

Pakistan Embassy celebrates International Women's Day

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On the occasion of International Women's Day, the Pakistan Embassy in Bahrain, in collaboration with Middle East Hospital and Pakistan Women Association, organised a remarkable event to celebrate the contributions and achievements of women.

The event was held on March 18, 2023, and was attended by a diverse group of women from all walks of life.

The event was opened with a welcome speech by Mr. Muhammad Ayub, the Pakistan Ambassador to the Kingdom of Bahrain, who highlighted the importance of women's empowerment and their role in society.

He praised the efforts of Pakistani women living in Bahrain and their contribution towards the development of the country.



Pakistan Ambassador Muhammad Ayub with women from all walks of life at the event

The next speaker was the Chief Operations Officer of Middle East Hospital, Dr. Paridhi Rawat, who emphasised the importance of gender equality as a basic human right.

She also stressed the impor-

ance of women empowerment as vital to the health and social development of families, communities, and countries on the broader spectrum.

Dr. Shaista Sariwal, a specialist obstetrics & Gynaecologist and

cosmetic Gynaecologist, led a discussion on women's wellness.

She talked about the importance of regular check-ups and screenings and also addressed common health concerns faced by women.

Dr. Sariwal emphasised that

taking care of one's physical and mental health should be a top priority.

Ms. Fatima AlMansoori, a yoga therapist at Middle East Medical Centre, Hidd, conducted an interactive workshop on the ben-

efits of Yoga for mental health. She demonstrated some simple yoga techniques that can be easily done at home or in the office to relieve stress and improve mental health.

The final speaker of the event was Ms. Raheela Nadeem, CEO of Desi Dastarkhwan and a certified life coach who talked about the importance of mental health.

She discussed the common mental health issues faced by women and the need to address them. She also shared some tips and techniques to improve mental health and well-being.

The event ended with a health check-up conducted by the medical team of Middle East Hospital, where participants could get a basic medical check-up done. Refreshments were also served, and participants enjoyed the opportunity to network and connect with other women.

Philippine Embassy inaugurates Sentro Rizal as 'symbol of nationalism'

● Centre aims to promote nationalism, arts and culture

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The Philippine Embassy in Bahrain led the inauguration of Sentro Rizal, a centre named after the Philippine's national hero, Dr Jose P. Rizal, on 19 March 2023 at its grounds.

Her Excellency, Ambassador Anne Jalando-on Louis together with Hon. Antonio A. Morales, Department of Foreign Affairs Undersecretary for Administration with the Knights of Rizal Bahrain, graced the event.

In her speech, Ambassador Jalando-on Louis underscored the relevance of establishing the Sentro Rizal as a symbol of



Ambassador Anne Jalando-on Louis presides over the ribbon-cutting ceremony

nationalism that will nurture culturally literate and participative communities of overseas workers.

She extended her sincere gratitude for the continuous support rendered by the Knights of Rizal Bahrain as well as the Filipino Creatives and Filipino Writers' Circle for their art

works, paintings, sculptures and literary writings.

Meanwhile, the event's guest of honour, Undersecretary Morales, spoke during the ceremony emphasising that "Overseas Filipino Workers (OFWs) are ambassadors of our country, whatever is done will be reflected in the entire Filipinos".



Members of the Filipino community at the event

He added: "The Department of Foreign Affairs thanks and values all your contributions to strengthen the services of the embassy."

According to Mr. Ahbet Quinto, the Events Program Director of the Knights of Rizal Bahrain: "The mission of Sentro Rizal is to promote the Philippines in

the fields of cultural awareness, economic diplomacy, patriotism, education and training, that will include educational awareness on the studies, life and works of the national hero, Dr Jose P. Rizal, to the young generation of Filipinos who are residing and studying in the Kingdom of Bahrain."

Attendees and guests were given a tour of the facility on a stand-alone villa, which was adorned with enormous paintings in watercolours, oils and charcoals exhibited by Filipino Creatives Bahrain and historical photographs of Jose Rizal depicting his life and works to include his ancestral family.

Labour Attaché, Atty. Vic Cabe, Consul Bryan Jess Baguio, Vice Consul Blitz B. Sumagaysay and Welfare Officer Redina Manlapaz attended the ceremony with other embassy staff.

The Knights of Rizal Bahrain Chapter, led by Noel Morales, the Chapter Commander, was also present during the ribbon-cutting ceremony with Ed Hernandez, Deputy Chapter Commander. Other members who participated were Rene Casada, Paul Barrios, Lito Doblado, Elpie Quitevis, Adon Gabunan and Quinto.



Bahrain Aluminum Extrusion Company (BALEXCO)

BALEXCO invites applications for the following positions: -

SALES MANAGER

- Professional qualification in Sales, Business Admin or equivalent.
- Seven (7) plus year's managerial experience in the Sales and Marketing within an industrial organization preferably.
- Candidate is expected to assume overall responsibility for sales, foresee the markets and lead the sale activity and team.

SALES EXECUTIVE

- Bachelor degree in either Sales & Marketing, Mechanical Engineering, or any related major.
- Five (5) Plus year's hands-on experience in Sales, within an industrial organization preferably
- Candidate expected have good communication, negotiation skills and Develop customer relationships.
- Candidates should be willing to travel visiting customers.
- Age not more than 50 years
- Applicants to submit CV along with a covering letter with photo stating the current and expected salary package, notice period for joining and relevant certificates within 7 days to **email: career@balexco.com.bh**

BCICAI hosts 3rd Women CA Conference successfully



Bahrain Chapter of ICAI members and other event participants

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The Bahrain Chapter of ICAI (BCICAI) successfully hosted its 3rd Women CA Conference on March 17, 2023 at the Gulf Hotel Bahrain.

The conference was graced by the presence of eminent personalities and amazing speakers.

Inaugural session was graced by H. E. Piyush Srivastava, Ambassador of India to Bahrain, Ms. Nuha Sulaiman, Director

of Project Assessment, Labour Fund (Tamkeen), Mrs. Monika Srivastava, Wife of Ambassador, virtual message by ICAI President CA Aniket Talati and Chairperson, Women & Young Members Empowerment Committee of ICAI CA Priti Savla.

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Speakers from India includ-

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ed Smriti Nagpal (Founder at Atulyakala, Forbes 30 under 30), Abha Maryada Banerjee (Leadership Author, Speaker and Thought Innovator) and Amruta Fadnavis (Banker, Singer and Social Activist).

Speakers from Bahrain encompassed Dalal Al Qais (Group CEO, Bahrain Development Bank & Forbes' List of ME's 100 Most Powerful Women), Shaikha Al Shaiba (Renowned Para-Athlete and Motivational Speaker).