



KIMS Seminar on Yoga and Holistic Healthcare



Fatima Abdulwahid Al Ahmed

Ahmed Jawahery

Indian Ambassador Alok K Sinha

Fatima Al Mansoori

Manama
KIMS Bahrain Medical Centre (KBMC) in association with the Embassy of India hosted a Seminar on Yoga and Holistic Healthcare at the Diplomat Radisson Hotel yesterday.

The Seminar, held Under the patronage of Health Minister Faeqa Al Saleh, was attended by Fatima Abdulwahid Al Ahmed, Asst. Undersecretary for Human Resources & Services, Ministry of Health, Alok Kumar Sinha, Indian Ambassador and Samir Aldarabi, Director of UNIC Manama.

Al Ahmed told *DT News*, "This great initiative now has become an annual event celebrated globally with a mission to promote a healthy lifestyle. We are pleased to be a part of this worldwide initiative through various activities. The

seminar organised by KIMS Bahrain Medical Centre in association with the Embassy of India is a great way to make people in the Kingdom aware of the importance of yoga."

"It is an honour to be a part of this seminar and spread the message of a healthy lifestyle in the Kingdom and I would like to thank each and every individual for their continuous efforts to support and promote yoga in the county," she added.

Ahmed Jawahery, Chairman of KIMS Bahrain Medical Centre and President of Royal Bahrain Hospital, said, "By embracing yoga in our lives we achieve self-discipline and good mental and physical health. It is a way of life and I am glad to see yoga emerging as a platform for unity between India and Bahrain."

Prof Fatima Al Mansoori, an expert from Bahrain

Defence Force Royal Medical Services, spoke on how yoga is beneficial to overcome chronic conditions. Dr Sunil Kumar, Yoga expert and official exponent for Yoga on behalf of Government of India said yoga is a necessity for positive health. Dr Awatif Sharaf, Vice President, Bahrain Meditation Center spoke on the importance of meditation and holistic health and Dr Bhamara Madduri, Faculty, Art of Living, demonstrated basic yoga steps that would be beneficial for day to day activity for any individual.

The Seminar deliberated on various aspects of Yoga including Yoga for Holistic Health, Yoga and Lifestyle in addition to Meditation and Health. A separate session on practical yoga asana and meditation was also held.



Audience during the event



**HAPPY INTERNATIONAL
 YOGA DAY**

"YOU CANNOT ALWAYS CONTROL
 WHAT GOES ON OUTSIDE,
 BUT YOU CAN ALWAYS CONTROL
 WHAT GOES ON INSIDE.."



شركة سن ميدل ايست للمقاولات (س.م.ع.و.)
SUN MIDDLE EAST CONTRACTING Co. (S.P.C.)

FIRST GRADE BUILDING CONTRACTORS

Specialized in Construction of Commercial & Residential Buildings, Ware Houses etc.