



Ruba Youssef Al-Omari

A True Face of Bahraini
Resilience and Dedication



Autism – It's not a Disability

RAMADAN KAREEM

*May the Spirit of Ramadan illuminate
the Kingdom with harmony, love,
coexistence, and peace!*

*We wish our dear readers a
happy and blessed Ramadan.*

SPOTLIGHT

RUBA YOUSSEF AL-OMARI

A True Face of Bahraini Resilience and Dedication



Ruba Youssef Al-Omari, a BS Business Informatics alumna, an employee of the Ministry of Youth Affairs and Sports, is the first wheelchair basketball player in the Gulf region. She has garnered 26 championships in her sports participation in Tokyo Olympics in Japan 2021, World Discus Throw, Gulf Leagues, and West Asian Championship among others. She has won 28 Gold, 13 silver and 6 Bronze medals for the Kingdom.

A true face of Bahraini resilience and dedication, Bahrain This Week is proud to present a detailed interview with Ruba Youssef Al-Omari.



How was your first entry to Para Athletics?

I entered the world of Para Athletics when I was 23 years old. I was so excited to start this new chapter of my life. The Bahrain Paralympic Committee (BPC) was established in 2017, following the resolution issued by His Highness Shaikh Nasser bin Hamad Al Khalifa, Chairman of the Supreme Council for Youth and Sport, and representative for His Majesty the King for charity work and Youth Affairs. I was so fortunate to join them and train under great athletes.

Who was your first trainer and how was the training method?

My first trainer was Abdallah Al Dakheel. We worked together for excellence and the desire to chase the sporting ambitions that will us lead onward from the basic training program for beginners.

You've made the Kingdom proud by winning medals of international Shot Put, Discus and Javelin Throw competitions. Out these, which is your favourite and why?

Discus throw is my favourite. I had achieved a new record by finishing fifth in the discus throw competition, scoring a personal record (23.11 meters) at the 2020 Tokyo Paralympic Games. I still believe and aspire to excel in this field.

Where did you receive the greatest support to chase your dreams?

I drive my inspiration, support and unconditional love from my family and friends.

How has the Kingdom acknowledged your achievements?

Due to our higher leadership, sports became an integral part of the Kingdom of Bahrain's history and culture. The Kingdom of Bahrain has consistently supported everyone following the directives of our wise leadership, the support of His Highness Shaikh Nasser bin Hamad Al Khalifa, Chairman of the Supreme Council for Youth and Sports and Representative of His Majesty the King for Charity Works and Youth Affairs, and His Highness Shaikh Khalid bin Hamad Al Khalifa, First Deputy Chairman of the Supreme Council of Youth and Sports and Honorary President of the Bahrain Sports Federation for Disabilities. The Bahrain Paralympic Committee helps us to remove barriers that could prevent us from taking part in sporting activities or competitions.

However, personally I would say that the media in Bahrain is not very strong to support us and would request more attention to our achievements.

What's the proudest moment that you have had during these years?

Qualifying to the Paralympic games in Rio and Tokyo as I achieved 6th place in Rio and 5th in Tokyo is the proudest moment so far.

What's next for you?

My next goal is to be top 3 in World Championship and the next para games in Paris.

What's your message to your successors?

My message to my successors is to carry on the legacy as I did to the great athletes before me and to set new records that make our Kingdom proud!

INSIDE BAHRAIN

BAHRAIN'S SUCCESSFUL COVID-19 MITIGATION HIGHLIGHTED AT HARVARD SYMPOSIUM



International healthcare professionals from Pfizer, Google, and Meta, joined Bahraini healthcare specialists to discuss at the Harvard COVID-19 International Symposium, held at the Wyndham Grand Manama, to discuss pandemic learnings and Bahrain's successful mitigation measures.

The hybrid symposium, powered by CISCO and co-led and managed by Harvard University, welcomed

speakers from global health institutes to contribute to panel discussions on "Genomics, Surveillance, and Testing of COVID-19 Pandemic", "Therapeutic Efforts for COVID-19", "Global and National Response to COVID-19", "Social Platforms & Global Response to COVID-19 Experience".

The chairman of the Supreme Council of Health, HE Lt Gen Dr. Shaikh Mohammed bin Abdullah Al Khalifa,

delivered the symposium's keynote address, during which he highlighted Bahrain's rapid and comprehensive pandemic response. HE Lt Gen Dr. Shaikh Mohammed cited His Majesty King Hamad bin Isa Al Khalifa's directives and His Royal Highness Prince Salman bin Hamad Al Khalifa's leadership as being crucial to the success of Bahrain's public health response.

During his address, HE Lt Gen Dr. Shaikh Mohammed bin Abdullah detailed the strategies that Bahrain employed to mitigate the spread and impact of the virus. Measures included the provision of free PCR tests, treatment for those infected, and vacations for both citizens and residents.

Bahrain was one of the first countries to provide access to all FDA approved vaccines, with other effective vaccines, such as Sinopharm, also being made available. Elsewhere, most entry restrictions for those arriving in Bahrain have been removed and Bahrain International Airport is in the process of introducing a dedicated medical protocol for COVID-19 cases.

A robust multi-lingual media strategy underpins Bahrain's public awareness campaign, which delivers regular pandemic developments, reiterates the necessity of following

restrictions, and promotes getting vaccinated.

Infectious Disease Consultant and Microbiologist at the Bahrain Defence Force Hospital, and member of the National Medical Taskforce for Combatting the Coronavirus (COVID-19), Lt Col Dr. Manaf Al Qahtani, participated in the "Genomics, Surveillance and Testing of COVID-19 Pandemic" panel. While Infectious and Internal Diseases Consultant at Salmaniya Medical Complex, and member of the National Medical Taskforce for Combatting the Coronavirus (COVID-19), Dr. Jameela Al Salman; and CEO of Primary Healthcare Centers, and member of the National Medical Taskforce for Combating the Coronavirus (COVID-19), Dr. Jaleela Al-Sayed Jawad

Harvard University spokesperson Marcia Castro said, "It was a pleasure to discuss the pandemic with my global peers including and hearing about Bahrain's response to the pandemic. As the percentage of vaccinated individuals continues to increase worldwide, Bahrain is a country that is pre-emptive rather than reactive with over 82% of the Bahraini population having received two doses of the vaccine, and 85% of the eligible population having received a booster dose."

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RAMADAN IN BAHRAIN

CELEBRATE THE SPIRIT OF BAHRAIN'S HARMONY & PEACE, THIS RAMADAN!



Ramadan has started with its festive spirits in the Kingdom. The holy month of Islamic Calendar, the season brings in smiles of contentment, peace and happiness over all faces. The season also spreads charitable spirit by donating to Ramadan camps, care packages and other charity organisations.

The Kingdom will come up in all beauty with the festive lights, and the malls in Bahrain will be packed with citizens and visitors mainly from the Gulf Cooperation Council (GCC) countries – Bahrain, Kuwait, Oman, Saudi Arabia and the United Arab Emirates.

Iftars and Ghabgas are popular during this time where, families and neighbours get together. During the gathering, citizens go out and enjoy the special Eid programmes, be it concerts, Eid carnivals or a full fun day at resorts. People reconnect with old friends and neighbours during this time.

His Majesty King Hamad bin Isa Al Khalifa recently received Al Sakhir Palace – in the presence of in the presence of His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, HM the King's Representative for Humanitarian Work and Youth Affairs HH Shaikh Nasser bin Hamad Al Khalifa and Supreme Council for Youth and Sports First Deputy Chairman, General Sports Authority Chairman and BOC President HH Shaikh Khalid bin Hamad Al Khalifa and – well wishes from the Governorate of Muharraq marking the Holy Month of Ramadan.

"We will always remain advocates of harmony and peace, striving to extend a helping hand as much as we can", said HM the King.

The Kingdom houses many non-Muslims and expatriates. Here are some greetings that you should use to wish your Muslim counterparts

**Ramadan Mubarak- Blessed Ramadan
Ramadan kareem- Happy / generous
Ramadan**

**Iftar shahy- Have a good iftar
Mubarak aleik al shahr -May you get
the blessings of the month
Kil aam wa inta fee kheir- May each
year pass and you be well**

"The Kingdom of Bahrain has a long history as a beacon of fraternity, coexistence and tolerance among all religions and sects", said His Highness Shaikh Nasser bin Hamad Al Khalifa, HM the King's Representative for Humanitarian Work and Youth Affairs, as attended the Ramadan Gathering, which was organised by the This is Bahrain Society, at the Cathedral Our Lady of Arabia in Awali as deputised by His Majesty King Hamad Al Khalifa,

Under the great leadership, the Kingdom promotes cohesion and human coexistence among all followers of different religions, who see the Kingdom of Bahrain as a safe and preferred place for them, stressing the Kingdom's keenness to spread the principles of peace and love with everyone and mutual respect.

At the end of Ramadan, Eid is celebrated in Bahrain with an array of fun filled events and festivities. This is a much awaited occasion for all the families since children and grandchildren visit their elders to celebrate Eid Al Fitr. These family gatherings are marked by traditional food and lots of lots of sweet dishes. These memories are cherished for years.

Girls and women of the family will adorn henna in their hands. The henna painting has fancy and creative designs, and the designs will be compared and appreciated often.

Women wear colourful dresses covered with an embroidered 'thobe nashel' where the little ones wear 'bokhnaq', another form of an embroidered outfit.

Bahrain This Week wishes all readers a blessed Ramadan!



IFTAR CANNON "MADFA AL IFTAR": BAHRAIN EMBRACES TRADITION WITH AVID ENTHUSIASM



Iftar Cannon "Madfa Al iftar" is a notable part of our heritage that used to notify people that it is time for Iftar. The tradition has spread throughout the Arab region in the past century. The fire cannon tradition was adopted in Saudi Arabia, specifically in Makkah and Medina during the 1920s, and made its way to Bahrain as a glorified Ramadan symbol. Bahrain has embraced this tradition for many years as a welcoming ceremony for the holy month. Citizens can witness the Ramadan cannon

ceremony live at different spots around the Kingdom such as The Avenues and Arad Fort. People can also watch the cannon fire broadcast live on national television. Several narratives have tried to explain the reasons for the cannon boom to announce the end of the fast. According to some researchers, at sunset on the first day of Ramadan in 865, Mamluk Sultan Khosh Qadam wanted to test a new cannon he had received. The first time it was fired coincided with the Maghrib prayer,

leading locals to believe that the sound signaled the breaking of the fast. They welcomed the new practice, and the cannon was then fired each day of the blessed month. This coincidental practice became a reliable sign for Muslims to break their fast as it spread to all Arab countries and became a significant part of Ramadan.

The significant symbolism of the Iftar Cannon reminds us of a simpler time when people relied on a loud echo to break their fast after a long day. Yet, as technology made it easier to tell time, Bahrainis still embrace their traditions and heritages proudly as a way of welcoming the holy month with an open heart.



THE RITZ-CARLTON
BAHRAIN

CELEBRATE THE SPIRIT OF RAMADAN

Dusk beckons the start of a wonderful evening at The Ritz-Carlton, Bahrain, where a delightful feast in the elegant surrounds of the Masaya Pavilion becomes a memorable gathering for friends and families. The culinary line up resembles a series of food and spice stalls, inviting guests to a truly sensory experience, where the pleasure of breaking the fast marries the joy of sharing lasting memories with family and loved ones, accompanied with live entertainment.

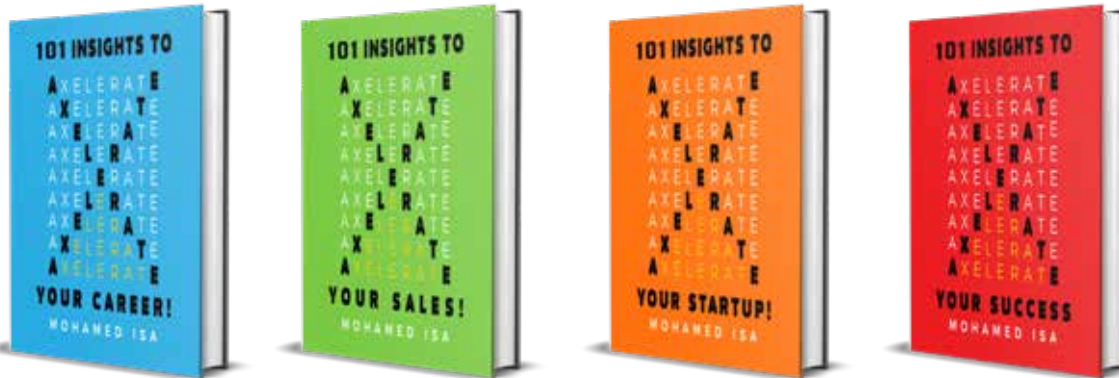
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SUCCESS STATEMENT

7 TIPS TO ACHIEVE MORE IN 2022!



On 28th April 2020, while most people complained about the ramifications of COVID-19, I sat on my office table staring at an A2-sized blank page of my sketching book. I did not paint. I was on a mission to create a new brand for my consulting and speaking business. Since 2011, I have been working under the brand – 3D Speaking. It was time to create a more comprehensive brand to be the umbrella of my expanded line of services. Axelerate Academy was born. I filled the entire page with my vision for this new brand.

Axelerate Academy is your destination for inspiration. I am on a mission to motivate the maximum number of people in Bahrain and beyond to have bigger dreams and fulfilling them. And ultimately, contribute back to their respective communities. To this end, I started a new Instagram account and YouTube Channel to sparkle doses of motivation. Towards the end of 2021, I published the Axelerate Success Series. It consists of four books on Startups, Sales, Career Management, and Professional Success. Each book contains 101 tips to aXelerate in these areas.

HERE ARE SEVEN TIPS TO ACHIEVE MORE IN 2022:

1) Analyze your daily activities. Most people complain that they do not have enough time to accomplish their goals. Be frank with me, how much did you progress on your New Year's Resolutions? If you have not achieved much, start monitoring your daily routine for a month. Take detailed daily journal entries. Analyze your activities. Detect areas where you are squandering time. Eliminate them. Invest the newly gained time in your top priorities.

2) Expand your skillset. Most professionals give their lives to their jobs. They put in endless hours in the office. I am not against people with a high standard of work ethic. On the

contrary, I admire them. However, keep in mind to grow within your company, you need to develop a broader skillset. For example, if you would like to get ready for a leadership position, volunteer to serve on a board for a professional or civil society. It is a pleasure and privilege to serve.

3) Embrace technology. In my opinion, we are living in the best human being era. Technology has facilitated endless activities for us. One of the blessings of COVID-19 is that it accelerated the digital transformation of countless businesses. Do not get left behind as a professional. Ride on the technology wave to achieve more. You could simply go to Google to search for the Top Productivity tools, whether using your laptop or smartphone. You will be amazed.

4) Borrow the brains of others. I met an intelligent CEO. Whenever he took the helm of a new company, he would meet all the employees and ask them this simple question: "If you were in my position, what would be the first decision you take to make things better here?" After this exercise, he would use the feedback received and embed it in his plans. Consult others. Please make use of their experiences. The more brains, the merrier!

5) Ask for it. Do not wait for opportunities to knock on your door. Create them. Sit with your superiors, and tell them that you want to grow professionally. Ask them if you could assist in their high-priority projects. Also, check with them if there are opportunities to join cross-functional projects. By doing this, you will appear as an initiative taker, enhance your skills, and develop deeper relationships with your peers. This will pay you perpetual dividends.

6) Check it off. Before you call it a day, look at your To-Do List. See if there is a small task that you can accomplish before you leave the office. This could be reading an email or replying to one,

or perhaps, approving or completing a transaction on the company's system. Small wins matter. They build momentum. It is just like writing this article; I know I am close to finishing it with each paragraph I write.

7) Communicate better. Communication skills are vital for your professional success. Develop them.

Create a plan to augment your writing, listening, body language, and oral communication skills. This plan could include enrolling in online or physical courses, reading books, and having private coaching sessions. When you become an effective communicator, you will be able to sell your ideas and execute them.

I will write another sequel to this article when I return from my Everest Base Camp expedition. Stay tuned for more practical tips and insights. Meanwhile, put these tips into action. Let us achieve more in 2022!



By Mohamed Isa
 Mohamed Isa is an Award-Winning Bahraini Speaker & Amazon's Bestselling Author.
 Instagram: Mohamed Isa 3DS

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GOLDEN TULIP 
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AI IN GENOMIE

By Dr. Jassim Haji

Artificial intelligence (AI) holds promise to greatly simplify and speed genome interpretation by integrating predictive methods with the growing knowledge of genetic disease. The genome is the informational core of the life sciences. That's why the genome is a source of wonder—and frustration. Yes, the genome is densely packed with valuable information. But it must be unpacked. And if unpacking the genome seems a painstaking business, consider that when we say “genome,” we actually mean “genomes.” That is, we often find it necessary to sift through many genomes to identify meaningful similarities and differences.

Genomes would be hard to analyze even if they were sequenced and stored with any consistency. But they're not. Genome sequencing and storage are notoriously variable. So, how might genome analytics find solid footing on ground that seems so fluid? With artificial intelligence (AI).

AI technologies such as machine learning (ML) and deep learning

are already appreciated for their prodigious data processing and pattern recognition abilities. These technologies, however, are beginning to demonstrate additional abilities. For example, they are getting better at coping with idiosyncrasies.

In genome science, there are a number of obvious idiosyncrasies. These include differences in sequencing protocols and technologies, as well as in data storage formats and data sharing practices. Less obvious idiosyncrasies, however, may be just as important. These include all the complications that may arise when genome analysis attempts to relate genome data to other sorts of data, such as phenotypic data, or data from other omics disciplines.

The idiosyncrasies of genome science are seen as opportunities by AI specialists. Several of these specialists are discussed in this article. Some develop proprietary AI systems for in-house drug discovery or diagnostics applications. Some develop systems to facilitate the sharing and mining of data by a wide variety of organizations. Both kinds of systems

have roles to play in uncovering disease mechanisms, developing novel drugs, and improving healthcare.

Alsoechnologies such as CRISPR-Cas9 can edit the DNA sequences to correct defects in genes and treat diseases. Although the technology is extremely precise in targeting the accurate location, there is a probability of mutations due to off-target editing.



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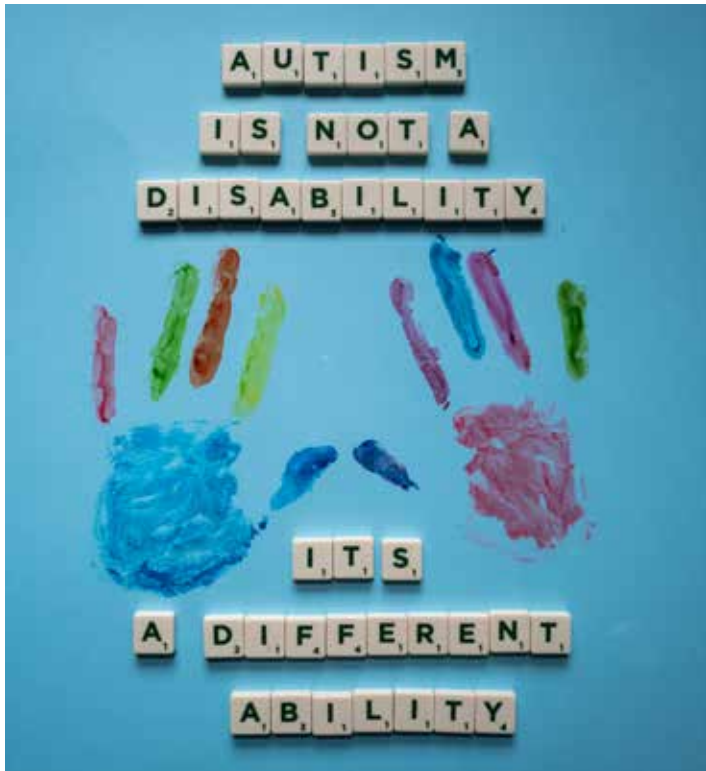
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SPECTRUM

AUTISM – ITS NOT A DISABILITY



One of the most misunderstood stereotypes that is talked about, is autism. On April 2nd the world celebrated World Autism Awareness Day. The campaign was first launched in 2007 with its roots in a medical model and more specifically, one that was looking for a possible cure. However, the jigsaw piece and the use of the colour blue indicating “cure” have been criticised by the Autistic community. Thus, this year the campaign was launched as ‘Autism Acceptance’ using the gold or coloured infinity logo. For decades autistic people have been labelled and even international films with autistic characters were produced for the masses. These have been key in perpetuating stigma by depicting autistic people as if they are devoid of emotion and eccentric or odd. Meanwhile, some interventions have treated the condition as something that can be reprogrammed through conditioning. Thankfully, many people with autism have now become the true voices of Autism. They have encouraged research and are finding evidence that is important for all the members of society. One way of moving towards acceptance is through educating each other in the corporate world at all levels. The other is integrating autistic individuals into mainstream education, highlighting the scientific knowledge about the condition and also eliminating the stigma of special education.

WHAT IS AUTISM

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition on a spectrum. So, on one end there are individuals who are fully functional, will graduate and be able to work; while on the other end they have difficulty in doing the daily chores and may need assistance and special school facilities. The diagnosis is behavioural, there are diagnostic questionnaires but no biological test as yet. Usually, a child or an adult will be diagnosed by a specialist team if they show impairment in social

and verbal communication and possibly display rigid or repetitive interests. Many autistic people show some common traits, and a fair number of them have social difficulties that affect the quality of their life. However, ASD is rarely pure, it is usually comorbid, meaning that they may also have epilepsy, anxiety, depression, attention deficit hyperactivity disorder (ADHD), sleep and eating problems or some other condition. In fact, autism is also thought to be common in people with Down Syndrome (DS). The current estimation worldwide is that 1% of any population, both adults and children, have a diagnosis of autism and 5% have AD(H)D. Although more males are diagnosed, it has been suggested that this is due to girls being better at masking the symptoms and the diagnosis being missed or delayed. It has also been proposed that girls are often misdiagnosed because society does not consider “shy” girls socially awkward. Furthermore, scientists conducting twin studies have found that the condition is heritable. However, for most cases of ASD, the condition is thought to be polygenic meaning that many genes with a small effect could be the cause.

Autism is diagnosed by professionals using the International Classification of Diseases (ICD) of the World Health Organization. The other tool is the American Diagnostic and Statistical Manual (DSM) of Mental Disorders. No tool is 100% accurate. Therefore, there continues to be controversy about some guidelines, despite these tools, having been used by specialists for decades. Social and linguistic communication challenges may be evident in early development, many three years old autistic children are not able to use language to communicate, like other mainstream children. Hence, the diagnosis may be delayed. Usually, parents suspect a problem in their child, if they notice a lack of language, reduced social response and rigid behaviour. A characteristic sign of ASD is the

inability to follow where somebody is looking, pointing or focussing his/her attention and a lack of interest in play in infancy. As the individual grows older, there will be evidence of difficulties in peer interaction and eye contact, and the inability to understand someone else's body language or facial expression. However, it should be noted that people with autism can respond to other people's distress and have natural empathy. In the past, people thought that ASD meant a lack of sociability, but it is now well understood that people with ASD want friends, and are socially interested but encounter difficulty in connecting with others. For example, in parallel play, children with autism will play next to each other which is preferable as it offers the opportunity to spend time together with friends without any social pressure. Some parents and teachers use visual timetables to help autistic children structure their time and know what to expect. Other autistic people find sensory processing extremely challenging. They may have an involuntary response to sudden sensations, touching, movement, noise or light. In order to self-regulate some people with autism will stim (self-stimulation) which is a repetitive behaviour such as tapping fingers, humming, whistling, repeating words, smelling objects, staring or zoning out, self-injury such as biting or scratching or flapping their arms. These actions can be disruptive and may interfere with regular activities. However, with more understanding and inclusivity in society, many schools and some airports around the world have designed sensory rooms which can help an individual with self-regulation. Nowadays many people with autism also have the option to use noise-blocking headsets and dark glasses to reduce the effect of light. A word of advice for parents: if your child at around 3 years has verbal communication deficiency, social difficulties or any of the traits described in this short article, do

not panic but consult your physician for a specialist's opinion.

Thankfully, Bahrain has many specialists, special needs centres and schools that help autistic children shine in their individuality. Autism has become a word that is often used loosely and incorrectly. Please note, that if you meet one autistic person, you have met only one person with autism. Each individual is unique and presents differently. It is a neurodevelopmental condition, and thus needs to be properly assessed by a professional, understood and accepted by parents, the family and all in society. We need a more inclusive world where there are opportunities that empower foundational change and celebrate the uniqueness of neurodivergent individuals. For families, there must not be feelings of guilt. More public events and activities that are adapted to include people with ASD can help in raising awareness and reducing stigma. My focus has been to encourage the private sector to consider adapting their mindset of charity to one of investment through their corporate social responsibility budgets so that there is long-term sustainability for the differently-abled community. Many ask me why? Because, the reality is, that as the children get older, so do their parents and caregivers.



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EXPO 2020 DUBAI: THE BREATHTAKING DISPLAY FROM AROUND THE WORLD!



During the last six months, the 190 plus participating countries displayed their best technological innovations and engineering at Expo 2020 Dubai. The displays are expected to bring in a positive impact on the pressing global challenges like climate change, environmental degradation, water scarcity, digital access, universal education, eradication of poverty and universal health, etc.

Here are some of the top Game changers from Expo 2020 Dubai.

150 plus robots moved around the site greeting visitors, helping them navigate the site to delivering food and beverages. The robots showed how AI and machine powered humanoids can rule the world in future.

The UK pavilion used advanced machine learning algorithms to transform visitors' thoughts into

collective poems. They were read in illuminating displays on the façade of the pavilion.

Expo 2020 Dubai hosted the visitors with world's first compressed-air train.

World's biggest 360-degree projection dome, also known as 'beating heart of Expo', is a tech masterpiece in animation and display. Situated at the heart of Expo's three thematic districts, Al Wasl Plaza's dome that is 67.5 m tall, and weighs a total of 2,544 tonnes is tall enough to fit the Leaning Tower of Pisa beneath it.

Terra – the Sustainability Pavilion offered some cutting-edge innovations in sustainability as the E-Trees. The 4,912 solar panels on its 130-metre canopy can produce enough electricity to charge more than 900,000 mobile phones.

The Singapore pavilion was a rainforest in the desert. The net-zero energy pavilion that had grown into a vertical garden gave visitors a glimpse into sustainability lessons.

Netherlands Pavilion crated an indoor rainfall out of technology SunGlacier that produced water from air via solar power to irrigate crops.

The Mobility pavilion at Expo showcased the world's largest passenger lift, which can transport

more than 160 people at a time challenging our imagination and inspired visitors to imagine the future of mobility.

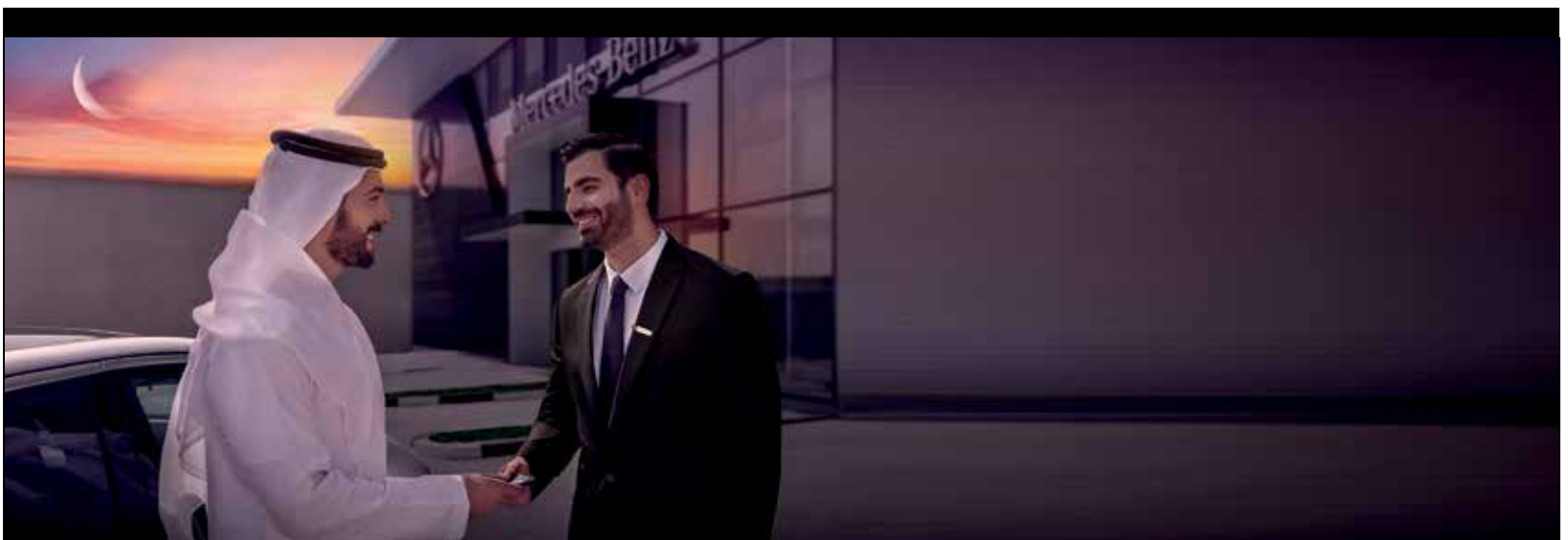
Estonia, one of the world's first e-governments, showcased the country's cutting-edge tech innovations as illuminated data clouds based on the country's X-Road online infrastructure and a futuristic model of e-classrooms

The gravity-defying waterfall comprised 14-metre-high walls of the spectacular 'Surreal' waterfall that combines water, light and fire show reverses at night, producing a gravity-defying spectacle.

The Lithuania Pavilion showcased BITES in action, a 3D printer designed for real-time printing of snacks.

The Ukraine pavilion showcased an e-bike that can travel 380 kilometres on a single charge. A 3D printer for ceramics and solar blinds capable of generating electricity were innovations on display.

The DEWA Pavilion, which was designed as a futuristic home powered by solar power and with a temperature-buffering entryway, showcased innovations such as a drone-delivery hatch and a weight-measuring bathroom floor.



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PR THIS WEEK



EMBRACING THE SPIRIT OF RAMADAN AT THE GULF HOTEL BAHRAIN

Returning in full for the first time since the Covid19 Global Pandemic, Gulf Hotel's Khaimat Al Khaleej Ramadan Tent is set to be a welcome resumption of the traditional and much-loved experience of Ramadan – an experience that has journeyed through the hotel's 53 years of history.

The 'talk of the town', Khaimat Al Khaleej opened its doors to the public on the first day of Ramadan, with its beautiful décor, live entertainment, and an extravagant buffet with live stations.

The hotel's talented culinary team has set up an extravagant buffet,

including local and international flavours. To satisfy the Khaleeji soul, the buffet offers traditional favourites like the ghousi, meat kebabs and Arabic desserts, to name a few among many others. Those looking for international flavours, can head over to the pasta and sushi station.

For the final lap, the buffet offers an assortment of puddings, including Arabic halwa, umm ali and cheese kunafa.

Iftar will be served from sunset to 8pm daily and Ghabga from 10pm onwards. For more information, call +973 1771 3000.



NISSAN BAHRAIN BRINGS THE MOST AWAITED OFFER THIS RAMADAN!

Y.K. Almoayyed & Sons, the sole distributor of Nissan vehicles in the Kingdom of Bahrain, has curated some exclusive bundle offers which are sure to make this Ramadan truly memorable for you and your loved ones. These offers are available on some of the latest and most popular Nissan models like Patrol 2021, Patrol Safari 2021, Altima 2021, X-Trail 2022, X-Terra 2022, Kicks 2022 and Maxima 2021.

The aforementioned Nissan models are now available with Insurance, Registration, Rust Proof, Window Tinting and 5 Years Manufacturer Warranty, all of which are absolutely FREE! In addition, Altima 2021, Patrol 2021 and Maxima 2021 now comes with Free Service Package too.

The starting price range for all these models is extremely low and pocket-friendly with Patrol 2021 (Full

option) starting from BD 28,495; Altima 2021 (Mid Option) starting from BD 10,595; X-Trail 2022 starting from BD 9,495; X-Terra 2022 starting from BD 10,995; Kicks 2022 starting from BD 6,995; Maxima 2021 (Mid Option) Starting from BD 13,995.

"Ramadan Kareem to the people of Bahrain from all of us at Nissan. We extend our sincere gratitude and appreciation for their long-standing loyalty and support to Nissan through these special Ramadan offers that we have put together carefully to suit every Nissan lover's budget. With the launch of these offers at Nissan, I am proud to say that like the previous years, we have received an extremely positive response and customers are loving these offers," stated Mr Anas Abdulla, General Manager, Nissan Bahrain.



KIMS BAHRAIN CONDUCTS MEDIA TOUR AT NEW FACILITY IN UM AL HASSAM

KIMS Bahrain group has been pioneering the vision of affordable health care by offering unparalleled services very much in line with the kingdom's policy of high quality health care delivery.

The group has always lived up to its established values of compassion, affordability, ethics, quality, excellence, transparency, innovation, and trust

Dr. M I Sahadulla, Group chairman and managing director says, the organization has been instrumental in revolutionizing the art of health care delivery through its quality focused systems and practices.

Currently KIMS Health group have 25 hospitals and medical centers with bed capacity of more than 2000 and employee strength of 7000. The network is spread across India Bahrain Saudi Arabia Qatar Oman and UAE. The group aims to move ahead with firm determination of offering with world class medical facilities.

Dr Sherif Sahadulla, Group CEO said "Quality and patient safety comes first as KIMS HEALTH and this

is reflected at all levels. Most of our hospitals and medical centers are duly accredited by Australian council of healthcare standards international, which is globally renowned independent authority on quality standards in the field.

In terms of patient communication, we are consistently improving ourselves to align with the best of platforms. The hospital's national role was evident as it treated over 1000 COVID19 patients after exclusively dedicating one of its floors for the infected at its brand-new facility.

The hospital's growing role in the kingdom's health care sector was highlighted during a media tour at their new facility in Um Al Hassam. The event also spotlighted the hospital group's latest project to set up \$20 million state of the art rehabilitative care center in Um Al Hassam for those who have undergone major surgeries in partnership with the French Healthcare Group Clinea. The 10-story purpose-built facility will have 110 rehabilitation beds.



LULU HOSTS EXCLUSIVE MEDIA STORE WALK TO SHOWCASE RAMADAN CAMPAIGNS

Lulu Hypermarket unveiled a multi-dimensional Ramadan campaign with a range of special deals, promotions and charity initiatives both for offline & online shoppers.

The exciting package of promotions and prizes were unveiled to media representatives and influencers at a Media Walk held at the LuLu flagship store in Dana Mall.

Starting April 2 and running for the entire Ramadan & Eid season, more than 15,000 products across all categories will be offered with up to 50% discount at LuLu Hypermarket. LuLu has unveiled an exciting bounty of gifts including a Mega Gold promotion – for every BD 5 spent at any LuLu, shoppers will enter the Gold Draw and 10 lucky winners will take home 100 grams of the precious metal.

LuLu is also offering upto BD 100,000 in popular LuLu Gift Card prizes through an e-affle draw to shoppers who spend in multiples of BD 5. You can double your chances of winning gold or the gift cards by shopping specific popular brands as well.

At the Ramli Mall, the whole mall is participating in the "Ramadan Golden Days with Genie" Draw where every BD 5 spent at any Ramli Mall outlet can win shoppers 5 grams of gold or some super prizes. For shoppers who spend in multiples of BD 10, there is also the option of entering a Dream Drive draw and winning a smart new Volvo SUV.

Many different targeted promotions and Daily Special Deals will be showcasing various themes such as the popular Dates Festival, Fruitful Deals, Healthy Ramadan, Meat Market, Ramadan Kits, Ramadan Sweet Treats, Ramadan Home, Big TV Majlis & Eid Sale. Also LuLu is partnering with RHF to initiate for Ramadan charity Under the patronage of the Representative of His Majesty the King for Humanitarian Work and Youth Affairs, His Highness Shaikh Nasser bin Hamad Al Khalifa, the Secretary-General of the RHF, Dr. Mustafa Al Sayed inaugurated the The LuLu Group's "LuLu Cares" campaign to support the RHF in support of orphans under the care of RHF.



MASAYA PAVILION, AT THE RITZ-CARLTON, BAHRAIN CELEBRATES THE SPIRIT OF RAMADAN

Dusk beckons the start of a wonderful evening at The Ritz-Carlton, Bahrain, where a delightful feast in the elegant surrounds of the Masaya Pavilion becomes a memorable gathering for friends and family. This year, once again in partnership with stc Bahrain, the famous Ramadan tent, with its manicured garden setting and décor inspired by Bahrain pottery, will transport guests through a sensory experience with the fusion of tradition and modern grandeur.

Bridging elements of traditional Islamic architecture with modern design, the expansive 40 x 40 meter Masaya Pavilion will rise during the Holy Month highlighting opulence and splendour as it takes its place amongst the resort's luxurious seaside Villas.

The new Masaya Pavilion, spearheaded by Director of Culinary and Food and Beverage, Yann Bernard Lejard, will feature a culinary line

up that resembles a series of food and spice stalls, inviting guests to a truly sensory experience, where the pleasure of breaking the fast marries the joy of sharing lasting memories with loved ones. To celebrate the Holy Month with family and friends, large buffet offerings of tajines, machboos, saffron rice, falafel rolls, and a variety of dates, are complemented by live stations of saj bread, shanaad or sheeri Bahraini grills, fresh pasta, pad thai noodles, tandoori meats, or delectable desserts – amongst an array of traditional delicacies. The atmosphere is enlivened by a three-piece band lead by talented young singer Eman Al Aamer daily, while enjoying your favorite shisha flavor during Ghabga.

Masaya Pavilion is open throughout the month of Ramadan. Open daily, from sundown until 8 pm for Iftar and from 9 pm to 2 am for Ghabga.



HUAWEI BAHRAIN AND UOB SIGN MOU

Under the patronage of Education Minister and Chairman of the Board of Trustees of the Higher Education Council, Dr. Majid bin Ali Al-Nuaimi, the University of Bahrain (UoB) and Huawei Bahrain signed a memorandum of understanding (MoU) to establish the "Huawei Academy for Information and Communication Technology" at the UoB.

The MoU was signed by UoB President, Dr. Jawaher Shaheen Al-Mudhahki, and Huawei Bahrain CEO, Ethan Sun.

Under the MoU, the two sides will deliver advanced training sessions through Huawei Authorised Information and Network Academy programme (HAINA) for the UoB's academic staff and students.

Huawei, a leading global provider of information and communications technology (ICT), will provide its expertise and all the requirements that will prepare the future generation to lead the digital transformation of the Kingdom of Bahrain.

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WELL-BEING

CREATING HARMONY IN BODY, SPIRIT AND MIND DURING RAMADAN



Ramadan is the month of the birth of QURAN AL KAREEM, and the favorite month in the year for the majority of people in the world for the divine grace. Purity and clarity in the mind from GOD the DIVINE ALLAH AL KAREEM .Ramadan gives us an opportunity to serve others with pure intention, devotion and faith by connecting to the God and all humankind on all levels of people around the world .The vibrations of this holy month is amazing, and extremely fruitful to our wellbeing as an individual.

Personally, I cherish and enjoy Ramadan a lot, because it gives me a big time and space with myself and the opportunity to be a better version of myself. I feel balanced mentally, physically and emotionally as fasting has great benefits on the body and state of the mind during the month. I go deeply inwards to myself as I am yogi and meditator and apply yoga knowledge and practice in my life, on daily basis. But, the effect of yoga practices during Ramadan are tremendous and more effective due to fasting.

The yoga practices gives me so much pure detox and creates harmony in my body, spirit and mind. I feel very light (Toxins Free) and energized not only in the body but even in thoughts and speech I become, more focused in the mind. I love to pray and mediate late at night and looking in the vast

skies and seeing the sunrise wishing love health, unity and happiness for all the people in this Universe, as we are living now the Virtual Covid Era. It's a blessing to be in Ramadan vibes as it nurtures our souls.

Ramadan gives us so many benefits here are some

1. Fasting through the whole month promotes better health which is because it fights inflammation in our body. And releases lots of stress and toxins from the body.
2. Fasting results in improved heart rate and blood pressure as well as cholesterol levels.
3. You lose weight if you want, controllably and in a healthy way.
4. Your metabolism increases during this month.
5. Growth hormone secretion increases during this which is an important factor in your growth rate and muscle strength
6. Another amazing Benefit of Ramadan fasting and my favorite is that we can evoke or ignite the spirituality from a young age with our children as it increases the spiritual focus and mental comfort and has incredible brain-boosting powers, we also become more grounded and discipline in our body language and our spiritual practices grow within with our prayers leading to faith and gratitude.

I feel that Fasting is not only No food or water it's much more than that. It's the belonging and gratitude to the whole universe and the nature resources , health and love towards the self and others feeling other people in our surroundings and specially hungry and thirsty people & poor people with no homes or families Ramadan gives us an opportunity to share love and become more compassionate towards our self and others in our society and have a Attitude of Gratitude by giving service for noble cause it is also fasting in the mind and enhancing our behavior and actions.

Here are some aspects of yoga that may help you during Ramadan as yoga promotes health and unity in the body mind and spirit and creates Harmony

and balance in our life.

Every day, I evolve in the mind not only during the month of Ramadan but all year long, doing my best to live as Muslim Bahraini yogi and participate and collaborate 100% with the language of love, wisdom and service for a noble cause.

Ramadan Kareem to all !



May Awadah -
Art of living yoga and happiness teacher

PATANJALI'S | 8 LIMBS OF YOGA

1. **YAMAS** social contracts - how you behave within society
 Ahimsa non-violence Satya truth Asteya non-stealing Brahmacharya of Brahma Aparigraha non-hoarding
2. **NIYAMAS** personal contracts - duties directed towards the self
 Saucha cleanliness Santosha contentment Tapas heat Svadhyaya self-study Ishvara Pranidhana surrender
3. **ASANA** poses
4. **PRANAYAMA** breath
5. **PRATYAHARA** withdrawal of the senses
6. **DHARANA** intense concentration
7. **DHYANA** state of meditation
8. **SAMADHI** state of oneness

INSIGHTS ON THE HEALTH BENEFITS OF THERAPY CEYLON TEA



A Herbal, Organic, and mostly Vegan Tea, Introduced to the Market of the Middle East, known as Therapy Ceylon from the Islands of Sri Lanka. Sri Lanka is known for its natural resources and minerals and especially Tea around the world. LNS Trading the official Distributor of Therapy Ceylon tea in Bahrain has had the chance to share some insights on Herbal Tea.

The Therapy Ceylon Tea at the moment comes in 6 different flavors, Reviving Ginger & Honey, Immun Tea, Organic Cozy Chamomile, Peppermint Boost, Organic Moringa Power & Prana Ease.

Ayurveda, an ancient holistic science- well preserved for centuries, has cured many diseases and granted longevity where modern medicine has failed.

Practiced for over 5000 years,

Ayurveda is based on the fundamental building blocks of nature, Fire, Water, Air, and Spirit.

This holistic science of healing restores balance to mind and body, often through the mindful use of potent herbal brews, hidden from the rest of the world and its usage, this ancient healing method was practiced by the native Sri Lankans who have perfected the art of healing through generations of experience.

For centuries, Sri Lanka has earned glory for the perfected brew of tea. Camellia Synesis plantations were introduced to the island nation over 150 years ago. Since then Ceylon Tea has thrived as one of the most premium luxury beverages in the modern world, and Ayurvedic tea forms an integral part of remedial therapy practiced by Sri Lankans.

The Therapy Ceylon Tea Can be purchased online at <http://homiez.me/en/therapy-tea>, or you can visit Raw Candy located at BFH or Almoyyed Towers, Bahrain Specialist Hospital Pharmacy Juffair or Cure & Well Pharmacy in Seef & As well get exclusive offer on Entertainer Bahrain App as well.

For more info, you can contact us on 7715 1197 and follow us on Instagram and Facebook at @therapy_eylon.bh



MEDIA IFTAR AT LE MERIDIEN CITY CENTRE BAHRAIN

Le Meridien City Centre hosted media iftar at Baharat Restaurant on 04 April 2022. Guests enjoyed traditional Arabic dishes at Baharat prepared by Chef Ahmed Salem and his team and were entertained with traditional music from our Harpist, Basma Mohammed Saad.

Baharat features a new Dome oven where our new Turkish Chef de Cuisine, Onder Sahin, prepares freshly baked Turkish pide.

Iftar Buffet is served from sunset to 8:30 pm for BHD18 net for adults and BHD 8 net for kids 6-12 years old, below 6 years old dine free at Baharat Restaurant. Guests can enjoy 20% off on Iftar at Baharat Restaurant when they sign up for Marriott Bonvoy membership during their visit or if guests are already Marriott Bonvoy members.

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Le MERIDIEN
CITY CENTRE BAHRAIN

FASHION

FASHION MARK FOR THE HOLY MONTH OF RAMADAN



The Middle East, a culturally rich land, is known for its eminent fashion statement. The Kingdom of Bahrain has been drawing inspiration from each other's fashion culture, thanks to the geographical proximity that the land possesses. Many renowned local celebrities are known to don attire that is either designed by remarkable Arabian designers. Likewise in the Kingdom of Bahrain, the creations of many ingenious ex-pat designers from all over the world living in Bahrain are showcased at Fashion galas and festivals held across the globe.

Arabic fashion is influenced by many factors like age, social status & family rituals that also dictate moral dimensions, and the locality of people. The garment worn signals its region, social class, wealth, and even personality. The choice of wearing a particular outfit also reflects the fundamental values of the wearer. Mostly famous for its bead and thread work, Arabic fashion is incorporating a lot of western work in its fashion. Demographically, the younger generation gravitates toward western clothing, whereas the older generation seeks their comfort in traditional wear.

Bahrain is a land with multi-cultural ex-pats, which tends to influence fashion. Bahrain Fashion displays diversity in weaves, fabrics, colors, and materials of clothing. To stay globally relevant, Bahrain fashion has cleverly adopted the western fashion culture and has yet kept the essence of its tradition intact.

When we talk about expressing or representing fashion for a particular occasion, what's better than the occasion of the ongoing Ramadan month, which is the Islamic holy month, and that important period of the year, that signifies the time of spiritual reflection, self-improvement, and heightened devotion and worship.

Over time, Bahrain fashion has evolved from Asian & western countries, remains still rooted in the fashion world, but has seen some adaptations that are suitable for the modern times. Bahrain's fashion has a lot of variations for women and men during the holy month of Ramadan like traditional dresses like 'Jalabiya' Hijabs, Niqabs, Abaya, Kaftan, Kandura, Dishdasha, Thawb, etc., which depends upon the region and family culture they belong to. In

the sultry land of Bahrain, men are found donning a long, white tunic known as Kandura or Thawb, and women are seen in wide, long robes called Abayas. Despite the similarities in the attires being worn throughout the Gulf countries, slight variations in the details in the design help one differentiate between a Qatari, a Kuwaiti, Saudi, or a Bahraini.

Bahrain, a land of history, biodiversity, and fashion, has its cultural uniqueness crafted in the design of its attires. Since red is the national color of Bahrain, it is not unusual to see Bahraini women wearing red Abayas or Jalabiyas with golden embroideries on special occasions and important days. Men

in Bahrain are often seen in white Shemagh and Dishdasha, which are usually paired with a shirt collar. Culturally, a Bahraini bride wears a traditional brilliant green or a red Nashel, and the groom wears a thobe on their special day. Bahrain is a fashion-tolerant country and hence Bahraini men and women walk on the streets of Bahrain in western clothes as well like jeans, pants, trousers, jackets, shirts, t-shirts, long dresses, casual tops, palazzos, etc., is a usual sight.

Over the past decade, many international brands have created a unique range to increasingly cater to shoppers during Ramadan. Ramadan-specific collections are dedicated collections for millions around the world during this important holy month. As shoppers, people have become much more creative with their wardrobes, specifically for Ramadan and they want to try the latest trending and upcoming fashion styles

As this is the time of the year when everyone is looking forward to spending their precious time with family and friends, thus dressing up becomes an important part of the celebration and most importantly they want to enjoy what they wearing at iftars and suhoor which showcases the amalgamation of their diverse traditions and cultures.

With ever-increasing fashion brands coming up for creating dedicated collections, we at Attire Collection also trying to bridge the gap between high fashion and serenity. Wishing all readers a blessed Ramadan.

Ramadan Kareem

www.attirecollection.com



ALL EYES ON YOU



“Taste of Malaysia” event organized by the Malaysian Embassy to the Kingdom of Bahrain and launch of the Musang King Durian and varieties of Malaysian food products at the Asian Supermarket at Juffair Block Shopping Mall.



The ASEAN Representations in the Kingdom of Bahrain in collaboration with its community organised the ASEAN Ramadan Food Fair, at Gate 1, Saar Mall embracing the joy and spirit of Ramadhan

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