

# Advice! Prepare your body for 'safe' fasting during Ramadan

● **Precautions needed, healthcare provider advice is a 'must'**

**Julia Cassano**  
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As Ramadan approaches, it is vital to prepare your body, as it can be a challenging month for many people who suffer with chronic illnesses. Although precautions are appropriate for some, seeking crucial advice from a healthcare

provider is a must.

Babu Ramachandran, general practitioner, said that people who suffer from chronic illnesses and are taking long-term medicine, can partake in the Holy Month with necessary precautions.

"Those who suffer with chronic conditions should seek recommendations by their healthcare provider to assess if their medications can be changed or modified in line with their upcoming fasting routines," Dr Ramachandran said.

He said that many patients



if they can take their required medicines during Ramadan.

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- BABU RAMACHANDRAN, GENERAL PRACTITIONER

Dr Ramachandran confirmed that medication can be adjusted

during the Holy Month; however, it is important for patients to seek their medical care provider's recommendation, as conditions vary amongst different patients.

Likewise, he said that generally, people tend to overeat once it gets to dinner time, which is not healthy for a person's digestive system.

"When breaking the fast, it should be done in slow intervals so that the body can adjust to the food, as overeating can lead to negative affects to the body," Dr Ramachandran said.

For those partaking in Ramadan, preparedness should be

organised such as spacing meals out throughout the day.

However, Dr Ramachandran questioned the practicality of this method, saying: "Although this method may be useful for some, many people possess different routines and errands where they do not contain enough time in a day to practise or prepare before Ramadan."

Most importantly, during Ramadan, Dr Ramachandran emphasised the importance of staying hydrated. "Drinking plenty of water is essential during Ramadan to keep yourself and your body hydrated whilst fasting"

## Markets kick off a week ahead of Ramadan



Rizwan Saddik

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With less than a week left for Ramadan to begin, the markets have opened up with great offers and discounts on food and household items across the Kingdom.

Ramadan is expected to begin on March 23, so for locals, shopping and night market visits is an essential part of the holy month.

From souvenirs, furniture and clothes to dry fruits, dates, snacks and spices, these markets feature a diverse array of products throughout Ramadan.



Shop-goers are preparing for Ramadan

Several malls, stores and even online platforms like Talabat are running a month-long Ramadan promotions and discounts in various product categories.

Speaking to The Daily Tribune, Rizwan Saddik, worker at Sahela supermarket, said: "We

have Ramadan deals on the majority of the things such as Sunflower oil, yogurt, fruits, and 'buy two get one free' on frozen meat items.

"As Ramadan is this week, it goes without saying that we have a booming business and

are happy to offer our customers great discounts. It's a good sale, and since most customers visit at night, we also keep our store open 24/7 during Ramadan. Many consumers purchase food goods in bulk in order to save more money overall."

## Two handed jail sentences for kidnapping Asian man

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The High Criminal Court sentenced an Arab man to five years in prison and a European woman to three years for kidnapping and robbing an Asian man.

In his report, the victim stated that he knew the second defendant (the European woman) who agreed to train him on using the computer at his workplace.

On the day of the incident, as soon as the two left the company headquarters, the first defendant disembarked from a vehicle wearing a security guard uniform and manhandled the victim into the vehicle.

Accompanied by the second defendant, he drove the victim to an empty lot where he

threatened him with a razor blade, demanding that he hand over all the movables in his possession. The victim surrendered his wallet, mobile phone and company keys.

The victim added that the first defendant attempted to bind his hands with an electric cable but was prevented at the time by a passing vehicle, so the defendant got them back into the car to move to a different location.

As the car moved, the victim opened the door and threw himself onto a public road. The two defendants fled and left him lying on the ground.

Afterwards, he headed to the police station to file a report. The defendants will be deported once they complete their jail terms.



## Bahrain fifth best Arab country in global connectedness index

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Bahrain ranks fifth in the Arab world and 53rd globally overall amongst 171 countries in the DHL Global Connectedness Index 2022 in the field of logistics, labelling the Kingdom as a competitive market.

The in-depth report analyses data from over 170 countries, revealing how goods, people, capital, and information move around the world, providing an in-depth review of the state of globalisation and its prospects. Additionally, the report measures trade flows, capital, population, and communication.

The report states that the normalisation of relations between Israel, the UAE, Bahrain, Sudan, and Morocco, as well as the UAE-Israel 2022 free trade agreement, signals greater diplomatic integration and cooperation among some countries within the region.

East Asia and the Pacific and the Middle East and North

49	Romania	57	+8	+3
50	Brunei Darussalam	57	-3	-1
51	Mauritius	56	-1	0
52	Serbia	56	+4	+2
53	Bahrain	56	-5	-1
54	South Africa	55	+1	0
55	Turkey	55	-4	-1
56	Philippines	54	-3	-1
57	Kuwait	54	+7	+3
58	Macau SAR, China	54	+18	+5

Africa ranks fourth on overall connectedness, behind Europe and North America; however, all regions listed above, lie above the world average in average overall global connectedness, depth, and breadth by region, according to the index.

The index says that the region has its strongest ties on the trade and people pillars, ranking second on both. However on average, countries in the Mid-

dle East and North Africa offer lower levels of global connectedness based on their structural factors. The index states this is due to one pillar, information. Despite the pillar of information, the region outperforms in the remaining three pillars.

Qatar ranked 10th and the UAE fourth for countries with the largest connectedness increase since 2001-2021, and the UAE ranked sixth in terms of

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overall global connectedness. The index highlighted that the UAE (the most globally connected country in the Middle East), significantly increased its connectedness through a multi-faceted economic development strategy regarding international shipping, air connections, tourism, and finance.

## Three-month prison term for issuing bounced cheque

● **Defendant account has no BD50,000**

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The Lower Criminal Court has referred the case of a who issued a BD50,000 cheque in bad faith to a fellow Bahraini to the Civil Court and sentenced the defendant to three months in prison.

According to court files, the defendant befriended the plaintiff, and he offered him to join a business deal to buy metal. The plaintiff agreed to pay BD50,000, and the defendant handed him a cheque against the paid amount.

"I went to the bank to cash the cheque, and it bounced back. I was told that the account belonged to him, but had no money," the victim told prosecutors. The defendant was referred to the High Crim-



inal Court over accusations of issuing a cheque in bad faith.

"To issue a cheque in bad faith is a crime, and the defendant has to be punished for doing that," the plaintiff's lawyer told the court in his closing argument.

The Lower Criminal Court sentenced the defendant to three months behind bars and set his bail at BD100, pending the outcome of the Appeals Court.

Meanwhile, it also referred the case to the Civil Court to compensate the plaintiff.