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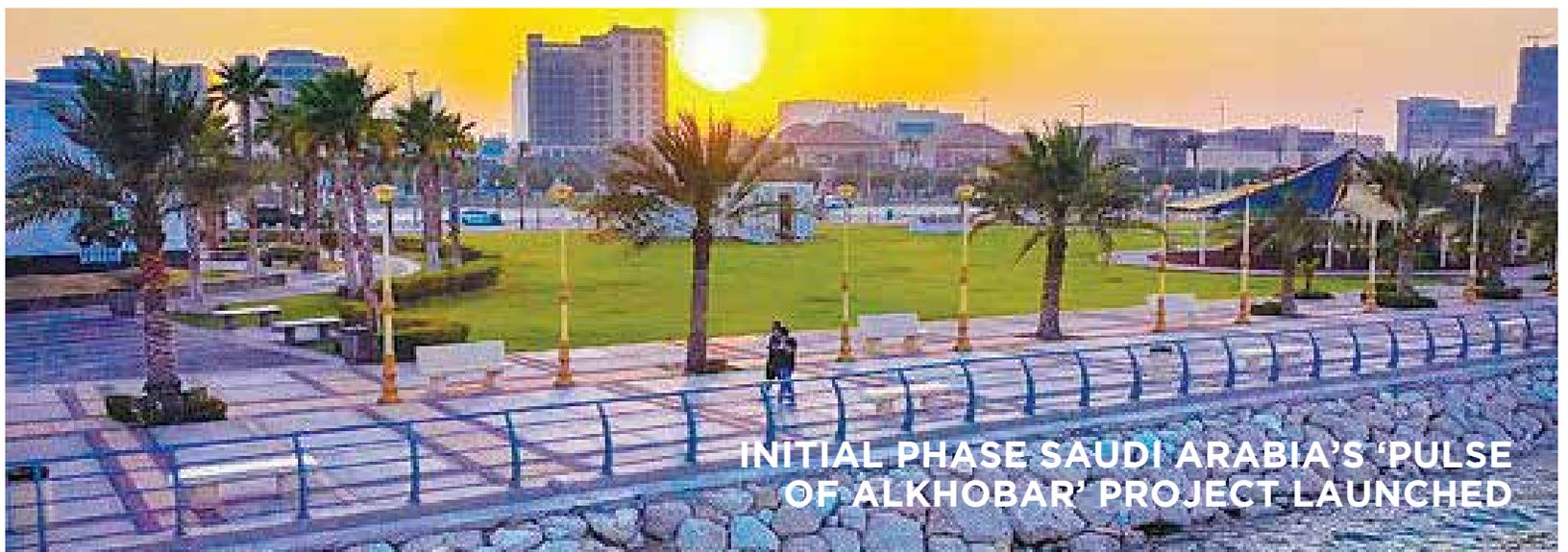
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A HUMANITARIAN WHO LAYS THE FOUNDATIONS FOR THE FUTURE

INTERVIEW WITH
K.G. BABURAJAN



INITIAL PHASE SAUDI ARABIA'S 'PULSE OF ALKHOBAR' PROJECT LAUNCHED

A HUMANITARIAN WHO LAYS THE FOUNDATIONS FOR THE FUTURE

Interview with K.G. Baburajan



K.G. Baburajan has played a pivotal role in the development of the Kingdom of Bahrain for the past four decades. Starting with Saudi-Bahrain Causeway, he has shaped the infrastructure of the Kingdom with Shaikh Khalifa Port, Airport Terminal Modernization, Almoayyed Tower, Shaikh Isa Bridge, Sitra Bridge, and many others. An Indian at heart, dedicated to the development of his home country as well as the Kingdom, his contributions display the strong bond shared by both countries.

The Indian Government has bestowed the prestigious Pravasi Bharatiya Award 2021 to K.G. Baburaj and he shares his story with the readers of Bahrain This Week.

You have played a major part in shaping the infrastructure of the Kingdom of Bahrain. When did you start and why did you choose to remain? I initially was in Saudi Arabia, and joined to be part of the team for the construction of the Saudi-Bahrain causeway by the end of 1979. I moved to Bahrain in the mid-1980s, and ever since, I've been based in Bahrain associating with major projects.

You have more than four decades of expertise in the field of Foundation Design and Piling. Can you mention the significance of this field in the development of a country? Foundation design is the most important component of any civil or any engineering project. What has to happen, the total load of the building or infrastructure like bridges or flyovers, have to be transferred to the ground through the foundation.

You started with a major project, the Saudi-Bahrain Causeway, and have continued to be part of major projects since then. Shaikh Khalifa Port, Airport Terminal Modernization, Almoayyed Tower, Shaikh Isa Bridge, Sitra Bridge, and multiple companies like Alba, Asry, Bapco, and Ritz-Carlton. Which was the most challenging one?

The most challenging one for me was the Saudi-Bahrain Causeway. The project was handled by very reputed multinational companies, and to be able to work alongside them as a junior engineer was the most challenging, I would say.

What is the most satisfying or memorable project for you?

Again, that would be the Saudi-Bahrain causeway as it was the most challenging project. That doesn't mean that the other projects aren't challenging. I would say that all the projects, whether small or big, were always crucial projects. In these 40 years, I have been a part of a lot of major projects in Bahrain like the Shaikh Isa bridge, Shaikh Khalifa bridge, Sitra bridges, Almoayyed Tower, Bahrain Financial Harbor, World Trade Center, City Centre, Seef Mall, Seef flyovers, the industrial side, Alba Line (3-6), Bapco Modernization project, and most of the power stations since the 1980s.

The project of Shaikh Khalifa Port, the development and associated reclamation work was a major one as well as the upcoming new Bahrain International Airport Passenger

Terminal, which will be inaugurated this January 28, 2021.

I have been involved in all these projects as part of the initial team to do the site investigation and documentation for the foundations. I am happy that with all the major projects I have had the opportunity to work on, I have contributed to the development of Bahrain.

You have been awarded multiple business excellence awards, you have a hall dedicated to you in Bahrain Keraleeya Samajam, and the most recent, the prestigious Pravati Bharatiya Samman Award. Out of all these, which is your most cherished achievement?

The most cherished, of course, is the Pravasi Bharatiya Samman Award, which is the highest award given to NRI or Non-Indian Resident for contributing to the country. It is given by the Central Government of India and is normally distributed by the Honorable President of India.

COVID-19 has been a major part of the world last year, and continues to go on this year. How do you believe the Kingdom responded to these difficult times?

COVID-19 is a major challenge faced by the whole world. There isn't anybody on earth that isn't affected by it. From the president of the USA to the people on the streets, you can say that COVID-19 does not discriminate. It teaches us a lesson for unity as well, where we are all the same.

There are advantages, like how it has benefitted the environment. The CO2 emissions have greatly lessened within the pandemic.

However, the population has been affected so much. A lot of people have lost their jobs. Many of them are having a hard time supporting their families and providing food, clothing, or accommodation. Basic necessities are deprived for a lot of people.

Coming back to Bahrain, I would say the government, the rulers, the Royal family have done a great job in supporting the people of Bahrain during the pandemic. The salaries of Bahraini nationals were covered by the government. Government fees were also waived, like the Electricity and Water. These are all efforts by the government for supporting the industry and the people which we have to appreciate very well.

For the medical side, Bahrain has provided the best treatments and preventive measures to maintain the

health and safety of all its residents. Everybody was treated equally regardless of nationality. We are very fortunate to have the government generously helping us in this very unique situation. I thank everybody who is involved in the government's efforts.

Aside from business, what else have you been doing for your social commitment?

I am trained in social responsibility since my childhood by my grandfather. I continued to do the same thing even after I came to the Middle East. Whenever we can, we should help the unfortunate ones. Whether financially or by any means, because help isn't just about money, it is to contribute to society.

I am involved with the social commitments of Bahrain Keraleeya Samajam. I have contributed to the construction of the main building, which is accommodating around 2000 people. I have dedicated a hall for the society to use and a lot of houses are built for the people in Bahrain and India.

Whenever possible, I support the people. Whether they are Indians, Bahrainis, or any nationality. Charity organizations would come and we would provide the best that we can do for their cause. Social commitment should go along with our business and developments because that is very important to me. It is only together

that we can bring society to a certain level.

You said all the projects, whether big or small, are challenging. What's the philosophy that sustained you throughout your life and career?

We have to treat any project equally as it is important to the client. Naturally, our service to the client and the industry is very important so we have to do it responsibly, dedicated, careful, and realistically.

Who are your greatest supporters?

First, I would say the Government and rulers of Bahrain! Also, all our clients have been our great supporters for entrusting such crucial projects to us. We cannot be at this level if not for every one of them.

It's been a very long career. What's next in your vision?

I will be continuing my work in the business. In the meantime, I'm planning to have a full set-up in my home country. I plan to train some of the engineers in the same field, like quality control or quality assurance.

There are cases back home where a bridge would need to be demolished just one year after it was finished because it wasn't made well. In this part of the world, especially in the GCC, we have never come to a situation where we had to demolish a bridge. Not even a bridge that was made 10 years ago.



Naturally, this kind of involvement and quality control has to be implemented in India. This is what I would like to start doing it back home. We can train new and incoming engineers in this field so they would be more available. Of course, we will need the involvement of the government and universities for it.

Do you have a message to your supporters?

The development of a country mainly depends on the youth of that country. A lot of educated youth are coming

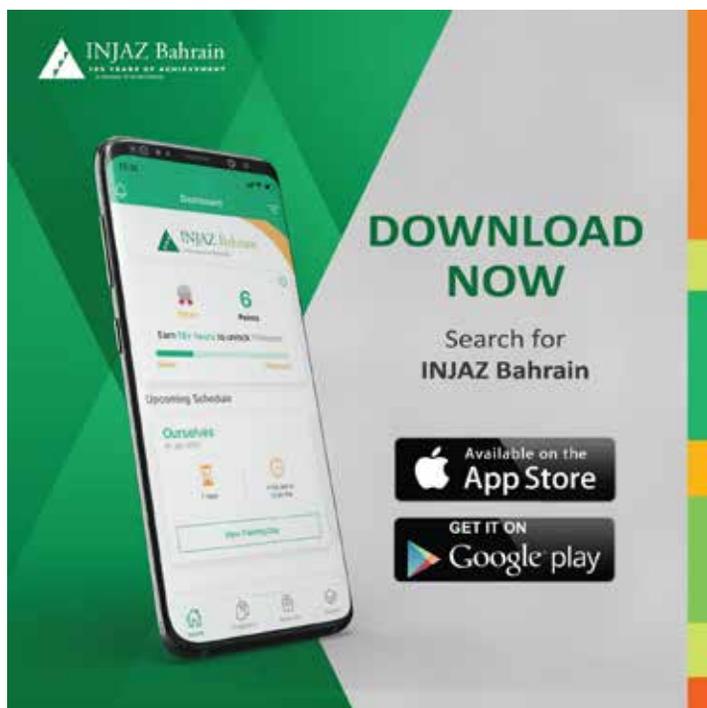
forward to build this nation. This is a positive aspect for Bahrain they are heading in the right direction on this path.

The government is encouraging and supporting the youth to come forward and be part of this development so they can be proud of their country and its achievements. That is what's happening in this part of the world and it is very encouraging to witness.

I would say that the youth should have more and more responsibility so that the nation can benefit out of them.

TECH UPDATE

INJAZ BAHRAIN LAUNCHES FIRST MOBILE APPLICATION



INJAZ Bahrain has announced today the launch of its first mobile application, the INJAZ Bahrain App. The application has been developed by K-Labs in collaboration with Inforise Computers,

under the sponsorship of Al Salam Bank, will facilitate meaningful volunteering opportunities for the public domain as well as provide INJAZ Bahrain alumni with the chance to

enroll in exclusive courses.

The newly launched application features registration sections for both volunteers and alumni. Once a profile is set up, volunteers seeking to join INJAZ Bahrain will be able to select among several programs available for Primary, Intermediate, Secondary and University levels. The App is introducing a reward system to recognize the volunteering hours contributed by volunteers towards program delivery. Volunteers will be able to avail exclusive offers as a token of recognition for their contribution towards youth development.

Beyond providing a list of programs to volunteer for, the INJAZ Bahrain application features an online store 'Dukkan INJAZ', where products and services are offered by INJAZ Bahrain alumni who have set up their entrepreneurial businesses after completing the flagship Company Program.

Commenting on the launch, Ms. Hana Sarwani, Executive Director of INJAZ Bahrain said, "We are excited to be launching our very first application today. The idea of launching the INJAZ Bahrain application was conceived back in 2020 while the organization

was on a quest to propelling the conventional style of education to transform into digital to support students during the COVID-19 outbreak. Today more than ever, we call out all volunteers to support and empower our youth, the leaders of tomorrow through registering for our upcoming programs. I would also take this opportunity to express my deepest gratitude to the teams at Inforise and K-Labs for bringing this application concept to life."

The launch of the INJAZ Bahrain application today is just another testament of the organization's tireless effort in ensuring the continuity of its mission, which lies in harnessing the limitless potential of the Bahraini youth to prepare and inspire them to succeed in the global economy.

INJAZ Bahrain application is available now for both Android and IOS users.

To download the application:

IOS: <https://apps.apple.com/bh/app/injaz-bahrain/id1532636663>

Andorid: <https://play.google.com/store/apps/details?id=com.injaz.app>

UAE STUDENT DISCOVERS STUNNING PINK LAKE IN RAS AL KHAIMAH



A nature lover has turned heads after he discovered a pink lake near the Ras Al Khaimah coastline.

Nineteen-year-old university student Ammar Al Farsi captured stunning photos of what he affectionately called the "Pink Lake", which quickly spread across social networking sites in the UAE.

The pictures were taken with a drone around 100 metres away from the coast at Saraya Islands, located in the Al Rams area of Ras Al Khaimah. The lake, Al Farsi described, was approximately 10m wide and 40m in length.

In an article published by the website howstuffworks.com, it explained that Halobacteria and the algae *Dunaliella salina* cause lakes to turn pink in colour, as they both which thrive in salty environments. The carotenoid red pigments secreted by Halobacteria and *d. salina* are responsible for the pink lakes' colours. These same algae also flourish in the Dead Sea.

Dr. Saif Al Ghais, Director General of the Environment Protection and Development Authority in Ras Al Khaimah said: "The water discoloration and its transformation to pink is due to the proliferation of red algae, which include more than 4,000 species."

He added that the actual cause for the lake's colouration cannot be determined until samples are taken from the site, analysed and scientifically studied.

INITIAL PHASE SAUDI ARABIA'S 'PULSE OF ALKHOBAR' PROJECT LAUNCHED



The first phase of the "Pulse of Alkhobar" project has been launched as part of plans to develop an integrated cultural center in the heart of the city and transform the Eastern Province's arts scene.

The project follows calls by architecture experts, social media activists and artists for a collaboration across multiple sectors to strengthen the province's cultural impact.

According to Culture Minister Prince Badr bin Abdullah bin Farhan, the project, centered on the site of the city's old market, is the fruit of a partnership between the ministry and its municipal and rural affairs counterpart.

Acting Minister of Municipal and Rural Affairs Majid Al-Hogail said that the project will build an artistic and heritage destination that will improve the lives of residents of Alkhobar governorate as well as visitors to the Eastern Province.

The project will help define the region's culture and enhance its position as a tourist destination, he added.

Abdulahdi Al-Shammari, the province's municipal chairman, told that the new project will also improve services at municipal facilities, while preserving Saudi heritage and culture.

The project introduces tourists and

visitors to the culture of the province, and highlights Al-Olaya district as the center of the city's culture and arts activities.

Al-Shammari said that the project will boost the city's finances, driving sustainable development and growth as well as an improvement in quality of life.

"It will create new investment opportunities for the private sector, and encourage small and medium-scale enterprises, which have an excellent and effective social impact," he said.

Al-Shammari added: "The Saudi government supports all sectors to help them deliver lucrative

investment opportunities and build a conducive environment for local and foreign investment, where new job opportunities are created for young men and women."

Faisal Al-Fadl, secretary-general of the Saudi Green Building Forum, told Arab News that creating a cultural and arts destination that is open to a range of activities will add to the city's tourist appeal.

"Cooperation between the public sector and international organizations, as well as professional organizations, archaeologists and the public, is instrumental in preserving the cultural and architectural heritage of neighborhoods and cities," he said.

Arafat Al-Majed, a Qatif Municipal Council member, said the partnership is a step forward that falls in line with agreements concluded as part of Vision 2030.

"The agreement will increase interest in cultural heritage and the buildings and towns whose profound and ancient history should be brought out to the world to see and enjoy," she told. "The agreement will also improve the urban landscape."

She said that the joint committee should have branches in municipalities around the Kingdom in order to shed light on heritage sites that can be included in UNESCO. "The Kingdom is rich in such heritage sites."

HM KING AWARDED LEGION OF MERIT, DEGREE CHIEF COMMANDER BY US



His Majesty King Hamad bin Isa Al Khalifa has been awarded the Legion of Merit, Degree Chief Commander by then US President, Donald J. Trump, in recognition of HM's remarkable efforts to strengthen the Bahrain-US friendship relations and solid partnership.

It is also in tribute to HM the King's major role in broadening cooperation with the US, which achieved the interests of the two countries and enhanced relations between the two friendly peoples.

On the occasion, then US President, Trump expressed pleasure at presenting the Legion of Merit to HM the King,

noting that "under King Hamad's decades of steady leadership as Crown Prince, Amir and King, Bahrain has proved to be an indefatigable ally of the United States."

"Bahrain's support of the US Navy's 5th Fleet in Bahrain has been essential to enabling multiple contingency operations," he added. He praised HM the King's courage and vision, reflected in his support for peace, and decision to establish full diplomatic relations with the State of Israel.

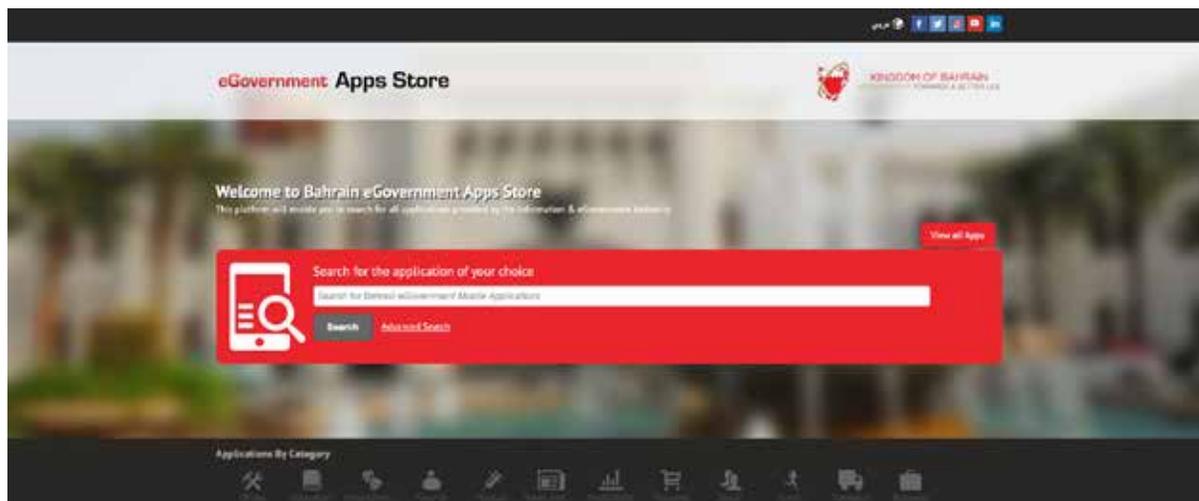
"Most recently, King Hamad has shown extraordinary courage and leadership through his support of the Vision for Peace and his decision to

establish full diplomatic relations with the State of Israel. His decision has ushered in a new era of economic and security cooperation between the US most important partners in the Middle East. King Hamad has challenged old assumptions about the possibility for peace in the region, and in doing so, positively reshaped the landscape of the Middle East for generations. The already deep partnership between US and Bahrain will continue to expand."

The prestigious Legion of Merit, a rarely-awarded prestigious decoration awarded to distinguished leaders of US allied countries, proves HM the King's distinguished status and the US great recognition of his role and major contributions to strengthening the pillars of security, stability and prosperity, in accordance with a wise vision to promote peace across the region.



NEW E-SERVICES LAUNCHED IN BAHRAIN



Interior Minister, General Shaikh Rashid bin Abdullah Al Khalifa, today launched 20 new e-services.

They are the second series of e-services launched by the Interior Ministry as part of a comprehensive digital transformation plan to reinforce precautionary measures against coronavirus.

The new services were launched in cooperation with the Information and eGovernment Authority (iGA), Nationality, Passports and Residence Affairs (NPRA), General Directorate of Traffic, Coast Guard and General Directorate of Guard.

The Information and eGovernment Authority offers three services; updating ID card residential address, printing residential address statement and verifying residential address statement.

The NPRA offers four services, namely the issuance of new visas, transferring visas, cancelling visas and cancelling visa requests.

The new traffic e-services are issuance of lost or damaged vehicle ownership, plate numbers ownership, reserved plate numbers, traffic centres locator, inspection centres locator, traffic accidents centres locator.

The Coast Guard services cover the renewal of the vessel registration certificate, navigation licenses renewal and requests management.

The services of the General Directorate of Guards are updating company profiles, viewing security guarded locations, registration of guarded locations and cancellation of guarded locations.

The new e-services were launched in the presence of Chief of Public Security, Interior Ministry's Undersecretary of Nationality, Passports and Residence Affairs, Chief Executive of the Information and eGovernment Authority

and General Director of Traffic.

The Interior Minister hailed the directives of His Majesty King Hamad bin Isa Al Khalifa to invest in modern technology in all sectors to serve the nation and citizens. He valued the follow up of the government, led by His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, to achieve the digital transformation plan with competency.

He said that the digital transformation has so far covered 104 services, asserting that those facilities are part of the government dedication to promote national efforts against coronavirus, especially ensuring social distancing and reducing the need for personal attendance or visiting services centres.

He expressed thanks and appreciation to all the Ministry's directorates involved in the launch of the new services.

He stressed the importance of enhancing awareness among all segments of society on how to benefit from the e-services that replace the need for personal attendance and visits to service centres.

All citizens and residents can benefit from the Interior Ministry's services through the National Portal Bahrain.bh or through visiting the e-Government apps store bahrain.bh/apps.

PR THIS WEEK

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GULF AIR SIGNS MOU WITH RAS AL KHAIMAH INTERNATIONAL AIRPORT

Gulf Air, the national carrier of the Kingdom of Bahrain, has signed a Memorandum of Understanding (MoU) with Ras Al Khaimah International Airport (RAK International Airport), aiming to build connectivity between the Emirate of Ras Al Khaimah and the Kingdom of Bahrain.

Heralding a new phase of operations for RAK International Airport, which is quickly establishing itself as a major transport and logistics hub for the UAE, the MoU was signed in a virtual ceremony that brought together high-ranking executives from both organizations.

Captain Waleed AlAlawi, Acting Chief Executive Officer of Gulf Air and Mr. Sanjay Khanna, Chief Executive Officer of RAK International Airport, attended the event along with members of Gulf Air and RAK International Airport teams.

"We are always keen to explore ways to enhance the connectivity between the Kingdom of Bahrain and the UAE. As a Boutique carrier, we look

forward to adding Ras Al Khaimah to our network of destinations," said Gulf Air's Acting Chief Executive Officer, Captain Waleed AlAlawi.

"We are extremely impressed with the facilities that RAK International Airport provides, which will serve the high standards our passengers expect from Gulf Air," he added.

For his part, Mr. Sanjay Khanna, Chief Executive Officer of RAK International Airport, said: "The aviation industry has its eyes set on recovery following the difficult year we had in 2020. The air ways are opening up as COVID-19 restrictions gradually ease, and passengers increasingly confident to take to the skies once again. With this in mind, we are delighted to sign this Memorandum of Understanding with Gulf Air to set the stage for flight services between Bahrain and Ras Al Khaimah – along with the Northern Emirates – and enhance Ras Al Khaimah International Airport's connectivity to destinations around the world."



BATELCO CHAIRMAN WELCOMES THE GOVERNOR OF THE CENTRAL BANK OF BAHRAIN AT ITS HAMALA DATA CENTER

Batelco Chairman Shaikh Abdulla bin Khalifa Al Khalifa welcomed the Governor of the Central Bank of Bahrain, Mr. Rasheed Muhammad Al Maraj, to Batelco's Hamala Data Center.

The visit took place in the presence of a number of executives from both organizations, where the Batelco team introduced the Governor to the Data Center's facilities, which is the largest of its kind in Bahrain. The Hamala Data Center received a Tier III certificate from the Uptime Institute, a global authority that specializes in evaluating global data centers through a series of performance-based assessments designed to measure progress and efficiency of all data centers across the world.

On this occasion, Shaikh Abdulla commended the Governor's visit to the Data Center, and thanked him for his continuous support to the banking sector and the role it plays in enhancing the Kingdom of Bahrain's economy, saying: "We were honoured by the presence of the CBB Governor, Mr. Al Maraj, at Batelco's Data Center, which has been recently established as part of the company's efforts to provide

world-class facilities that support the accelerated development of the Kingdom's digital economy."

"The Batelco Data Center will play a significant role in providing digital services to both the public and private sectors and enable organisations to stay ahead of the latest digital developments, especially within the data management and security fields. Batelco's efforts will continue to support the Kingdom's position as the region's leading hub in the ICT and data economy, contribute to the modernization and development of the Kingdom's technical structure as well as support the banking sector in line with the Kingdom's economic vision for 2030."

The Data Center, located in Hamala, is Batelco's second Data Center, with a Tier III certificate from the Uptime Institute for data center construction and design. It covers a land area of 12,236 square meters and is equipped with a 2.7 megawatt capacity of total energy that services a total of 250 working cabins, making it the largest data center of its kind in the Kingdom.



STC BAHRAIN CONNECTS THAI MART AND ITS 135 RETAIL OUTLETS ON ITS FAST AND RELIABLE FIBER OPTIC NETWORK

To continue expanding its reach with the wider community, stc Bahrain, a world-class digital enabler, has partnered with Thai Mart, the only complete Thai shopping mall in the Middle East to offer a fast and reliable internet and voice connections, through its fiber-based UltraNet services, enabling customers and shop owners to enjoy full access to the exclusive robust, high-quality network.

The two-year partnership with Thai Mart, located in Diyar Al Muharraaq, aims to enable 135 retail outlets with a substantially higher efficiency as the transport network and easy access to scalability for future expansion. Furthermore, stc Bahrain will host a designated area for themed-events to showcase special offers and customer-engagement activities.

Eng. Nezar Banabeela, stc Bahrain CEO said, "We are proud to partner with Thai Mart and to continue

investing and employing modern technologies while ensuring providing effective and secure connections to the mall, enabling them to operate at ease and efficiently. This partnership is one of our key initiatives to consolidate our support for the Bahraini economy, consumers, and businesses.

"We are pleased to have established a strategic partnership with stc Bahrain," Thai Mart CEO - Akavut Tangsilikusonwong commented. "We aim to provide a high standard of quality in all aspects of the Thai Mart, which enables the consumer with the best experience visiting our shops."

Thai Mart is a collaboration between Thailand's Vega Intertrade & Exhibitions LLC., and Bahrain counterpart Diyar Al Muharraaq. Thai Mart is a new community mall with a real sense of Thailand from its decorations, products, and entertainment to allow customers the most authentic experience.



GFH ACQUIRES LULU-ANCHORED HIDD MALL

GFH Financial Group ("GFH"), the leading investment group in the Middle East, has expanded its presence in the retail sector by acquiring 80% of Hidd Mall alongside a strategic investor.

The 46,000 m2 mall, located in the fast-growing area of Hidd in Muharraaq, is fully leased to Lulu Hypermarkets, the largest retail chain in the Middle East and one of the largest chains in Asia region under a long term lease. The mall currently boasts 100% occupancy, with Lulu Hypermarkets sub-leasing the space to a diverse range of multinational, regional and local tenants.

Commenting on the deal, Mr. Hammad Younas, Chief Investment Management of GFH, said: "GFH is excited to announce this latest landmark acquisition, one that is underscored by having Lulu

Hypermarkets, the strongest retail chain in the GCC, as the primary tenant.

"This a resilient investment in a key sector which we believe will witness significant growth as the pandemic winds down. Malls anchored by grocery stores have already proved highly resilient, with families choosing to stay at home more during the pandemic"

The mall enjoys a high footfall from Hidd residents. In addition to the Lulu Hypermarket, Hidd Mall offers a range of banking, retail and F&B outlets

GFH currently has \$12 billion asset and fund under management across a range of industries and sectors globally. In addition to Hidd Mall, the Group's retail investment include Events Mall in Jeddah and the Entertainer, the leader in loyalty and rewards solutions.

Extend Your Visa Using Bahrain.bh



If you are guarantor citizen for employees, residents with no guarantor or Bahrain visitor, you may extend the visa with eVisa range of services available on the National Portal bahrain.bh. Provided by the Nationality, Passport and Residence Affairs (NPRA), in cooperation with the Information & eGovernment Authority (iGA), the services enable citizens, residents, and visitors to apply and manage visa transactions in an efficient and convenient way, while also ensuring they maintain social distancing.

Visitors will find the online eVisa services particularly useful in light of NPRA's announcement that automatic and free extensions of visiting visas will stop, and that payment of visa fees will resume, starting 22nd January 2021. Prior to that date, fees had been waived and visas automatically extended since 21st April 2020 to help visitors who had been stranded due to suspension of flights caused by the COVID-19 pandemic.

To apply for a visa extension through

the National Portal bahrain.bh, select 'Visa Services' and then 'Visa Request'. Follow the procedures and pay the fees online to submit your application.

Also, the range of eVisa services allow you to finalize all your visa transactions quickly and without any hassles. Services include: Visa Requests, Requests and Visa Management, Bahrain eVisa Website Services, and certain services related to terms and conditions relating to the use of services via the National Portal. These services allow citizens and residents to submit and manage eVisa applications easily and effectively.

For more information, please visit the National Portal bahrain.bh. For any suggestions or enquiries, please contact us via the National Suggestions & Complaints System Tawasul at bahrain.bh/apps or bahrain.bh/tawasul.

You may follow the iGA official social media accounts (@iGAbahrain) to learn more about the latest news and services.

INFORMATION & eGOVERNMENT AUTHORITY



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LIFE QUOTES

WHY YOU SHOULDN'T CONTROL



that you will have to sacrifice lot of things but since the time invested is less we generally don't mind. When you look for lasting change especially changing your lifestyle you may reach the goal once but you may struggle to maintain it.

An effective solution would be to switch to a higher and more evolved mental state where the urge itself no longer rises. This way you make a change in a lasting way and no control is required and it becomes a way of life effortlessly. To achieve this state make sure you feed it to your subconscious mind via repetition to make it part of your personality. This way any goal can be achieved without any controls or killing unwanted urges and desires.



Riya Bhansali
Yoga Teacher and Life Coach
Follow her on
Youtube :- Riya Bhansali,
Instagram :- Riiyyog

Most of us, to achieve any goal are advised to have self-control and self-discipline. For instance stop eating carbs, ground yourself to study. These stringent controls may not work for everyone. For some it may be disempowering. People will often be unhappy during their journey to achieve such goals.

This is why you see a very few people who reach their goals and most importantly manage to maintain

it. Unless there is an alignment in your goal and your purpose it's very unlikely that you are going to succeed. This is most commonly observed in people who cannot maintain their weight loss after a period of time.

Your purpose for the goal should be clear and here is how:-
Write your goals and read it every day several times. Get rid of any words which don't make you happy. Reading

it over time will make it align with your personal purpose which will make your journey to the goal smooth. Even if you fail, you will not regret the same.

Make your goal clearer with this:-
Visualize yourself achieving the goal. Notice how you feel about it. Do you like what you see, hear and feel? If not, reword and rephrase you goal
Control is a very short term way to achieve goals. It often indicates

SPORTS

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BAHRAIN SPORTS DAY TO BE CELEBRATED ON FEBRUARY 9TH



Bahrain Sports Day will be celebrated on February 9th, Supreme Council for Youth and Sports (SCYS) First Deputy Chairman and Bahrain Olympic Committee President His Highness Shaikh Khalid bin Hamad Al Khalifa has said.

He directed the Bahrain Olympic Committee to prepare for the national event with all ministries and public and private departments and agencies.

The organization of the event must take into account all the precautionary, preventive and health measures issued by the competent authorities regarding Covid-19, HH Shaikh Khalid said.

Bahrain Olympic Committee has prepared a full vision for this year's National Sports Day celebration in coordination and cooperation with the Ministry of Information by organizing a rich sports program through television

broadcasts for all segments of society, he added.

"The world is going through exceptional circumstances amid the pandemic and continues to fight it," HH Shaikh Khalid said.

"This means that we need to take a different and innovative approach to celebrate the National Sports Day that supports the national efforts to combat the epidemic. We are keen on a national celebration that features numerous ideas programs and

interactive competitions to achieve the purpose of organizing the Sports Day, which has become a national occasion that should be celebrated despite the challenges in order to maintain its status, momentum and significance as a well-anticipated event."

He stressed the importance of Bahrain Sports Day in reinforcing sports for all and boosting awareness about their significance in people's lives and society and in promoting the psychological and physical health of individuals.



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