

## CAPTAINS CORNER

## Exercise is for everybody



CAPTAIN MAHMOOD AL MAHMOOD

Now that the weather is getting noticeably cooler, we are seeing more and more people out walking in the walking paths that have been thoughtfully incorporated into our urban spaces by planners. These winter months till March are decidedly better to incorporate new exercise resolutions since the hot summer is waning at this time.

While I am happy to see people of all ages exercise, it is particularly good to note that women are now taking their health seriously. Once a taboo topic, outdoor exercise and organised physical activity classes for women have become quite accepted for women in Bahrain. Indeed, the Kingdom has a history of getting involved in women's athletic activities and has regularly fielded women's teams in local, regional and international competitions, performing to varying degrees of success.

Women have brought back medals and glory to Bahrain from the Olympics and the Paralympics - Bahraini amputee and para-athlete, Shaikha Al Shaiba, who is a regular participant in the half-Ironman triathlons is a shining example.

Even if it is not for organised sports competitions, we owe it to our women to encourage and make available the facilities to help them exercise for good health. Not everybody wants to go to the gym to train but a well organised network of walking paths will always help even busy people to incorporate a daily 10,000 steps into their routine.

November is specially a good time to kickstart a new exercise resolution - after all, it is designated Diabetes Awareness Month in honour of the discovery of insulin's role in managing the condition and experts agree that just simple walking daily helps in controlling blood sugar and improve diabetic health. Bahrain has the unenviable reputation of being a Diabetes Hotspot in the GCC and obesity has reached epidemic proportions in our Kingdom. Let Bahraini women take up the task of seriously getting their families to embrace exercise as the route to good health and it will be their gift to our Kingdom!

(Captain Mahmood Al Mahmood is the Editor-in-Chief of The Daily Tribune and the President of the Arab-African Unity Organisation for Relief, Human Rights and Counterterrorism)

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# Efforts underway to keep central markets cool

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The Capital Municipality is proactively implementing measures to optimize the performance of air conditioning units in central markets and key offices by establishing a weekly maintenance system.

This initiative covers the air conditioning systems in the Capital Municipality's main office, Tubli offices, Tubli store, Sitra market, Jidhafs market, and Manama Central Market.



Picture for representation only

The project aims at guaranteeing the efficient operation of all air conditioning units, with special attention to their operational hours and the thorough cleaning of air

outlets in various markets and buildings under the Municipality's jurisdiction to prevent any leaks. Through a tender process, the Municipality said it's committed to maintaining these systems by generating weekly reports on their status, particularly to identify and prevent any potential gas leaks.

The project is open for public participation through tender board. The deadline for filing bids is set for the 19th of this month, and bids should be accompanied by a BD500 bond valid for 15 days.

## Eateries and grocery stores on way in SMC

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Salmaniya Medical Complex plans to repurpose some of its areas into eateries and grocery stores for the benefit of patients, employees, and doctors. According to the Government Hospitals Authority, SMC is seeking lessees for three commercial spaces.

In a recently issued tender for prospective bidders, SMC is offering a 10-year lease for the operation of a café, a res-

taurant, and a grocery store. These spaces could also be utilized for other commercial activities, provided they align with the medical complex's mission.

SMC also envisions the possibility of subleasing the spaces to multiple tenants. The objective of the tender is to secure competitive bids for the development and utilization of the designated commercial areas.

The winning bidder is ex-

pected to fully equip and efficiently manage these spaces in line with the specified scope of work, terms, conditions, and requirements. This initiative aims to benefit Government Hospitals and cater to the needs of visitors to the medical complex.

Interested parties are encouraged to submit their bids before the deadline of December 20, 2023, along with a BD2,500 bond, valid for 190 days.



Founded in 1957 with an expansive bed capacity of around 1,200 beds, this facility stands as Kingdom's largest tertiary hospital. Offering secondary, tertiary, and emergency healthcare services, alongside specialised outpatient clinics, the hospital accommodates an average of 900-1,000 patients daily. With a dedicated team exceeding 2,000 professionals, including physicians, nurses, and support staff, it upholds its commitment to healthcare excellence.

## Waterfront transformation project in Capital

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Significant revitalisation effort is on the horizon for the waterfront areas within the Capital Municipality. This ambitious project encompasses the demolition of existing structures and the creation of new amenities, which will include playgrounds and cycle tracks.

The Works Ministry has taken the initiative to kickstart this project by releasing a tender, inviting potential bidders to participate. The project's scope is extensive and entails various components. Works include land-



Representative picture

scaping, boardwalks, running and cycle tracks, children's playgrounds, viewing stands, administrative and security buildings, guard houses, electrical substations, public toilets, car park-

ing facilities, street lighting, and an irrigation system among others.

Participation in the tender is limited to Grade "AA" Building Contractors currently registered with the Ministry of Works.

Those interested in taking up this project should submit their bids before the deadline on December 10, 2023, along with a BD5000 bond that remains valid for 180 days. The Works Ministry is offering a 36-month contract duration to complete the comprehensive transformation of the waterfront.

## Upgrade project announced for Wali Al Ahd to Mazarea Highway section



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The stretch between Wali Al Ahd and Mazarea Highway is slated for an upgrade as part of the rehabilitation of Zain Bin Omera Highway, according to the Ministry of Works

Works Ministry said it has initiated a project to enhance this section of the highway, according to tender launched, inviting potential bidders to participate.

The project encompasses several works, including re-

constructing select segments of the road, milling the existing asphalt pavement to address cracks, removing and replacing damaged curbs and paving blocks, adjusting manhole covers as needed, filling in the verge, painting both new and existing curbs, and applying fresh road markings.

Contractors interested in undertaking this project are encouraged to submit their bids by the 15th of this month, accompanied by a BD1,000 bond, which will remain valid for 180 days.

## Ministry of Foreign Affairs seeks Air Cargo services



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The Ministry of Foreign Affairs (MoFA) is in the process of securing air cargo services for diplomatic purposes. These services will be utilized for shipping goods from the ministry to Bahrain's overseas missions.

With around 30 embassies and 115 diplomatic missions

worldwide, Bahrain maintains strong international relations.

In pursuit of these cargo services, MoFA has initiated a tender, inviting potential bidders to participate. Interested parties are encouraged to submit their bids before the deadline of November 21, 2023, along with a BD500 bond, which will remain valid for 180 days.