

**CAPTAINS CORNER**

# Titans who lead the way



**CAPTAIN MAHMOOD AL MAHMOOD**

The world stands aghast at the terrible accident of the adventure submersible, Titan, which is said to have imploded and taken the lives of the five people on board. As a former seaman myself and coming from a long line of people with close ties to the sea, this is a tragedy that strikes close to my heart. It replicates the horrific lessons of the original sinking of the Titanic – that no amount of boastful technology stands a chance against the inscrutable willfulness of the ocean and every encounter with Nature – whether by sea or climbing the high mountains on land or zipping through air to set a new airplane record – every adventure is fraught with the unknown which we cannot prepare for.

Extreme sports are all the rage these days. People sign up to trek through desert wastes, to explore icy plains, sail across uncharted seas and climb sheer rockfaces as part of their vacation. The wise ones prepare for it with discipline and gruelling schedules, save up for the best equipment and seek the help of guides who have walked the path before. The unfortunate unwise ones approach the whole thing as a fun vacay project and try to do it on the basis of a neighbourhood practice run. This is disastrous if undertaken in a group because it endangers everybody involved.

The first rule of any extreme sport is that every rule has to be respected. You are not on the trip to prove that you are bigger than Nature. You are there to pay homage to Nature and find within yourself the strength, mental, emotional and physical, to fulfill your goal. But if you find yourself overwhelmed midway, the most courageous and clever thing to do is bow out.

Disasters are no respecters of wealth or status, as the original Titanic sinking and the recent Titan tragedy shows us. Every extreme sportsman or woman is to be admired for pushing the envelope of human endurance and physical and mental grit, regardless of whether they succeed, turn back halfway to fight another day or sadly, lose their lives.

We salute the victims of the Titan. May their spirit of adventure be a beacon for us all..

(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)

Minister of Works, Ibrahim bin Hassan Al-Hawaj, yesterday held discussions with Reethisri Wijeratne Mendis, the Ambassador of Sri Lanka to Bahrain. During the meeting, the Minister expressed admiration for the strong bilateral relations between Bahrain and Sri Lanka, specifically highlighting the impressive skills of Sri Lankan professionals in the works and construction sector. The Ambassador reciprocated the sentiment, emphasising the significance of further strengthening the ties between the two nations in order to fulfil the aspirations of their respective countries and people. She commended the Works Ministry for its endeavours in enhancing Bahrain's infrastructure and acknowledged the remarkable development and progress witnessed by the Kingdom across various domains.



Dignitaries at the event

## The interest of practising Yoga rose in Bahrain



Shivanand Patil with another organiser of the event

**Ashen Tharaka**  
TDT | Manama

Many people are spending more than a thousand Bahraini Dinars for minor medical treatment including headache and mental stress in the Kingdom.

Yoga practitioners believe that this spending could be reduced by practising Yoga regularly.

International Yoga Day celebration across the Kingdom paved the way to promote Yoga despite the fact of cultural and religious barriers during the last week.

Because of the interest towards Yoga around a thousand five hundred people flocked to the Al Najma Club sports ground last Friday evening to participate in another International Yoga session.

The event was organised by Bah-



Yoga session



Bahrainis performed at the event

rain India Cultural and Arts Services (BICAS) in Association with 30 Indian Associations to inculcate the importance of practising Yoga for physical and mental well-being at Al Nazma club sports ground with over 1500 people.

“Prevention is better than cure.

Let's spend good time on the prevention of diseases.” Shivanand Patil, convener of the programme told the Daily Tribune. He added that “More than fif-

ty people participated in this programme. We appreciate the Bahrainis who joined us day by day to promote Yoga”

Dignitaries President of BICAS Bhagwan Asarpota, Ihjas Aslam, a representative from the Indian embassy, Mohammed Al Koheji, Yusuf Lori director of information and follow-up, Capital Governorate, and Yoga practitioner Dr Komal were present in the programme.

## AmCham Bahrain is ready to bring more US franchises

**Ashen Tharaka**  
TDT | Manama

The American Chamber of Commerce (AmCham) is ready to bolster ties between Bahrain and the US in economic aspects. This was revealed in an interview with Qays H. Zu'bi, President of AmCham Bahrain during the AGM held at Wyndham Grand.

“Bahrain is a part of the international arena in commerce and it's a hub for the region,” Qays told the Daily Tribune.

He added: “We are trying to attract more franchises to the Kingdom.”

New US franchises are ready to be set up businesses in their capacity or as joint ventures in the Kingdom of Bahrain.



Officials at the event

The AGM of AmCham was held under the patronage of the US Ambassador to Bahrain Steve C. Bondy along with officials of AmCham at the Wyndham Grand Hotel in Manama.

Appointing a new Board of Directors, achievement of the new administration, and financial capabilities were discussed at the AGM. Members

elect the next Board of Directors, who will lead AmCham through the term 2023-2025.

The Chamber's new Board of Directors includes: Qais Al-Zoubi - Al-Zoubi & Partners Law Firm and Legal Consultants, Zahraa Taher - Fin Mark Communications Company, Michael Sawaya - Citibank Bahrain,

Mark Thomas - Bapco Energy Group, Daniel Taylor - Bahrain Company Al Oula Real Estate Development, Ali Mousa - GPIC Company, Firas Fakhro - KPMG Fakhro Company, Hisham Alabbar - Mueller Middle East Company, Bradley Cook - American University of Bahrain, and Faisal Juma - Unico.