

Sleek & steely

DESIGN REPORT
By MAI AL KHATIB-CAMILLE
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THE Bahrain National Pavilion's sleek and steely chairs have caught the attention of renowned creatives and curators from around the world, resulting in the designers winning an international award for having the 'best metal structure'.

The 'Tila Chair' won the 'Metal Morphosis' category in the annual British magazine's Wallpaper* Design Award 2022 that celebrates the very best products, people and places over the past 12 months.

The chair design was commissioned by Bahrain Authority for Culture and Antiquities (Baca) to be used in its 'Density Weaves Opportunity' pavilion in Expo 2020 Dubai.

"It's an absolute honour to win such a prestigious award and to place Bahrain's ever-growing design scene on the global map," said Rashed AlAraifi, one of the three designers of the stylish seating and co-founders of Shepherd Studio, alongside Ahmed AlMannai and Abdulla Binhindi.



The best metal structure

The trans-disciplinary design practice has worked on a number of projects between Bahrain, Saudi Arabia, Dubai and the UK.

"Wallpaper* is considered by many in the profession to be the world's number one global design destination, championing the best in architecture, interiors, fashion, art and contemporary lifestyle," added Rashed.

"We aim to continue to make our nation proud by adding value to the social, cultural and environmental fabrics in which we live."

The hand-finished chair - composed of 210 stainless steel spheres to create the slick style - borrows its conceptual and aesthetic language from the traditional



From left, Ahmed, Rashed and Abdulla

folk game of 'tila', an Arabic version of marbles.

"The design combines the communal nature of the game and its components as a metaphor for density," added Rashed. "The array of entwined spheres shape the skin of the object, coupled by tubular profiles which creates its anatomy. Its chrome finish is intended to complement and reflect its context and surroundings."

"We are always aiming to provide creative schemes

that range from architectural, spatial, digital and product-based outcomes.

"We would like to thank Baca president Shaikha Mai bint Mohammed Al Khalifa for her continuous support and trusting in our design to be part of the national pavilion at Expo 2020 Dubai."

The Bahrain National Pavilion 'Density Weaves Opportunity' is open until March 2022, presenting periodic installation works

on show for two months, inspired by weaving crafts and highlighting the kingdom's heritage.

The pavilion's 'Narrative of History' exhibition, which started on Monday, will run until February 16 and the last themed exhibition, called 'Sustainable Cities', will run from February 17 to March 31.

For details, follow @culturebah, @bahpavilion and @shepherd.studio on Instagram



TRAVEL PHOTOGRAPHER
Spotlighting Saudi
SEE PAGE 2



EXPRESSIVE DANCE
Breaking norms
SEE PAGE 3



AIRPORT ART
Creative collective
SEE PAGES 4-5



RAID XTREME
Making moves
SEE PAGE 7



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Artisan Vegan Chocolate



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PICK-UP & DELIVERY



Heet Cave



Sara in Abha



Jabal Al Qarrah in Al Ahsa

PICTURE PERFECT!



Sand dunes on the outskirts of Riyadh



PHOTOGRAPHY REPORT
By MAI AL KHATIB-CAMILLE
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PHOTOGRAPHER Sara Sami has placed Saudi Arabia under the spotlight in her first solo exhibition in a bid to showcase her passion for travel and adventure, as well as to inspire other women to not let fear deter them from exploring the unknown.

Using a Sony A7iii camera, the 35-year-old is better known by her signature social media name 'agirlfrombahrain' on Instagram, featured 30 photographs documenting her road trips in the *Across the Causeway* exhibition at Al A'ali Shopping Complex's Last Oil Well Art Space.

"The theme is about my road trips to Saudi

Arabia and showcasing my love for discovering its beautiful nature through my photography," said the freelance graphic designer and photographer from Riffa. "My hope is to also help shed the stigma around women travellers in Saudi. If done right, then there is nothing to fear about travelling in this country."

"Do your research, take your precautions and don't forget your love of adventure. I want to show girls that road trips are not as scary as some people make them out to be."

"We have been given a beautiful planet to discover and preserve. Also, while driving through Saudi, some days in the middle of absolutely nowhere, I was able to meet some of the friendliest people."

Sara went on seven road

trips to the neighbouring country, of which three of them were to Jebel Fihrayn known as 'The Edge of the World'. It is one of Saudi's most popular tourist destinations and was given its nickname due to the uninterrupted view of the horizon that it offers atop its 300-metre-high cliffs, which overlooks the surrounding plain.

"Located 90km outside of Riyadh, the place is perfect for a camping trip and a quick escape from the bustling city life," said Sara who started focusing on travel photography during her university days and turned it into more than just a hobby.

She also travelled to Ein Heet Cave, which is a natural cave located 30km southeast of Riyadh city and she made trips to Abha and Al Ahsa among a few other destinations, capturing the natural wonders.

"Saudi's trips also helped me discover my love of the night and astrophotography

which is mostly what I focus on now," added the graphic design graduate from University College of Bahrain, who is also a former GDN reporter.

"What inspires me though is my hunger for adventure and living life to its fullest. I love being one with nature, learning about new cultures, exploring new cities and interacting with inspirational human beings."

Sara, who started a travel business before the pandemic hit and is now organising outdoor hiking events in Bahrain @crossbahrain, has set herself a new goal that will take her to even greater heights, pun intended.

"My next goal is to climb Mount Everest's base camp in March and capture its marvellous beauty," said Sara. "So for the next three months I'll be focusing on getting in shape as it can take a physical toll if you don't properly prepare."

The exhibition runs until Saturday (January 15).

Spreading her wings

DANCE REPORT
By MAI AL KHATIB-CAMILLE
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PROFESSIONAL performer Ranya Malovič is twirling into 2022 with the aim of breaking misconceptions about an expressive, theatrical dance form that boosts confidence and self-esteem.

The 34-year-old Slovak Republic expatriate has been setting stages across the kingdom on fire with her captivating choreography and costumes as she performs the art of Burlesque ... and hopes the story-telling dance style will catch on as a hobby to inspire creativity while also building body positivity.

"In my opinion, burlesque is above all a theatrical creation, a variety show,"

explained the classically-trained ballerina who also enjoys Jazz, commercial, Hip Hop and oriental dance. "It is a literary, dramatic or musical work intended to cause laughter by caricaturing the manner or spirit of serious works, or by ludicrous treatment of their subjects."

"It can often be a reflection of the times or certain events going on - like a social commentary on current affairs told through performance."

"Unfortunately, some people often equate it with something exotic but it is really more than that and different from other dance forms, in my opinion."

"It's not just movement or beautiful choreography, it is the art of actual storytelling and evoking moods. Unlike

simple dancing in heels, you always create a scenario. I also adore the really creative use of props and costume elements.

There are no limits to one's ideas with this dance style."

The art form and musical play has been around for hundreds of years.

In 16th century Italy, commedia dell'arte (Comedy of Craft) was popularised as a form of entertainment that persisted

throughout Europe. The act was most commonly a performance or improvised sketch, relying heavily on props and exaggerated masks to heighten the experience.

Part of the show would be a burla, which means mockery, and the brief comedic break in the story would soon find its way into music, dance, theatre and all forms of classical performance.

In the arts, moments or themes of exaggerated comedy became known as 'burlesco' in Italian or 'burlesque' in French and the term was then adopted into English.

As the world approached the 20th century, burlesque evolved into many forms. Victorian burlesque peaked in England in the late 1800s along with other musical theatre traditions such as pantomime.

Victorian burlesque commonly mocked more serious shows like Shakespeare and opera and as North America grew and became more independent, it developed a version of Victorian burlesque that

It's not just movement or beautiful choreography, it is the art of actual storytelling and evoking moods

evolved and lasted well into the 1970s.

Now referred to as American burlesque, it is the most commonly depicted version of the art form with elaborate costumes and dance as the central features and keeping its proud heritage of comedy, music and satire.

Modern burlesque, or neo-burlesque, has embraced and elevated a new culture. Women around the world are turning to the art form with a focus on body positivity, personal expression and shame-free environments.

"The biggest misconception I am trying to diminish is that burlesque is an exotic act and that it is only for certain ages and body types," said Ranya, who teaches the dance style at studios in Bahrain and stages variety shows with the Flames Dance Company for weddings and corporate events. "That is totally wrong! It is absolutely for everyone. Even men can be part of burlesque shows by the way!"

"Also, burlesque is about self-love and confidence. The class is a fun way to learn how to dance, gain strength and flexibility, with the added element of storytelling."

"I always see it boosts the self-esteem of my students and they walk out of class tall and proud. Many come back to me saying how it helped them with everyday confidence issues. Burlesque is 100 per cent body positive!"

Her dream is to one day stage a monthly variety show in which others can showcase their talents and feel free to express themselves.

"People of all walks of life could take part in this open stage, and together, create a visual feast," said the former triple World Art Dance Federation World Champion title holder in classic, folklore and show oriental dance.

"Whether it be acrobats, jugglers, fire performers, dance crews of different styles, singers, musicians, actors, sketch comedians ... professionals or amateurs. Bahrain has so much to offer and I'd love to get them all together in one showcase."

For details, follow @ranya_oriental on Instagram.

Ranya paving the way for future dancers in Bahrain

Cryptic Crossroads
1ACross.org's 7th Anniversary Issue

Vol. **3**

Sowmya Ramkumar



Book cover

The GulfWeekly crossword competition created by enigmatologist Sowmya Ramkumar continues, giving two lucky readers a chance to win a copy each of her new book called *Cryptic Crossroads – Volume 3*.

The GulfWeekly crossword was generated based on key events in Bahrain during 2021 and the deadline for submissions is January 15. The first all-correct entry as well as one lucky winner, picked randomly from the all-correct entries, will receive copies of the book. Scan the QR code to submit your submissions.



Winners will be able to enjoy 26 crosswords in *Cryptic Crossroads – Volume 3* featuring detailed explanations as well as insights from the compilers. The puzzles were made exclusively for Gridfest, a month-long carnival of cryptic crosswords, which took place from August 16 to September 19 last year.



ACROSS

2 12's celebrating this jubilee (6)
5 12's healthcare insurance system (6)
7 Peak accomplishment of the Royal Guard? (7)
10 Traffic light based Covid-19 alert system (4-4)
11 Sport that has put 12 on the Olympics map (8)
13 Carbon emissions target for 12 by 2060 (3,4)
14 1 got off to a flying start with a new terminal here (7)
15 12's satellite is named after this book by His Majesty King Hamad (5,5)

DOWN

1 Hindsight? Plus 1 (6,6,3)
3 CBB approved payment system that uses digital signatures (1-6)
4 Name of Muharraq souq that was recently revamped (9)
6 Where 12's five newly announced cities will be located (8)
8 ----- weaves opportunity in 12's Expo 2020 Pavilion (7)
9 12's Grand Prix Champion for 2021 (8)
12 The Land of "Two seas" (7)



Culture

ART REPORT
By MAI AL KHATIB-CAMILLE
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SEVEN talented mixed-media artists are shining a spotlight on the kingdom's rich heritage.

They have showcased an array of artistic installations at Bahrain International Airport's departure terminal, giving travellers a cultural send-off.

The Mawall art showcase, curated by creatives Noor Alwan and Abdulla Buhijji, is an exhibition centred on the harmonious relationship between music, art and Bahraini heritage.

"The Bahrain Airport Company and Taa' Al Shabab, who operate under the umbrella of Bahrain Authority for Culture and Antiquities (Baca), contacted us regarding several hoarding walls across the airport that they wanted to populate with art," said Noor, 31, an artist and creative strategist.

A recipient of the Misk Art Grant in Riyadh for 2021, Noor also won the third place in the 45th Bahrain Annual Art Fair in 2019. She has also participated in several exhibitions in Cairo, Birmingham, Sharjah and Riyadh.

"We suggested that a better approach would be

Every picture t



Noor



Abdulla

to curate an art exhibition with different pieces under a similar theme," she said.

"We wanted to create a vibrant, fun and holistic journey for people to embark on while visiting the airport – to learn about Bahraini heritage and pay homage to a vast history of music and its influence on culture and art. That's how we came up with the concept for Mawall."

Mawall, in Arabic, is a traditional genre of vocal music that is usually presented before the actual song begins ... which is why each art piece placed across the airport is inspired by a folkloric Bahraini song.

"Each artwork translates a Bahraini song into a visual narrative, introducing visitors to stories that are not necessarily seen or heard

while touring the country," said Abdulla, a 28-year-old artist and creative consultant who is based in both Dubai and Bahrain. He previously headed Tashkeel's art initiative under Baca's umbrella and was the second place winner of the 45th Bahrain Annual Art Fair. He has also exhibited his works in Paris, Riyadh, Dubai, and Sharjah.

"Each artwork corresponds to a written piece about the song it expresses, and there is a QR code that directs people to the musical piece to experience them both aurally and visually.

"It is a way to emphasise how art can start a dialogue with different audiences and can resonate with people from all walks of life.

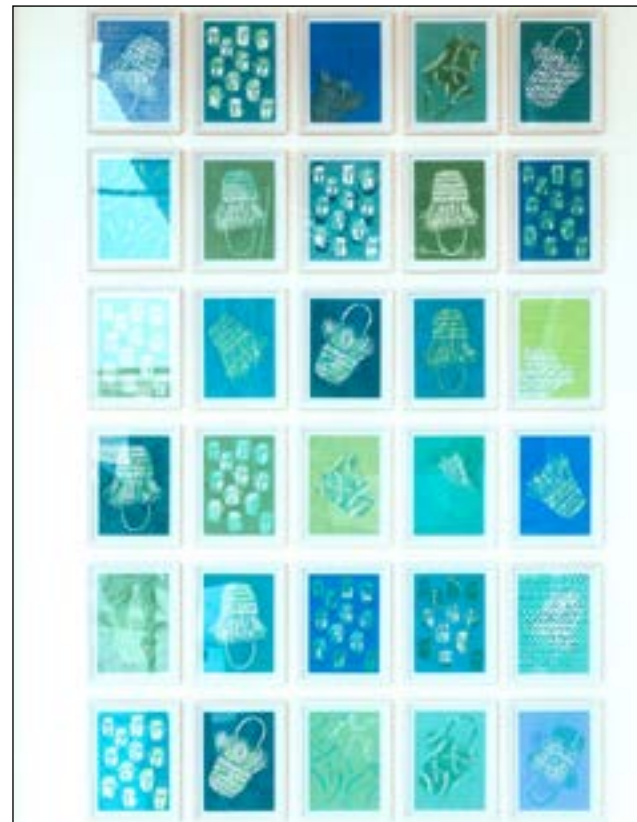
"We also wanted to highlight high-calibre Bahraini talent, which can go international and create art that is fresh, timeless, relevant and attractive."

The artists involved, including the curators, are Dana Jumaan, Ishaq Madan, Maryam Jamal, Jaffar Al Haddad and Sahar Sadeq.

There are eight installations on display that experiment with different mediums such as photography, floral art, screen-printing, illustrations, percussions, woodwork and more.

Noor and Abdulla, who often collaborate in curating exhibitions, running cultural strategy programmes and creating art installations, featured three works of art entitled *Seven nights, two nights and one*, *What(a) rainbow* and *Toab Toab Ya Bahar*.

According to the dynamic duo, *Toab Toab Ya Bahar* is



Dana's *Hiya Biya*



Ya Haif, up close



Abdulla and Noor's *Toab Toab Ya Bahar*



Up close of *Seven nights, two nights, and one*

inspired by the song women sung on the shore to bid the men going to the sea farewell.

"It's been said that the title of the song calls out for the sea to repent," explained Noor, who has a Bachelor's in Architecture from the University of Manchester. She later pursued her Master's in Architecture from the University of Buffalo as a Fulbright scholar, specialising in inclusive design.

"Women, back in the day, gathered palm tree leaves

and wood and used them to start a fire prior to singing the song to the sea. This song represents the strength of women, who attempt to threaten and scare the sea with fire to ensure their men return home safe. Hence, the installation we worked on shows a collection of palm tree leaves depicting them burning within a frozen moment of time within the song."

Seven nights, two nights and one represents a song that countdowns the days for the newlywed bride to

join her husband's house. The art piece consists of 30 traditional Bahraini percussion instruments, called Tara, with the moon cycle painted on them.

"The art installation whimsically represents the song by combining the moon cycle, referencing the lunar calendar which is the traditional means of measuring time and days, superimposed on the celebratory 'Tara'," added Abdulla, who has a Master's in product design from Brunel University London. His solo work is currently on display in Sharjah Islamic Arts Festival amongst international and regional artists.

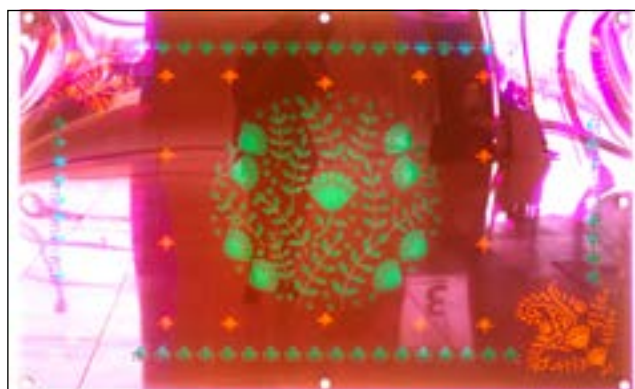
What(a)rainbow is an

Weekly

tells a story!



Maryam, up close



Abdulla and Noor's What(a)rainbow



Maryam with her piece, Ya Haif



Dana



Sahar

art piece that symbolises the traditional rituals that celebrate new brides in jelwa celebrations, which is similar to an engagement party. This art piece is inspired by the traditional Bahraini song *Whatrainbow* that is sung in jelwas. Women sing it while waving pieces of colourful

cloth upon the bride's head. It is representative of the colours eventually merging into white.

Meanwhile, artist Sahar's piece is called *Maryam*.

"My artwork aims to portray a Bahraini woman to be as powerful as waves, enduring the hardships of life, like metal grid, through acceptance, adaption and strength, to represent her in society throughout many generations," said Sahar. A 37-year-old head florist and owner of a flower shop, Sahar is also the owner and art director of an ad agency in Bahrain. "The representation of the sea is also essential to highlight the voyages frequently occurring. Bahraini women

often stood at the shore with hope, willing to wait and endure. Maryam is a Bahraini woman."

Dana's artwork is called *Hiya Biya*, Ishaq's is *Rhythm of Al-Fijiri*, Maryam's piece is called *Ya Haif* and Jaffar's work is entitled *The Calling of the Unseen*.

"It has been a great

experience conceiving this project and it has been amazing working with such a group of incredible Bahraini talent," said Noor. "We look forward to working with more entities and organisations to bring art closer to the public to instigate a creative dialogue."

Visit www.mawall.art.com to find out more about the artists' achievements and their artworks.

For details, follow @jaffar_alhaddad, @abdullahuhijji, @noornahwan, @ishaqmadan, @maryamjamals, @starboy84 and @danajpaints on Instagram.

Jaffar with his artwork, *The Calling of the Unseen*

Ishaq



Jaffar

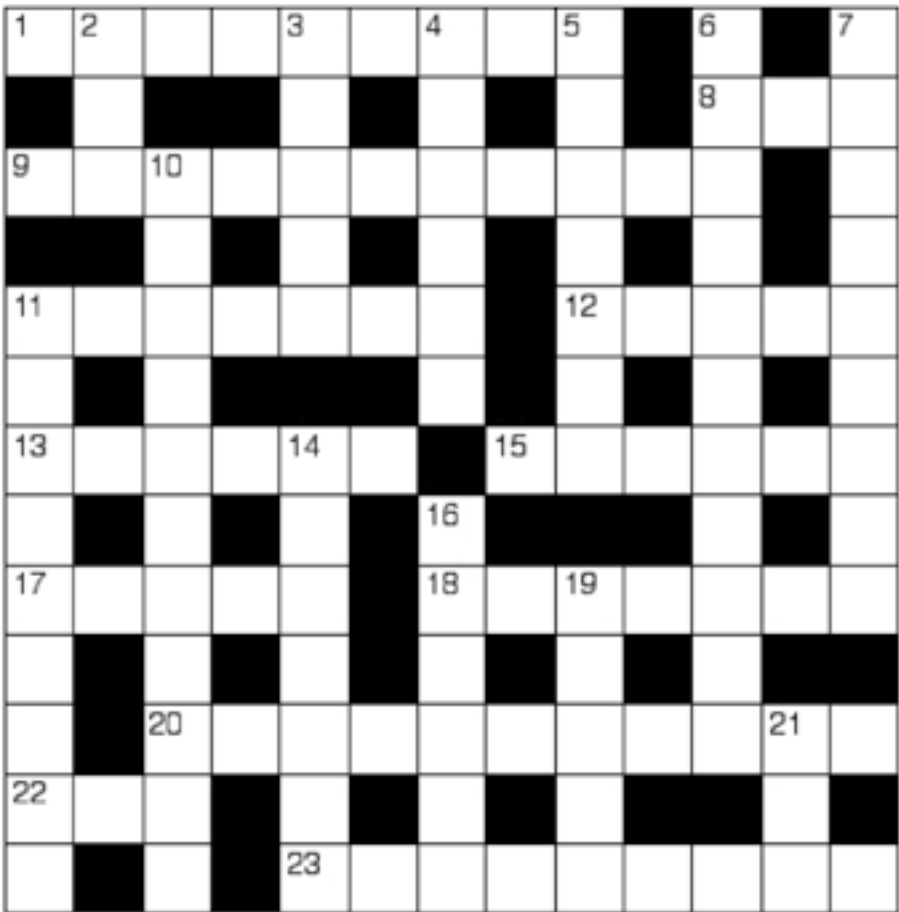
Ishaq's piece, *Rhythm of Al-Fijiri*

Time Out



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crossword break



Solutions in next week's issue.

- ACROSS**
1. Faint-heartedness (9)
8. Possess (3)
9. Curse (11)
11. Colour (7)
12. Cavalry unit (5)
13. Apprehend (6)
15. Oppose (6)
17. Daub (5)
18. Rapture (7)
20. Expressed (11)
22. Garland (3)
23. Yearning (9)
- DOWN**
2. Eggs (3)
3. Crest (5)
4. Urge (6)
5. Letter (7)
6. Accompanying (11)
7. Hatred (9)
10. Conjuring (11)
11. Believable (9)
14. Elongate (7)
16. Signal-fire (6)
19. Ointment (5)
21. Epoch (3)

who, what, where, when

WHO ... designed the church St Anne's, Limehouse in London?
WHAT ... is the maximum number of games played in the baseball World Series?
WHERE ... in England is the town of Wisbech?
WHEN ... was the last professional fight of the former world heavyweight boxing champion Jack Dempsey?
WHO ... formulated the uncertainty principal and won the 1932 Nobel Prize in Physics?
WHAT ... sea does the North Korean port of Wonsan lie on?
WHERE ... did the explorer W. J. Wills die in 1861?
WHEN ... did Baron De La Warr become the first governor of Virginia?

just so

comfort

close

close

comfort

comfort

comfort

zero

EVIL

things #1

darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

8	2	5	7	6	9	1	3	4
1	6	4	5	8	3	2	9	7
9	3	7	4	2	1	6	8	5
2	8	3	6	5	4	9	7	1
4	9	6	2	1	7	3	5	8
5	7	1	9	3	8	4	2	6
6	5	9	1	7	2	8	4	3
3	1	2	8	4	5	7	6	9
7	4	8	3	9	6	5	1	2

Sudoku

8		3					2	7
	7	2		3				5
	1			8			4	
3		9	8		1			6
	8	4				9	7	
7			9		4			8
	9			4			1	3
1				5	9	8	6	
4	6					7		

Sudoku

4		1				6		
		3	2		8	5		
	8			5			9	3
		5	8		6	3		
	6						4	
		7	9		5	1		
	9			1			8	7
1		8	7		4	9		
		6				4		

darn tough sudoku

3	2	7	8	9	1	4	6	5
5	6	9	2	3	4	8	7	1
4	8	1	6	7	5	2	3	9
9	3	2	4	5	6	1	8	7
8	7	5	1	2	3	9	4	6
6	1	4	7	8	9	3	5	2
7	4	3	5	1	2	6	9	8
2	9	8	3	6	7	5	1	4
1	5	6	9	4	8	7	2	3

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 7 Cereal; 8 Ardour; 10 Include; 11 Vaunt; 12 Vast; 13 Scorn; 17 Hurry; 18 Else; 22 Loose; 23 Abridge; 24 Fasten; 25 Aspect.

Down: 1 Achieve 2 Process; 3 Vague; 4 Bravery; 5 Rogue; 6 Trite; 9 Mercurial; 14 Quieten; 15 Gladden; 16 Beneath; 19 Cleft; 20 Horse; 21 Brash.

JUST SO: Flat broke, The inner circle, Round the clock, Under a cloud.

WHO, WHAT, WHERE, WHEN:

Frederick Marryat; Five dollars; Switzerland; 1958; Kurt Vonnegut; It has more than one neck; Western Australia.

Darn Tough Sudoku

		6	5			7		
	7						2	6
	4			6	8			
	2				1	8		
5					2			7
		4	3				1	
			8	5			6	
9	8						3	
					9	4		



Bahrain Raid Xtreme team in motion

TOYOTA Gazoo Racing's Nasser Al Attiyah stayed comfortably ahead in the Dakar Rally as Sebastien Loeb of Bahrain Raid Xtreme's (BRX) team moved back into second place with a stage victory at the start of week two in Saudi Arabia on Sunday.

Loeb's second stage win of 2022 left France's nine times world rally champion some 45 minutes adrift of his factory Toyota rival in the car category with five stages to go.

Al Attiyah, chasing his fourth Dakar title in the desert dunes, was second in the 402km timed seventh stage from the capital Riyadh west to Al Dawadimi but more than five minutes slower than Loeb.

"The second week of the Dakar is another race ... from the beginning we were not pushing, but in the last part we pushed a little bit just to see," said Al Attiyah, runner-up last year to French Dakar great Stephane Peterhansel.

Loeb said he had engine problems in the last 50km, costing him precious time.

"There is no strategy...we'll do our race, try and attack and see what happens in the end," Loeb said.

Frenchman Adrien Van Beveren took the overall lead in the motorcycles from Britain's Sam Sunderland, who fell back to fourth and some five-and-a-half minutes off the pace



Loeb

after finishing 28th. Chilean rider Jose Ignacio Cornejo won the stage on a Honda.

Australian Daniel Sanders, Sunderland's GasGas team mate who won the first and sixth stages, was taken to hospital after crashing and injuring his left arm on the way to a timed stage he had been due to lead off in.

"It was a bit of a rough day," said Sunderland. "It started out bad for Sanders with a crash in the liaison and then the stage was really, really difficult with the navigation. We still have so many long days in front of us and I'm sure there'll be some more opportunities to attack, to recuperate some time."

Russian Dmitry Sotnikov led the truck category and Frenchman Alexandre Giroud the quadbikes.

The rally ends in Jeddah on Friday, with a 676km navigational challenge all the way to the finish.

The Dakar, now in its 44th edition, is the first major motorsport event of the year and one of the most dangerous and gruelling.

The rally started in 1978 as a race from Paris to the Senegalese capital, Dakar, but moved from Africa to South America for safety reasons in 2009.

It is now held entirely in Saudi Arabia.

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SPORT REPORT

By MAI AL KHATIB-CAMILLE
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BAHRAINI weightlifter Eman Shakeeb, who powered through the end of 2021 racking up one medal after the other, aims to raise the bar higher this year.

The 28-year-old athlete brought joy to the kingdom as she bagged three gold medals in the Arab Weightlifting Championship in Irbil, Iraq, in December alongside her national weightlifting teammates.

"I am very happy and humbled over this victory," said Shakeeb, an Interior Ministry employee who has been weightlifting since 2018.

"The joy I feel is indescribable; being at a regional competition and representing my country is something that I never thought I'd experience."

In Olympic weightlifting, which has been contested in every Summer Olympic Games since 1920, there are specific ways of lifting the

barbell overhead - the snatch and the clean and jerk.

The snatch is a wide-grip lift in which the weighted barbell is lifted overhead in one motion. The clean and jerk is a combination lift in which the weight is first taken from the ground to the front of the shoulders (the clean), and then from the shoulders to overhead (the jerk).

The clean and press, wherein a clean is followed by an overhead press, was formerly a competition lift, but was discontinued due to difficulties in judging proper form.

Each weightlifter gets three attempts at both the snatch and the clean and jerk, with snatch attempts being done first.

An athlete's score is the combined total of the highest successfully-lifted weight in kilograms for each lift. That lifted weight is called the Sinclair total.

A lifters' total is their heaviest snatch added to their heaviest clean and jerk. Athletes compete in various weight classes and lifters who



Shakeeb in action

fail to successfully complete at least one snatch and at least one clean and jerk fail to total, and receive an incomplete

entry for the competition.

Shakeeb competed in the 55kg class where she placed a heaviest snatch as well as the clean and jerk among the lifters from around the GCC. She also achieved an overall placement as well.

She prepped for the competition through a remote training programme with US coach Rob Ronan from Austin Barbell Team Texas.

She hopes her victory will rally more females to the sport and advises others to practise before progressing to training.

"Weightlifting is like learning to play the guitar," she said. "It takes time to fine-tune and find your groove. Be as consistent as you can possibly be. Practice patience; establish good habits and you will develop into a confident

and competent lifter.

"Currently we are only five women representing the Bahraini weightlifting team and we are always looking for more athletes."

Her teammate, Aisha Abdulqader, also clinched three gold medals in the

was a big leap for me," said Shakeeb who is inspired daily by Yazmine Stevens, a Maltese weightlifting athlete.

She also came second in the same week in the powerlifting category. She celebrated National Day by participating in the National

Day Weightlifting and Powerlifting Championship.

She came third in the weightlifting category and second in powerlifting as well.

Now she is preparing for her next feat.

"This victory has truly helped me develop a positive outlook, recognise my talents and hard-earned skills, and see how they played a part in my success," she added. "I have to apply this learning in my future challenges and create more wins."

For details, follow @eman.shakeeb on Instagram.

Weightlifting is like learning to play the guitar. It takes time to fine-tune and find your groove

championship with Shakeeb, outclassing her opponents in the 49kg women's public category.

Shakeeb started taking the sport religiously in March last year after competing, for the first time, in the Strong Week.

"I placed third and that



Shakeeb