

Appeals Court rejects robber's plea for alternative punishment

Convict made off after robbing BD4,000 from an exchange in Isa Town

● Tribune reported last February that the man was sentenced by the First High Criminal Court to ten years of imprisonment for robbing an exchange.

● During the interrogation, the man confessed to committing the crime.

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The High Criminal Court of Appeals yesterday rejected a request submitted by a Bahraini man, who was found guilty of robbing an exchange house, to replace the 10-year imprisonment verdict issued against him earlier this year with one of the recently introduced alternative punishments.

The court said that there were no reasons to respond to the defendant's request.



A screenshot of the video showing the convict making off after committing the robbery.

The alternative punishments include several procedures to be taken against defendants instead of imprisonment, such as house arrests, community work, enrolment in training and rehabilitation programmes, electronic

surveillance that includes monitoring of social media accounts and emails, compensating the damages caused as a result of the crime and more.

Tribune reported last February that the man was sentenced by

the First High Criminal Court to ten years of imprisonment for stealing BD4,000 from an exchange house here before escaping to Kuwait.

The 29-year-old was apprehended as a result of co-ordina-



The defendant broke into the shop, assaulted the staff using a wooden plank and made off after robbing BD4,000 in cash.

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tion between the Bahraini and Kuwaiti security authorities and was soon brought back to Bahrain.

He has 36 felonies in his criminal record, which included drugs abuse, assault and robbery, according to prosecutors.

According to court files, the incident occurred at the Isa Town branch of the National Finance and Exchange Company on June 4, 2018.

"The defendant broke into the shop, assaulted the staff using a wooden plank and made off after robbing BD4,000 in cash," the prosecutors said.

During the interrogation, the man confessed to commit-

ting the crime, claiming that he was experiencing psychological pressures as he was planning to undergo treatment for drug addiction.

The defendant said he imitated a scene he saw in a movie he watched by removing the number plates of the vehicle, covering his face using a mask, monitoring the shop before it opens and taking the employees by surprise as soon as they open the shutters of the shop.

However, investigations resulted in the identification of the vehicle he used, his sister's car, and subsequently locating his house.

But the man had booked a flight and escaped to Kuwait before the police could reach his house. He claimed he was seeking medical assistance to end his addiction in Kuwait.

On June 10, 2018, the Public Prosecution accused the defendant of stealing the cash from the exchange house, assaulting the employee with a wooden plank and causing the injuries mentioned in the coroner's report.

Lecture focuses on eating habits during Ramadan

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The Arabian Gulf University (AGU) yesterday hosted a lecture by nutritionist Layla Shehabi on eating habits during Ramadan.

In the lecture, which was titled "The Basics of Safe Nutrition in Ramadan", Ms Shehabi highlighted wrong information on eating and nutrition posted on social media networks by fashionistas, leading to health complications.

In her speech, Ms Shehabi explained the sources of basic and secondary food which is necessary to complete and balance meals, in accordance with the need of the different body types, mentioning proteins, carbohydrates and fats that are useful as essential sources of vitamins and secondary sources of minerals.

"Before you start a diet plan, you need to set up a plan that includes taking medications (if you have any chronic illness), periodically test blood pressure,

blood sugar and cholesterol levels, and consult your dietician for follow-up.

"You also need to exercise at least three times a week and follow a balanced diet," she said.

The nutritionist advised: "Don't deprive yourself from any type of food in Ramadhan. Eat and enjoy all types of food during the Holy Month, but with moderation. Don't overly exhaust yourself by exercising during your fasting period; the information stating that exercising is more useful during fasting is a myth."

Ms Shehabi also mentioned some of the symptoms experienced during the first days of fasting, such as headaches, drowsiness and laziness, stating that such symptoms are caused by the lack of daily habits such as regularly drinking tea or coffee, smoking or changes to the biological clock, in addition to unusual sleeping habits during the Holy Month.



Ms Shehabi delivers the lecture.

Thai woman sentenced for bid smuggle drugs

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A Thai woman, who attempted to smuggle BD30,000 worth of narcotics into the Kingdom by hiding it in containers of baby-powder and cosmetics, was sentenced yesterday by the First Criminal Court to five years of imprisonment, in addition to paying a fine of BD3,000.

The convict will be permanently deported after she completes her jail time.

The 24-year-old was arrested at Bahrain International Circuit, upon her arrival from Bangkok on December 17, 2018.

She hid 162 grammes of methamphetamine in baby powder cans and vaseline jars packed inside her luggage.

During the interrogation, the defendant confessed to smuggling the drugs into

30,000
Bahraini dinars worth narcotics were seized by the customs officials at the airport.

the Kingdom, claiming that it was handed over by her female boss, who's apparently based in Thailand, and runs a drugs racket.

The defendant also claimed that her boss told her to smuggle the substance into Bahrain and to wait for further instructions on the person who will receive it from her here.

The woman was referred to the court after she was accused by the Public Prosecution on December 17 last year of trafficking, possessing and consuming drugs.

Drunken driver who stabbed cops jailed

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A drunken driver who resisted arrest and stabbed two cops in the process, will spend the next seven years behind bars, as announced yesterday by the First High Criminal Court.

The Bahraini remained in custody during the past few months pending further investigations that included undergoing a mental health examination, which proved that he was fit and responsible for his action.

The details of the case showed that the 37-year-old defendant was involved in a traffic accident under the influence of alcohol in the Capital Governorate.

A police patrol arrived at the scene and asked the man to enter their vehicle so they could take him to the police station where his statement would be recorded.

However, the man didn't resist arrest at first and co-operated with the policemen until they started driving towards the police station.

Then, the man, who sat in the backseat of the patrol vehicle, took out a knife that was concealed in his clothes and took the cops by surprise, stabbing one of them in the neck and the other in the arm.

The defendant's sudden attack caused the cop behind the wheel to lose control over the vehicle and crash it into the safety rail on the side of the road.

The policeman got out of the car and tried to control the defendant, who was in a state of hysteria.

The man stabbed the policeman twice in the back this time, leaving him bleeding on the floor.

According to the coroner's report, the first victim's wounds were serious injuries that were close to the main veins near the neck and could've cost him his life if there was no urgent medical intervention.

Bahrain to host ARCO meetings next year

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Bahrain will host meetings of the Arab Red Crescent and Red Cross Organisation (ARCO) next year, Dr Fawzi Amin the General Secretary of Bahrain Red Crescent Society (BRCS) has said.

The BRCS has already started preparing for this meeting, which is expected to be attended by the secretaries and heads of National Societies and members, representatives of the International

Committee of the Red Cross, the International Federation of Red Cross and Red Crescent Societies, members of international organisations and observers from humanitarian agencies, it is learnt.

This announcement came at the 44th session of the ARCO which was recently hosted by the Kuwaiti Red Crescent under the slogan "Our Principles gather us".

The BRCS discussed humanitarian issues in countries that are experiencing crises in order to provide the humanitarian assistance to the refugees in Pales-



Dr Amin

tine, Somalia, Syria, Iraq, Yemen, Libya, Comoros and Sudan.

Furthermore, Dr Amin pointed out that members of ARCO announced, "Kuwait Deceleration" where they launched a humanitarian year entitled "Tolerance" to continue until next session in Bahrain.

He also said that members of ARCO called on raising the values of human tolerance and to adopt programmes that promote the tolerance spirit, which leads to coexistence and social stability.