

Empowering Bahraini women and students through boxing

Kingdom promotes sport activities for women to improve physical and mental health

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TDT | Manama

Learning boxing can be a great way for Bahraini women to improve their physical fitness, build strength and endurance, and develop self-defense skills, says a chief fitness coach.

Boxing can help promote mental wellness by reducing stress and anxiety, increasing self-confidence and self-esteem, and providing a sense of empowerment and control.

The Daily Tribune contacted female fitness instructors and inquired about the Kingdom's participation in promoting such sports activities for women.

They responded, "Bahrain is taking steps to encourage women's participation in sports, including boxing by promoting opportunities for women to participate in traditionally male-dominated sports.

"By providing access to sports like boxing and encouraging students to participate, the King-



Manal with Bahraini women at The BurnBox

dom is helping to create a more inclusive and diverse society.

"Overall, it's important for women to have the opportunity to learn boxing and other forms of martial arts if they choose to do so."

The Daily Tribune has learnt that, as part of Bahrain's commitment in supporting women in sports, the College of Administrative and Financial Sciences at Al-Ahlia University also or-

ganised an introduction session on boxing for women.

In an exclusive interview with Manal Al Zayani, Chief Fitness Coach at The BurnBox, said: "Women can learn boxing for a variety of reasons beyond just self-defense.

"While self-defense is certainly one potential benefit of learning boxing, there are many other reasons why women might

choose to take up the sport.

"For instance, boxing can be a great form of exercise that helps improve cardiovascular health, build strength and endurance, and improve overall fitness. It can also be a fun and engaging way to relieve stress and blow off steam."

She highlighted that encouraging students, especially girls, to take initiative and explore sports like boxing can have nu-



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- MANAL AL ZAYANI, CHIEF FITNESS COACH AT THE BURNBOX

merous benefits.

"By participating in sports, students can improve their physical fitness, develop teamwork and leadership skills, and build self-confidence and self-esteem.

"Additionally, learning boxing can help develop self-defense skills, which can be especially important for girls and women in this era," she said.

Manal said, physically, boxing

can be a vigorous form of exercise that can help improve cardiovascular health, build strength and endurance, and promote weight loss. Boxing can also improve hand-eye coordination, balance, and agility.

Meanwhile, she also pointed out that mentally, boxing can be a great way to relieve stress and anxiety, and improve overall mood and wellbeing.

SMC operations, reanimation rooms expansion projects inaugurated

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Supreme Council of Health (SCH) President, Lieutenant General Dr. Shaikh Mohammed bin Abdullah Al Khalifa, inaugurated yesterday the expansion project of the operations and reanimation rooms at Salmaniya Medical Complex (SMC).

The opening took place in the presence of Minister of Health Dr. Jalila bint Al Sayed Jawad Hassan, Government Hospitals Chairman Shaikh Hesham bin Abdulaziz Al Khalifa, Government Hospitals Chief Executive Dr. Ahmed Mohammed Al Ansari and senior officials.

Lt. General Dr. Shaikh Mohammed bin Abdullah commended the directives of His Majesty King Hamad bin Isa Al Khalifa and the follow-up of His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister.

He also praised all the officials in charge of the project, which reflects keenness of the kingdom and government to develop health services and achieve the goals of the comprehensive development march.

The SCH President took pride in inaugurating the pioneering project which aims to further optimise the health services at SMC.

'It's about helping people'

Bahraini orphans find safe haven in Batelco Orphan House

Julia Cassano
TDT | Manama

Selflessness, trust, and determination are only some of the qualities that it takes to grasp the responsibility of caring for Bahraini orphans.

Our Responsibility, a group of volunteers inspiring change for Bahraini orphans, reveals the reality of the difficult yet rewarding job of taking children in as if they were their own.

"It's about helping people," Rayana Sayyar told The Daily Tribune.

Rayana is on the Board of Directors of the Batelco Orphan House and a loving volunteer, giving her time and expertise as an architect to inspire real change and most importantly take action in the community.

Explaining the true reality of the Batelco Orphan House, she said it has the most severe case of orphans on the island, and more help is needed.

"It's heartbreaking," Rayana shared.

"Children are usually abandoned on the streets, dropped off at hospitals, or given in boxes as parents cannot properly raise the children, for a multitude of reasons," she said.

She, however, highlighted the tremendous community, services, and work that is performed by the volunteers to give the children a safe space, a community, and most importantly, love.

"Some days can be challenging. It is impossible to clear your mind of the situations these children came from. And although they are safe now, it



Children with a volunteer

is harrowing as many of the children are not aware of who their parents are.

"But our goal is to provide as much care and love as possible and seeing the smiles on the children's faces when you give them love and care, makes the challenges and hard work worth it," she said.

Challenges

When raising children, there will always be challenges. But some challenges pose more complications than others in the long run.

Rayana revealed that 50 percent of the children don't possess documentation.

"It's extremely difficult," she relayed.

"Building towards the future gives everyone involved hope. But when the children are given to us without documentation it is difficult to give them the independence to work, once they are ready, or to attend university."

In addition, the orphanage

is at full capacity with a lack of staff, and this has been extremely challenging trying to stabilise their home.

Although there may be challenges, the selfless volunteers and heartwarming children unite to build a better space and environment each day.

Rayana said that although the children's situation is not ideal, they are just happy to create bonds and live in a stable environment.

"As we lack decent space for the children, they are often forced to share rooms, and each teenager is assigned to take care of a newborn taking on this type of responsibility at a very young age, but luckily, we continue to make the best out of what we are given."

Nevertheless, volunteers don't let the challenges dictate the outcomes.

"Our responsibility here is to help people, help others," Rayana said. "This all started with the intention of giving back in the way that I knew best.

New initiatives aim to combat soaring prices

Julia Cassano
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Anyone buying weekly groceries, or their usual coffee order, has noticed that prices are going up.

According to World Data Info, an inflation rate of 3.6 per cent was calculated for 2022 in Bahrain.

More recently, the cost of food in Bahrain increased 6.70 per cent in April 2023 over the same month in the previous year. Luckily, inflation in the GCC has been significantly lower compared to the most advanced and emerging market countries. But the rising prices still impact people living on a humble salary.

The average salary of Bahraini nationals who hold diploma degrees are entitled to a minimum wage of BD380

monthly, and Bahraini nationals who hold university degrees are entitled to a minimum wage of BD450.

Expats also suffer as there is no minimum wage set for them, and they are usually paid lower monthly salaries.

Fortunately, the Industry and Commerce Ministry announced the launch of the consumer protection initiative for commercial establishments that sell and trade commodities and food products in the Bahrain market. It is aiming to reduce the cost of 10 food commodities by 10 per cent.

As people fall victim to the soaring prices of basic living needs, the new initiative will support residents and citizens in the Kingdom by offering the lowest price for food items, assuring affordability in the country.

e-Waste School Competition



Zain Bahrain Company has organised the concluding ceremony of the 3rd national e-Waste School Competition under the patronage of Minister of Oil and Environment, Special Envoy for Climate Affairs, Dr. Mohammed bin Mubarak bin Daina. The event was attended by Capital Governor Shaikh Rashid bin Abdulrahman Al Khalifa, officials and experts in the environmental fields and principals of the participating schools. The celebration was held in conjunction with Bahrain's commemoration of the World Environment Day, which is observed on June 5 every year.