rear-view mirror and the carboot – because a vehicle running parallel to a driver's car can sometimes escape the view from the side-view mirrors.

One often notices on the road drivers turning to the left or the right without indicating their intent by way of signalling. This is bad manners. For example if you are about to leave the highway

to enter a right lane and do not give indicator, it forces the drivers emerging from that lane to join the highway to stop unnecessarily because in the absence of your indicator they will take it that you mean to go straight.

Therefore do give an indicator. Do not be lazy. It is only a matter of a flick of the finger on the indicator stick on your steering wheel and the life for other drives will be so much more easy.

Similarly, if you have to momentarily slow down due to some accident or sudden traffic jam ahead or even to drop a passenger without getting out yourself, then you must signify your intent by using the hazard lights. Otherwise if you slow down suddenly the vehicle behind you might plough into you. And if you stop in an area where no stopping of vehicles is allowed without the hazard lights, the vehicle behind you might hit you.



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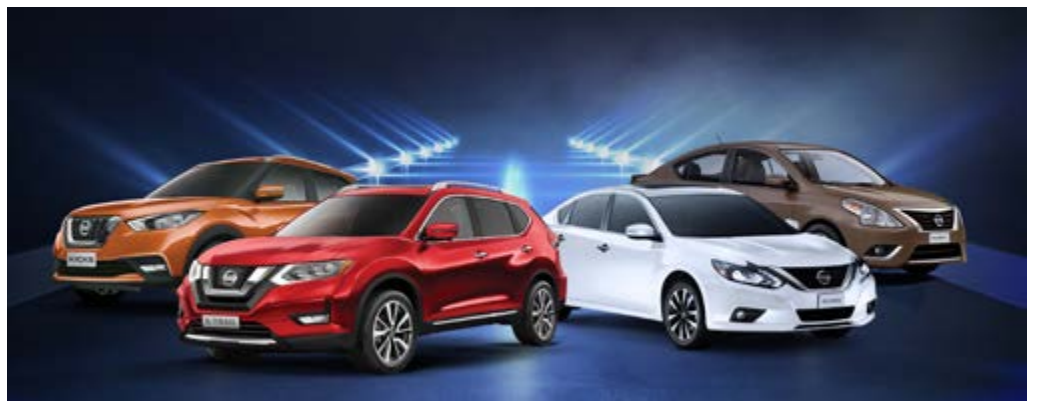
GEAR-HEAD GUIDE

Nissan Bahrain offers 'Great Offers with Easy Installments'

Y.K. Almoayyed & Sons, the sole distributor of Nissan vehicles in the Kingdom of Bahrain, has launched its "Great Offers with Easy Installments" campaign, offering attractive monthly rates on several Nissan models.

The campaign, which will run until the end of August, provides customers with the chance to purchase selected Nissan vehicles at affordable rates, including the iconic Nissan Sunny which is priced at BD 59/month, Altima for BD 99/month, Kicks for BD79 per month, and X-Trail for BD118 per month.

The campaign also includes a service package which is valid for two years or 40,000 km for Altima, and a service package for three years or 60,000 km for X-Trail. The Altima, Kicks, and X-Trail models all come with free insurance and registration, and all Nissan vehicles include a five-year Nissan warranty as standard.



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 country is the biggest in the world?



iGA Continues the Labour Force Survey 2018



Information & eGovernment Authority (iGA) field work teams continue to carry-out the Labour Force Survey and their exerted efforts to cover during the current year all the targeted samples of 4,500 Bahraini and non-Bahraini households that also comprise the labour camps throughout all governorates in order to achieve the desired objectives reflected in measuring the size of the local and foreign labour forces along with level of

production and activities promoting the national economic growth to achieve the goals of the Economic Vision 2030.

Following the announcement of initiating the project, iGA explained that the team which comprises of 27 iGA Statistics employees began their field work during the beginning of this year according to the set plan. The team is composed of supervisors and field researchers along with a call center responsible for arranging field visits of targeted households as well as setting appointments to visit them at their convenience.

The Authority stressed that the field visits are smoothly, directly and remotely monitored by supervisors through laptops equipped with the latest communication means. Field researchers fill the survey's e-Forms which are then sent to supervisors to ensure all requirements are completed for office teams to review, verify, process and audit the data which are then analyzed according to the prepared statistical tables to extract the

required data.

The Information & eGovernment Authority values household cooperation with field researchers, understanding its importance and their contribution in making this survey a success with its massive positive outcomes. The Authority urges other targeted samples, citizens and residents, to further cooperate with field researchers to make this national project a success. It also urges them to provide accurate data and information while assuring them the confidentiality of their personal information – without disclosing or utilizing such information for purposes other than statistical means in order to achieve the desired objectives and ensure continuous flow of updated, high-quality data that are in accordance with international standards. Furthermore, enables the wise leadership to set plans as well as economy, social and developmental strategies.

The survey aims at measuring unemployment, employment, participation,

economic dependency and wages according to several variations. Moreover, it aims at providing data on training programs for job seekers and identifying their past experiences. The survey is implemented in accordance with international frameworks and standards as well as relevant to the necessary indicators of distributing International Monetary Fund data that cover the requirements of the Sustainable Development Goals indexes. The survey is conducted in line with the Economic Statistical Strategy Plan - approved by the GCC Supreme Council, supervised and implemented by the GCC-STAT Center in collaboration with the national statistic entities. The importance of the survey in collecting accurate, reliable and comprehensive information is to become focal point in preparing Kingdom's development plans as statistical data contribute primarily in the forming objectives, strategies and policies of the economic and social development.

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HEALTH

FRAXEL LASER THERAPY



Acne scars, stretch marks, pigmentation, pores, wrinkles have been a challenge for dermatologists to treat and it has proved to be an area of concern with populations of all skin types.

Fraxel Laser Skin Resurfacing is an

FDA- approved fractional laser technology to help restore your skin to its original, perfect texture and achieves smoother, fresher, younger looking skin, improved tone and texture, smaller pores, erasing of unwanted brown spots, acne scars, and

surgical scars, and reduces fine line lines and wrinkles.

Fraxel is a safe, non-invasive laser skin treatment that tricks your skin into creating new skin to replace the damaged, or targeted areas, resulting in natural skin rejuvenation that takes years off your appearance.

How Fraxel lasers work is as revolutionary as the results that it delivers. It targets both the epidermis and dermis. We are able to precisely treat thousands of microscopic areas of skin, using pinpoint laser beams that penetrate beneath the skin surface to eliminate old, damaged skin cells. This fractional treatment results in a faster healing process.

You can expect two levels of results- immediate and progressive. Immediately after the initial healing is complete, the surface of your skin will feel softer, look brighter, and tone will start to become even. Progressive results occur over the next three to six months, as the deeper layers of the skin continue to heal.

The number of sessions depends entirely on your skin type, the condition being treated, and how your skin responds to treatment. Studies have shown that the best results are achieved in 3 to 5 sessions done every 4 weeks

apart.

Patients are prepared for the procedure with an application of topical anesthetic cream. Post procedure, patients are advised to follow strict sun protection, moisturizing and to avoid use of any bleaching creams, scrubs or strong exfoliating creams.

Following the procedure, patients may encounter redness and swelling which may vary with the intensity of the procedure. These would resolve over a few days, as the skin requires time to heal. Patients of skin types 4-6 may in rare cases encounter post inflammatory hyperpigmentation.

The Fraxel laser therapy is being offered at Bahrain Specialist hospital and for any further queries, you can contact the Department of Dermatology.



Dr. Anitta Sara Thampi, M.B.B.S, M.D
(Dermatology Specialist)
Bahrain Specialist Hospital
Email: anitta.thampi@bsh.com.bh

Brought to you by Joz Salon & Spa BACK TO SCHOOL BEAUTY TIPS

Summer is almost done and the first school year that begins in September is around the bend and guessing the back to school is may be stressful, with lots of things to cram in your head and activities to participate in. But that does not mean you should look you just came out from bed every morning without looking in the mirror! Would not it be great if you could simply roll out of bed and be somewhat with minimal fuss?

Here are some simple tips and tricks to help adjust the switch, and keep you looking 'flawless'.

DO your hair condition deep

If you spend your summer in heat, it is likely that your hair is very difficult for a deep condition from hot air and excessive chemicals. This will help to restore any moisture to your hair. However, there is such a thing as excessively conditioned hair, which leaves a faint and inanimate hair. Stay at least once a week in deep conditioners.

Exfoliates

A good exfoliator will remove any dead skin cells and make way for healthy ones. Scrubs are the best way to go when you try to keep your skin fresh. It is good to slide once or twice a week to show the skin completely fresh and soft.

DO NOT Use heat in your hair every day

Especially after a summer sunset and diving in the pool, heat style is the last thing you want to give your locks a daily dose of. Using a flat iron or a curling iron can make some serious damage to your ends, leaving them fried and split. Try moving your hairstyles every once in a while by doing it, scrunching it, and even going naturally. Give your hair a break and try something new!

DO NOT stay late

We know you're used to stay late in the summer, but at the beginning of the school, it's no good idea. You will not only spend in class time, but you will also have dark circles under your eyes. Taking a solid 8 hours of sleep each night will keep you looking fresh and feeling fab on a daily basis.

Moisturize and do not forget the sunscreen

Immediately after bathing your face, you should apply a moisturizing lotion. Avoid moisturizers containing oil, if your skin is oil. The lotion will help lock the moisture on your skin, which appears to be hydrated. Always apply a sunscreen with SPF of about 30. You can also find moisturizers that contain sunscreen. These will help prevent sun damage and wrinkling down the road

Cover any blemishes.

Although you do not want to cover your entire face with a foundation or makeup, you may have some pimples or blemishes that you want to cover. Use a foundation or concealer stick to thinly hide pimples or blemishes. Then, use your finger to gently blend it in the surrounding area. Avoid selecting a red-based concealer to cover red pimples or blemishes; harder to hide. Instead, look for a yellow or green-based foundation to overcome the red problem area.

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

**What makes your hair
fried and split?**

The Yoga Buzz

SATTVIC DIET IN YOGA



The discipline of yoga suggests a pure (ethical) vegetarian diet, which facilitates the development of sattva. Sattva is a quality of love, awareness, connection, and peace with all sentient beings. Yogis believe that food is our first interaction with the world around us, and if we do not eat with a sense of love, connection, and peace, all other facets of our lives are inclined to suffer.

The basis of sattva is the concept of ahimsa (non-harming). A sattvic diet avoids any foods that involve killing or harming of animals. Sattvic diets also encourage foods grown harmoniously with nature, and foods that are ripened and grown naturally.

In the Ayurvedic tradition, foods that are considered sattvic include most vegetables, ghee (clarified butter), fruits, legumes, and whole grains.

Sattvic diet is a regimen that places emphasis on seasonal foods, fruits, dairy products, nuts, seeds, oils, ripe vegetables, legumes, whole grains, and non-meat based proteins

Sattvic diet is sometimes referred to as yogic diet in modern literature. In ancient and medieval era Yoga literature, the concept discussed is Mitahara, which literally means "moderation in eating".

What we eat affects our state of mind. Foods can make us feel dull, agitated or peaceful. Peaceful eating begins with unprocessed, organic, vegetarian food cooked with love.

So for a balanced, peaceful mind and body eat Sattvic food and progress on the yogic path.

Namaste!
Neelanjana Bharadwaj- Yoga Expert

INSIDE BAHRAIN

LAUNCH OF NEW RECORD LABEL TO TRANSFORM BAHRAIN'S MUSIC INDUSTRY



The launch of a new record label in the Kingdom is all set to vamp up its music industry, putting Bahrain on the map.

Otome Records, founded by visionary entrepreneur Mohamed Khalid Almuharraqi and Khuram Javed,

officially launched to hundreds of music enthusiasts in the Kingdom.

Speaking about the label, Mr. Almuharraqi (popularly known across the Kingdom as VJMP3) stated that the record label's aim is two-fold. "We've been

working very hard towards founding a record label in the Kingdom, which would provide professional guidance and much needed exposure to local and regional artists," said Mr. Almuharraqi.

The team also intends to put Bahrain on the map in the music industry with the likes of Amsterdam, Berlin, Ibiza and other recording hubs.

"We want Bahrain to come to mind when international DJs and upcoming artists think of signing with a label. This way, Otome Records will open up a whole new industry for Bahrain," he explained.

Otome Records has teamed up with some of the largest music distribution channels and online platforms such as iTunes, Spotify, Amazon Music, Beatport, Apple Music and Shazam among 300 more digital platforms.

"As a recording artist, I understand the many difficulties an artist can go through. With Otome Records they won't have to worry about distribution, promotion and other challenges they might face," he explained.

With the founding of Otome Records,

Mr. Almuharraqi and Mr. Javed (popularly known as Dust Frequansi) hope to drive a new wave of local talent and further encourage existing artists. "It's a popular culture in the Kingdom for DJs and other recording artists to work regular jobs while DJing on the side," he said.

"With Otome Records they can divert all of their attention to making music, so their talent takes center-stage," he added.

Otome Records has also teamed up with Coral Bay's Sports Bay which will support the label through weekly events. "Previously, if a person was interested in these genres, they wouldn't find a venue which would showcase Techno and House on a regular basis," he stated.

This move will provide additional support to local and regional artists, and allow them to reach an even wider audience. "At Coral Bay, Otome Records will host parties every Thursday, allowing artists signed with the label to perform on a regular basis," he explained.

"Our target is to create waves and puts the Kingdom on the map in the music industry," he concluded.

INSIDE ARABIA

SULTAN QABOOS UNIVERSITY SIGNS RESEARCH CONTRACT WITH UNPF



Sultan Qaboos University (SQU) signed a research contract with a delegation of the United Nations Population Fund (UNPF) regional bureau for the GCC States.

The contract is for 'Comparative Study Between Convention on the Elimination of All Discrimination Against Women (CEDAW) and Omani Legislations'.

The study comes in response to a request by the Woman Affairs Department at the Directorate General of Family Development to conduct a comparative study of DCEDAW and national legislation. Dr. Rashid Al Balushi, a national expert, will carry out the study.

The study aims at activating the final remarks on the 2nd and 3rd national reports on Convention on the Elimination of All Discrimination Against Women, revising the national laws and legislation to ensure that they are consistent with the agreement.

The expert will revise the articles of the convention and compare them to similar texts in the national laws and legislations. He will shed light on the areas that are not in line with the articles of the Convention.

The expert, who is expected to launch the study, during the Omani Woman Day 2018, will provide solutions to address these areas.

The agreement was signed by Dr. Rahmah bint Ibrahim Al Mahrouqiyah, Deputy Chairman for Post Graduate Studies and Scientific Research and Aser Toson, the resident representative of the United National Population Fund (UNPF), the regional bureau for the GCC States.

PR THIS WEEK



THE HOME STORE LAUNCHES SECOND SHOWROOM IN BAHRAIN

Lals Group, a leading conglomerate in the GCC, today launched the second showroom of its home concept, The Home Store. The launch took place at City Centre Bahrain in the presence of Lals Group CEO, Mr. Jayant Ganwani, representatives from Bahrain City Centre, guests and members of the media.

Having launched its first showroom in Bahrain Mall in 2006, The Home Store has garnered a reputation as the shopping destination of choice for stylish home concepts. Known as Homes r Us across the GCC, The Home Store prides itself as a complete lifestyle destination due to its wide product ranging across furniture and furnishing categories. Products include an extensive range comprised of living, dining, bedroom, kids & teens, and light fixtures amongst other home décor essentials.

As part of its aim to increase its footprint in the Bahrain market, the new showroom was designed by a team of expert interior designers, and boasts an inviting layout and comfortable customer experience. The ambience of the showroom will appeal to a larger target market, as natural materials and

bare floors have been incorporated into the design to provide a spacious yet homely feel to offer an optimal shopping experience.

On this occasion, Mr. Jayant Ganwani, CEO of Lals Group commented, "We are delighted to be launching our second store in the Kingdom of Bahrain, as we believe we can offer something to suit every individual taste from classic to contemporary. The Home Store aims to provide customers with not just value for money but also the opportunity to decorate their homes with products of the highest quality, as we aspire to leave our mark in every household."

The launch of The Home Store at Bahrain City Centre forms the latest addition to Lals Group expansive portfolio. With the first store having opened at the Madinat Zayed Centre in Abu Dhabi in 2003, there is currently a network of 20 Home Store's across the GCC. With a combined retail space of over 2.5 million square feet, more than 200 retail outlets and numerous leading global brands, Lals Group continues to rapidly expand across the region.



AL HAWAJ OPENS SHOPPING BAZAAR

Al Hawaj gears up for this season with exciting offers through its Shopping Bazaar this August 14-18, 2018 at Hall 1, Bahrain International Exhibition Centre (BIEC). The Bazaar is open from 9:30 am to 1:30 pm and resumes at 4 pm to 10 pm.

Shoppers can feast their eyes on a wide array of fabulous brands in perfumes, cosmetics, watches, skin care, leather bags, luggage items, gift sets, electronics, home appliances, and accessories, at

amazing discounts.

The Al Hawaj Shopping Bazaar also features major brands like Guess, GC, Samsung electronics and home appliances, and branded luggage items from Samsonite, and American Tourister.

Give your loved ones gifts for the coming season. Visit the BIEC for the Al Hawaj Shopping Bazaar.

For more information, please call 16160000.



HONKONG CHINESE RESTAURANT OPENED

Mr. Jawad Y. Alhawaj, Chairman & Managing Director, Al Hawaj Group reopened the typical Hongkong Chinese Restaurant followed by Grand Dinner Gathering on Monday, 4th June 2018.

Refurbished with a totally admirable and enhancing ambience of its own, Honkong Chinese Restaurant's new premises in Adliya 338, one among Bahrain's most sought-after food destinations, boasts of a typical

surrounding coupled with improvising additions to the menu, latest authentic Chinese Kitchen gadgets and all the more a team of expert Chinese Chefs to enhance foodies' excitement. The new spacious restaurant is also equipped with full fledged Hall and heart warming garden arrangements, perfectly tailor made to blend with variety of events including weddings and other gatherings, again in a typically elevating Chinese atmosphere.



YOUSIF & AYSHA ALMOAYYED CHARITY CONDUCTS A MEDICAL CHECKUP FOR DOWN SYNDROME CHILDREN

Yousif & Aysha Almoayyed Charity held a comprehensive medical checkup of around 20 children with Down Syndrome at the American Mission Hospital in Manama. The checkups included for ears, teeth, among other basic tests and necessary treatments were provided in cases where

required.

Zahra Hamza and Zahra Mohammed – Committee of Yousif & Aysha Almoayyed Charity, have participated in an all day event which was held on 5th August 2018, at the American Mission Hospital in Manama.

Winner's for last WEEK'S COMPETITIONS!



/bahrainthisweek

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

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SCHWEPES
Selina Fernandes

JOZ SALON & SPA
Sana ALmadhi

SAFA'S MAGIC KITCHEN
Lynne Mercado



Almoayyed Commercial Services (ACS) bid farewell to its employee who recently retired after his long service with the company.

HABIB AL ARADI, ASST PRODUCT MANAGER at ACS SALES division; completed more than 25 years of service

with the organization

Mr. Habib was thanked by the management for his perseverance, dedication and commitment during his tenure with the company and was awarded a token of appreciation by the Management.

ALL EYES ON YOU...



The Home Store Launches Second showroom in Bahrain at City Centre Bahrain



Ramada Hotel & Suites Amwaj Islands organized Media dinner at newly opened restaurant and lounge, Ya Hala



Seef Mall Announces the July Winners of its 'Shop Daily Win Weekly BD1,000 Cash'



The Indian Community Relief Fund ("ICRF") organised its 4th YOGA camp at the AAA Homes compound, Budaiya



Rotary Club of Sulmaniya held a regular lunch meeting at the Golden Tulip Hotel.



BFC conducted a free health checkup camp for the people who stays in the vicinity of its Budaiya Village Branch. The camp was conducted in association with Al Hilal Medical Centre

SPORTS THIS WEEK

UAE TO HOST AFC ASIAN CUP 2019



Work is going in full swing across the UAE sports scene, as the country is gearing up for the 17th AFC Asian Cup 2019, which will be the largest ever edition of the tournament.

The eyes of the football world now turn towards the UAE from January 5th

through February 1st, 2019 for the thrill of top-class, live international football, according to UAE News Agency (WAM).

The Asian Cup final tournament will be contested by 24 teams, having been expanded from the 16-team format that was used from 2004 to 2015 for the

first time.

The expanded competition will take place across eight world-class stadiums in Abu Dhabi, Al Ain, Dubai and Sharjah.

The Local Organising Committee (LOC) promises to deliver not just the biggest tournament in the region's history, but the best. And this will begin with the Asian communities already living in the UAE that are prepared to rally and support their national teams at this exciting, once-in-a-lifetime event.

"There is no better place to embody the tournament motto of 'Bringing Asia Together' than right here in the UAE. Under the slogan, 'Bringing Asia Together,' the UAE aims to promote the values of tolerance and peace between the peoples of the Yellow Continent and show the world that football unifies humanity," Director of the Tournament Aref Al Awani said.

He added that football fans will converge on the UAE to see the 24 national teams from the Yellow Continent play 51 matches over four weeks.

"LOC is constantly communicating with Asian communities living in the UAE as well as the embassies of participating nations, to ensure impressive turnout," he said, noting that the target is to sell around one million tickets to the public, with prices starting from as low as AED25.

AFC President Shaikh Salman bin Ibrahim Al Khalifa said, "The launch of ticket sales is an important milestone and the UAE is the perfect host nation to unite the Asian football family. I am confident that the AFC Asian Cup UAE 2019 will provide the ultimate stage to showcase Asia's remarkable talent and engage and excite more fans than ever before."

The AFC decided to commission a dazzling new trophy, one that captures the excitement and drama of the tournament ahead. The new trophy is revolutionary in design and stands at an impressive 78cm high and 42cm wide and is crafted from 15 kilogrammes of Hallmarked Sterling Silver bullion.



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