



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

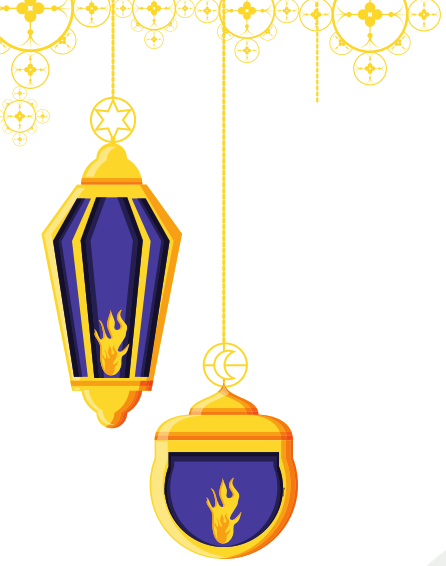
BAHRAIN BAYAN
SCHOOL'S WEEKLY

FACULTY AND STAFF

INFO BOX

APRIL.24.20





Diverse Community,
One Vision:
Quality education,
sustainability and equality for all

Bahrain #1

His Royal Highness, Prince Salman bin Hamad Al Khalifa, Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister, affirmed that Bahrain is proud of the continuous efforts made by the Bahraini team



**Efforts of Bahrain health workers to combat Covid-19 praised ..
His Royal Highness, Prince Salman bin Hamad Al Khalifa, Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister, affirmed that Bahrain is proud of the continuous efforts made by the Bahraini team, always aiming for the interest of the nation at all levels.**

Bahrain #1



The meanings of human values while tackling the coronavirus disease (Covid-19) through their solidarity and co-operation, and what they have drawn by giving them images of social cohesion to overcome challenges in order to preserve the safety of the country and its citizens and residents, noting that the successes are based on royal visions and aspirations of His Majesty King Hamad.

HRH the Crown Prince said that today Bahrain witnesses noble images of patriotism through the great efforts made by its people working in the health sector, around the clock, which are efforts appreciated by all, with the determination of the Bahraini people from various sectors and fields supporting them.



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Ramadan in Bahrain

Here is information about Ramadan , including dates, the history of the holiday, the practice of fasting, and more.

Ramadan..

is a time to practice self-restraint; a time to cleanse the body and soul from impurities and re-focus one's self on the worship of God. The Holy Month is a great time to get involved with local Bahraini traditions and broaden your understanding of Islamic culture. Many hotels host nightly Iftar and Suhour banquets – attend at least one during this Islamic festival. Try the local dishes such as Harees, stuffed dates and laban.

Iftar..

Iftar, refers to the evening meal when Muslims break their fast during the Islamic month of Ramadan. Iftar is one of the religious observances of Ramadan and is often done as a community, with people gathering to break their fast together. Iftar is done right after Maghrib (sunset 6.35pm) time. Traditionally, a date is the first thing to be consumed when the fast is broken.

Suhour..

Suhour also called Sehur, Sehri, Sahari and Sahur in other languages, is an Islamic term referring to the meal consumed early in the morning by Muslims before fasting. During Ramadan, every Iftar symbolises the benevolence of God. After each day of fasting, people gather and share their food with the heightened feelings of compassion, thankfulness to God's blessings and strong sense of oneness. Worshippers throng into mosques to perform additional prayers called taraweeh, read the Holy Qur'an and attend Ramadan lectures and sermons. At the end of Ramadan, before Eid Al-Fitr, Muslims pay Zakat Al Fitr, a pious charity, to the needy so they can receive Eid Al Fitr with joy & happiness

Ghabga ..

there is another meal in Ramadan called Ghabga, the word itself means gatherings. This is a special meal that is only eaten when people have a special event. In this case, they only break their fast by drinking and eating a very light snack, perform their evening prayers, and then either head out for Ghabga or have people over. A Ghabga is more of a social event, but one that includes very generous amounts of food.

Food preparation starts more than a week before the holy month, that is when people start crowding the markets to buy ingredients, and also when they start rolling Samosa and freezing it for daily use.

Tips for the Expat Community during Ramadan:

1. Do exchange Ramadan greetings "Ramadan Kareem" to your Muslim friends and colleagues.

2. Do drink, eat and smoke in the privacy of your home, hotel room or office. If you work in a shared or open plan office simply designate a room where the door can be closed.

The point here is to be respectful to those colleagues that are fasting.

3. Do be aware that office hours will change which will in turn affect traffic patterns. Peak traffic will occur earlier than normal, 7am - 9am and 1pm - 3pm. An additional rush hour occurs at 8pm - midnight.

4. Do avoid driving close to sunset. It can be hazardous during this time as the roads fill with people rushing to break the fast at Iftar celebrations.

5. Do dress appropriately. Men and women are expected to dress in an appropriate manner, not showing too much skin and making sure hemlines and necklines are modest. So watch before you step out.



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6.Do check timings. Many businesses, restaurants and recreational facilities will change their timings during Ramadan, so to avoid disappointment do check before you head-off. Ministries & governmental entities open from 8am to 2pm, Offices and companies are usually opened from 9 am to 3pm, Supermarkets remain open as usually from 8/9am to 12am, Parks, cinemas and other public places open after dusk and remain open until late at night. Many restaurants within international hotel are open during the day for dinning in.

THE BAHRAIN BAYAN SCHOOL

Traditional Food of Ramadan



A Traditional sweet dumplings, known as "Igaimat".



Harees

is a dish of boiled, cracked, or coarsely-ground wheat, mixed with meat and seasoned.[Its consistency varies between a porridge and a dumpling. Harees is a popular dish known in Arab states of the Gulf, especially in the month of Ramadan

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Tv Shows

Bahrain TV

Two programmes 'Ramadan Insights' and 'Becoming Muslim' will be aired on Bahrain TV's Channel 55 during Ramadan. The Justice, Islamic Affairs and Endowments Ministry is co-ordinating the programmes with the Information Affairs Ministry.

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