

# Bahraini Women Breaking Barriers

Sharing stories of creativity, leadership, innovation, and contribution to society

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TDT | Manama

Bahrain celebrates its women today, highlighting their creativity, resilience, and contributions to society. From artists and entrepreneurs to innovators and community leaders, Bahraini women continue to shape the nation's cultural, social, and professional landscape.

Singer-songwriter Reem Baqeri, known for her debut single "Read," blends acoustic pop with heartfelt lyrics. With a background in classical music and piano from a young age, her style mixes acoustic pop, ballads, classical music, and a touch of theatrical sarcasm.

After a six-year break, Reem has returned to writing music inspired by her personal life,

combining lyricism and emotion into her original songs.

Earlier this year, she won her first award for "Best Performance of an Original Arrangement" at the AUS Piano Festival.

### Accessible AI

Aysha Buqais, Founder of the Royaa Podcast, educates Arab audiences about artificial intelligence in simple, relatable terms. Inspired during the COVID-19 lockdown, Aysha created a platform in Arabic to make AI understandable for non-technical listeners.

Her podcast features experts discussing AI's impact on daily life, and she aims to foster responsible technology use and creativity across the Arab world.

Entrepreneur Buthaina Alshomali, founder of Buthaina Alshomali Salon & Spa, has won



Husnia Karimi, Reem Baqeri, Zahra Al Nasser, Eman Al-Mannai, Aysha Buqais and Buthaina Alshomali

top awards in hair coloring locally, regionally, and internationally in Milan.

Drawing inspiration from nature, she combines artistry with innovation, bringing the latest global trends to Bahrain.

Her advice to aspiring crea-

tors: "Follow your dreams. Don't be afraid—try, go crazy, and never stop."

### Sand Artist

Engineer and artist Zahra Al Nasser is Bahrain's first sand artist.

Self-taught, she began experimenting with sand art in high school and now combines her engineering skills with creativity, integrating LED lighting and innovative techniques into her work.

Zahra encourages others to explore their talents alongside formal education, showing that passion and profession can grow together.

### Education and Training

Husnia Karimi is a leader in education, training, and human resources.

She is the Founder of She Medic First Aid Training Center and Co-Founder of Tamayouz Marketing Services, dedicated to empowering others through knowledge and skill development.

Husnia holds extensive qualifications: she is a certified First Aid Instructor with AHA and HSI

Institutes, has an MBA in Human Resources and Development from Washington International University, holds an international license in Occupational Testing from the University of Surrey, UK, and is a Lead QMS Auditor (ISO 9001:2008) certified by Resource Inspections Canada Inc.

### Real estate leader

Eman Al-Mannai is a certified international property specialist with 16 years of experience in Bahrain's real estate market.

She has managed 10 major projects, including 17 towers and more than 4,000 apartments, and holds specialized real estate certifications.

Eman focuses on attracting skilled professionals and empowering Bahraini women in leadership roles.

## 'Defeat Diabetes' Cyclothon: Community Rallies for Wellness

**Pradeep Puravankara**  
TDT | Manama

The fight against diabetes gained powerful momentum in Bahrain as the Al Hilal Healthcare Group and Jetour Bahrain, in association with the

Bahrain Cycling Association, successfully hosted the fifth season of the annual "Defeat Diabetes" Cyclothon.

Organized as a key highlight of Diabetes Awareness Month, the large-scale community event drew over 800 participants from

across Bahrain, demonstrating a strong, collective commitment to health, wellness, and the active prevention of diabetes.

The event officially began at 7:30 AM with registration as cyclists gathered at the NBH Loop E in Zallaq.

### Key partner

The atmosphere was energized by the presence of Jetour Bahrain, a key partner this year, who showcased their vehicles and provided panoramic cars for capturing the event's dynamic videography.

Before the cyclists hit the road, a brief welcome ceremony acknowledged the crucial support and presence of the guests and organizers.

The cyclothon was officially flagged off by Dr. Sharath Chandran (CEO, Al Hilal Healthcare Group), Mr. Manaf Kassem (Jetour - Principal Dealer), Mr. Asif Mohammad (Vice President of Strategy & Business, Al Hilal Healthcare Group), and Mr. Sahal Jamaludeen (Finance Manager, Al Hilal Healthcare Group).

They greeted participants and emphasized the significance of the collaboration for this community health drive.

### Support

The event saw the attendance of numerous dignitaries and community leaders, underscoring the broad support for the initiative.

Attendees included Mr. Shubber Hilal Alwadaie (General Secretary, Bahrain Cycling Association), Mr. Ejaz Chaudhry (Executive Director, Manama Packaging Industry), Mr. Mohamed Wasiullah (Assistant General Manager, Ansar Gallery), Sara

Al Sammak (Founder, Cycling



Bees Women's Team), and Mr. Adil Marhoon (Coach, Bahrain Cycling Association).

The cyclists, distinguishable in their Al Hilal-branded T-shirts, proceeded along a safe and inclusive route suitable for all ages and experience levels.

### Shared mission

The collective apparel symbolized their shared mission to raise awareness about diabetes prevention, early detection, and the adoption of healthier lifestyles across the Kingdom.

Participants were treated to numerous benefits, including complimentary full-body check-up coupons (covering 60 tests), participation certificates, event T-shirts, refreshments, and exclusive healthcare discount vouchers and giveaways.

Expressing his gratitude, Dr. Sharath Chandran hailed the event's success. "The Defeat Diabetes Cyclothon is more than just a ride - it is a community movement encouraging health-

ier living," he stated. "This year's

remarkable participation, with 800 cyclists, reflects Bahrain's strong commitment to wellness. I thank Jetour Bahrain for joining hands with us, as well as all the sponsors and the Bahrain Cycling Association."

### Sentiment

Mr. Manaf Kassem of Jetour Bahrain echoed the sentiment.

"We are excited and honored to support such a meaningful community initiative. I congratulate Al Hilal Healthcare Group for the excellent organization. Jetour Bahrain is proud to contribute to an event that promotes unity, wellness, and positive community engagement."

Building on this success, Al Hilal Healthcare Group, with its 10 branches across Bahrain, announced its commitment to elevating the cyclothon to an even larger scale next year, further reinforcing its dedication to preventive healthcare and promoting a healthier community across the Kingdom.

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A powerful community movement promoting diabetes awareness