

Holistic approach to reduce stress

● Indian embassy launches yoga initiative to help labour community

TDT/Manama

Harpreet Kaur

Indian Embassy in Bahrain yesterday launched a new yoga initiative aimed at bringing wellness into workplaces to help workers deal with day-to-day stress.

The new initiative, a yoga-based approach is organised by the Indian embassy in association with the Art of Living and ICRF.

Explaining, Alok Kumar Sinha, the Indian Ambassador told *Tribune*, "The new project comes as a continuation of our efforts to enhance outreach with Indian Community members here as well as with the different sections of individuals and groups in the Kingdom."

"Apart from having a 24x7 helpline, we have started a new programme for the labourers to come to the embassy every Friday which also coincides with our open house."

The move, the Ambassador said, will help not only address their concerns but also allows us to spend time with them. "In the coming months, we will be developing our interactive session to assist them more effectively."

"Initially, we hope to start with 200 to 300 workers every month and as we move forward we would try to engage more and more workers."

"Moreover, the Art of Living and ICRF have agreed to work with us, as they have been actively working with the Indian workforce where we will jointly help them deal with their difficulties," Alok Sinha said.

According to Mehru Vesuvala, the General Secretary of ICRF, most of the workers and the labourers in the Kingdom are facing a lot of financial troubles which lead to problems like stress and depression. "We have also observed that the increasing number of suicides are due to the financial problems."

"Thus to tackle the increasing number of suicide and the problems among workers, we are taking a much more holistic approach to further help them before they take a hard and fast decision."



Electricity and Water Affairs Minister Dr Abdulhussain Mirza receiving Acting Ambassador of the Republic of Iraq Mohammad Adnan Mahmoud and praised the strong ties between the two countries in various fields. The minister gave a presentation on the achievements in the electricity, water and renewable energy sectors in Bahrain and the significant percentage achieved in achieving the national goals approved by the government. He also spoke of activating the use of sustainable energy and green environment programmes

Sophia the Robot is here

TDT/Manama

Harpreet Kaur

Sophia, the world's most famous robot visited Bahrain yesterday where she interacted with many individuals, organisations and school students.

Attending the third Middle East and Africa FinTech Forum, Sophia spoke about the future of Artificial intelligence (AI) and how it will affect financial services where she was joined by her creator David Hanson, founder of Hanson Robotics.

David Hanson, founder of Hanson Robotics told *Tribune*, "It has been a wonderful experience visiting Bahrain along with Sophia, people in the Kingdom are extremely intelligent and hospitable and very thoughtful on where the world might go and how individuals are working together to shape the future."

"Sophia also seems to have experienced a warm reception and managed to develop a personal connection with people



Sophia the Robot in Bahrain."

"A country like Bahrain can make a big difference when the right insights applied as we do not necessarily need a huge number of people or a large nation to make a difference, a small nation can make a huge difference with the right ideas," David added.

Since her activation in 2016, Sophia has become an international celebrity. She has travelled the world and engaged in conversations about AI, robotics, and the future of the relationship between humanity and robots. In the last year, she has received her first pair of working legs and learned to sing and play the piano.

This is the first time that Sophia visited Bahrain, which is the latest in a series of firsts for Sophia.

Bahrain, Thailand to boost jewellery sector

Bahraini delegation participates in Bangkok Gems and Jewellery Fair

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Top businessmen from Bahrain are participating in the Bangkok Gems and Jewellery Fair that got off to a royal start with Princess Sirivannavari Nariratana opening the 63rd edition of the Fair.

Held by the Department of International Trade Promotion, Ministry of Commerce, the current edition kickstarted on Wednesday.

Bahraini delegation to fair comprises of Yathreb Nabeel AlAameri, House of H, Ahmed Abdulwahid Alkooheji, Kooheji Jewellers, Asif Mohammad Inoli and Mohammed Sarfraz of Dream Gold Jewellery, and Himalay Sanjay Rathod, Rama Jewellery.

Commenting on the expo, Thanis Na Song khla, Thailand ambassador to the Kingdom, said, "I do hope that the trade



Thanis Na Song khla

mission from Bahrain will accelerate Thai Jewellery export and help promote other related industries. I wish this event successful, particularly further strengthen the existing strong relationship between the Kingdom of Thailand and the Kingdom of Bahrain and its people."

Bangkok Gems & Jewellery Fair is in the top five of the world Jewellery Fair. Jewellery export of Thailand is the third



Princess Sirivannavari Nariratana at the event (Professional Jeweller)

largest of all Thai export production, bringing to Thailand about 23,000 million Bahts a year.

Organised on a biannual basis by Thailand's Department of International Trade Promotion (DITP), the Bangkok Gems & Jewellery Fair is regarded as a

significant trading arena where all key players in the global gems and jewellery business can achieve their purposes of sourcing, trading, networking.

Speaking during the opening ceremony, Chutima Boonyaprapatsorn, Deputy Commerce Minister said, "In 2018, export of gems and jewellery products including unwrought gold was worth 4.74pc of the country's total exports. The gems and jewellery industry is an industry that is highly successful in creating additional value to the country."

The Fair is also showcasing live demonstrations of gems and jewellery making from the Thai Goldsmiths Association ranging from wax carving, gems and jewellery engraving, enamel, fancy polishing, and jewellery finishing.



Bahraini delegates at the Bangkok Gems and Jewellery Fair

BIGS attracts 20,000 visitors in two days

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Around 20,000 people visited the Bahrain International Garden Show (BIGS) 2019 in its first two days.

The annual show is held under the auspices of His Majesty King Hamad bin Isa Al Khalifa and with the support of Her Royal Highness Princess Sabeeha bint Ibrahim Al Khalifa, Wife of HM the King and President of the Consultative Council for the National Initiative for Agricultural Development.

The show also attracted a large number of local and foreign exhibitors.

The College of Agricultural and Marine Sciences at Sultan Qaboos University in Oman presented an overview of the university and its research activities at the show.

Khalasi Garden organised by a number of activities aimed at promoting agricultural awareness and education.

Agricultural workshops, educational and recreational activities such as making a garden



A stall at the show

scarecrow and mini-protected houses and drawing three-di-

mensional roses and fruits were held. It also displayed methods of extracting the natural colours of fruits and vegetables.

The Bahraini farmers' market attracted a large number of visitors who were briefed on their successful experiences.

This year's show is marked by the participation of a number of flower arrangement experts from Kuwait, the United Kingdom and Russia. A Japanese flower arrangement was presented in coordination with the Japanese embassy in Bahrain.

Sangamam pays tribute to CRPF Martyrs

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Sangamam Irinjalakuda held the inauguration of its 2019 executive committee at Bang Saeng Thai restaurant on Thursday evening. Chief Guest was SPAC Chairman P Unnikrishnan.

The meeting paid tribute to the martyrs of the Pulwama attack by lighting lamps.

The meeting also honoured Nissar Ashraf for his contribution to social causes by presenting him with a golden shawl. P Unnikrishnan was presented with a memento.

The newly inducted members are President - Venugopal PK, General Secretary - Unnikrishnan P, Treasurer Ashokan



The newly elected committee members with guests and officials during a group photo opportunity

Achangadan, Vice President Dileep Padmanabhan, Joint Secretary Sasikumar N, Entertainment Secretary Vijayan, Asst. Entertainment Secretary Vibin Chandran, Membership Secretary Joshi Ainikal, Asst. Treasurer Rudran T, Asst. Mem-

bership Secretary Sinto Jose, Service Secretary Hariprakash V.P. A 10 member ladies wing were elected. Ladies wing members are Convener Rajalekshmy Vijay, Rajitha Manoj - Joint Convener, Deepthi Satheesh, Krishnapriya Anand, Nimmy

Vikas, Simija Joshi, Jini Sinto, Swati Sujith, Liji Saajan and Liji Shaji.

Nissar Ashraf, TV Suresh, Sreedharan Thaivalappil and Jamal EA were elected as patrons of the executive committee.