

AUBH Awards Full Scholarships to Six Outstanding Bahraini Students

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The American University of Bahrain (AUBH) has awarded full scholarships to 6 outstanding Bahraini students to pursue undergraduate studies across a range of academic disciplines, in recognition of their academic excellence, achievements, and potential.

The initiative reflects AUBH's continued commitment to investing in national talent and expanding access to distinguished higher education opportunities. It also reinforces the University's role in empowering ambitious Bahraini students by offering an academic experience that combines modern curricula, practical learning, and a supportive campus environment that nurtures personal and professional growth.

A total of 180 applications

were submitted this year and 6 scholarship recipients were selected following a review process conducted by a specialized committee, with candidates assessed on academic performance, leadership potential, and extracurricular activities. The successful recipients are Sama Altobiani, Yousif Alkoheji, Abrar Ghazwan, Salim Alsharqi, Omar Abdulrahman and Kawther Salman.

Dr. Wafa Almansoori, Interim President and Provost of the University, commented: "At the American University of Bahrain, supporting talented students is central to our mission. These scholarships reflect our commitment to expanding access to quality higher education and empowering Bahraini students to realize their full potential. By investing in their education, we are investing



in the future of Bahrain by preparing graduates with the knowledge, skills, and confidence to contribute meaningfully to the Kingdom's continued growth and development."

The students extended their sincere thanks and appreciation to AUBH for this valuable opportunity, noting that the scholarships represent a

significant milestone in their academic journey and a strong motivation to continue striving for excellence. They also shared their enthusiasm for joining the University community, engaging in its academic and student life, and developing the skills that will support their growth in the years ahead.

India's Military Journey on Display



Indian Ambassador to Bahrain Vinod K. Jacob inaugurates a photo exhibition at the Embassy of India showcasing the courage, dedication and professionalism of the Indian Armed Forces. The exhibition highlights the sacrifices of India's soldiers, sailors and air personnel, their contributions to humanitarian missions and disaster relief, and their growing role in strengthening regional maritime security and international peace through cooperation with the Combined Maritime Forces.

A Lost Art Returns to Bahrain in Young Hands

Workshop reveals the ancient grease trick that keeps tile colours sharp



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Hasan Barakat

Painting two colours side by side on a tile sounds simple. For centuries, it was impossible. Kilns burn above 1,000 degrees. At that heat, glazes melt and bleed into each other, turning a crisp blue beside bright white into neither. Potters faced a costly choice: fire each colour separately, or accept blurred results.

Then someone discovered that a thin line of grease could stop the colours from mixing. That discovery became the foundation of cuerda seca—the dry cord technique—which Egyptian artist Mohamed Fahmy brought to his Islamic Tile Techniques workshop at Youth City, Bahrain.

A design is drawn onto the tile, then every outline is traced with animal or plant fat mixed with manganese oxide. The greasy barrier stops liquid glazes from bleeding during

firing. The grease then burns away, leaving clean, dark outlines between each colour.

The technique first appeared in medieval Andalusia before resurfacing across Persia and Tunisia. Today its distinctive lines decorate mosques and palaces across the Islamic world — kept sharp by nothing more than a temporary line of grease.



Text Neck: The Hidden Cost of Screen Time

Physiotherapist reports a near doubling of text neck cases since the pandemic

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Text neck, a posture-related condition linked to the prolonged use of smartphones, tablets and computers, is becoming increasingly common as reliance on digital devices grows.

In a conversation with The Daily Tribune, physiotherapist Menatalla Hilal said around 40 per cent of patients visiting her clinic show symptoms that are at least partly linked to the condition, which results from prolonged forward head posture while using electronic devices.

She added that the number of text neck-related cases she sees in her practice has almost doubled compared with the period before the COVID-19 pandemic, reflecting the sharp rise in daily screen use.

Her observations mirror global findings. A 2025 systematic review published in BMC Public Health, which analysed 25 studies involving more than 43,000 participants, found that spending more than six hours a day in sedentary activities was associated with an almost 88 per cent higher risk of neck pain, with mobile phone use posing the greatest risk among screen-based activities.

"While technology has made life easier, the amount of time people spend looking at screens has resulted in more neck and posture problems," she said. "The pain



can extend beyond the neck to the shoulder blade (scapula) and even the arm."

Hilal said the main concern is not the number of hours spent on devices, but remaining in the same position for too long.

"There isn't a specific number of hours after which screen use becomes harmful. The real problem comes from maintaining poor posture repeatedly over months and years. People should avoid staying in the same position for more than 30 minutes and should regularly move their joints and change their posture."

The hidden strain

Looking down at a phone places significant stress on the cervical spine because the body is not designed to remain in that position for long periods, Hilal explained.

"Keeping the neck bent forward puts excessive pressure on the cervical discs and muscles, which can eventually lead to muscle strain, in-

flammation or even cervical disc problems."

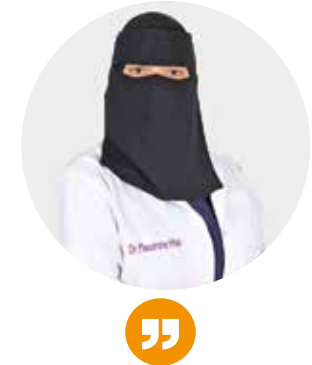
Children and teenagers are particularly vulnerable because they often spend longer periods using digital devices while their bodies are still developing, she said.

Fix it early

Hilal advised people not to ignore persistent neck pain, discomfort that spreads to the arm or shoulder blade, tenderness in the neck or middle back, or pain that occurs during simple daily activities.

If left untreated, text neck may contribute to cervical disc issues, changes in spinal alignment and inflammation of the supporting ligaments, she pointed out.

According to Hilal, posture correction combined with regular movement and appropriate neck exercises can significantly improve symptoms and prevent the condition from worsening. She recommended gentle neck stretches, nerve gliding exercises and neck



40% of my clinic cases show symptoms linked to text neck.

PHYSIOTHERAPIST MENATALLA HILAL

tilt exercises.

She added that standing desks and ergonomic equipment can help, but they should be used alongside regular movement and proper posture rather than as a standalone solution.

Healthy screen habits

Hilal said parents play an important role in encouraging healthier screen habits by setting a good example.

"When children see their parents maintaining good posture and taking care of their health, they are more likely to follow the same habits," she said.

She also encouraged families to use educational videos and articles to help children understand the importance of posture and movement.

Al Hilal Healthcare Group and Philippine Embassy Launch 'Healthy Pinoy Campaign 2026 – Season 3'

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Pradeep Puravankara

Al Hilal Healthcare Group, in collaboration with the Philippine Embassy in Bahrain, announced the launch of the Healthy Pinoy Campaign 2026 – Season 3 during a press conference on Tuesday, July 28, 2026, at Al Hilal Medical Center – Manama Central Branch.

The campaign officially launches on Friday, July 31, 2026, at the Manama Central Branch and will run from August 1 to August 31, 2026, across all Al Hilal Healthcare Group locations, excluding Al Hilal Premier Hospital.

Throughout August, Filipino nationals in Bahrain will receive free preventive health screenings and doctor consultations. The comprehensive package includes diagnostic tests for Blood Sugar, Total Cholesterol, Kidney Function (Creatinine), Liver Function (SGPT), and Uric Acid, alongside Blood Pressure checks, Oxygen Saturation (SpO2) assessments, and complimentary doctor consultations.

The press conference was led by His Excellency Gines Jaime Ricardo D. Gallaga, Ambassador of the Republic of the Philippines to Bahrain, alongside Al Hilal Healthcare Group's CEO Dr. Sharath Chandran, Vice Presi-

dent of Business & Strategy Mr. Asif Mohammed, and Finance Manager Mr. Sahal Jamaluddeen. Embassy officials in attendance included Vice Consul Charlie Florian Prenicolas, Attaché Jiemarie Mortel-Ladrica, Attaché Jeymar Cabrera, Attaché Jeff Andrey Santos, Labor Attaché Orville Ballitoc, and Welfare Officer Juvilyn Anns Gumabay, alongside media representatives.

Highlighting the public-private partnership, H.E. Ambassador Gallaga stated, "The Healthy Pinoy Campaign reflects our shared commitment to safeguarding the health of the Filipino community in Bahrain. As we launch Season 3, we appreciate Al Hilal

Healthcare Group for making quality healthcare accessible."

Dr. Sharath Chandran added, "At Al Hilal, we firmly believe healthcare should be accessible to everyone. We are proud to join hands with the Philippine Embassy once again. Our commitment extends beyond medical services to promoting preventive healthcare and early detection."

Mr. Asif Mohammed and Mr. Sahal Jamaluddeen reaffirmed Al Hilal's dedication to supporting public-private initiatives for expatriate



welfare. As Bahrain's largest private healthcare network, Al Hilal Healthcare Group continues to deliver accessible, high-quality care through impactful community partnerships.