

"You've gotta dance like there's nobody watching,  
Love like you'll never be hurt,  
Sing like there's nobody listening,  
And live like it's heaven on earth."  
— William W. Purkey



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## Yoga makes you a better student



### Manama

The ancient practice of yoga offers a multitude of benefits to modern-day students at almost every grade level. Yoga's combination of breath and movement can help alleviate social and academic stress, clear the mind and soothe cramped bodies jammed into desks and hunched over computers. This was the message given by Iyengar Yoga instructor Ehsan Ashgar to the students of the Asian School. He was highlighting the need of Yoga and Meditation to keep the body and mind healthy on the occasion of the second International Yoga Day celebrated in the school's APJ Abdul Kalam Memorial Auditorium. The theme for Ehsan's programme was 'Yoga for Good Health.' The two days sessions focused on *asana* and *pranayama* techniques. Students of std. IX E performed different *asanas* and advanced Yoga postures under the guidance of School Yoga instructor Simi Jacob. It was a beautiful show displayed to the rhythms of light and pleasant music. Mr. Ehsan also enlightened the school assembly with his demonstration and explanation. Sandhya, Class Teacher of IX E, gave a short speech on Yoga. The slideshows and other presentations of the day were effective enough to throw light on the importance of Yoga.



## BPSC Organizes Ghabga Night

Under the slogan "Jemaa el-Fnaa", the Bahrain Polytechnic Student Council (BPSC) organized its annual Ghabga night on Thursday at the campus, held under the patronage of the Acting CEO of the Polytechnic, Dr. Mohamed Al Aseeri.

The occasion saw the presence of Deputy CEO's Dr. Hasan Almulla and Shaikh Ali bin Abdulrahman Al Khalifa, heads of departments, deans, and a number of employees. Students and graduates were among the crowd, which totaled to 640 people.

The Ghabga night saw many recreational activities and competitions with a vast amount of awards presented by Adel Aljawhar and Bassam Ali. The presenters also awarded the sponsors, patron, and the previous student council.

Dr. Al Aseeri said: "The student council organizes this annual Ghabga to strengthen ties and social values among the students, staff and alumni. Of course, this is also an opportunity for students and staff to change their daily work routine and gather under one roof to attend this joyful event which consisted of various nationalities."

Mr. Hasan Al Tooq, president of BPSC, stated: "Organizing a Ghabga night was one of our first initiatives as



the new student council, and so we've organized the "Jemaa el-Fnaa" at the campus."

Mr. Al Tooq thanked the sponsors, guests, executive management, students, staff and alumni for

attending the event, and he expressed his appreciation to all student council members, including the volunteer team, for organizing the event from scratch in an effective manner despite the difficult challenge.

Dr. Al Aseeri and Mr. Al Tooq have thanked the sponsors who have contributed to provide various kinds of support, such as food, photography and decorations. The gold sponsors were FIT Gym and Spa, Flash Studio,

Foods Limited. The silver sponsors were Caza Souq and Batelco. The bronze sponsors were Cake Boutique, Tato Dondumra, Fresco, Design Skills, OveRDose.

The supporters were Tins Plus Jars, Trend In, NU Asia, L Delight, A2 Belladonna, Lost Paradise, Bahraini Deal, Challenge Chambers, Escape, Mashmoom Beauty Products, Paradise Gym, Jewels, Nails Village, The Pic Factory, Olympic Gym, Be Fit Gym, Al Sari Workshop, Energy Zone Gym, Sharbat, Dar Alwazzan, Chic Party and 4 Angles.

Dr. Al Aseeri and Mr. Al Tooq went on to thank everyone who contributed to the event, and wished them a blessed Holy Month of Ramadan.