



KHK HEROES

INSPIRING GLOBAL COMPASSION

INSIGHTS

ALI MOHAMMED MUSA
BHR4ALL MOTIVATIONAL SPEAKER

FARIS KOOHEJI, OWNER OF SPARTAN FITNESS VISITS HIDD REHABILITATION CENTRE

FINANCIAL INCLUSION FOR WOMEN AND YOUTH IN THE ARAB REGION

"INCLUSIVE #TEAMBAHRAIN"
AN ART SHOW FOR INCLUSIVITY



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Bahrain for all & all for Bahrain®



KHK HEROES AND BAHRAIN FOR ALL

The Dream Realization of Mohammed Buhaza'a

Dreams get colours when they are realized with the live moments. Indeed, it is a proud moment for Bahrain for All, and the Kingdom of Bahrain as whole when His Highness Shaikh Khalid bin Hamad Al Khalifa supported Mohammed Buhaza to realize the latter's lifelong dream at the opening ceremony of Brave International Combat Week 2018.

Mohammed Buhaza'a has a life story that will be an inspiration for not only the Kingdom of Bahrain but for countries all around the world. His dream realization once again shows the kingdom's determination to include all, despite colour, caste, gender and ability in

their system.

Mohammed Buhaza'a is a 19-year old Bahraini boy with different abilities. Born with Down syndrome, his role model is His Highness Shaikh Khalid bin Hamad Al Khalifa, founder of the KHK brand including the Brave Combat Federation, and amateur MMA fighter. Mohammed, a hard-core MMA fan, always cherished the dream to train martial arts along side his hero.

Mohammed Buhaza'a journey to realise his dream during began at a summer camp. Organized by ConsultNivs/BHR4All in collaboration with Spartan Fitness in Saar hosted a

Special Health and Wellness Summer Camp in July 2018 for a group of differently abled students. The owner of Spartan Bahrain, Mr. Faris Kooheji sponsored the camp with qualified instructors to train the students for five weeks in a fun and effective way while keeping them engaged throughout the sessions. Who knew that young Mohammed Buhaza'a was being guided towards his dream?

At the camp Mohammed Buhaza'a openly challenged his hero His Highness Shaikh Khalid to a fight. Active social media users in Bahrain brought this wish to the attention of His Highness.

Without any hesitation, His Highness Shaikh Khalid accepted the challenge to make Mohammed's dream a reality. In preparation for the exhibition fight, Mohammed Buhaza'a was invited to train at the KHK MMA gym to be ready to face his Hero at the inauguration ceremony of Brave International Combat Week 2018.

Buhaza'a trained for weeks with coaches who train fighters in promotions, including Brave Combat Federation, UFC, Bellator and ACB. Some days were harder than other, but Mohammed never gave up and his dream kept him going. Lightweight fighter and Head Coach of Bahrain National Team, Eldar Eldarov



and trainer Alaa Issa Hamzah put Buhaza'a through a tough daily routine specifically for the combat.

"I have muscles now, because I train at KHK MMA gym" Mohammed Buhaza'a proudly said in one of the videos released by KHK Heroes.

In the meanwhile, as a true sportsman, HH Shaikh Khalid went through a gruesome weight cut before facing Mohammed Buhaza in order to follow the MMA rule. He dropped down to the weight of Mohammed at 70 kg as done in Mix Martial Arts.

"We are grateful to HH Shaikh Khalid bin Hamad AlKhalifa for giving the opportunity to showcase the talent of differently abled students in Bahrain. This is Mohammed's dream and it's phenomenal that it has even happened to face His Highness in a proper MMA fight. We're grateful that Mohammed was able to train in His Highness' personal gym. It's something that we will never forget and I'm sure that it is something

that Mohammed will remember for the rest of his life.

His Highness by doing this is showcasing the abilities of differently abled people in Bahrain. It's a message to the world that they are able to do anything and can participate at any level. We look forward and hope for many initiatives like this." KHK Heroes MD / BH4All founder, Nivedita Dadphale.

Mohammed's dream finally came true on Sunday, 11th November 2018 at 7:30 pm during the launch of the Brave International Combat Week 2018 at the Khalifa Sports City Stadium in Isa Town.

Faris, Nivedita, Eldar, Alaa, Basma Buradha and Mohammed's friends walked Mohammed Buhaza to his all-time superhero and role model HH Shaikh Khalid bin Hamad AlKhalifa.

HH Shaikh Khalid and Mohammed Buhaza met in the Brave cage for a friendly sparring bout. The event was attended by His Highness Shaikh Nasser bin Hamad Al Khalifa, IMMAF





President, Kerrith Brown, Jose "Shorty" Torres and the athletes competing in the IMMAF World Championships 2018.

As HH Shaikh Khalid gracefully tapped out to declare Buhaza'a as the winner, the audience was left in tears by the show of sportsmanship from both fighters. The joy of Buhaza'a having his arm raised for the first time in his MMA career and embraced by his hero in front of a cheering crowd in a heart-melting moment was beyond words of description.

Mohammed's dream realization sent out the message of inclusivity and inspiring global compassion from the Kingdom. His Highness Shaikh Khalid bin Hamad Al Khalifa launched the global initiative, KHK Heroes by bringing forward Mohammed Buhaza'a to the prime focus of attention of the inauguration ceremony.

"Today was a day that I will never forget, and I loved the day so much just because I saw the happiness in Mohammed's face in his fight against me and he had a great win!" HH Shaikh Khalid wrote on his instagram page after the event.

KHK Heroes, aims to strengthen the social commitment of KHK MMA and Brave by empowering the initiatives to support those with disabilities and opening new avenues of opportunities for individuals. KHK Heroes received

overwhelming support from the athletic community with many athletes, including Brave CF World Champions and fighters, including Jarrah Al Selawe, Hamza Kooheji, Abdul Kareem Al Selwady, Jose Shorty Torres, Stephen Loman, Jeremy Pacatiw, Velimurad Alkhasov, Lucas Mineiro, Luan Santiago and Benjamin Bennett. KHK Heroes sends out a message to society to create awareness and a much-required change in perspective when it comes to inclusivity of people with special needs.

"KHK Heroes is an initiative that speaks for itself. Social commitment and compassion are the ultimate mark of success of any project. With KHK Heroes, Kingdom of Bahrain aims to transform lives of youth and those underprivileged in the society who strived for so long. The initiative by His Highness Shaikh Khalid bin Hamad Al Khalifa will bring individuals to the forefront of the society and will motivate them to achieve more," said Mohammed Shahid, President of Brave Combat Federation.

The dream realization of Mohammed Buhaza'a will be marked in the athletic history of the Kingdom and will remain as the testimony for the great leadership of HH Shaikh Khalid bin Hamad Alkhalifa, and for visionary initiatives like Bahrain for All and KHK Heroes.



ALI MOHAMMED MUSA

BHR4All Motivational Speaker



H.E Shaikh Hisham bin Abdulrahman presents Ali with a "Those who inspire" certificate



Ali with Hala Al Moayyed, Ahmed Al Khan, Maria and Nivedita



Ali Mohammed Musa's life is a story of survival and transformation from a life of a wheelchair-bound, unwanted and ridiculed life to a life of happiness and positivity. The young Bahraini was born premature and soon diagnosed with spastic cerebral palsy, with hypertonia a neuromuscular mobility impairment that restricted him to the mattress all through the childhood. Though he had enrolled at a private school in 2004, he had to leave school after Grade 4 when his classes were moved to the building's upper levels with no wheelchair access. His mother's appeals went in vain.

Ali had hopelessly and helplessly submitted to his fate until he met with Anna Vogelgesang, a Canadian woman. Anna took upon to care for Ali. She introduced him to the outside world, taught him to read and write, enabled him to confidently express himself, saw to it that he received crucial medical treatment and surgeries and finally introduced him to the Bahrain Mobility International (BMI).

Ali met with Amal Almoayyed, an influential Bahraini businesswoman through BMI. Ms. Almoayyed encouraged Ali to write and publish his

life story A Dream without Limits: My Story with Disability. Ali completed this venture with the unconditional support of Amal and Ramadan Mohammad Ali. The book was launched at the Women's Professional Network's (WPN) second art charity event entitled Art Beat, alongside the work of artists from the Bahrain Mobility International Centre (BMI) and the Bahrain Down Syndrome Society. Amal Almoayyed is actively involved in the differently abled community in Bahrain and continues to nurture and support Ali's progress. .

Ali explained: "I want my story to

raise awareness about the disabled and to help people understand that we can have an education, a job and run a business. We can depend on ourselves and, if given a chance, not always have to rely on our families.

I hope my story will inspire other disabled people and give them hope. It may also help in spreading awareness and understanding about those living with disabilities for the rest of the population."

True to his determination, will power and the immense support that he had received, he was included in Those Who Inspire Bahrain.



FARIS KOOHEJI, OWNER OF SPARTAN FITNESS VISITS HIDD REHABILITATION CENTRE



FINANCIAL INCLUSION FOR WOMEN AND YOUTH IN THE ARAB REGION



By Dr. Hashim S. Hussein

In an effort to meet the Sustainable Development Goals 2030, economic empowerment is a crosscutting issue of importance for achieving all the SDGs; thus taking a leading significant positive impact on sustained economic growth and sustainable industrial development, which in turn are drivers of poverty reduction and social integration. The United Nations Conference on Trade and Development (UNCTAD) says achieving the Sustainable Development Goals (SDGs) will take between US \$5 to \$7 trillion, with an investment gap in developing countries of about \$2.5 trillion.

Thus, economic growth required for the eradication of poverty and the achievement

of the other associated SDGs depends on technical change and capital accumulation (investment). Therefore, in order to attain growth, developing countries and those with economies-in-transition need to mobilize investment – both domestic and foreign – as well as modern technologies in order to expand their productive assets and meet the Sustainable Development Investment Gap.

While financing is the driver behind investment and entrepreneurs; with that being said access to finance and developing the right effective financial tools to services entrepreneurs becomes a crucial component; as traditional banking practices are not fully geared towards achieving financial inclusion. Keeping into consideration that Financial inclusion, as per the World Bank, means that individuals and businesses have access to useful and affordable financial products and services that meet their needs – transactions, payments, savings, credit and insurance – delivered in a responsible and sustainable way.

Accordingly, financial inclusion intends to increase awareness about the benefits of financial services among the economically underprivileged sections of the society and in the case of the MENA

Region these represent women and youth. Hence, the process of financial inclusion works towards creating financial products that are suitable for the less fortunate people of the society.

In line with the above; the MENA Region is mainly characterized by predominantly being a young population with an average of 60% below the age of 29 years. Power struggles, tensions, and conflicts lead to poverty, instability, migration and conflict. Coupled with this and based on the financial inclusion index published by the World Bank the MENA Region scores very low. With this; the way forward to resolve this vicious circle is in economic development leading to prosperity for all. This can only be achieved through developing public - private partnerships that are governed by the rule of law and good governance and that emphasis Impact Investing which will create a trickle-down effect; thus, economically empowering women and youth will have its positive effect on the individual, the family, society, community and eventually the economy.

For this we strongly believe that the private sector and banks, in specific, can and should play a vital role in supporting the governments in facilitating financial

inclusion thus leading to achieving the SDGs through;

1. Supporting financial institutions in adopting and institutionalizing best practices that have proven success in achieving the economic empowerment of youth and women; and which entail linking financial and non-financial services for both startups and growth
2. Supporting the growth of micro, small and medium enterprises (MSMEs) and Entrepreneurs through mentoring and counseling
3. financing and developing economic infrastructure facilities like agro poles; incubation management systems, free zones, etc. and linking those with well full-fledged entrepreneurship programs
4. Expanding and enhancing existing financial tools as Venture Capital Funds, angel funds and crowd funding platforms
5. Unleashing innovation and modernizing the transformation of educational systems that adopt systems that take into account "Education, Innovation, Incubation leading to Entrepreneurship."
6. Facilitating investments, synergies, partnerships, collaboration and prosperity between entrepreneurs



Coco (year 10) and Sasha De Souza (year 8) from St Christopher's School spent a day at the Ria centre working with Autistic children and supporting the teaching staff. The two siblings learnt different activities and lessons involved.

"INCLUSIVE #TEAMBAHRAIN"

An Art Show for Inclusivity

#فريق_البحرين

#TeamBahrain

The annual observance of the International Day of Disabled Persons was proclaimed in 1992. It aims to promote the rights and well-being of persons with disabilities in all spheres of society and development, and to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic and cultural life.

This year's theme focuses on empowering persons with disabilities for an inclusive, equitable and sustainable development as part of the 2030 Agenda

for Sustainable Development. The 2030 Agenda pledges to "leave no one behind".

Building on the important #teamBahrain initiative of His Royal Highness Prince Salman bin Hamad Al Khalifa, Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister - a call for everyone to contribute to nation building and the support of Bahrain's gains - it is fitting that students with disabilities will work in collaboration with local and international artists to create a more

than 35m long art work at the Harbour Gate on December 4. The art work will be themed "Inclusive #TeamBahrain".

Designed in 46 separate panels, the finished artwork will be on display at the Central Atrium on the 3rd floor of Harbour Gate. Each panel will be designed independently by the volunteer artists. Students from public and private centres and schools across Bahrain will decorate the panels.

The project, under the patronage of Shaikh Duaij bin Khalifa AlKhalifa CSR International Ambassador and Chairman of the National Institute for Disabled, is the idea of Dr Sarah Clarke and Mrs. Christine Gordon, founder of the Rehabilitation Institute for Active Learning (RIA) and organised in partnership with BHR4All. It is

built on the premise that everyone, regardless of their different abilities can participate fully in, and contribute to, the betterment of Bahrain in all respects. "We are delighted that Harbour Gate has provided support for another collaborative, inclusive art event. We hope the project demonstrates the talent and abilities within everyone and the contribution we can all make" said Dr. Clarke.

**Interested artists can contact
Dr. Sarah Clarke 38338064**

**For more details please call: +973
66389111 / 36335000 / 39807539
or email salman@consultnivs.com
or usman@consultnivs.com / info@consultnivs.com**



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4 Dec 2018
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INSIDE BAHRAIN

BAHRAIN INTERNATIONAL AIR SHOW COMES OUT IN FLYING COLOURS!

Held under the patronage of His Majesty King Hamad bin Isa Al Khalifa, King of the Kingdom of Bahrain, and under the supervision of His Highness Shaikh Abdullah bin Hamad Al Khalifa, Personal Representative of HM the King and Chairman of the Supreme Organising Committee, the fifth edition of the Bahrain International Airshow has witnessed unprecedented growth with more participation in the event than ever before.

Aircraft and engine orders came from Saudi Gulf Airlines for 10 Airbus A320neo with an option for a further 10 plus valued at US\$2.1bn and 45 CFM Leap-1A engines valued at US\$1bn. CFM also announced it has been awarded a maintenance contract for Gulf Air's 65 Leap-1A engines which power the national carrier's Airbus A320neos to the tune of US\$1bn. On the military side, the Royal Bahrain Air Force confirmed an order for 12 Bell AH-1Z attack helicopters valued at US\$912m.

The Ministry of Transportation and Telecommunications also signed bilateral Air Service Agreements and contracts for major projects over the three days

that would see more improvements to the Kingdom's aviation infrastructure as part of the Kingdom's ambitious Airport Modernization Programme.

Other notable signings included a contract for the provision of manpower for air navigation and the construction of a new Air Traffic Control Center. On the final day of the show, the Ministry announced it would be implementing Phase 2 of the ILS – CAT III upgrade project at the Bahrain International Airport.

In addition, Bahrain-based Texel Air debuted the world's first Boeing 737-700 FlexCombi™ at the show. This unique first of a kind aircraft will be based in the Kingdom of Bahrain.

Outside of the major deals and contract signings, participants confirmed that the level of networking and engagement opportunities was outstanding with organisers looking to expand on this at the 2020.

Delegation visits were also a success with many participating in high-level meetings with exhibitors, chalet holders and senior member of the Bahraini Government and Royal family.



INSIDE BAHRAIN

APPLE PREMIUM RESELLER IWORLD OPENED ITS FLAGSHIP STORE AT THE AVENUES MALL



Apple Premium Reseller iWorld, was opened in The Avenues Mall on 15th November 2018, offering customers the opportunity to learn and experience Apple's innovative products and solutions including iPhone, iPad, Mac, and Apple Watch with a wide range of accessories.

"The opening of a new Apple Premium Store in The Avenues Mall is a part of our retail strategy and underlines the enormous demand of Apple products herein Bahrain, while reaffirming our commitment to get closer to our customers and cater to their evolving demands. The new Apple Premium Reseller, iWorld is more than 300 sqm of Space, offering a wide range of Apple and third party accessories and a unique

variety of services such as specialized Workshops." – said Mr. Mohammed Almoayyed, Chairman of Almoayyed International Group.

At iWorld, trained consultants are available to help customers learn about all the latest products from Apple, including iPhone XS, iPhone XR, Apple Watch Series 4, iPad Pro and iPad; the 13-inch MacBook Pro with Touch Bar; MacBook Air, the 27-inch iMac with Retina 5K display and iMac Pro.

The hands-on environment provides customers the opportunity to test drive the products and Apple-trained staff are present to offer impartial advice to both consumer and professional customers.




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All you have to do is answer the below
 question and mail to us at:
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Which is the most beautiful flower of the world?

Traffic Rules Do Not Change At Night!



Driving at night is quite unlike driving in the day. The lights on the road may be too bright along highways, in the areas beyond the city there may be stretches of poor lighting in deserted areas, the headlights of the oncoming traffic and the traffic behind a driver may sometimes be confusingly glaring and so on. All this calls for extra care and vigilance on the part of the driver.

The first to do once you bring your vehicle onto the road is to ensure your headlights are on. Quite often

people can be seen racing on the road at night without realizing their headlights are switched off, thereby putting their own safety and that of others in jeopardy.

More than in the day, at night it is good on a driver's part to mentally chalk out his itinerary so he would avoid switching lanes as far as possible. Changing lanes at night can be a rather tricky affair sometimes given that the lights of the driver you want to overtake could be glaring. Judging the distance between your vehicle and the ones behind you may also be a little difficult.

It is poor driving habit to drive with full headlights glaring, thus almost blinding not only the driver coming towards you but also the one ahead of you. In one-way roads, especially if they are narrow, this can cause accidents. Headlights should be switched to full-glaring mode only when the road has poor visibility in which case they are helpful in avoiding cyclists, pedestrians or stray cats or if you expect frequent speed-breakers on the road.

Especially at night, you must not park your vehicle even briefly along a road except in a lay-by since a vehicle with all lights switched off parked otherwise is a sure recipe for disaster. You must also not use a

lay-by meant for public buses to park your vehicle even for a short time.

While a driver must wear seat belt whether it's daylight or night, on account of the visibility issues at night the wearing of the seat belt becomes all the more necessary for both the driver and the front-seat passenger.

Speed is another aspect which needs to be curbed at night. Speeding at night has been the cause of numerous accidents in which many a youth has lost his life. Even late at night do not be tempted to speed just because the roads are nearly empty and nobody is watching. There maybe another driver with the same mindset as yours and the consequences of an accident could be quite disastrous.

There is also this tendency among some daring drivers to ignore the red signal and the 'No U-turn' signs at night just because the area within their sight is seemingly deserted. They tend to forget that a speeding driver may suddenly appear on the horizon to challenge your wits.

So do not break the rules whether it is day, night or late night. The traffic rules are the same round the clock!




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PR THIS WEEK



VIVA CASH AND CARREFOUR BAHRAIN SIGN PARTNERSHIP AGREEMENT

Carrefour Bahrain, which is operated by Majid Al Futtaim, the exclusive franchisee of the Carrefour brand in 38 countries across the Middle East, Africa and Asia, has partnered with VIVA Cash to implement its digital wallet, offering convenient and secure cashless payments for customers in Bahrain. Adding to its fast-growing network of merchants, the VIVA-Carrefour collaboration is in line with the telecom operator's objective of accelerating Bahrain's move towards a cashless society.

With VIVA Cash, which can be downloaded for free on the Apple App store and Google Play Store, shoppers will receive an instant 10% cash back on any purchase at any of the 12 Carrefour branches in the Kingdom with a maximum cash back of BD5. To avail of this limited offer that is valid until the 22nd of November, customers are encouraged to use their VIVA Cash account while paying for their purchases made at Carrefour.

Commenting on the partnership, VIVA Bahrain Chief Commercial Officer, Karim Tabbouche said, "This partnership is in

line with VIVA's strategy to continue to differentiate and provide the best value proposition to its customers, across Telecom and non-Telecom services"

"Our association with Carrefour is another step towards our objective of supporting Bahrain's digital future and we look forward to working with Carrefour in engaging more people with mobile payment solutions and get them to pay for their purchases seamlessly and securely, within seconds. We will be announcing more strategic partnerships that will make VIVA Cash available to our customers," he further added.

Jerome Akel, Country Manager of Carrefour Bahrain at Majid Al Futtaim Retail said "By implementing VIVA Cash we are offering customers a secure and seamless method of paying for their purchases that also saves them time. This is just one of the ways we are transforming our business to keep pace with an increasingly digital world in efforts to better serve customers and create great moments for them every day."



KAIE SIGNS EXCLUSIVE DEAL WITH BUTZBACH

Kanoo Automotive and Industrial Equipment (KAIE) a subsidiary of the Ebrahim K. Kanoo conglomerate, has recently signed an official agreement with partners Butzbach to expand their portfolio to include hangar doors, on the side-lines of the Bahrain International Air Show (BIAS) 2018.

KAIE General Manager; Mr. Jamie Bowen, and Butzbach Area Manager; Mr. Simon Jones, were present at the KAIE booth in the Trade Zone with functioning replicas of Butzbach's most popular products.

The Butzbach Group is the leading provider of hangar doors to owners of business aircrafts, international airports, aircraft manufacturers, MRO companies and military installations. The company has installed more than 750 hangar door systems worldwide. In Germany, Butzbach recently installed a sliding door for the

new Lufthansa Technik hangar at Berlin Brandenburg Airport, which is set to open in 2020.

On this occasion, Mr. Jamie Bowen stated, "Butzbach has partnered with KAIE for some time now and their products are installed at many outlets in Bahrain. This new exclusivity deal will help both companies grow their local and regional customer base and provide local companies with the best international products and the professional aftersales service that KAIE is renowned for."

Expressing enthusiasm at the new deal, Mr. Simon Jones commented, "KAIE and Ebrahim K. Kanoo are providing our local customers steady aftersales support along with a dedicated service team, which operates around the clock. We know that this exclusive partnership will further enhance our business opportunities in Bahrain and the region."



NISSAN BAHRAIN SPONSORS ANNUAL CRICKET TOURNAMENT

Y.K. Almoayyed & Sons the sole distributor of Nissan Vehicles in the Kingdom of Bahrain recently participated and sponsored an Annual 6s Cricket Tournament supporting Rotary Club of Adliya's Diraz Park Restoration Project. The event held on 2nd November at the Bahrain Rugby Club in Saar.

The Cricket tournament for charity, build up awareness about the Adliya's Diraz Park Restoration Project and it was a fun day with Cricket, kids entertainment,

a band in the evening and an international rugby game in the afternoon so an excellent family day.

As part of the sponsorship Y.K. Almoayyed & Sons Nissan had car displays at the venue, where they featured Nissan Maxima S a 3.5L engine with 300Hp and a Nissan Patrol XE V6 4.0L engine with 275Hp. The park restoration project promises to be the start of a series of projects across Bahrain rebuilding and updating the play and sports facilities for children and families.



GULF AIR COMPLETES SALE AND LEASEBACK OF 6 AIRBUS A320NEO AIRCRAFT WITH SMBC AVIATION CAPITAL

The Kingdom of Bahrain's national carrier, Gulf Air, and SMBC Aviation Capital, one of the world's largest aircraft leasing companies, have announced a six-aircraft agreement for the purchase and leaseback of six Airbus A320neo aircraft. This is SMBC Aviation Capital's first deal with Gulf Air and follows a competitive tender process.

Delivery of Gulf Air's Airbus A320neo aircraft commenced from August 2018. The airline currently serves all its destinations with a combination wide and narrow body fleet and has orders for 39 new Boeing and Airbus aircraft with delivery having commenced in early 2018. Gulf Air's incoming fleet will see by end-2018 the arrival of 5 Boeing 787-9 Dreamliners in addition to 1 Airbus A320neo aircraft. Alongside this, in 2018 the airline continued to enhance its product and service offering, launched six new destinations and expanded its network to serve 47 cities in 26 countries.

Gulf Air Chief Executive Officer, Krešimir Ku ko said, "We are delighted to begin a new relationship with SMBC

Aviation Capital and successfully mark the financing of our six new A320neos as we diversify our financing relationship to support aircraft acquisition. These aircraft will allow us to greatly enhance our fleet, enabling us to deliver operational efficiency and an upgraded customer experience. The upcoming deliveries of our 6 new Airbus A320neo will support the airline's network expansion plans while affording us flexibility in our fleet planning – allowing us to transport Gulf Air passengers more seamlessly across the Gulf Air network."

Peter Barrett, CEO, SMBC Aviation Capital added, "We are very pleased to partner with Gulf Air to assist with the airline's ambitious fleet expansion plans. The A320neo incorporates the latest in aviation technology to provide our airline customers with a more modern, fuel efficient aircraft. As a new customer and our first entry into the Kingdom of Bahrain, we look forward to working alongside Gulf Air for the coming years."

SMBC Aviation Capital currently has 20 A320neos in its portfolio and an order book of 129 A320neos.

Winner's for last WEEK'S COMPETITIONS!



/bahrainthisweek

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Najla Pattani

RESTAURANT VOUCHER
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ALL EYES ON YOU...



Sheraton Bahrain Hotel launched a week-long Filipino Food Festival at Soie Restaurant



Bahrain Premier Screening for Fantastic Beasts: The Crimes of Grindelwald at Mukta A2 Cinemas, Juffair Mall



Dream Gold & Diamonds celebrated Children's Day with their customers at Riffa Showroom.



Seef Properties Donates to Friendship Society for the Blind

"Gulf Air Celebrates the Inaugural Flight of its Dreamliner to Bangkok".



The Rotary Club of Sulmaniya hosted their weekly regular lunch at the Westin Hotel Bahrain

HEALTH

VIRAL INDUCED WHEEZE IN INFANTS AND CHILDREN



Change of climate in Bahrain heralds the most common ailment of cough, cold with or without wheezing in infants and children. Wheeze is a whistling noise made in the chest, mostly when breathing out. The wheeze happens when the airways (tubes carrying air to the lungs) become inflamed and irritated by the virus, causing them to swell and narrow. It can also be associated with difficulty in breathing or breathlessness. In viral induced wheeze the chest becomes wheezy when the child has a viral infection usually cough, cold or chest infection.

The major viral species causing wheezing in children include Respiratory Syncytial Virus, Rhinovirus, Human metapneumovirus and Influenza viruses. It has been shown that the impact on the development of asthma is different between those virus species. Moreover genetic factors or allergic sensitization

also play a role when the interaction between viral infection and development of asthma is considered.

Viral induced wheeze is common in children. Approximately, one-third of all children will have a wheezing episode by age nine. However, about 1 to 2% of affected infants need to be hospitalized due to respiratory distress. Although the condition is transient in the majority of cases, some children develop recurrent wheezing and are diagnosed to have asthma when they reach school age. In these children, the virus-induced wheezing in early childhood may be associated with the subsequent development of recurrent wheezing and/or asthma in connection to the pathology of asthma; which includes chronic airway inflammation, leading to airway hyper responsiveness and airway remodeling.

Viral wheeze causes symptoms similar to asthma. Infants and kids exposed to more children at home or day care have more chance of frequent wheezing in early life. In viral induced wheeze children wheeze when they have a cold or infection. Some children will go on to develop asthma as they get older. It is pretty clear that recurrent virus-induced wheezing fits the clinical definition of intermittent airway obstruction, manifested by bouts of coughing and wheezing. Children with asthma also wheeze. The difference between viral induced wheeze and asthma

is that children with asthma can get wheezy even if they do not have a cough or cold. They start wheezing if they do lots of exercise or they get exposed to pollen, pet danders, house dust mites or cigarette smoke. Children with asthma often have a family history of asthma, eczema, hay fever or allergy.

Symptoms with viral induced wheeze often do respond to medications. When a child starts coughing or wheezing and becomes short of breath, a "reliever" inhaler such as Salbutamol (blue inhaler) may be prescribed to be given using a "spacer". The inhalers contain bronchodilators which relaxes the airways in the chest and makes it easier to breathe. They are safe and effective. Spacers are plastic devices that help the inhaler medicine get into the lungs. Some children may be given Montelukast, a medicine to be taken daily to help relax the airways. Antibiotics are not useful against viruses, hence they are of no use in viral induced wheeze. Similarly, inhaled steroids are not usually helpful in these situations or for preventing acute episodes of cough and wheeze in school-aged children for which viral infections are the sole trigger. Studies have found oral corticosteroid therapy to be beneficial under these circumstances.

Symptomatic management of these kids at home includes giving Paracetamol or Ibuprofen for fever, encourage intake

of plenty of fluids and eat if they can, keeping them off school or nursery until they recover fully, use of blue inhaler as advised by the doctor and follow up in clinic after 2 or 3 days.

Sometimes if children are very breathless a nebulizer may be used. A nebulizer is machine used to give the medicine as a mist from a mask. If children need nebulizers or oxygen, or have trouble feeding, they may be admitted to hospital. Medications may be given directly into a vein (IV) if a child is very breathless.

Virus-induced wheezing is not only a burden in early childhood, but also may be one of causes or signs of childhood asthma. In this season, we at Bahrain Specialist Hospital will help you in clarifying the risk factors so that a focused treatment plan can be made for your children. We will also train you about the use of devices and answer your queries before you leave the hospital.



Dr. Shyrin P. Kuriakose
Pediatrician
Bahrain Specialist Hospital
Email: shyrin@bsh.com.bh

SKINCARE RULES FOR GIRLS WHO LOVE SPORTS

If the change in weather has inspired you to dump the indoor gym routine for an outdoor sport, your skincare regime is due for an overhaul. The sun, the pollutants in the air and the dirt will wreck havoc on your skin if you don't give it the attention it needs before you step out and once you're done. Along with your workout gear, here's what you should have in your kit if the gold-standard of skin is your goal.

Don't forget the sunscreen

Applying sunscreen regularly is a no-brainer. But if you're going to be braving harsh, unrelenting rays shining directly on to your face, you need to up your sunscreen ante. Switch over to a sunscreen that's waterproof and can stay on even if you're sweating buckets, is broad spectrum and has an SPF between 30 and 50. Being waterproof doesn't make sunscreen resistant to wipe-downs, so every time you towel off or step out of the pool, reapply.

Make cleansing a non-negotiable part of your skincare routine

Washing your face after a workout is good ol' common sense. But if you're hitting the outdoors, your face needs a good cleanse before too. When your pores are already clogged, sweat and dirt add another layer that's harder to remove. Keep cleansing towelettes handy for a quick wipe down before you can make it to the nearest sink.

You need to be your own drill sergeant when exfoliation is concerned. A regimented sloughing off of dead skin cells is the only thing that encourages cell renewal and keeps spots at bay. Your skincare regimen should include scrubbing twice a week for glowing skin.

Hydration is key

Even if you don't have dry skin, playing a sport outdoors will dehydrate your dermis. Layer on hydrating skincare products to create a barrier and really lock in moisture. Start with a serum, add a moisturiser and finish with a face oil. Keep a face mist easily accessible to give your skin a quick drink of water when it gets thirsty.

Fight the free radicals

Free radicals are the biggest cause of premature ageing and antioxidants are the only solution. A Vitamin C serum will repair damaged skin and protect against the sun, so it's perfect for daytime wear. Supplement with antioxidant-rich foods like grapes, berries, nuts and green tea.

WIN VOUCHERS

What will repair a damaged skin and fight against the Sun?

Email your answer to
contest@bahrainthisweek.com

The Yoga Buzz

KAPALBHATI



KAPALBHATI or the purification of the frontal lobes of the brain and the lungs. To break it down, 'Kapalabhati' comes from the word 'Kapal' (forehead) and 'Bhati' which means 'to shine'.

When inhalation and exhalation are performed forcefully and rapidly, by the practitioner of Hatha Yoga, it dries up all the disorders from the excess of phlegm. This method is known as Kapalabhati by the ancient sages.

Method:-

1. Kapalabhati can be done either in the regular yogic posture, sukhasana, with crossed legs and straight back as well in vajrasana. For those who suffer from back issues, the technique can be done by resting against the wall or even lying straight on the floor or bed. While maintaining the posture, force your breath out in shorter intervals. Beginners can practice 20-30 breath pumps going up to 200.

2. Kapalabhati kriya should always be followed by subtler breathing practices such as anulom vilom, also known as alternate nostril breathing.

3. It is generally done early morning. Otherwise you can practice it three hours after food consumption. It is recommended that you practice kapalabhati before long hours of meditation for greater concentration and oneness within.

Benefits:-

1. It aids digestion and removal of acidity and gas related problems.
2. Regular practice of Kapalabhati is helpful in belly fat loss.
3. The technique involves forceful breathing which strengthens the lungs and increases its capacity.
4. It improves the blood flow to various parts of the body.
5. It activates the body and removes lethargy.
6. It activates the brain cells and improves brain function and memory power.
7. Facial radiance is a natural benefit as the name suggests.
8. It activates the chakras in the body which help in attaining higher, greater awakening.

Namaste!
Neelanjana Bharadwaj.
Yoga Expert

Zakat eService ... available all year long on Bahrain.bh



For those who are keen on paying their zakat throughout the year or in Ramadan; they can now conveniently visit the national portal Bahrain.bh to simply pay the zakat online. Available 24/7, 365 days a year; the Islamiyat mobile app accepts donations and the zakat payment through the 'Zakat & Donations Services' which are delivered by the Information & eGovernment Authority in collaboration with the Ministry of Justice, Islamic Affairs and Awqaf.

Both the portal and the eGovernment Apps Store (Bahrain.bh/apps) provide safe, authentic channels of payments without the need to fill out any forms or search for the less privileged families. These online channels are supervised by the ministry to ensure that each zakat is delivered to the right source. Individuals and entities are also able to calculate the amount of zakat paid based on the gold's current rate in the market and world's currency exchange

website. What's more.. users are able to donate to charity funds and select from the numerous charity projects that belong to the Ministry.

Whether paying on assets or belongings, it is essential to remember that Zakat – being one of the five pillars of Islam – is a mandatory giving to the needy and one of the largest forms of wealth transfer to the poor.

Through the multiple available options of payments, users have the options to pay either by Credit or ATM cards. For those who favor to remain anonymous, donors are not required to enter their personal details apart from their mobile numbers. Such procedure reduces paper printing costs of receipts and forms.

Besides the Zakat eService, the Islamiyat app (available only in Arabic) provides other abundant useful services. For more information on the eService, please visit Bahrain.bh or Bahrain.bh/apps.

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INFORMATION &
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TECH UPDATE

MICROSOFT INTRODUCES 'HYPER-PORTABLE, ULTRA-AFFORDABLE' SURFACE GO TO BAHRAIN MARKET



Microsoft announced the general availability of the Surface Go – the smallest, lightest, most affordable Surface device to date – in Bahrain.

Weighing only 1.15 pounds and carrying a vibrant 10-inch display, the Surface Go delivers the versatility and portability of a tablet together with the performance of a laptop, all in a single, compact device. It empowers people to stay connected, pursue their passions and tackle their side projects, without compromising on the performance or

quality they have come to expect from the award-winning Surface family.

The Surface Go is a new entry point for users – a productivity powerhouse, driven by the might of a 7th-generation Intel Pentium Gold Processor 4415Y, in a fan-less design, and capable of delivering up to nine hours of battery life.

For the family at home or on the move; the expert interacting with customers on the front line of business; or the school that wants to provide teachers and students with the most versatile classroom

tools – the Surface Go offers a premium experience at unprecedented value.

The dazzling, custom-built, high-resolution PixelSense display supports Surface Pen, with 4,096 levels of pressure sensitivity, low pen parallax, low latency, and all the precision needed for the greatest of accuracy in note-taking, drawing and computer-aided design. And the custom-calibrated 3:2 display is easy on the eyes while working, and offers vibrantly high contrast when watching videos, creating art, or editing photos.

Surface Go also comes with all the ports needed for a user on the go, including Surface Connect for charging and docking; USB-C 3.1 for data and charging a headphone jack; and a MicroSD card reader for storage expansion – all designed for maximum productivity, whether studying in a library, working on a plane, or sharing content in a boardroom on a 4K monitor.

"We all have a role to play in building a better life for every Bahraini, as we work together to realise the dreams of Economic Vision 2030," said Denis Klimashev, Senior Director, Business Group for Microsoft Middle East and Africa. "Our effectiveness will be determined by the productivity of the tools we adopt. Fortunately, Microsoft's award-winning Surface family has built its reputation on versatility and performance, and the Surface Go retains all the premium qualities that have come to define the range." Having productivity apps like Office 365 at your fingertips at work or at school, with the flexibility to create or just relax and read or watch videos – this was the experience we had in mind when designing it. Whether you are a consumer or business user, student or teacher, artist or engineer – the Surface Go is your ideal digital companion. Hyper-portable, ultra-affordable and as versatile as ever – empowering you to achieve more."

SPORTS THIS WEEK

CHECHEN PRESIDENT ATTEND BRAVE WEEK



The sixth day of the BRAVE International Combat Week witnessed the attendance of HH Shaikh Nasser bin Hamad Al Khalifa, Representative of His Majesty the King for Charity Work and Youth Affairs, Chairman of the Supreme Council for Youth and Sports, President of Bahrain Olympic Committee, HH Shaikh Khalid bin Hamad Al Khalifa, First Deputy Chairman of the Supreme Council for Youth and Sports, Honorary President of

the Bahrain Mixed Martial Arts Federation (BMMFAF), HE Mr Ramzan Akhmadovich Kadyrov, President of the Chechen Republic and UFC fighter Habib Noor Mammadov.

The tournament also witnessed a large official presence of Their Highnesses and Excellencies, dignitaries and a number of officials. During his attendance, HE the Chechen President toured Khalifa Sports City, which is

hosting the championship. His Excellency also listened to a brief explanation of the measures taken by the Kingdom of Bahrain to make this important sports event a success.

HE the Chechen President hailed the organisational measures taken by the Kingdom of Bahrain in order to ensure the success of the championship in all respects, especially after the successes achieved in the last edition, stressing that

the Kingdom of Bahrain has become a country where the sport of mixed martial arts is spreading quickly and has strong fighters.

On this occasion, HH Shaikh Nasser bin Hamad Al Khalifa welcomed HE the Chechen President's visit to the BRAVE International Combat Week to watch the fights, stating that this confirms HE's keenness to support this sport which is spreading rapidly in the world in general and in the Chechen Republic in particular, noting that the support of HE President Kadyrov for this sport in his country has contributed to the emergence of many strong fighters.

For his part, HH Shaikh Khalid bin Hamad Al Khalifa praised the constructive cooperation between the Kingdom of Bahrain and the Chechen Republic on the sports side, especially the mixed martial arts, as Bahrain and the Chechen Republic have a unique and successful experience in this sport, stressing the importance of HE President Kadyrov's visit to the championship.

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