

**Filipinos excited about online film festival's opening**

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Filipinos in Bahrain can binge-watch online for free five Kidlat Tahimik's award-winning independent films.

There are only three days to go before the opening of the first-ever DFA (Department of Foreign Affairs) International Film Festival, Tribute to Kidlat Tahimik: Lolo of Filipino Indie Cinema, on Sunday.

The films can be watched on Vimeo and each set of films will be available for 48 hours.

To watch, one must register through this link [https://bit.ly/KT\\_FestivalRegistration](https://bit.ly/KT_FestivalRegistration) and will be redirected to the film festival page.

The five highly acclaimed films of Kidlat Tahimik are "Perfumed Nightmare", "Turumba", "Sino Lumikha Ng Yoyo? Sino Ang Lumikha ng Moon Buggy?", "Bakit Dilaw Ang Gitna ng Bahag-hari?", and Balikbayan #1: Memories of Overdevelopment Redux III".

The Philippine Embassy in the Kingdom, through its Facebook account, is providing more updates on the event.

The 79-year-old Eric Oteyza de Guia, better known as Kidlat Tahimik, is a Philippine National Artist for film and is regarded by fellow filmmakers and critics as the "Lolo (Grandfather) of Filipino Independent Cinema".

"Tribute to Kidlat Tahimik: Lolo of Filipino Indie Cinema" is a project of the DFA in Manila, in partnership with the Film Development Council of the Philippines.

# Promoting a 'healthy' lifestyle and education

King Hamad University Hospital organises diabetes awareness event



Organisers of the event with hospital officials, guests and volunteers

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The King Hamad University Hospital has organised a diabetes awareness event at The Avenues Mall.

Held under the slogan "Diabetes Care, If Not Now, When?", the event was part of the hospital's celebration of World Diabetes Day, which coincides with the 10th year anniversary of the discovery of insulin.

It was aimed at promoting health awareness and education for patients and their families in particular, and the citizens and residents of the Kingdom of Bahrain in general, and encouraging them to detect early symptoms of diabetes, adopt healthy behaviours through proper nutrition and physical activities, and spread awareness of ways to prevent the disease.

The Dean, Prof. Hisham Youssef Hassan, Director General of Medical Affairs, also



People avail of free medical check-up

a consultant of ear, nose and throat at the hospital, inaugurated the event.

Simultaneously, a health exhibition was also held where people from various segments of society took part.

Initial medical and vital signs tests were conducted for 165 people aged between 11 and 72 years, in addition to providing medical consultations in the field of nutrition and diabetes.

Dr Dalal Al Rumaishi, a consultant in diabetes and endocrinology at the hospital, stressed that World Diabetes Day is one of the most important annual events that must be observed



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due to the importance of educating the community about early diagnosis and adopting balanced health behaviours to avoid infection and prevent it.

On this occasion, the King Hamad University Hospital launched an integrated and free awareness course entitled "Your Life and Diabetes" available on one of its social media channels.

On the other hand, the hospital administration extends its sincere thanks to the management of The Avenues Mall-Bahrain, Durrat Arad Pharmacy, Applebee's restaurant chain, and Jumami Restaurant for their cooperation in making the event successful.

**BIBF students organise workshop on prostate cancer awareness**

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Marking International Men's Day, students enrolled in Bahrain Institute of Banking & Finance's Master of Science in Human Resources (MSHR) programme organised a workshop in collaboration with Bahrain Cancer Society (BCS) to raise awareness on prostate cancer among employees of BIBF.

The event took place on Monday virtually and met with Dr Jalal Akbar, Urology Consultant at Salmaniya Medical Complex (SMC), Head of Scientific Research at Bahrain Cancer Society, delivering a presentation that shed light on the importance of undergoing regular check-ups and tests to avoid prostate cancer's severe risks as well as its dangers.

A renowned practitioner in his respective area, Dr Akbar possesses more than 18 years of experience in the field of Urology and Urological surgeries, Endourology and minimally invasive urological surgeries. He is also board-certified in Urology and has earned his fellowship in Endourology, Laparoscopy, and Laser Surgery from Germany.

Prostate cancer is the second most commonly occurring cancer in men and the fourth most commonly occurring cancer overall, according to Dr Akbar, who also urged males to never neglect the significance of periodic health examinations.

## Blind Bahraini teacher shines in Qur'an recitation contest

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A blind Bahraini teacher at Saudi-Bahraini Institute for the Blind has made Bahrain proud by winning first place in an international Qur'an recitation competition held in Sharjah, UAE.

Houria Al Aali beat 1,900 contestants from all over the world in the event entitled "Our Children are Our Readers" in its second session for the year 2021 in the category of people with special needs.

It was organised by the Holy Qur'an Radio in Sharjah, in cooperation with the Sharjah Foundation for the Holy Qur'an and Sunnah.

Participants recited the Book of God in video clips that were judged by a specialised committee, and the names of the first winners in each category were announced.

Houria holds a Bachelor of Arts degree in Arabic language and translation from the University of Bahrain, and a certificate of recitation and intonation from the Ministry of Justice, Islamic Affairs and Endowments. She is also a graduate at Bahrain Teachers College.

About her achievement, she



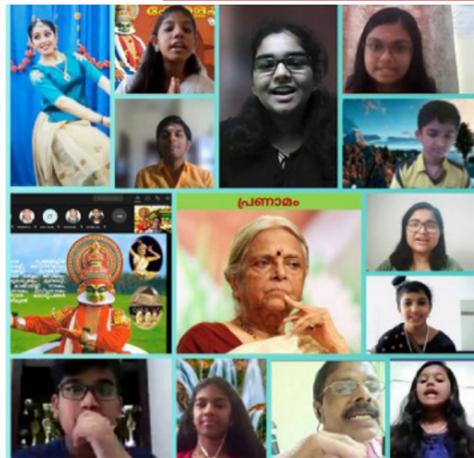
Houria brings glory to the Kingdom

said: "I developed my abilities in the field of the Noble Qur'an by listening to the recorded cassettes that my father was keen to buy for me to memorise the surahs. My parents were very keen to follow what I memorised since childhood, until I was registered in the Great Bahrain Competition, to represent

the Saudi Bahraini Institute for the Blind several times."

Houria won second place in the primary and preparatory stages, and also participated in recitations on the school radio, and a recitation at the graduation ceremony in the presence of the Minister of Education and its senior officials.

**ISB celebrates Malayalam Day 2021**



The Indian School Bahrain (ISB) celebrated Malayalam Day on November 7 in connection with the Kerala Piravi which marks the birth of the state of Kerala in India. The week-long programme was conducted by the Malayalam Department through online mode. In the wake of the current pandemic, students from classes IV to X participated in various programmes from their respective homes. HoD Bismi Jommy coordinated the event. A tribute to the Indian poet and activist Sugathakumari was held. Students performed a variety of entertainment programmes like poem recitation, speeches, songs, Kerala Natanam, poster displays, storytelling, among others. Another attraction of the programme was the PowerPoint presentations by students related to the culture, tradition and unity of Kerala. ISB Hon. Chairman Prince S Natarajan, Hon. Secretary Saji Antony, EC Members and Principal VR Palaniswamy lauded the students and teachers for their active participation.

**Deputy Coast Guard Commander receives Pakistani Navy Commander**

Deputy Coast Guard Commander Brigadier Jassim Mohammed Al Ghattam received Pakistan's Navy Commander Brigadier Rehan Ali Khan and his accompanying delegation. The deputy commander praised the growing Bahraini-Pakistani relations in various fields. He stressed the importance of exchanging expertise and enhancing relations especially in the maritime security field.



**Bahraini jailed for forging PCR test certificate**

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A Bahraini businessman in his 40s has been jailed for one year for forging a PCR test certificate.

The defendant is said to have been in rush to travel to a GCC country as he used his sister's certificate and removed her name.

The defendant directly admitted to his wrongdoing when asked by an airport official.