



THATTAI
HINDU
MERCHANTS
COMMUNITY

THMC

جمعية
تجاري
هندو

Driving Your Entrepreneurial Legacy

THMC Board members
wish the Bhatia
community
a Happy and
Prosperous

Diwali



happy
Diwali



Message From H.E. Mr. Piyush Srivastava,

Indian Ambassador to the Kingdom of Bahrain,

November 2021

I am delighted to be addressing the Thattai community through this newsletter, which is coming out at this most opportune time when we are celebrating the Golden Jubilee of India-Bahrain diplomatic ties.

The year 2021 is a significant year, as we celebrate 75 years of India's Independence as well as 50 years of establishment of diplomatic relations between India and the Kingdom of Bahrain. It is a milestone in the journey of our diplomatic and people-to-people relations.



H.E. Mr. Piyush Srivastava

The week-long Golden Jubilee celebrations from 12 - 19 October, 2021, showcasing our rich shared cultural heritage, handicrafts, cuisine, and historical connect which was inaugurated by Her Excellency Shaikha Mai, President, Bahrain Authority for Culture & Antiquities (BACA) at Little India in Bab Al Bahrain area witnessed huge participation from Bahraini as well as Indian community. The majestic visuals on 12 October 2021 of our historic monuments - Bab Al Bahrain and Qutub Minar - glittering in each other's national colors will remain etched in our memory forever. The support and overwhelming participation of Thattai Hindu Mercantile Community played an important part in the success of these celebrations.

The Thattai Community is one of the oldest mercantile communities in Bahrain and their history with this region goes back to more than 200 years. The 200 year old Shreenathji temple stands as a testimony to this fact. While business at that time was related mostly to fishing and pearl farming and trading in spices, I am glad to acknowledge that today the community is weaved into various sectors of the Bahraini society.

The Community has been actively involved in strengthening the synergies between two friendly countries. I am happy to acknowledge that the recent signing of MoU between Bahrain Entrepreneurship Organisation and THMC, will open up further opportunities in our economic cooperation.

The Kingdom's visionary, liberal and tolerant policies are key to the success of the Indian community in Bahrain. I take this opportunity to express appreciation and thanks to the Leadership and the Government of Bahrain for ensuring the welfare of the Indian community and providing such an environment

I look forward to continuing our active collaboration and cooperation with the Thattai community in further strengthening trade, economic and cultural cooperation between our two friendly countries, as well as in welfare activities for the large Indian diaspora in the Kingdom.

I wish the office bearers of the Thattai Hindu Mercantile Community and the Shreenathji temple redevelopment project, every success in their endeavours.



Dear THMC Members,

On behalf of the Board let me wish you a Happy Diwali & a prosperous new year.

As we enter the post covid era there is a lot to look forward for the next year. The Covid numbers are declining sharply, the vaccination rates including the booster doses are climbing steadily & the economy is rapidly reaching pre-covid levels. We are grateful to His Majesty King Hamad Bin Isa Al Khalifa , His Royal Highness Prince Salman bin Hamad Al Khalifa, The Crown Prince and Prime Minister, for the wise leadership & for steering the country through these challenging times.

The forecasted economic numbers convey a sense of optimism & we believe with the new economic initiatives businesses can expect 2022 to be a successful year. Needless to say, we stand with the Government & as responsible citizens, long-time entrepreneurs will ensure we continue to invest and support the Government.

Our Annual General Body meeting was held last month & the new Board was unanimously elected. We have major tasks to complete which will benefit the Bhatia community & the Kingdom of Bahrain. The Board would like to thank you all for your support & going forward we will continue to see your cooperation.

The completion of the "Little India" project was a resounding success & as co-sponsors, THMC is proud to be associated with this initiative. We are also grateful to H.E Piyush Srivastava for agreeing to write a message for this edition of the Newsletter.

Thank You once again & have a successful, safe & prosperous year ahead.

Mukesh Kavalani
Vice-President

ABOUT THMC

MISSION

THMC aspires to build on the strong legacy of the Bhatia business community, and to become Bahrain's leading entrepreneurial organisation

VISION

To strength the Bhatia entrepreneurs in Bahrain by always learning & evolving to make a positive impact on the society whilst continuing to retain our traditional values.

HISTORY

THMC was created in the early 1940s to strengthen the community and provide a platform for businessmen to address the various challenges facing them.





Little India Event 2021



H.E. Sh Mai Bint Mohammed Al Khalifa at the THMC complex - Manama

October 2021

THMC President and the Board members welcomed H.E. Shaikha Mai Bint Mohammed Al Khalifa at the THMC complex on the occasion of the Little India Event, celebrating the 50 years of friendship between India and The Kingdom of Bahrain. The event was co-sponsored by THMC.

This event was graced by H.E. Mr. Piyush Srivastava, Indian Ambassador to the Kingdom of Bahrain, H.E. Shaikah Hala Bint Mohammed Al Khalifa and Dr, Mazen Al Omran, and other dignitaries. During her visit to THMC complex and at the request of THMC Board member, H.E. Shaikha Mai Bint Mohammed Al Khalifa was gracious to visit the Shri Krishna Temple in the THMC complex.

Vice President of THMC, Mr. Mukesh T. Kavalani briefed the visiting dignitaries on the USD 4 million THMC redevelopment project and a photo gallery exhibits were show highlighting the various projects undertaken.



EVENTS

Events

October 2021

Vice President Mr. Mukesh Kavalani briefed H.E. Sh. Mai and other dignitaries on the various redevelopment projects.



EVENTS



The following Bhatia companies and individuals contributed BD 5,000/-towards the event and THMC was an important co-sponsor & played a big role in its success.

The Board would like to thank the following donors for their generous contribution towards the Little India Event.



Donors List and Names

- Mr. Anoop Javeri
- Megchiani International W.L.L.
- Bahrain Rustproofing Company W.L.L.
- Mrs.Bharti Bolor
- C.Mulchand & Sons Co.
- Falcon Trading Co. W.L.L.
- Globe traders W.L.L.
- J Bhatia Enterprises
- Kavalani & Sons W.L.L.
- Zenith Worldwide Property Development Co W.L.L.
- Madvadas Gopaldas & Sons W.L.L.
- The National Trading House W.L.L
- Oilfield & Technical Supplies W.L.L.



EVENTS

October 13

THMC President, Mr. Bob Thaker was invited to speak at the Little India Event organised by the Indian Embassy and BACA held on Wednesday, the 13th of October 2021, at Bahrain National Museum.

The talk was titled “Honouring the Past, Inspiring the Future”.

The event was attended by H.E. Mr. Piyush Srivastava, Indian Ambassador to the Kingdom of Bahrain, H.E. Shaikha Hala Bint Mohammed Al Khalifa, and Dr. Mazen Al Omran in addition to the presence of diplomatic figures, and a number of active Bahraini and Indian figures in Bahrain .



LITTLE
الهند الصغيرة
लघु भारत बहरीन में
في البحرين
INDIA
BAHRAIN





EVENTS

Bahrain Businesswomen's society

September 2021



Ms. Ahlam Janahi presenting a copy of the book on Bahrain Businesswomen's Society 20th anniversary to THMC President Mr. Bob Thaker.

The Chairperson of Bahrain Businesswoman's Society Ahlam Janahi & a few Board members received Mr. President Bob Thaker & Vice President Mukesh Kavalani of the Thattai Hindu Merchants Community at the BBS headquarters. They discussed various areas of cooperation & holding joint workshops & seminars. Ms. Janahi presented the 20 year anniversary book to President Thaker. She praised the the THMC members for their years of contribution to the Bahraini economy & the strong relations they enjoy with the Bahraini business members for over 200 years.

President Thaker congratulated President Janahi & the Board for leading the society to success and its efforts to encourage and support the women entrepreneurs in Bahrain. Vice President Kavalani briefed the BBS board on the USD 4 million THMC redevelopment project.



EVENTS

Meeting with Minister of State Mr.V Muraleedharan

August 2021



THMC President Mr Bob Thaker, & Vice President Mr. Mukesh T.Kavalani along with Board members briefed the visiting minister of state Mr. V. Muraleedharan on the various re-development projects undertaken.

EVENTS



In response to the appeal from the Indian embassy for oxygen cylinders & concentrators & our subsequent appeal to THMC members, I am delighted to inform you that THMC members and some Bhatias have donated ****BD 1,367/- ****to the embassy.

The list of donors is shown below.

1. Manish Bhatia
2. Ashok Thaker
3. Mukesh Megchiani
4. Mukesh T. Kavalani
5. Viren Bhatia
6. Bharti Baloor
7. Manoj M Bhatia
8. Deepali Kavalani
9. Jayant M Bhatia
10. Ramesh P Gandhi
11. Dilip Bhatia
12. Jayant Lalchand
13. Bob Thaker

Total BD 1,367.600



**Embassy of India
Bahrain**

Bah/lab415/923/2021

Letter of appreciation from Indian Embassy-

To,
Mr. Bob C. Thaker
President
Thattai Hindu Mercantile Community (THMC)
Kingdom of Bahrain

Dear Mr. Bob C. Thaker,

We would like to thank the Indian community and Associations as well as some of the Bahraini organisations who have come forward to support India's fight against the second severe wave of Covid-19 pandemic.

2. I am happy to inform that with the collective efforts of all the organisations (as per list enclosed), we have been able to send a total number of 760 oxygen cylinders and 35 oxygen concentrators to India. The details of the medical equipment shipped to India are also enclosed herewith.

3. We would like to place on record our appreciation to you and the members of your organisation for coming forward to join the collective fight against the pandemic and gifting the above medical supplies to India.

With warm regards,

(Norbu Negi)
First Secretary (PIC)

THMC
THATTAI HINDU MERCHANTS COMMUNITY

Driving Your Entrepreneurial Legacy

#TeamBahrain

Be Aware

#UnitedAgainstCovid19

EVENTS

NewsPrint



Temple to become major tourism hub

By Ali Al-Hamad

The 200-year-old Hindu temple in Manama will soon be turned into a tourist attraction, it has been revealed. The temple, estimated to cost around \$4 million, is set to be completed by the end of 2021. The project was highlighted by THMC president Subhan Al-Jabri and vice president Mukesh Kavalani during a meeting with the Bahrain Businesswomen's Society (BBS) president Ablaam Janahi.

Design

The BBS had previously reported that they were planning to reconstruct the Hindu temple in Manama. The temple is set to be completed by the end of 2021. The project was highlighted by THMC president Subhan Al-Jabri and vice president Mukesh Kavalani during a meeting with the Bahrain Businesswomen's Society (BBS) president Ablaam Janahi.

Historic US ties praised

1905 A.E. Canal Agreement... The US has been instrumental in the development of the temple...

Heritage in focus

The temple is set to be completed by the end of 2021. The project was highlighted by THMC president Subhan Al-Jabri and vice president Mukesh Kavalani during a meeting with the Bahrain Businesswomen's Society (BBS) president Ablaam Janahi.



https://www.zawya.com/mena/en/life/story/Hindu_temple_in_Bahrain_to_become_major_tourism_hub

Businesswomen's Society, Thattai Hindu Merchants hold talks

TDT | Manama

Boosting in various sectors and investment held the focus of a recent meeting between the Bahrain Businesswomen's Society and Thattai Hindu Merchants Community.

Ablaam Janahi, the President of the Businesswomen's Society, board members, Bob Thaker, President of Thattai Hindu Merchants Community, and Mukesh Kavalani, Vice-President, were present.

The meeting, held at the headquarters of the society,



Ablaam Janahi presenting a copy of the book on Bahrain Businesswomen's Society's 20th anniversary to Bob Thaker. Thaker and Mukesh Kavalani discussed the development of the Bahraini economy for more than 200 years.

Top five rated capital cities

- 1 Valletta (Malta)** Capital city score of **6.74** /10
- 2 Abu Dhabi (UAE)** Capital city score of **6.24** /10
- 3 New Delhi (India)** Capital city score of **6.06** /10
- 4 Manama (Bahrain)** Capital city score of **5.77** /10
- 5 Riyadh (Saudi Arabia)** Capital city score of **5.74** /10

Manama among best capital cities to visit

By Naman Arora - Tue, 26 Oct 2021

MANAMA has been named one of the best capital cities in the world to visit, according to a survey conducted by an International travel company. Primarily due to its low crime rating and rare occurrences of bitterly cold, wet and windy weather, Bahrain has been ranked the fourth best capital city to visit by San Francisco-based Bounce.

The Kingdom's capital comes close behind Valetta (Malta), Abu Dhabi (UAE) and New Delhi (India).

Manama has a very low crime rate score of just 17.28/100, on top of this, it scored well for average temperatures and annual rainfall due to its geographical location.



Bahrain ranks among best countries to live and work

By Avinash Saxena Sun, 24 Oct 2021

MANAMA: Bahrain is among the top 10 places to live and work globally, according to a new survey, with 87 per cent of expatriates saying their quality of life has improved since moving to the kingdom.

In the 14th annual Expat Explorer study by HSBC, Bahrain has jumped seven spots to rank eighth out of 48 markets globally with the overall quality of life being one of the key factors driving the country's rise in popularity.





THMC AGM & Elections2021

The THMC AGM was held on Oct 15, 2021 and was attended by 51 members.

Attached are the Board positions & details of THMC office bearers who were elected unopposed for the term 2021-2022.

The Board would like to thank our outgoing Board member Mr. Manoj M. Bhatia for his valuable contribution.

Sr. No	NAMES	PORTFOLIO	EMAIL ADDRESS	Mobile	Company
1	Mr. B. C. THAKER	Hon. President	president@thmcbahrain.org	39452129	The National Trading House W.L.L
2	Mr. MUKESH T. KAVALANI	Hon. Vice President	vicepresident@thmcbahrain.org	39450796	Kavalani & Sons W.L.L.
3	Mr. DILIP T. BHATIA	Hon. Secretary	secretary@thmcbahrain.org	39467846	Bahrain Rustproofing Co. W.L.L
4	Mr. MUKESH N. MEGCHIANI	Hon. Joint Secretary	jointsecretary@thmcbahrain.org	39644939	Megchiani Intrn. W.L.L.
5	Mr. VIREN V. BHATIA	Hon. Treasurer	treasurer@thmcbahrain.org	36329000	Oilfield & Technical Supply Co. W.L.L
6	MR. YOGESH BHATIA	Hon. Joint Treasurer	joint.treasurer@thmcbahrain.org	36592365	Falcon Trading Co. W.L.L
7	Mr. KUMAR L. GANDHI	Hon. Member	bm01@thmcbahrain.org	39872977	Zenith Worldwide Property Development Co W.L.L.
8	Mr. JAYANT M. BHATIA	Hon. Member	bm02@thmcbahrain.org	39604995	J Bhatia Enterprises
9	Mr. JAYANT LALCHAND	Hon. Member	bm03@thmcbahrain.org	39668365	C. Mulchand & Sons
10	Mrs. BHARTI L. GAJRIA	Hon. Member	bm04@thmcbahrain.org	39443055	Gajria Holdings W.L.L
11	Mr. AMIT V. KARANI	Hon. Member	bm05@thmcbahrain.org	39601789	D.K. Karani & Bros. W.L.L.



COVID 19 Updates

Vaccination Rates

Information had been sourced from the Ministry of Health websites

As of August 30th 2021, the Kingdom of Bahrain has administered 1,143,653 first doses, 1086651 second doses, and 251539 booster doses of the coronavirus vaccinations.

Current rules

As of August 30th 2021, the Kingdom of Bahrain's COVID-19 Alert Level is at yellow. The safety measurements undertaken are:

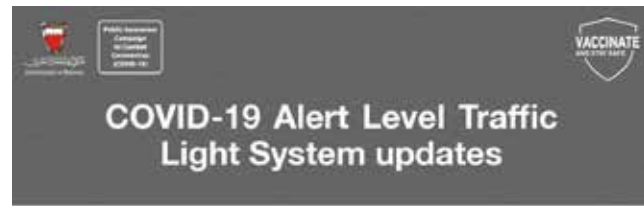
Work policy: 30% of government entity employees are currently working from home

Activities permitted for vaccinated and non-vaccinated individuals:

- ▶ Retail shops
- ▶ Entering standalone government centres
- ▶ Providing the option to attend education and training institutions
- ▶ Holding of private events at home, with no more than 30 attendees

Activities limited to vaccinated (green shield) holders:

- ▶ Shopping malls
- ▶ Cinemas - up to 30% of a facility's capacity
- ▶ Events and conferences
- ▶ Restaurants, cafés, and indoor services
- ▶ Barber shops, salons, spas
- ▶ Audience attending at sporting events
- ▶ Indoor gyms, sports halls, and swimming pools
- ▶ Playgrounds an entertainment centres
- ▶ Essential services remain open.



COVID-19 Alert Level Traffic Light System:

The alert level will change depending on the rolling average of positive cases in intensive care, as follows:

Alert levels	Average percentage of cases in ICU
Green	If the rolling average of positive cases in intensive care units is 50 or less for 14 days.
Yellow	If the rolling average of positive cases in intensive care units is 51 - 100 cases for 7 days.
Orange	If the rolling average of positive cases within intensive care units is 101- 200 for 4 days.
Red	If the rolling average for positive cases within intensive care units is 201 or more for 3 days.

- **Deescalating from one level to the level below** requires the same level to be maintained for a period of no less than a week.
- **Escalating from a lower alert level to a higher one** can take place with immediate effect. Moving directly from the Green Alert Level to the Red Alert Level is possible without going through the yellow and orange levels.
- **Moving to an alert level** can be recommended based on various emergency developments and that some dates may be designated a higher alert level in the interest of public health and safety.

The National Medical Taskforce announced formal authorisation of Sputnik V as a booster shot for those aged 18 years and over six months after receiving their second dose of the Sputnik V vaccine



Register for the **Booster Dose** via:

The BeAware application or By visiting healthalert.gov.bh

Bahrain travel advisory update

The Civil Aviation Affairs announced an update to the Kingdom of Bahrain's Red List countries by adding 5 countries, removing 4 countries and lifting the pre-arrival PCR tests for those entering the Kingdom of Bahrain from non-Red List countries whose vaccination certificates are recognised by the Kingdom.

Effective Friday, 3 September 2021

Countries added to the Red List

- Republic of Bosnia and Herzegovina
- Republic of Slovenia
- Federal Democratic Republic of Ethiopia
- Republic of Costa Rica
- Republic of Ecuador

Countries removed from the Red List

- Republic of Pakistan
- Republic of India
- Republic of Panama
- Dominican Republic

Non-Red List countries:

Recommended passengers:

Applicable to:

- PCR test on the fifth day after arrival.
- PCR test on the tenth day after arrival.

All vaccinated passengers aged 6 years and above who have an approved vaccination certificate from recognised host and whose last subject got non-arrival visa:

- No Test prior to flight.
- PCR test upon arrival.
- PCR test on the fifth day after arrival.
- PCR test on the tenth day after arrival.

Travelers are encouraged to review their eligibility for non-arrival visa by visiting the following link: www.esia.gov.bh

All other travel procedures for arrivals remain in place

COVID 19 Travel Updates



Red list countries:

Ukraine, People's Republic of Mongolia, Mexico, The Republic of Tunisia, Iran, Iraq, Philippines, Ethiopia, Malaysia, Costa Rica, Bosnia and Herzegovina, Slovenia, Sri Lanka, Nepal, Vietnam, Romania.

Non Red list countries

South Africa, Namibia, Uganda, Mozambique, Zimbabwe, Malawi, Bangladesh, Indonesia, Myanmar, Georgia, and Ecuador, Tunisia, Iran, Iraq, Mexico, Panama, Dominican Republic, Georgia, Ukraine & Malawi.

All passengers travelling to or transiting through the Kingdom of Bahrain from red list countries, regardless of vaccination status are required to provide a printed negative PCR certificate with a QR code taken no longer than 48 hours prior to departure.

Passengers with a valid vaccination/recovery certificate issued from Bahrain, Saudi Arabia, United Arab Emirates, Kuwait, Oman, Greece, Cyprus, Hungary, Israel or Seychelles are exempt from providing a PCR before boarding.

Vaccinated passengers aged 6 years and above with an approved vaccination certificate from countries that are eligible to obtain an on-arrival visa are required to present a printed negative PCR certificate taken no longer than 72 hours prior to departure. Passengers that are below 6 years are exempt from providing a pre-boarding PCR.

Non-vaccinated passengers and passengers without a vaccine certificate recognized by the Government of the Kingdom of Bahrain are required to present printed negative PCR certificate with a QR code taken no longer than 72 hours prior to departure.

Traffic light travel list: What colour are selected countries?

 Green List	 Amber List	 Red List
<ul style="list-style-type: none"> ● No quarantine ● Negative test before return ● PCR test two days after returning 	<ul style="list-style-type: none"> ● 10 days self-isolation at home on return ● Negative test before return ● TWO PCR tests after return on days 2 & 8 	<ul style="list-style-type: none"> ● 10 days hotel quarantine on return ● Cost of hotel quarantine is currently £1,750 ● Negative test before return ● TWO PCR tests after return on days 2 & 8
<ul style="list-style-type: none">  Australia  Brunei  Falkland Islands  Faroe Islands  Gibraltar  Iceland  Madeira  New Zealand  Singapore 	<ul style="list-style-type: none">  Canada  China  France  Germany  Greece  Italy  Japan  Portugal  Russia  Spain  United States 	<ul style="list-style-type: none">  Afghanistan  Argentina  Bangladesh  Brazil  Egypt  India  Kenya  Pakistan  Philippines  South Africa  Sri Lanka  Turkey  UAE



* The following information has been sourced from the Gulf Daily News, the BeAware App Bahrain, and the Gulf Air Website.



Bahrainomics

Regional Economic Summary

Internationally:

The International Monetary Fund projects a rebound with 6% global growth in 2021 followed by 4.9% in 2022.

Comparatively, the Arab economies are expected to grow by 2.8% in 2021, and 3.6% in 2022.

In Q1 2021, Bahrain's real GDP declined slightly by 0.1% while nominal GDP grew by 1.5%.

On a yearly basis, Bahrain's real GDP declined by 2.1% and increased by 0.3% in nominal terms.

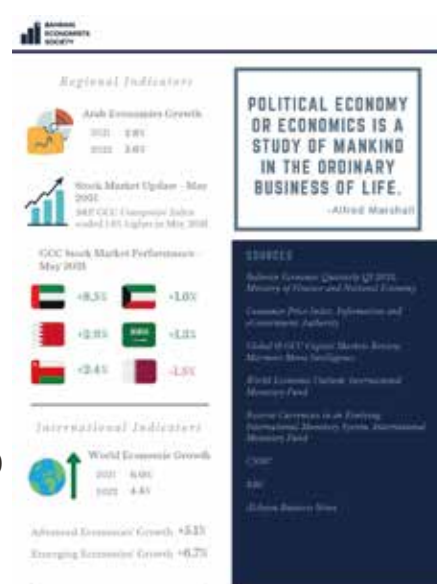
The Local Key Economic Indicators:

- ▶ Nominal GDP
- ▶ Oil Sector
- ▶ Non Oil Sector
- ▶ Inflation

Other Regional News:

The S&P expects the aggregate GCC central government deficit to fall sharply to about \$80 billion in 2021 (5% of GDP) from \$143 billion in 2020 (10% of GDP).

The S&P also estimates the GCC government deficits to reach about \$355 billion cumulatively between 2021 and 2022. About 60% of this relates to Saudi Arabia, the GCC's largest economy, followed by Kuwait with 25%, the UAE with 7%, and Oman with 4%.



Financial Market Summary

The Bahrain All Share Index closed at the end of the first quarter of 2021 at 1,458.03 points.

These gains were concentrated in the services sub sector, which represented 38.1% of the total value of shares traded and 25.0% of the total volume of shares traded in Q1.

Bahraini investors accounted for 77.7% of the total value of traded shares, while non-Bahraini investors accounted for 22.3%.



Revenue		Expenditure		Deficit	
mid-year 2020	mid-year 2021	mid-year 2020	mid-year 2021	mid-year 2020	mid-year 2021
910 million BHD	1,119 million BHD	1,708 million BHD	1,639 million BHD	798 million BHD	520 million BHD
	+23%		-4%		-35%
	▲		▼		▼
		1,210 million BHD	1,233 million BHD		
			-2%		
			▼		

* Sources: Summary Of Bahrain Economic Quarterly Report - Q1 2021. Issue 1, July 2021:





Indian Economic News

Economic Predictions:

The International Monetary Fund (IMF) has raised its projection for India's economic growth in the current financial year by one percentage point to 12.5%, allowing it to become the fastest growing largest economy globally.

However, there is some degree of scepticism due to the rise of a third wave, lack of vaccination access, and subsequent lockdowns.

Furthermore, some experts argue that this sharp growth is merely a low base effect, and a response to the large, sharp contraction that took place in the previous year. Thus, a strong growth could be due to a weak base effect and does not necessarily indicate a strong, real economic recovery.

Sources: *The Business Standard, India Today*

The Digital Rupee:

The Reserve Bank of India (RBI) is looking to launch its first digital currency trial program by December, according to Governor Shaktikanta Das.

The RBI is currently looking at the security, financial impacts, and monetary policy implications of launching a digital currency.



SOURCE: CNBC, *The Bahrain Economists*



Bahraini Athlete Wins Gold Medal

Congratulations to the Bahraini athlete, Kalkidan Gezahegne, that won the silver medal for the women's 10,000m race, during the Tokyo Olympics 2020's athletics competition.



20th anniversary of Bahrain's Supreme Council of Women (SCW)

The THMC Congratulates Her Royal Highness Princess Sabeeka bin Ibrahim Al Khalifa on the 20th anniversary of the The Supreme Council for Women. Her Royal Highness Princess Sabeeka bint Ibrahim Al Khalifa, has played a vital role in the achievements of SCW through the implementation of national strategies focused on women empowerment.



الهيئة العامة للمرأة
Supreme Council for Women

YOGA exercises to do at your desk

Many of us sit behind our desks and stare at computer screens for far too much of the day.

The following yoga exercises provide long-term benefits and will help you relieve any tension. The poses also provide long-term benefits with regular practice. Each pose takes fewer than two minutes to complete, and you can do the whole series in just 10 minutes.

1. Shoulder Rolls (2 minutes)
2. Open Chest Stretch (1 minute)
3. Neck Stretch (1 minute)
4. Chair Twist (2 minutes)
5. Reverse Prayer Pose (2 minutes)
6. Twisted Arms (2 minutes)



Source: <https://green.harvard.edu/tools-resources/how/6-yoga-exercises-do-your-desk>





Board Members



Mr. B. C. THAKER
Hon. President
The National Trading House W.L.L



MR. MUKESH T. KAVALANI
Hon. Vice President
Kavalani & Sons W.L.L.



Mr. DILIP T. BHATIA
Hon. Secretary
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Mr. MUKESH N. MEGCHIANI
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Gajria Holdings W.L.L.



Mr. AMIT V. KARANI
Hon. Board Member
D.K. Karani & Bros. W.L.L.





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