

# Promoting health and wellness in early years

Indian Ladies Association holds fun and interactive yoga session for Sneha kids

TDT | Manama

The Indian Ladies Association (ILA) has organised fun and interactive yoga session for Sneha kids.

It is in line with the coming 8th International Day of Yoga and keeping in mind the IDY theme for the year 2022, "Yoga for Humanity".

Organisers were assisted by Sneha coordinators and volunteers through Ms Antara Banikya. Mr Rudresh Singh conducted yoga sessions for special children of Sneha on 11 June at ILA premises.

Mr Rudresh is yoga expert at BICAS Bahrain.

Mr Singh is a faculty at Art of Living, a teacher of Indian Culture and Yoga, an empaneled examiner at the Yoga Certification Board at the Ministry of AYUSH, a Masters in Yogic Science, and a desktop yoga trainer, and a jury member of India Skills Olympics event.

Rudresh was deputed by ICCR to the Kingdom of Bahrain after the successful completion of his two years deputation period (2017-19) at the Embassy of India in Bahrain.

Mr Rudresh has actively taught yoga programs across different states of India and the Middle



Children practise easy-to-follow and fun yoga postures

East reaching out to approximately 1.5 Lakhs people. Being a yoga exponent by nature thus is

reaching out to all walks of life from tribes to corporates, villages to urban government offices,

schools, colleges and universities Ms Antara is a yoga and wellness coach and has been teach-

ing Yoga for 10 years. She is also associated with a couple of volunteer organisations and offers corporate wellness sessions.

The instructors made kids practise easy-to-follow and fun yoga postures. The session was followed by healthy homemade snacks and sweets.

This was done keeping in mind the emphasis on the importance and impact of the low sugar gluten-free and healthy meals on kids with special needs that were explained in detail by Dr Alok Sharma in the last event.

The core purpose of IDY is to create mass awareness regarding the health benefits of yoga for the people and the ILA, Bahrain is living up to it to make it a grand success each year.



## NIHR delegation visits 'safety house' for women

● Informed about services delivered to domestic violence victims

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The Detention and Facilities Visitation Committee at the National Institution for Human Rights (NIHR) yesterday visited the "Dar Al-Aman" (Safety House) for women subjected to domestic violence.

The visit is based on the NIHR's mandate in the field of protection and promotion of human rights, and the jurisdiction granted to it under the provisions of its establishment law, in order to assess the general conditions of residents and their remarks.

It was aimed at verifying the extent to which affiliates enjoy their rights guaranteed under national legislation and international human rights standards.

During the visit, the NIHR's delegation was informed about "Dar Al-Aman" facilities, and was briefed about its role in securing temporary shelter for families subjected to domestic violence.

The delegation commended the efforts exerted by the officials of "Dar Al-Aman" to provide the necessary protection for the victims, in addition to the delivery of various living, social, health, recreational, psychological and legal services to them.

## Ministry's eCommerce Champions Overseas Program is launched



Participants in the program

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The Ministry of Industry and Commerce has launched the eCommerce Champions Overseas Program under the patronage of Minister Zayed bin Rashid Al Zayani.

The Ministry launched the program with Export Bahrain, Bahrain Institute of Banking and Finance (BIBF) and Tamkeen, with the participation of Annada Brand, Traditional Trends, Tru Active, Arihant Jewellers, and Eatco.

It includes specialised mentoring sessions to share companies' expertise in eCommerce and export where the company shares its experience in the field of exports through eCommerce, solutions applied to raise the standards of the products and services, and how to overcome challenges, the

ministry said in a statement. Companies that qualify from the program will be selected and awarded the title of eCommerce Champions Overseas based on the work program that will be provided at the end of the program to transform into Commerce and then export overseas.



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## BisB holds blood donation drive for employees



The Social Committee of Bahrain Islamic Bank (BisB), the leading provider of Islamic digital banking services in the Kingdom of Bahrain, recently organised a blood donation drive for its employees, which was held in celebration of World Blood Donor Day, in collaboration with the Friends of Health Association and the Blood Donation Department at King Hamad University Hospital. The event was aimed at supporting the World Blood Donor Day, one of 11 official global public health campaigns marked by the World Health Organization (WHO), which is held annually on June 14 to raise awareness of the need for safe blood and thank blood donors for their voluntary, life-saving blood donations and contributions that are vital for national health systems around the world. The day was also created to support national blood transfusion services, blood donor organisations and other non-governmental organisations (NGOs) in strengthening and expanding their voluntary blood donor programs by reinforcing national and local campaigns.

## Industry Ministry and WIPO sign major agreement

Geneva

The Ministry of Industry and Commerce signed a cooperation agreement with the World Intellectual Property Organiza-

tion (WIPO) on the development of Intellectual Property office business services.

This agreement provides developed services and programs to support intellectual property

protection in Bahrain.

It emphasises the importance of training workers in Intellectual Property, transferring knowledge and exchange of experiences and data needed to

develop the Intellectual Property System and strengthening the global competitiveness index, and developing services related to the protection of Intellectual Property rights.