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Kuwait seeks to retrench status as global energy player

- Steps on to make Kuwait into one of top ranked countries in world's hydrocarbon industry
- Al Dibdibah Solar Park at 1.5GW power production is set to be one of the largest in the world when it becomes fully operational sometime in early 2021.

STAFF REPORT

Kuwait is in the process of revamping its older refineries and building new oil facilities to optimize the value of its hydrocarbon resources and cater to growing needs of the country, in a sustainable and environmentally-friendly manner.

In line with this, Kuwait oil sector, both upstream and downstream operations, are gearing up to improve production efficacy and reduce environmental impact from its operation, while working to expand the role of renewable sources in the nation's energy mix, so as to entrench its sustainable leadership in the global energy sector.

The renewable energy goal of realizing 15 percent of the country's



energy requirements from renewable power sources is part of His Highness the Amir Sheikh Sabah's vision of 'New Kuwait 2035'. The plan, which aims to transform Kuwait into a regional hub for finance, commerce and culture, also has the economic and environmental goal

of decreasing the country's dependence on oil and increasing the diversity and sustainability of its energy mix.

Kuwait National Petroleum Company (KNPC), which handles downstream operations and

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Kuwait continues its unwavering humanitarian aid

STAFF REPORT

Humanitarian initiatives launched in the space of just last week revealed Kuwait's steadfast commitment to humanitarian aid around the world, and reinforced the country's status as a global 'Humanitarian Center'.

Kuwait-based International Islamic Charitable Organization (ICCO), which takes care of families of disabled Palestinians living in the Gaza Strip, as part of its global initiatives, last week offered grants to 35 university students in Gaza.

Speaking to the media, the Chairperson of ICCO, Heba Adwan said the grants would ensure that the students could continue their university studies, unhampered by monetary concerns. She added that



the 12-year siege of Gaza by the Israeli occupation forces had caused untold suffering to the inhabitants there and many were suffering from critical circumstances.

Meanwhile, also last week, a team affiliated to ICCO opened a community center in Turkey's southern Kilis province for Syrian refugees.

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Finance Minister bestows confidence in young Kuwaiti business people

Kuwait's Minister of Finance, Dr. Nayef Al-Hajraf, on a visit to Amman expressed his confidence in the creative capabilities and leadership of Kuwait's young business people.

Minister Al-Hajraf, who is heading the Kuwaiti delegation to the annual World Economic Forum on Middle East and Africa taking place in the Jordanian capital, reiterated on the sidelines of the conference that Kuwait's government believes that small and medium

enterprises, mainly launched by the junior citizens, will spur gross domestic product.

At the conference, dubbed, 'Towards New Cooperation Systems', Al-Hajraf expressed deep satisfaction at young Kuwaitis who have succeeded in expanding their investments in small and medium enterprises, not only in Kuwait but also in the region. He added with obvious pride that several Kuwaiti companies have been included in a list of 100 emerging and promising companies, operating in



technology, in the region. Earlier on Saturday, the visiting finance minister met with the Jordanian Prime Minister Dr. Omar Al-Razaz, and conveyed to him greetings from His Highness the Prime Minister of Kuwait.

A statement from the Ministry of Finance in Kuwait said that on the sidelines of the conference, Al-Hajraf had also held discussions with the Foreign Minister of Kazakhstan, Beibut Atankulov, where the two ministers discussed commercial cooperation and other issues.



Lulu Hypermarket felicitates winners of Food Carnival Competitions



Lulu Hypermarket, the heavyweight among regional retailers, held a prize distribution ceremony on 4th April at their Al Rai outlet, to felicitate winners of the various competitions that were organized during the 'Food Carnival 2019'. Top management at Lulu Hypermarket in Kuwait handed over the prizes in the presence of a large crowd of competition participants and shoppers.

The prize distribution ceremony saw winners of various competitions held during the 'Lulu Food Carnival', being rewarded with prizes and gift coupons. The Food Carnival, which took place from 27 March to 6 April, saw cookery competitions being held in different categories, such as Italian and Continental cuisine, Indian cuisine and Chinese cuisine, as well as in cooking desserts.

The first, second and third prize winners in each

category received gift vouchers worth KD100, KD75 and KD50 respectively. In addition, prizes and gifts were presented to winners of various competitions, such as Junior Chef, Make and Eat, Kitchen Queen, Wow the Master Chef, and, Taste and Win among others. Each participant who took part in the competitions was also acknowledged with consolation prizes.

Holding of exciting competitions throughout the year as part of promotional campaign, has allowed Lulu Hypermarket to constantly engage with their customers, and to reward them for their participation with amazing prizes and gifts. These customer-centric initiatives have endeared the hypermarket to shoppers in the country, who already enjoy the shopping experience at Lulu outlets for the value they deliver by providing high-quality products at very competitive prices.

Crowne Plaza and Holiday Inn Al-Thuraya City celebrate Earth Hour

Crowne Plaza and Holiday Inn Al-Thuraya City turned off the lights and electricity on its main venues such as buildings signage, restaurants, parking lights, swimming pool lights and grand staircase for an hour from 8:30 pm to 9:30 pm to mark International Earth Hour. The goal of the World Wildlife Fund for Nature (WWF) global initiative is for individuals, communities, families and business to turn off unnecessary lights for one hour each March as a symbolic gesture of solidarity with the environmental protection movement.

Crowne Plaza and Holiday Inn Al- Thuraya



City have always been a favorite destination for business people, key personalities and VIPs. Al-Thuraya City has a wide range of restaurants, local and international cuisines, which offer guests an unforgettable experience.



CSI VBS 2019 ends on a successful note

The Vacation Bible School (VBS) of the St Peter's C.S.I. Church concluded on 29 March at the National Evangelical Church Kuwait (NECK) campus. The event began with a prayer by the Vicar Rev Johnson Alexander. After a colorful and spirited rally, the children proceeded to the Church for a remarkable talent show, where they showcased song

and dance routines. The Director of the VBS, Rev. Gibin Thampy inspired both children and parents with his message.



Ethiopian wins the prestigious 'African Champion of the Year' Award



Ethiopian Airlines, the largest Aviation Group in Africa and SKYTRAX certified Four Star Global Airline, wins the prestigious African Champion of the Year Award on 26 March at the Africa CEO Forum in Kigali, which was attended by more than 1,800 delegates.

The Africa CEO Forum is the leading international conference dedicated to the private sector in Africa and hosts the continent's top CEOs, international investors, experts and high-level

policy makers every year. Every year, the Africa CEO Forum Awards recognize the companies and investors that have shaped the year in Africa, during the Africa CEO Forum gala dinner.

While receiving the awards, Ethiopian Airlines Group CEO, Tewolde GebreMariam said, "We are honored to be awarded as African champion. Thank you very much for the strong vote of confidence that Africa has given us even at the most challenging time in our history."

Efforts underway to get rid of visa trading menace

Minister of State for Economic Affairs Maryam Al-Aqeel said that the government is undertaking serious efforts to eradicate the phenomenon of visa traders. In this regard, she spoke about the automated online link to recruit workers from abroad which, she said, will be the most important step and will be followed by other steps and decisions to complement what is currently underway in this direction.

Minister Al-Aqeel said that strong decisions were being taken in coordination with the Board of Directors of the Public Authority for Manpower (PAM), and that a request had been submitted to study the negative and positive aspects of these decisions.

Al-Aqeel pointed out that the automated

connection will solve many issues related to the visa trading by allowing a worker to obtain a contract in their field of specialization.

The employment required in accordance with a contract, will protect the rights of both the employer and the worker, as no worker will be brought in the country by the so-called phantom companies.

She added that another decisions of PAM was to restrict transfer between different sectors of work, which means that the worker who enters a particular sector will not be able to change his residence to a different sector.

As for the file of irregularities in small and medium enterprises (SMEs), she pointed out that the PAM has provided them more facilities than large companies in assessing



the need and work permits for Kuwaiti youth to support their projects, but some have committed certain irregularities in the recruitment of labor. The solution is to impose more control and inspection and increase the

penalty on the violators through inspection.

The minister referred to the automated linking system being applied to Indian and Egyptian workers. She pointed out that in India's case, it is helping to solve the problems of hiring labor between the two countries, while for Egyptian labor, the mechanism is being rolled out in line with agreements signed between the two countries.

Meanwhile, legal and judicial sources stressed that the sponsorship system is harmful to Kuwait and the time has come to abolish it, pointing out that it is necessary to establish a mechanism where the state is the guarantor of all expatriate workers and pointed to the need to protect expatriates from exploitation.

Aquapark Season 2019

Revamped facilities offer new entertainment

Aquapark, which features a completely new look this summer, will offer visitors excitement and entertainment said Mohammed Khourshid, board member and general manager of Aquapark.

Speaking to the media at a press meet held on 28 March at Aquapark premises, Mr. Khourshid said improvements were made to Aquapark to attract even more visitors this year.

Highlighting some of the new attractions for 2019, he pointed to the recently opened 'Double Back Lash Slide, which he said was now fully operational. "It is a 24-meter tower that drops riders down to give them a thrilling experience," he noted.

He also said that amenities at Aquapark had been renovated taking into consideration the increased number of visitors and their requirements. Hygiene is a priority for us, said Mr. Khourshid.



Chicken and Grilled Chicken & Rice Chicken, as well as Fries & Serve, a new franchise in Kuwait that specializes in serving fries with different flavors. In addition, two ice cream vendors and a new juice shop called Juice Drink, has opened as special attractions this year," divulged Mr. Khourshid.

Clarifying on the new law number 105 that stipulates the contract for Aquapark will only be for three years, he stressed, "We respect the law and we will also participate in the bid again. We are looking forward to winning for the next tenure also."

On the topic of ticket prices, he said, "Under the promotion going on this April, the ticket will cost only KD3.500 instead of the normal charge of KD4.750." He added, visitors can purchase tickets from the government co-operative societies at a discounted price. For groups, we have corporate group discounts available for a minimum of 20 people. Private reservations are also accepted on special days."

He further clarified that the "park will be open throughout the Summer Season until the 1st week of October, from 10am until 10pm every day."



"We are also pampering our customers with a range of snack and drink offerings," he said. Elaborating on this, he revealed that Americana had joined with Aquapark to bring many of their restaurant brands to the water park's snack offerings.

"There will outlets of Hardees, Baskin Robbins, Krispy Krème, Sbarro, White Café, Fried



Al Sayer Holding sponsors Kuwait EPA's World Water Day

Al Sayer Holding in coordination with its subsidiary Al Sayer Engineering has participated along with the Kuwait Environment Public Authority (EPA) in World Water Day at the EPA building with a focus on the importance of water. This year's theme, 'Leaving no one behind', adapts the central promise of New Kuwait 2030 Agenda for Sustainable Development that states as sustainable development progresses, everyone must benefit.

Vivek Kohli, Senior Manager-Oil, Paint and Garage Equipment, said, "Al Sayer Engineering is a continuous endeavor of introducing the new environmental friendly technology and product in Kuwait, like steam car wash which



can significantly reduce the contamination of the water for washing the car which Al Sayer group (Toyota & Lexus and other Automotive) received for the service, Eco friendly batteries, water-based automotive paints, synthetic motor oils and ecofriendly tires."

Al Sayer Holding has always demonstrated its commitment towards sustainable business practices and UNDP 2030 in all its business and operations, and has participated in all such activities which reflect the same to its stakeholders.



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Indian infrastructure firm wins mega pipeline contract

Indian construction and engineering major, Larsen and Toubro (L&T), has won a multi-million dollar pipeline construction contract from Kuwait Oil Company (KOC).

The company announced that the 145km-long new strategic gas export pipeline contract, which has been awarded through international competitive bidding on a Lump Sum Turn Key (LSTK) basis, includes the construction of the gas export pipeline as well as associated facilities.

In Kuwait, the Indian contractor operates as Larsen & Toubro Kuwait Construction, which is a joint venture of L&T and Bader Al Mulla and Brothers Co. Currently, the Indian multinational company

is executing a new 122cm crude transit line (CTL) that stretches from KOC oil fields in North Kuwait to a Central Mixing Manifold (CMM) located near Ahmadi.

Incidentally, the infrastructure giant recently launched its cutting-edge technology initiative called L&T-Nxt to support its work with new tech tools such as the internet of things (IoT), artificial intelligence (AI), and augmented reality. Results from this initiative are apparently beginning to appear in the form of new local, regional and international contracts for the firm.

Besides the gas export pipeline contract from KOC, L&T recently received orders from countries in the Middle East and the ASEAN region for several substations and



transmission lines. "The Power Transmission & Distribution Business of L&T Construction has bagged several engineering, procurement and construction (EPC) orders across its various business lines," the company said.

Furthermore, L&T has secured orders to lay underground cable in industrial areas and towns in India to improve the reliability of power supply. "Orders have also been won for several solar powered irrigation system," added the company.

In March 2019, L&T Heavy Engineering, the Omani subsidiary of L&T Hydrocarbon Engineering Ltd, bagged an engineering, procurement, and construction contract to build a \$450 million coke calciner project in Sohar, funded by Saleem Industrial Projects and BSW Group Holdings.

Although the multinational infrastructure firm did not specify the exact value of the "large" gas pipeline contract from KOC, it usually classifies construction contracts in the 'large' category if they are valued at US\$360-720 million. Nevertheless, a missive on the gas pipeline contract posted by the company on the Bombay Stock Exchange where it is listed saw shares in L&T rise 1.94 percent to Rs1410.85 a share from the previous close.

War, poverty, unemployment spark human trafficking

According to Amnesty International member Mishari Al-Sanad, human trafficking is getting worse due to ongoing conflicts, wars, unemployment and poverty. More than 21 million people in the world are suffering from trafficking, exploitation and slavery, he pointed out, adding, "In October 2018, three companies

involvement of five farmers (on paper) bringing in 600 workers on their farms.

He pointed out that the deputy director of the Office of Monitoring and Combating Human Trafficking in the US State Department, submitted to Kuwait 10 recommendations from the United States regarding human trafficking and reform of the sponsorship system and to continue to expand awareness raising efforts and train law enforcement officials to identify victims of human trafficking and address violations of employment.

In turn, the President of the Human Rights Association Dr. Yousef Al-Saqr said the issue of the business in visa trading is still ongoing for several reasons, including the greed of some employers and influential people to make easy money. He pointed out that the residence trade has many aspects, including the recruitment of workers by fictitious companies and promising them jobs, and then they are left in the streets without any job. "We also find brokers who work as intermediaries to lure workers by promising to help being their relatives or friends for money.

On the cases received by the association, Al-Saqr said: "There are complaints about the seizure of passports, as well as by filing arbitrary absconding cases against the workers.



in Kuwait were referred to the public prosecution on charges of trafficking in human beings after bringing in 1,500 workers on government contracts and leaving them on the street."

In March 2019, the residence investigation department referred the case of human trafficking to the prosecution after the

Philippine Batang Q8 Team bags second place in Inter GCC U17 Basketball competition



RICKY LAXA
STAFF WRITER

Batang Q8 Team recently won second place in the recent Inter GCC U17 held in Dubai against other competing teams from different states in the Gulf; Dubai Basketball, Abu Dhabi Stride, Dubai Selection and Bahrain FCBG.

The teen team was formed seven months ago by a coach Noel Espinosa of Phil. Amateur Basketball League in Kuwait (PABLIK) and composed of students between the ages 17 years and below, grades 12, 11 and 10 from the two Philippine schools in Kuwait namely NKPS and PIES. The basketball competition was the first InterGCC Basketball Junior League, and the Kuwait team was fully supported by their parents and the Embassy of the Philippines

in Kuwait. Dubai team bagged the major prize and third place went to the team from Bahrain. Among the Mythical Five included Michal Mills from Kuwait.

Batang Q8 team is composed of 14 players, 3 coaches and a team photographer. Team was made up of Shawan Jacob Buban, Michael Lee Mills Jr., Christopher Jay Mills, Carl Francis Gulane, Charles Joseph Caranza, John Jerick Agapito, Joshua Miguel Cosejo, Francis Ponciano Lopez, Fronzy Bryant Lopez, Christopher Benedict Iaming, John Rodolf Sidley, Jethro Aldrich Celimen and Troy Tinio, Head Coach Noel Espinosa with coaches Coach Borj Alisbo and Coach Juvil Serdena and team photographer Ada Roa

Major sponsors were AIM101 Podcast, CEO Rose Sinan and minor sponsor was Saladmaster MK Solutions, Shakey's.

Q8 International Higher Education Exhibition highlights various educational opportunities

Q8 EduEx – International Higher Education Exhibition will be held on 7 – 8 April 2019 at Kuwait International Fair Grounds – KIF Hall 4A. The exhibition is open to school organized visits for Grade 8 – 12 students from 9:30 am – 1:00 pm and for students with parents and young professionals, the timing is from 5:00 pm to 8:00 pm. The exhibition is a great initiative to achieve the Kuwait National Development Agenda of providing its nationals and residents with world-class higher education options to study in Kuwait as well as abroad in some of the leading Higher Education Universities.

As Kuwait's investments on Higher Education and Training continue to grow, Q8 EduEx will provide a direct gateway and an ideal platform for leading local and foreign Universities and colleges to network with prospective students, parents and young working executives interested in higher education at all levels. The expo will offer each visitor an opportunity to discuss in person study abroad opportunities and admission



prospects with direct answers to all the questions regarding stay and visas as well help fast track the admission process.

Q8 EduEx has been able to establish itself as the benchmark Higher Education event of the country. The expo will see Higher Education Institutions from Kuwait, The United States of America, The United Kingdom, Kuwait, Australia, United Arab Emirates, Saudi Arabia, Ireland, among others. The expo will be inaugurated by Dhamia Al Majed, Director of Planning & Research Department and Director of Public Relations Department on 7 April at 10 am at Hall 4A, Kuwait International Fair Grounds.

The two-day event will be open to visitors from Sunday, 7 April from 9:30am to 1pm and 5pm to 8pm until Monday, 8 April, 2019. For more information, please contact Muktar Mirza, email: muktar@pineex.com; or whatsapp +965 66568146.

Massive campaign to arrest, deport illegal expats

Informed sources at the Ministry of Interior revealed that the number of residency violators in the country has increased to around 120,000.

The source expressed surprise at the consistent rise in the number of violators despite the amnesty and waiver of fines announced by the Ministry of Interior last year, in which around 50,000 expatriates managed to rectify their status or leave the country, out

of the entire 150,000 violators at that time. The Ministry of Interior will reportedly soon embark on a massive campaign to arrest and deport the violators, especially since hundreds of expats have been committing the violation for over 10 years.

Security operatives are known to have recently carried out field campaigns during which they arrested and deported many violators.

Plan unveiled to amend Domestic Workers Law

Deputy General Manager of the Workers Protection Department in the Public Authority for Manpower (PAM), Abdullah Al-Motawtah, has unveiled a plan to amend the Domestic Workers Law in order to regulate domestic labor recruitment offices.

Al-Motawtah disclosed that the proposed new procedures include assisting newly hired domestic

workers from the airport to the employers' houses and taking legal action against anyone who violates this regulation. He added the Domestic Labor Recruitment Department has two supervisors – one handles the problems of domestic workers and the other is in charge of the registration, renewal and issuance of licenses for offices and companies working in this field, in addition to the Administrative Unit.

Increased annual leave could severely impact private sector

A new report warns that approval of the amendment to the National Labor Law, to give employees (Kuwaitis and expatriates) retroactive remuneration and 35 days of annual leave, would severely impact the functioning of private sector companies.

The report said "the general cost of the implementation of the law under the amended law would be KD948 million for the period from 2010 to the end of 2018."

A sizable chunk of this money, around KD908 million is projected to go to compensate expatriate workers, while only KD40 million is likely to be earmarked for Kuwaitis. The report

questioned how the economy would cope if this large amount of money left the country as remittances.

The government's calculation of the beneficiaries of money to be spent in the event of application of the law is 1.67 million workers (expatriates and Kuwaitis) as per the Law 6 of 2010. The number of Kuwaitis who will benefit is 71,000 or only 4 percent of all private sector employees.

The average salary of the worker in private sector is KD327 per month or KD12.5 per day. Calculate five days retroactively for workers from 2010 to the end of 2018, and you get a rough idea of the amount of money required.

City Centre celebrates 20th Anniversary



City Centre Hypermarket Group, one of the leading retail chains in Kuwait and Iraq, as part of celebrations marking their 20th Anniversary held a Team Service Awards Night on 24 March to honor their longest-serving suppliers, franchise partners and team members.

Held at the Manara Mall City Centre outlet in Shuwaikh under the theme of '20@20 - We Made It Happen', the awards night saw top management of City Centre recognize the Top 20 suppliers and franchise partners, as well as 20 longest-serving employees, for their support to the hypermarket since its opening in 1999.



Among the suppliers who were acknowledged for their support were: Ali Abdulwahab Al-Mutawa Commercial Co., Jassim Alwazzan Sons General Trading Co. WLL, Mohamed Abdulrahman Al-Bahar Foods Co., Gulf Trading & Refrigerating Co., Nestle Kuwait General Trading Co., Al-Zahem & Malhotra General Trading Co., Kuwait Food Co. (Americana) Trade AG Division, Mohamed Al-Hajery & Sons Ltd., Al-Kharafi Brothers Co., White Stores General Trading Co. WLL, Sultan Furnishing Co. Ltd., The Kuwait Danish Dairy Company KCSC, BRF Al Yasra Foods Co., / Al Yasra Food Co., Union Trading Co. WLL, M/S Alghanim & Al Maya General Trading WLL, Al Waseel Consumer Commodities Co., Al Bisher United Co., Al-Bustan Al-Khaleeji Co., Al-Othman & Al-Bisher Trading Co. WLL, United Beverage & United Distinctive Co.

The franchise partners recognized were: Al

Fidar Trading Co., X-Cite Alghanim Electronics, Daiso Japan Co., Jashanmal Group, American Tourister - Morad Yousuf Behbehani, Vivenza Perfumes & Cosmetics, GST Stationeries, International Mill Co., Bata Shoes Footwear Retail Co., and Al Rifai Co.

Plaques, trophies, certificates and commemorative gifts were also awarded to the 20 pioneer employees who have been providing loyal and dedicated service to City Centre over the years.

The Awards Night ceremony began with opening remarks by the Chief Operating Officer, Ajay Goel, who highlighted the timeline from how City Centre began right up to where it was now. He added, "We could achieve this milestone only with the continuous support of our suppliers, and the dedication and commitment of our employees. We take pride to say that we have the best ones in the market."

Inspirational and congratulatory messages were also rendered by the Chairman of Lals Group, Lal Ganwani, the CEO of Lals Group and Director of City Centre, Jayant Lal Ganwani, and the CEO of City Centre Hypermarket Group, Jassim Alghanim.

The Chairman of Alghanim Sons Group and Vice Chairman of City Centre, Adel Alghanim, along with Vice President of Business Development & Acquisition at City Centre, Nasser Alghanim, and Mr. Ajay Goel presented the awards, plaques and gifts to the recipients.

The closing keynote address was delivered by Mr. Nasser Alghanim.

Celebrations marking the 20th anniversary are continuing with the month-long 'WIN BIG' raffle promotion that will give away 20 incredible prizes, including two cars every week plus other great deals, as well as presenting great offers on products for shoppers to enjoy.

All are invited to visit the City Centre website, social media pages, or grab a copy of the latest promotional flyer, for more details about the anniversary raffle promotion. (<http://www.citycentre.com.kw/promotions.asp>)

Dasman Diabetes Institute organizes a health awareness outreach



Dasman Diabetes Institute (DDI), which was founded by Kuwait Foundation for the Advancement of Sciences (KFAS), recently organized a health awareness outreach at Kuwait Investment Company (KIC) to promote awareness about diabetes and its related complications to all the staff.

A specialized multifaceted team from

the Institute was present at the outreach to provide consultations, checkups and glucose testing.

Organizing such outreach events stems from the Institute's mission to address the diabetes epidemic in Kuwait through focused diabetes, research, integrated prevention, training, education and treatment.

Maurya Kala Parisar to hold Ethnic Food Festival on 19 April

Maurya Kala Parisar, Kuwait is back with the sixth edition of its immensely popular Ethnic Food Festival. The annual event is to be held on Friday, 19 April, 2019 at Junior Indian Community School, Salmiya, Block 10.

The event provides an opportunity to show talent in cooking and presenting homemade delicious food from various parts of India. There are five types of food categories which will be judged by prestigious guests. Each category will have amazing prizes.

Various types of fun activities will also be conducted during the event for visitors to enjoy their time and win fabulous prizes. In addition, there will be different types of stalls of delicious foods from various parts of India, as well as stalls selling accessories, clothing, games and many more. The event also has drawing and painting competitions for kids in Senior, Junior and Sub-Junior categories. Theme for the Drawing and Painting competition: Food



Aside from a Fashion Show and Parade competition for kids up to 14 years of age, there is a photography contest with the theme: 6th Ethnic Food Festival 2019.

Entries for the food competition is open to the Indian community in Kuwait including members and non-members both. Please see the link for more details: <https://www.news.timeskuwait.com/maurya-kala-parisar-invites-entries-for-ethnic-food-festival/>

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Facebook page of Maurya Kala Parisar or mail: Mauryakala@gmail.com



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Emirgan Sutis



Full of eastern promises, guests can savor the taste of centuries-old Turkish cuisines at the Emirgan Sutis. Breakfast options include fried sausage

Popular dish: Saslik

Located at Avenues | The Souk in Abu Halifa. Call: 1850005

Proper Sliders



A delicious combo of sliders that range from seafood to meat paired with classic Shakes awaits you at

Popular dish: Proper Mega Feast

Located at The Village, Ardhiya. Call: 1800050

Majnoon Qahwa



A quaint café that serves up a variety of delectable delights, breakfast at the Majnoon Qahwa is definitely worth a try. Options include the Acai Bowl, Fruit Bowl, and Super Bowl, which offer fruit goodness. There is also the Vegetarian Bowl, with a combination of chickpeas avocado, broccoli, bell peppers, feta cheese, spinach, hummus sesame seeds, and pumpkin seeds. To discover dishes that hit all the right notes try their

Popular dish: Turkish Poached Eggs

Near to Jumeirah Beach Hotel, Al Masillah. Call: 22451511

or Sujuk, Feta Cheese & Olives and Potato Borek while you can get your dinner of to good start with appetizers such as Dolma, Muhamara and Kebab Sageya. For the main meal, there are a range of well-cooked meat dishes on offer, such as Grilled Flank Steak, Beyti Iskender Kebab and Kuzu Lokum, with seasonings that stir the palate. For takeaways they have the Lunch Box, which contains delicious mix grill, white rice, gavurdagi salad, bread and simit, hummus and desse. Or pick from their range of sandwiches including the Chicken Wrap, and Doner Wrap. Complete your Turkish experience with authentic desserts such as Keskul, Havuc Dilimi, Ankara Durum and Baklava Mix.

the Proper Sliders. The Proper Shrimp Slider and Proper Shrimp Poppers are bound to satiate seafood lovers, while those who prefer meat could go for the flavor of well-cooked gourmet patties, such as Proper Jack Slider, Proper Crispy Chicken Slider and Proper Spicy Slider. Other quick hits are from the Proper Elite Series such as Proper Black, which showcase gourmet beef patty topped with bacon and garlic aioli sauce, or the Proper Gold, which has proper crispy chicken breast marinated their in-house sauce and topped with their special spicy gold sauce.



delicious range of cooked eggs, including Benedict Eggs, Copenhagen Eggs, Turkish Poached Eggs and Shakshuka Eggs. They also serve a number of delectable cheese items, such as White Cheese, Zaatar & White Cheese, Labneh and White Cheese & Honey. Those with a sweet tooth, should definitely go for their Banana Bread, Oatmeal Ricotta Pancakes and Salted Caramel or Cinnamon Apple French Toast.

Thought for the week

“Soon, economies of scale will no longer provide the advantages they once did. The most precious resource will be talent, not traditional capital.

- Klaus Schwab

Founder & Executive Chairman, World Economic Forum

The consequences of emotional eating

Ask Mira : Eating Right to Live Happy & Healthy



For many people, their eating habits fluctuate based on their emotions. They binge in excess or sometimes on unhealthy foods when they are sad, angry, frustrated and even when they are in a good mood, or want to celebrate. It is even a kind of punishment, you feel bad about yourself and you eat in excess to punish yourself even more. Or, you follow a strict diet to lose weight, but something triggers a relapse so you binge on fried foods. Then you feel guilty because you have strayed from your diet restrictions in a minute. This behavior makes sense with the term called emotional eating.

What is emotional eating?

Eating when you are emotional, rather than when you are hungry is something most people do occasionally including me. It starts to be a problem when it becomes abnormal and you feel that it is out of your control. You start to feel that you cannot stop eating or indulging in your favorite unhealthy snacks. This type of eating is a major reason why some people gain weight and become overweight.

The most common emotional triggers for overeating are boredom, anger, sadness, happiness, anxiety, loneliness, stress, low self-esteem, disappointment and frustration. Ask the question, “Am I hungry now or Am I eating for another reason?”

Usually, when you eat because of your emotions, you are too happy or sad to feel whether you are actually hungry or not, so you find it difficult to recognize the feeling of fullness, because you are under the effect of the emotions of this specific moment.

Here are some ways to exert self-control over your emotional eating.

Keep a food diary: When you feel

that you are eating too much and often because of your emotions, keep a food diary for a week. Include the time you eat, the reasons for eating and evaluate your emotions after eating. It is a hard exercise, but a food diary can give you an idea of how often you eat for reasons other than hunger.



Look for an activity that helps channel your emotions: Find an activity that brings you the mental and psychological comfort that you would otherwise find in food, whether its sugary or salty items.

For example, you can run on the treadmill when you are angry or stressed. Any intense activity can secrete endorphines, and these hormones will make you feel relaxed and eventually will block your cravings.

If you are eating because you are happy, replace that with activities that bring you feelings of joy about yourself like shopping, friendly outings or calling a friend.

Break your dependence on unhealthy food items: When you think happiness, it is chocolate.

When you think sadness, and stress it can be chips. You can change all these habits by turning your snacks into healthy ones.

If you want something sweet, you can try a fruit salad, yogurt with some fruits or breakfast bar for example, instead of chocolate cakes or doughnuts. Also, a small amount of nuts and almonds gives you the feeling of fullness for a longer time, even more than biscuits.

What about a whole grain toast, with jam on the top? It is a great option to have as well as it is sweet and nutritious.

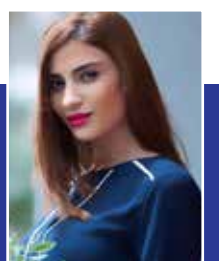
Before you go sleep, have a cup of skim milk or low-fat plain yogurt. It will calm you down at night.

Feel hungry: People, who are emotional eaters, often lose the sense of hunger. They are always full because they tend to snack a lot.

Feeling the hunger before the meals is an excellent factor that contributes to weight loss or weight maintenance. So eat your main meals when you are hungry and let your snacks be light and healthy.

And, when you feel that you are losing control towards food, be sure to ask yourself this pertinent question: Am I still hungry or Am I eating for another reason??

To subscribe to my diet programs, don't forget to log in to:
www.eatlikemira.com.



Mira is a go-to source for nutrition and wellness and has joined The Times Kuwait team in a new weekly column discussing nutrition and answering queries. You can send in your questions to infotimeskuwait@gmail.com

Every week, our 'Dining in Kuwait' section features selected restaurants in the country that provide sumptuous cuisines from around the world. Want to feature your restaurant in our 'Dining in Kuwait' section and reach out to our wide reader base? Email us at editor@timeskuwait.com with a brief about your restaurant along with images in high resolution.

Reducing your risk and protecting your Property



BY D. RAM MOHAN REDDY
Chief Operating Officer,
New India Assurance, Kuwait

News of catastrophes such as hurricanes, earthquakes, floods or fires striking some distant place may not appear important to us. But natural calamities can happen anytime, anywhere, and they can inflict untold damage on people and property.

In the insurance industry, such natural catastrophes are often referred to as Act of God perils, and they can cause huge losses to individuals and potentially bankrupt businesses.

Estimating the risk factors and having a proper awareness of the potential losses is Risk Management. Every business concern has to have a Risk Management plan in place to understand potential risk factors and the methods to overcome them and safe guard their businesses.

Risk Management basically has the important factors

1. Avoidance
2. Minimization
3. Transfer.

It is always considered that avoidance of any risk is the best policy. However, to remain competitive in today's world, it is often necessary for businesses to

take calculated risks and avoiding risks is often not possible.

Risk minimization is an excellent concept. Necessary safety measures, and necessary insulation can minimize the risk factors, however, some loss would definitely be incurred when a peril does occur. There also would be a need to incur huge expenditure to implement loss minimization techniques.

Ultimately Transfer of risk is the most important alternative available for effective Risk Management. Under this the risk is transferred to a third party. This is the concept of Risk Insurance. The risks to a business can be offloaded to an insurance company by paying a small premium, thereby having all losses made good by the insurer.

Modern day insurance covers every risk that arises on a day to day basis. A risk insurance is a guarantee provided by the insurer to pay an indemnity towards the losses incurred due to various perils. Property such as buildings, plant & machinery, raw materials, finished goods etc can be fully protected against any losses.

Insurance firms take it as a challenge to accept variety of risks, with the lowest possible premium. Through Reinsurance arrangements, the risks and losses have a widespread reach without causing burden in one particular area or to one Insurance company.

Earlier the practice was that insurers would assess the risk factors and issue pre-designed policies



such as Fire, Marine, Engineering, Burglary etc. Presently, with the growing risk factors, the business firms are unable to predict the reasons for the losses. Many times huge damages can occur from unexpected natural calamities, such as the recent rains and floods

All Risk Policies, the policies that cover all losses except for those that are specifically excluded. The following are few of the most popular All Risk policies:

1. Property All Risk policy (PAR)
2. Contractors All Risk Policy (CAR)
3. Erection All Risk Policy (EAR)



that caused huge losses in many places in Kuwait. Many individuals and businesses were put to losses, but those who had taken adequate insurance coverage for their property were safe

To overcome these unprecedented situations, insurance companies are offering

4. Industrial All Risk Policy (IAR)

We shall now throw some light on PAR Policy, which is the most needed policy for the present day business operations.

Property All Risk Policy covers all risks of physical loss, destruction or damage to the insured property that occur during the policy's

period, subject to certain terms, conditions and exclusions. PAR policy provides a wider cover than the standard Fire and Allied Perils insurance policy. The policy can be tailor-made depending on the requirements of the client. Many add-on covers such as those mentioned below can be included with the basic policy.

- Loss of profits due to business interruption
- Damage or loss as a result of Robbery, Burglary or Theft.
- Loss of rent
- Loss of Money and Securities as a result of Robbery, Burglary or Theft.
- Third party legal liability including the landlord's liability towards tenants and vice versa.
- Strikes, riots & civil commotions & Malicious damage
- Accidental damage to plate glass fixed to the building
- Expenses incurred on removing debris along with Fire brigade charges and extinguishing expenses
- Architects, surveyors, legal and consulting engineering fees.

PAR Policy is the best policy that every business firm should seek as a concrete protection for the losses that may occur due to natural calamities and accidents. Being a combo policy, it covers almost every risk, with a low premium. So perhaps it is time to call your insurance agent and speak to them about protecting your property with a PAR Policy.

Philippine Embassy holds trial-run for elections starting on 13 April

RICKY LAXA
STAFF WRITER

Officials of the Philippine Embassy held a trial run election on Saturday morning in view of the upcoming elections that begin on 13 April and extends over a period of 30 days.

Charges D Affaires Mohammad Nordin Lomondot led the Philippine embassy officers to an official oath taking to uphold the election's integrity followed by the mock up election to show the actual procedures to be followed in the presence of Filipino community leaders and media. In a brief interview with Lomondot, he said that though there are over 90,000



registered Filipino voters in Kuwait, in the previous election only around ten percent exercised their franchise. He urged all Overseas Filipino Workers in Kuwait to exercise their civil rights to vote and

choose their leaders in the senate.

Esnaiah Dansal VCM Technical Support Staff and former dfa-ovs Desk Officer for Middle East and Africa and Luis Carlos Osorio Special Board of



Election inspector, stated that all possible contingencies are in place to ensure that should hitches occur, solutions are available. Five precincts have been identified and names of voters in those

areas will be posted in the embassy premises throughout the election period.

He also added that the month-long election will start on the 13th of April and will end on the 13th May 2019. Embassy premises will daily open from 8am till 5pm including Fridays and Saturdays, except during the Holy Week. In the mock up election Philippine NGOs were asked to go through the process of election from verification of names, filling up of election form with adequate instructions, feeding in of the form to the machine and verification of results by the voter.

Osorio advised everyone to check the Facebook page and verify names of voters and precincts they belong to.

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Kanhaiya Kumar may be India's 'AOC' Moment



BY VARUN ADITYA CHAUHAN & AMIT MANJU SINGH
SPECIAL TO THE TIMES, KUWAIT

No election is without the odd surprise or an unexpected twist. But rarely does the underdog become greater than the electoral battle itself. Such was the case with Alexandria Ocasio Cortez, or AOC as she is now popularly referred to across the United States. Before she was even elected as the US house representative for New York's 14th Congressional district in the mid-term elections of November 2018, AOC had already become the stuff of legend, having defeated the Democratic Caucus Chair Joe Crowley in the primary elections.

AOC's radical appeal, her youthfulness and dashing ability to turn the unthinkable into the realm of the possible is transforming America into a space for hopeful politics. A full continent away in India, however, the captivating story of Kanhaiya Kumar is now fast mirroring the AOC phenomenon.

On 12th February of 2016, Kumar, who was then the elected president of

the student's union in the prestigious Jawaharlal Nehru university (JNU), was dramatically arrested, jailed and charged with sedition by the Indian government. Upon being released a couple of weeks later, Kumar went on to grip the nation by delivering an astounding speech from the



steps of the JNU administration building. Not only did he eloquently take down the government, but also went on to mockingly lay bare the ruling party's many designs for throttling democracy and ending secularism in India.

Kumar's speech, in lyrical Hindi and ringing with wholesome metaphors, was widely televised, went viral on social media and also won enormous applause from the Indian opposition. A 'national political star' was born. Kumar became one of the most sought after critical voices in India – a regular fixture in television studios – and trooped across the country speaking about the people's issues. Young, fresh and effortlessly able to convey a compelling left and democratic vision for India, Kumar successfully carved a new narrative that was able to take on the government.

Since his arrest, Kumar was awarded his PhD, wrote a book and moved on to become a full time political activist (different from being a career politician, as he reminds everyone). And, not unexpectedly, in the country's general elections of 2019, he is fighting a David versus Goliath battle for his home constituency of Begusarai (State of Bihar, North India) as the candidate for the Communist Party of India.

Begusarai is no sleepy backwater. It has almost two million voters and is a district steeped in a complicated history



of left politics and upper caste domination, populated by a large rural poor and beset by uneven industrialisation. This is also the birth place of Kanhaiya, who is no stranger to the district's many charms and dangers. His main opponent is the wily and battle hardened 66-year-old Giriraj Singh, of the Bhartiya Janata Party (BJP), and a serving minister in the current government

Giriraj Singh is no pushover, he is a Bhumihar, the same 'upper caste' that Kanhaiya Kumar belongs to, but brings to the contest heaps of money, muscle and a large army of BJP supporters. The odds are all stacked in his favour and Giriraj's campaign has let it known that they will leave no stone unturned to achieve a thumping win.

But Kumar, like AOC, has moved the unthinkable into the realm of the possible. Begusarai has quickly become one of the ground-zero constituencies of the Indian elections and has begun to attract exhaustive media coverage. Kumar and his collection of inspired volunteers have been scouring the villages, knocking on doors, talking to people on dusty streets, engaging with voters in the deep corners of the constituency and, above all else, soaking the district in Kanhaiya's lyrical prose and evocative calls for justice and change.

As Giriraj and his supporters loudly rumble across Begusarai in flashy motorcades, Kumar's dedicated band of volunteers have chosen instead not to fight money and muscle on the same terms. Their small but not insignificant voice continuously calls for a society free from violence and hatred and aim to inspire people's hearts and minds. Kumar might just have the last word: that truth can talk back to power.

Kuwait seeks to retrench status as global energy player

...CONTINUED FROM PAGE 1

Kuwait Oil Company (KOC), which is responsible for upstream activities, have initiated several projects aimed at increasing their operational efficiency and lowering the environmental impact of hydrocarbon production and refining. Clean Fuel Project (CFP), Al-Zour refinery, North LPG Tank Farms in Mina Al-Ahmadi and the 5th Gas Train are some of the projects designed by KNPC to improve efficacy of the refining sector. These initiatives are expected to propel Kuwait into one of the top-ranked countries in the world's hydrocarbon industry, while also adhering to international environmental norms.

Linking services provided by the two refineries of KNPC — Mina Al-Ahmadi (MAA) and Mina Al-Abdullah (MAB) — through the Clean Fuels Project is part of this focus on operational and environmental excellence. The Clean Fuel Projects, which began in 2014 and led to revamping and expanding of capacities at the two refineries, eventually resulted in an integrated refining complex able to efficaciously meet the variables arising in the local and international markets. The integrated complex and its clean fuel projects that came online at the tail-end of 2018, has a total refining capacity of 800,000 barrels per day (bpd), while refined products from the complex conforms to global Euro-4 specifications, which will further reduce environmental impact of the country's oil sector.

Along with the construction of a new green-field refinery at Al-Zour with a capacity of 630,000 bpd in

the south of Kuwait, the Clean Fuels Project will lift Kuwait's total refining capacity to 1.4 million barrels per day (mbd) by 2020, from the previous capacity of 930,000 barrels per day, including that from the now defunct Shuaiba Refinery.

In February of this year, KNPC reported that it had executed its second largest venture, the Fifth Gas Liquefaction unit. Referred to in the industry as the 'Fifth Gas Train', the project, which is nearing completion and cost around KD430 million, includes a new unit at Al-Ahmadi refinery for treating natural gas extracted from within the country and from imports. The project is being readied in anticipation of the increased production of non-associated gas from Kuwait Oil Company's hydrocarbon fields and from refineries of KNPC, and is expected to boost Kuwait capabilities in gas processing.

Gas, whether in the form of Liquefied Petroleum Gas (LPG) or Liquefied Natural Gas (LNG) are generally considered as a major source of clean energy. They cause relatively less impact on environment, especially when they are used to replace the heavy fuel and crude oil used in power stations. They are sulfur-free and emissions are less damaging to ozone. So the project will fulfill Kuwait's needs of clean fuels and reduce imports of gas.

The project, expected to be commissioned in the second half of 2019, will produce nearly 23 million cubic meters of gas per day and 106,000 barrels per day of condensate. This strategic project is part of Kuwait's plans to expand the country's capacity in the production and processing of gas to fulfill local needs

and enter new export markets. After completion, the total gas processing capability of KNPC will increase to over 92 million cubic meters of gas per day.

Tasked with the role of handling all gas produced in the country or imported from abroad, KNPC is in the process of developing the North LPG Tank Farm at MAA to store the expected increase in production of LPG, mainly coming through the Fourth and the new Fifth Gas Trains, as well as smaller volumes coming from the gas liquefaction factories of MAA through the First, Second and Third Trains.

The North LPG Tank Farm occupies 350,000 square meters of space at MAA and consists of 10 tanks each with a capacity of 72,000 cubic meters. This new storage capacity is expected to meet the country's increasing need for LPG. As an environmentally-friendly form of gas, LPG is extensively used as a feed-stock in petrochemical industries; it is also produced for home consumption and domestic industries, as well as in power generation and water desalination stations to reduce emissions.

Although Kuwait's natural gas production has been growing, the country's natural gas demand still currently outweighs domestic production. As a result, Kuwait has been importing natural gas. However, Kuwait, which imported 3.7 billion cubic meters of natural gas in 2014, has seen a gradual decrease in imports as a result of ramping up local production.

In addition, Kuwait is making major strides towards expanding the role of renewable sources in the country's energy mix. For instance, the Al

Dibidbah Solar Park at 1.5GW power production is set to be one of the largest in the world when it becomes fully operational sometime in early 2021. Besides contributing to climate change mitigation, the changeover to renewable sources will have a significant impact on the country's economy. Kuwait now plans to meet 15 percent of its energy requirements from renewable sources by 2030.

KNPC has already launched a tender for the design, construction, commissioning, operation and maintenance of the Al-Dibidbah solar project. The project, which will comprise five solar generating units (SGUs) each with a maximum capacity of 300 MW, is located 100km west of Kuwait City occupying 32 square kilometers within the Al-Shagaya Renewable Energy Park. The KD366 million project is expected to replace the need for 5.2 million barrels of oil a year and reduce carbon emissions by 1.3 million tons annually.

All the mega-projects being implemented by Kuwait will help recruit more nationals into the oil sector, as well as promote investments from foreign and local investors. The projects mandate that contractors have to comply with the Kuwaiti law with respect to a secure 30 percent of material from local companies or manufacturers, as well as obtain 30 percent of services inside Kuwait.

Incidentally, implementing and maintaining global standards for operational excellence, to achieve sustainable leadership in oil and gas industry, is one of Kuwait Petroleum Corporation's, the parent company of KNPC, common 2040 strategy directions.

Sustaining the Planet for our Future Generations



BY DON PRAMUDWINAI
Minister of Foreign Affairs of Thailand
SPECIAL TO THE TIMES, KUWAIT

In the digital age and present context of the Fourth Industrial Revolution (4IR), we often hear about 'big data' and the 'Internet of Things (IOT)', which to some, may sound highly technical and virtually digital. While Thailand is fully aware of the opportunities and challenges that come with modernity, we also seek an all-encompassing human dimension of inclusive development, particularly during our year as ASEAN Chair. This is why we came up with the theme 'Advancing Partnership for Sustainability', to promote the 'Sustainability of Things' (SOT), which means sustainability in all dimensions.

Sustainable development is an overarching concept that is directly related to SOT. However, the first aspect of sustainability that usually comes to mind of the public is environmental sustainability, which is a

significant component of the concept and part of the United Nations 2030 Agenda for Sustainable Development or SDGs. These 17 SDGs are simply grouped into 5Ps with the ultimate goal to save the planet, foster peace, create prosperity, enhance partnership, and nourish our people.

With regard to the 'planet,' fresh air and clean water are among the basic yet fundamental essentials for human beings and all other creatures that share this world with us. Sadly, Mother Earth has been harmed and taken for granted by humans throughout history. The fact that several SDGs give importance to the rehabilitation and conservation of our planet reflects the rising environmental concerns and the call for a more balanced development, widely known as the concept of 'circular economy,' which is gaining ground globally.

Thailand recognizes that enhancing environmental sustainability is inextricably linked to social and economic development, and is one of the key conditions for sustainable development. We have therefore adopted measures to conserve, restore, and manage our natural resources and environment in a more sustainable manner, and included these elements in our 20-Year National Strategy Framework (2017 - 2036).

For instance, Thailand has launched the Nationally Determined Contribution (NDC) Roadmap on Mitigation (2021 - 2030) to ensure that we meet our targets on the reduction of greenhouse gas emissions by 20 to 25 percent by 2030. Some progress has been made so far. Last year, we managed to reduce the emission of 45.72 million tonnes

of carbon dioxide or 12 percent of the targeted 7 - 20 percent by 2020. Moreover, about 24 hectares of coral reefs and 880 hectares of mangrove forest were rehabilitated, and the use of over 435 million plastic bags was reduced since 2017.

Beyond our national undertaking, Thailand has consistently advocated cooperation on environmental issues with the global community to derive the long-term benefits. An example is our firm commitment to the Paris Agreement to address climate change. At the same time, Thailand has been cooperating with all partners on the exchange of knowledge, experiences, and best practices.

“Thailand recognizes that enhancing environmental sustainability is inextricably linked to social and economic development, and is one of the key conditions for sustainable development.”

Sustainable development is a global agenda that requires concerted efforts, and Thailand is in the position to drive it forward this year. In addition to being ASEAN Chair, Thailand is also ASEAN Coordinator on Sustainable Development Cooperation, actively identifying the complementarities and promoting closer coordination between ASEAN and the United Nations. One substantial outcome is the 'Complementarities between the ASEAN Community Vision 2025 and the United Nations 2030 Agenda for Sustainable Development: A Framework for Action', which identifies possible synergy and means to strengthen ASEAN Community-building while attaining several SDGs simultaneously.

A recommendation from the Complementarities Report that will be realized fully this year is the establishment of the ASEAN Centre for Sustainable Development Studies and Dialogue in Thailand. The Centre will be funded by the Royal Thai Government and will help coordinate activities and projects related to the Complementarities Initiative, while linking up with similar centers in ASEAN Member States to form a network of centers in support of regional sustainable development efforts.

During its ASEAN Chairmanship, one of the sustainable development agendas that will be addressed is marine environment. Thailand is greatly

concerned with the problem of marine debris and its impact on the environment. We truly believe that urgent action is needed. Researchers have found a marine debris or 'garbage patch' in the middle of the Pacific Ocean with a size larger than Bangkok. This debris is eaten by fish, which is then consumed by humans, thus causing severe health problems. News reports of sea animals like whales and turtles suffering from eating indigestible waste are only a fraction of the annual 100,000 deaths of marine animals due to this problem. In addition, marine debris affects the promotion of environmentally friendly tourism and thus affects the contribution of the tourism sector to national development.

A research by the Ministry of Natural Resources and Environment of Thailand found that rubbish that is thrown into the sea can travel all over the world. It is therefore imperative that we have a platform for discussions and collaboration to tackle the problem. A technical working group meeting among ASEAN members was held in November 2017 while the Special ASEAN Ministerial Meeting on Marine Debris and ASEM High-level Meeting on Marine Sustainability was held on 5 March 2019 and 7 - 8 March 2019, respectively. Thus, Thailand is advancing partnership for sustainability by starting with environmental sustainability, and will expand to other areas throughout the year.

The benefits of sustainable development are countless but each country should embark on its own path and determination to achieve the goals. In Thailand's case, the Sufficiency Economy Philosophy (SEP) was adopted as its home-grown approach. This philosophy, conferred by His Majesty the late King Bhumibol Adulyadej, proposes a 'thinking process' consisting of three parts — analysis on the cause of the problem, identification of practical solutions, and the implementation of the selected solutions.

SEP is mainstreamed in Thailand's policy both at the national and international levels. It has been a guiding principle in Thailand's National Economic and Social Development Plans since 2002 and its application to achieve sustainable development. Thailand has shared this philosophy with many countries as an alternative approach to achieving SDGs through the provision of training courses and the establishment of several cooperation projects in Asia and Africa.

In conclusion, Thailand's commitment towards sustainable development is steadfast as demonstrated in our past achievements and contributions nationally and internationally. We are committed to do more. The agenda will be particularly important during our ASEAN Chairmanship and Thailand looks forward to working with colleagues in ASEAN and beyond in a global partnership as set forth in SDG Goal 17.

Kuwait continues its unwavering humanitarian aid

...CONTINUED FROM PAGE 1

Speaking to media outlets, Team Leader of Nasaem Al-Khair team, Dr. Sharifa Al-Khamees, said the center would provide Syrians, mainly orphans and widows, with medical and social care, training and development programs.

She added that the main purpose of the center, which has been operating in Turkey since 2012, was to rehabilitate refugees from being mere consumers of aid into productive members of society. Hailing Turkey for taking in the largest number of Syrian refugees among all countries, she also thanked the Kuwaiti embassy in Turkey for assisting the Kuwaiti team to accomplish its humanitarian tasks.

Also, last week, the Kuwait-based Al-Najat Charity funded a campaign in the southwestern Yemeni province of Taz to treat people infected with cholera. A spokesperson for the Charity, revealed that the first phase of the campaign was to treat 120 people in the Republican Hospital in Taz, while the second phase would involve well-water in the province to prevent spread of cholera.

On Friday, 5 April, the Kuwait Red Crescent Society, acting upon instructions of His Highness the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah, dispatched a plane loaded with 40 tons of relief supplies to help the Iranian people affected by floods that swept several Iranian towns and villages since 27 March.

The Charge d'affaires of the Embassy of Kuwait in Tehran, Falah Al-Hajraf, said Kuwait is fulfilling its humanitarian duty towards the Iranian people by providing humanitarian and relief assistance to those affected by floods. He pointed out that the Iranian leadership had acknowledged the support and thanked His Highness the Amir for his generous gesture. The authorities in Iran also noted that Kuwait, which has played a valuable role in providing emergency assistance to Iran, is one of the biggest foreign aid donors to Iran so far.

For his part, the Chairman of KRCS, Dr. Hilal Al-Sayer said the plane was loaded with medicines, food and water pumps. He noted there were coordination and

direct cooperation with the Kuwaiti Foreign Ministry and its embassy in Tehran, and the Iranian Red Crescent to distribute aid to those affected.

Meanwhile, Kuwait Consulate General in Irbil, north Iraq, commemorating the World Autism Awareness Day (WAAD), handed out gifts to children with special needs. Speaking to the media, Consul General Omar Al-Kandari said, "We are keen to be with children who are suffering from autism and take part in WAAD to make these children happy."

He added that this initiative, which comes at the behest of His Highness the Amir of Kuwait was within the framework of 'Kuwait beside you' campaign, that signaled His Highness the Amir's care and concern for this segment of society.

For his part, the Head of Irbil's autism center, Kamal Al-Jabari, thanked Kuwait and its humanitarian organization for being interested in children with special needs. He revealed that there are 2,800 people suffering from autism in Irbil, and they are in dire need of treatment and training. Their families need support, as their monthly income cannot afford the cost of treatment, he said, calling for more backing to these children and their families to alleviate their sufferings.

Also, last week, a top UN official heaped praise on Kuwait's global humanitarian efforts and its IICO for philanthropic works around the world. "Kuwait we know is emerging as a major player in the humanitarian world and IICO the leading humanitarian organization in the Islamic world," said the Deputy Director General of the UN's Food and Agriculture Organization (FAO), Daniel Gustafson. He was speaking to the media ahead of the signing of a letter of intent between FAO and IICO at the sidelines of a major international conference against hunger in Brussels. "We are embarking on a new partnership with the IICO. We are delighted about it," said the top FAO official.

The FAO official stressed that "the government of Kuwait is key partner, a key member of FAO in Rome and elsewhere but it is the voice of Kuwait within the collective discussions of FAO member countries in Rome which is a strong one due to the excellent work of the team."

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EXCLUSIVE to THE TIMES KUWAIT

Who Needs More White Saviors?



PETER SINGER

Professor of Bioethics at Princeton University, Laureate Professor at the University of Melbourne, and founder of the non-profit organization The Life You Can Save. His books include *Animal Liberation*, *Practical Ethics*, and *The Most Good You Can Do*.

Comic Relief is a British charity that raises money for disadvantaged people both in the United Kingdom and overseas. Every two years, it holds Red Nose Day, when supporters wear red clown noses. The day culminates in a TV extravaganza featuring comedians and celebrities. This year, Red Nose Day raised £63.5 million (\$83.5 million) — a lot of money, but down nearly £8 million from two years ago.

Two weeks earlier, David Lammy, the Member of Parliament for Tottenham, had criticized Comic Relief for flying Stacey Dooley, an English television presenter, to Uganda, where she was photographed holding an African child. Lammy, who is black, tweeted “The world does not need any more white saviors,” adding that the image “perpetuates tired and unhelpful stereotypes.” Instead, he suggested, we should “promote voices from across the continent of Africa.”

On British television, Lammy granted that charity is a good thing, but said: “Comic Relief is a 20-year-old formula that asks comedians to perform and sends celebrities — most often white — out to Africa, and that image evokes for lots of ethnic minorities in Britain a colonial image of a white beautiful heroine holding a black child, with no agency, no parents in sight.”

Views like Lammy’s have gained some traction in progressive circles, possibly



affecting this year’s Red Nose Day donations. Would it be better if white celebrities did not appear for Comic Relief?

The organization presumably tries to raise the most money it can by involving those celebrities who have the most drawing power with its audience. The people who run the organization no doubt believe that if they did not enlist white celebrities to raise funds, less would be raised. They may well be right about this — certainly Lammy has not asserted that Comic Relief could raise as much money without the support of white celebrities.

It also seems likely that if less money were raised, fewer Africans could be helped. Dooley said: “I saw projects that were saving lives with the money. Kids’ lives.”

In saying that the world does not need any more white saviors, Lammy is hardly likely to have meant that the world happens to have exactly the right number of white saviors. We can take him as suggesting that

the world would be a better place with fewer white saviors. On the other hand, surely he is not denying that the world could use more saviors — or at least, more people willing to spend time and effort in helping people in extreme poverty.

Millions of Africans die each year because they lack safe drinking water, sanitation, basic health care, or bed nets to protect them against malaria-carrying mosquitoes. Others are blind because they cannot afford a simple cataract operation. Some women are social outcasts because a childbirth that went wrong produced a fistula, leaving them incontinent and unable to afford surgery to repair the hole between their vagina and their bladder or rectum (or both). The more people who are prepared to put their time, money, and thought into reducing these problems, the better.

“David, is the issue with me being white?” Dooley’s question, posed in a tweet, pushes Lammy and those who share his views to say whether they think it is a problem that those working to improve the lives of Africans living in extreme poverty are white, or rather that they are not African. Given

China’s increasing presence in Africa, that is not just a theoretical question.

Some progressives may welcome China’s new investment in Africa, because it provides an alternative to Western involvement. But it seems more likely that what progressives would like to see is change in Africa being driven and directed by Africans, rather than by those from outside the continent. If this is what they want, however, then their criticism of ‘white saviors’ boomerangs on them, for they are themselves mostly non-African outsiders.

Lammy is black, but he is British, and completed his education at Harvard Law School. Being black does not make him a spokesperson for the Africans Western charities are trying to help.

Worldwide, extreme poverty is falling, but it continues to rise in Sub-Saharan Africa, where more than half of those affected now live. By 2030, the World Bank forecasts, nearly 90 percent of all extremely poor people will live in Sub-Saharan Africa. Yes, it would be best if the problem of extreme poverty in Africa could be solved by Africans, but at the moment, that is not happening.

It is Africans living in extreme poverty who are best placed to decide if they want to reject assistance based on who the donors are. There is evidence about how they decide. When the UK’s Against Malaria Foundation offers people in Togo bed nets and explains how they will protect their children from an often fatal disease, the nets are accepted and used.

Likewise, when GiveDirectly offers every adult in a Kenyan village a basic income equivalent to \$274 per year, and tells them they will get it, unconditionally, for 12 years, the villagers do not refuse. And when Village Enterprise offers small groups of East Africans seed capital, training, and mentoring to start small businesses, they eagerly enroll in the program. It seems that very few people in need care about the color of the skin of the people who direct the organizations helping them, or whether they live in Africa. If the goal is to help those living in extreme poverty, we need all the saviors we can find.

Bad News for Women

EXCLUSIVE to THE TIMES KUWAIT



HANNAH STORM

The outgoing Director of the International News Safety Institute, she will soon be taking up the position of CEO of the Ethical Journalism Network.

Nancy Pelosi is the highest-ranking elected female politician in the history of the United States. Theresa May is only the second female British prime minister. Amal Clooney is a world-renowned human-rights lawyer. Serena Williams is arguably the greatest female athlete of all time.

All four are succeeding in environments where high-achieving women are the exception rather than the rule. Yet parts of the media have portrayed them in a way that suggests their achievements and abilities are secondary to their appearance, age, or association with other people, particularly the men in their lives.

Consider Pelosi, the Speaker of the US House of Representatives. On the day she was elected to serve another term in the post, The New York Times published a tweet accompanying an image of her: “Nancy Pelosi, wearing a hot pink dress, ascended to the marble dais in the center of the House chamber to accept the wooden gavel.” The tweet was later deleted, with the Times calling it “poorly framed.” But it spoke volumes about the sexism, whether implied or overt, that still exists at the heart of the media industry.

Theresa May has been one of Europe’s leading female politicians for most of the



past decade. Yet the British media have long been fascinated by her love of fashion, devoting many a column inch and image to her sartorial choices and penchant for shoes, instead of focusing on her policy decisions. The subconscious effect of the messaging is to diminish May’s role as a woman in a male-dominated world.

Clooney knows exactly what it feels like to be judged by association. In August 2015, the Associated Press published a tweet that read: “Amal Clooney, actor’s wife, representing Al-Jazeera journalist accused in Egypt of ties to extremists.” The tweet drew widespread criticism, and the AP later referred to her as a human-rights lawyer. But the episode underscored the media’s obsession with ‘clickbait’ and the need for more outlets to pause before publishing pictures or words that reinforce outdated gender stereotypes.

Williams has won a record 23 Grand Slam singles titles, but some media outlets have perpetuated the sexism and racism she has faced from inside the old-fashioned, male-

dominated tennis world. A media storm erupted last September after Williams lost the final of the US Open and accused tennis officials of treating her more harshly than men. The umpire had earlier penalized her for getting coaching signals from the stands, breaking her racket, and calling him a “thief.”

Some of the subsequent media coverage reduced Williams to the trope of the angry black woman, and a cartoon of her outburst in the Herald Sun newspaper in Melbourne, Australia, sparked a furious backlash from critics who deemed it racist and offensive. The newspaper defended the cartoon as satire and said its critics were being politically correct.

Billie Jean King, who helped pioneer the women’s tennis tour, later thanked Williams via Twitter “for calling out this double standard,” whereby women are often described as “hysterical” while men behaving the same way are “outspoken.” By continuing to use such terms, the media reinforce the message that women and girls should not strive for leadership positions, and must still overcome many barriers to achieve their potential in a man’s world.

Although depressing, the media’s portrayal of women is not surprising, given the gender imbalance in the industry. According to the Global Media

Monitoring Project, which produces a quinquennial report on gender in the news, the representation of women in the media has changed little in the past two decades. Women still rarely occupy positions of power in newsrooms, and female journalists tend to cover less serious topics than their male counterparts. Furthermore, women are the subjects of fewer news stories, and female experts are outnumbered as sources by their male counterparts in nearly every field.

But it is not all doom and gloom. Over the past few years, some high-profile media outlets have acknowledged their failings and sought to fix systemic imbalances. Bloomberg and The Wall Street Journal, among others, are committed to increasing the number of women in leadership roles, as well as improving the conditions of female staff and editorial coverage of women.

Elsewhere, the Women’s Media Center runs SheSource, an online database of female experts for journalists.

Poland-based NewsMavens produces a weekly round-up of news chosen by women to counterbalance the media’s prevailing male-dominated perspective, while France 24’s ‘The 51 percent’ is a weekly show that almost entirely features women and how they are reshaping the world.

But for every news outlet working to change the gender narrative, there are others that remain woefully sexist. We still have a long way to go until the media cover women in a balanced way and finally put hoary stereotypes to rest.

The media have a responsibility to reflect society not only as it is, but also as it should be. This means more reporting about women, particularly in male-dominated industries, and portraying them in the same light as the men they cover. Otherwise, these successful women will not be perceived as role models to emulate. After all, we cannot be what we do not see.

Strategy to Improve your Mood



People often have a favorite remedy that they rely on to raise their spirits when depressed or in a bad mood. A new study shows a simple strategy, which does not take up too much time or effort, to improve one's mood.

Researchers at Iowa State University in the US found that by simply walking around and offering kindness to others in the world reduces anxiety and increases happiness and feelings of social connection.

The study team tested benefits of three different techniques intended to reduce anxiety and increase happiness or well-being. For their study, the team engaged college students to walk around a building for 12 minutes and practice one of the following strategies:

Loving-kindness: Looking at the people they see and thinking to themselves, "I wish for this person to be happy." Students were encouraged to really mean it as they were thinking it.

Inter-connectedness: Looking at the people they see and thinking about how they are connected to each other. It was suggested that students think about the hopes and feelings they may share or that they might take a similar class.

Downward social comparison: Looking at the people they see and thinking about how they may be better off than each of the people they encountered.

The study also included a control group in which students were instructed to look

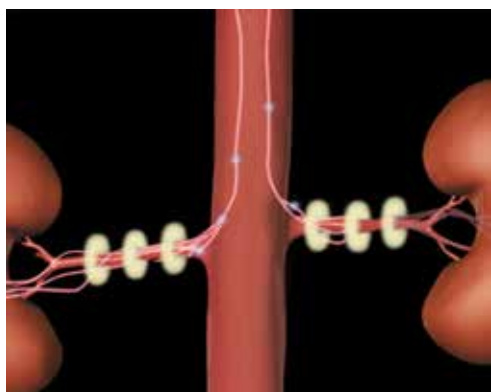
at people and focus on what they see on the outside, such as their clothing, the combination of colors, textures as well as makeup and accessories. All students were surveyed before and after the walk to measure anxiety, happiness, stress, empathy and connectedness. The researchers compared each technique with the control group and found those who practiced loving-kindness or wished others well felt happier, more connected, caring and empathetic, as well as less anxious. The interconnectedness group was more empathetic and connected. Downward social comparison showed no benefit, and was significantly worse than the loving-kindness technique. Students who compared themselves to others felt less empathetic, caring and connected than students who extended well wishes to others. The new study found that downward social comparison, which has been shown to have a buffering effect when we are feeling bad about ourselves, had no such effect.

The study found that though downward social comparison could have some benefits, at its core such comparisons are a competitive strategy. But competitive mindsets have been linked to stress, anxiety and depression.

The researchers also examined how different types of people reacted to each technique. They expected people who were naturally mindful might benefit more from the loving-kindness strategy, or narcissistic people might have a hard time wishing for others to be happy. They were somewhat surprised by the results, which showed that the strategy was valuable regardless of personality types.

While the study did not look specifically at social media, the researchers pointed out that it is almost impossible not to make comparisons on social media. We often feel envy, jealousy, anger or disappointment in response to what we see on social media, and those emotions disrupt our sense of well-being. Spending too much time on the comparison playground of social media is a risky venture, they said.

Ultrasound could treat high blood pressure



People suffering from high blood pressure could one day soon reduce their medications by turning to a minimally invasive surgical procedure using ultrasound.

Scientists behind a six-month long international clinical trial that used ultrasound to target nerves leading to the kidneys, in a procedure known as 'renal denervation', said the procedure had proven successful in treating mild to moderate high blood pressure.

Carrying out the nearly one-hour long procedure under local anesthetic, surgeons at the Queen Mary Hospital in London, were able to decrease activity in nerves that link the brain to

the kidneys and carry signals that regulate blood pressure.

The randomized, controlled trial showed that surgical procedure resulted in a more significant reduction in blood pressure, compared with participants who underwent a 'fake' operation. Results revealed that participants who underwent the ultrasound surgery maintained their reduced blood pressure for up to six months without medication, and after which they required fewer drugs at lower doses, than those participants who underwent the fake operation.

High blood pressure, or hypertension, is a growing global health issue. According to a report, between 1975 and 2015, the number of adults living with high blood pressure around the world rose from 594 million to 1.13 billion. Having high blood pressure increases the risk of heart disease, heart failure, and other conditions.

Some people can keep their blood pressure under control by watching their weight, doing plenty of exercise, and maintaining a healthful diet. Others may need to supplement these measures with medication. However, some people struggle to control high blood pressure even with lifestyle changes and medication.

Scientists have known that over-activity of nerves sending and receiving messages from the brain to the kidneys can raise blood pressure through its interaction with the body's sympathetic nervous system. Renal denervation by ultrasound disrupts the nerves leading to the kidneys and thereby ameliorate high blood pressure.

Scientists behind the study hope renal denervation therapy could soon be offered as an alternative to many lifelong medications for hypertension.



Meal Times and Weight Gain

Evidence of the association between eating later in the day and weight gain, gained another boost from researchers at the University of Colorado in the United States who used in-depth personal monitoring to gain fresh insight on the theory.

As obesity rates around the world continue to grow, finding ways to curb this is becoming critical. Sticking to a restrictive, calorie-controlled diet is challenging, but eating at a different time of the day might be more easy to achieve. If changing eating timings has even a small effect on obesity, it is worth exploring in more detail.

Earlier studies have identified a pattern between eating later and increased weight gain. However, it is not clear whether individuals who eat later in the day might, consequently, have less sleep overall. This factor is important because experts also believe that sleeping less may play a part in obesity.

Researchers behind the new study point out

that few studies have assessed both meal and sleep timing in adults with obesity, and it is not clear whether eating later in the day is associated with shorter sleep duration or higher body fat.

The scientists recruited 31 adults with an average age of 36 years who were overweight or had obesity. To capture as much relevant information as possible, the scientists assessed the participants' sleep, levels of activity, and diet.

Each participant wore an Actiwatch that monitored their sleep-wake cycles. They also wore an activPAL electronic device on their thigh, which measured how much time they spent both doing physical activity and being sedentary.

The participants kept track of what they ate using a phone app called MealLogger. Using the app, they photographed each meal and snack that they consumed, which provided the time of day that they ate it. The researchers used a continuous glucose monitor to verify dietary intake.

The analysis showed that, on average, the participants ate their food during an 11-hour window and had 7 hours of sleep each night.

As expected, those who ate later in the day had a higher BMI and greater levels of body fat. Importantly, the researchers also showed that those who ate later in the day still had an average of 7 hours of sleep, implying that a lack of sleep is not the primary driver of these effects.

With wearable activity monitors and smartphones becoming ubiquitous in modern society, it may soon be possible to consider the timing of behaviors across 24 hours and use this to prevent and treat obesity, said the researchers.

As the latest findings align with those of earlier investigations, the timing of meals may become an increasingly important focus in the study and treatment of obesity.



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Iconsiam, located on the Chao Phraya River, in Bangkok, Thailand is pioneering innovative and creative ideas in 'destination development' by bringing together, in a single destination, a great riverside location with art, culture, lifestyle pursuits, endless dining options, super-luxury residences, and shopping. Discover the best of Thailand and the best on offer from around the world, as you are given opportunities to be inspired and to explore new ideas. Below are some of the main attractions labeled the 'Seven Wonders at Iconsiam'.

River Park: This massive riverside community space is designed for daily use by community members. It takes advantage of the picturesque landscape of the Chao Phraya River to create an amazing and expansive community space covering over 10,000-square meter along the river. The park is open to the public every day, particularly benefiting members of surrounding communities and visitors from far and wide who love and admire the river's atmosphere.



The Iconic Multimedia Water Features: This multimedia feature, which is the longest in Southeast Asia, is designed to be a global iconic attraction that promotes tourism for Bangkok and Thailand. It will enable Bangkok to rival the world's leading metropolises just as the London Eye does for London and the Botanic Garden at the Marina Bay Sands does for Singapore. It will spark tourism for the Chao Phraya River in a major way. The Iconic Multimedia Water Features is open to the public free of charge every day and has three shows daily at the River Park.

SookSiam: This amazing town is Thailand's first co-creation space for local communities from the 77 provinces of Thailand to join together their creative capabilities and build a business platform and cultural space. A strong network was created by small business operators from local communities nationwide, local enterprises, artists from all regions and government agencies who are working together to create a town to showcase popular products and cultures that are the pride of individual provinces. SookSiam serves as a platform for local products to be further developed with merchandising and marketing ideas to help them penetrate international markets.

True Icon Hall: The state-of-the art and technologically most advanced auditorium in Thailand will have a far-reaching impact on businesses along the Chao Phraya River and will benefit Thailand's Meetings, incentives, conferences and exhibitions (MICE) industry. The venue will be the first such facility in

Thailand with world-class connectivity standards capable of hosting conferences requiring the most sophisticated equipment, concerts, and international MICE events. It will help push Bangkok as a hub for international conferences. True ICON Hall is scheduled to open in 2019.

River Museum Bangkok: The venue provides cultural space in a commercial project to bring art and culture closer to the public's daily life and give people access to world-class art from different countries. It is the first time that a world-class museum is being built in Thailand capable of accommodating important world-touring exhibitions. It is scheduled to open in 2019 and will add to Thailand's cultural offerings.

Art Synergy Phenomenon: ICONSIAM houses masterpieces from more than 100 artists in all disciplines ranging from local artists from all regions of Thailand, including national artists, as well as world-class artists from different countries. These artists have come together to create masterpieces exclusively for ICONSIAM – the first time this has been done for a commercial project in Thailand at this scale. It gives Thailand's art community a platform to find international fame.

Gold Line Monorail: The monorail system will support urban development with road-rail-river transport connections to elevate the public's quality of life. It is the first time in Thailand that a private sector mega-project developer has supported the building of a public mass transit system to mitigate potential traffic issues in the way that many other countries require of mega projects. ICONSIAM is also building 4 massive piers inside the project to provide complete road-rail-river connectivity and increase travel options for people living along the Chao Phraya River. Gold Line Monorail is scheduled to operate in late 2019.

Iconluxe: Many of the world's ultra-luxury brands have located their flagship stores in the stunning 25,000-square meter super luxury pavilion called 'ICONLUXE' which is situated next to the river and has the longest pillarless

glass façade in the world. It is built with specially commissioned glass that is pleated around the building to create a nirvana of luxury that is a new landmark on the Chao Phraya River. ICONSIAM houses the world's best-known luxury brands with flagship stores that are also globally iconic stores. The 'icons within icon' concept was created by ICONSIAM to present luxury brands within duplex maisons inside the sensational ICONLUXE.

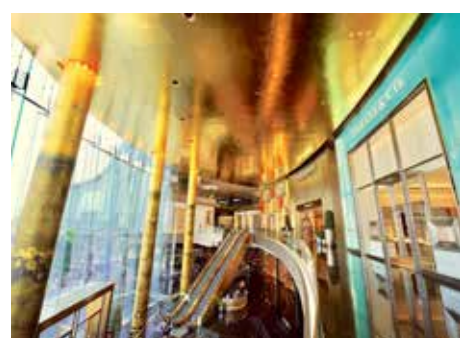


Wondrous dining zones: A selection of over a hundred famous restaurants from all over the world are available in seven spacious zones, with each of them catering to diverse culinary tastes. The wide array of dishes on offer comes from venues ranging from Michelin-starred restaurants to famous Thai street food stalls. Expose yourself to the different flavors of food from all over the world, all amidst impressive artwork and before magnificent views of the Chao Phraya River. Some of these options include SookSiam, The Veranda, Siam Takashimaya Rose Dining, and Alangkarn



SookSiam offers authentic Thai dishes made to original recipes that have been passed down from one generation to the next – and many are difficult to find elsewhere or are even almost extinct. The Veranda is home to 16 food shops and eight sweet shops from all over the world, each providing excellent choices to suit all tastes. Siam Takashimaya Rose Dining comprises of seven high-end Japanese restaurants: Toku, Otaru Masa Sushi, Katsukura, Kissyan, Kamui, Takewaka, and ELLE Café.

Alangkarn is designed around rice, the heart of Thai food culture. This area features rice paddies, waterfalls, and pavilions that have been designed based on Thai agricultural tools. The dining venues in this zone include four cafés, 17 restaurants, and 12 international fine-dining restaurants. Together, they offer a comprehensive array of Thai, Chinese, Japanese, Indian and French cuisine. One among the highlights is Taiwan's extravagant Harbour buffet restaurant with its first branch in Thailand. Harbour serves various cuisines, from Western to Asian, with 200 international food items.



EXCLUSIVE to THE TIMES KUWAIT

Climate Justice Versus Populism



STELLA SCHALLER AND ALEXANDER CARIUS

Stella Schaller is a project manager in the field of climate diplomacy at adelphi, a Berlin-based think tank. Alexander Carius is Founder and Managing Director of adelphi.

The first polls are in. The upcoming European Parliament elections could deliver up to 25 percent of seats to Euroskeptical right-wing populist forces like Italy's League party, France's National Rally (formerly the National Front), and Germany's Alternative für Deutschland. With such parties already members of governing coalitions in seven European Union member states, influencing national and European policy agendas, the risk to climate-change policy is evident.

According to a new report, seven of 21 right-wing populist parties in Europe explicitly question climate science, while 11 take either no stand or an inconsistent approach. During the last two legislative terms, the majority of right-wing populist parties voted against every EU climate and sustainable-energy policy proposal.

Meanwhile, the consequences of inaction — already growing in severity in many parts of the world — are beginning

to bite in Europe. Last summer's extreme droughts contributed to forest fires in Greece, Portugal, and Sweden, and crop failures in the Baltics, Germany, Ireland, the Netherlands, Scandinavia, and Scotland. Fish suffocated in the Rhine river. The economic losses, particularly in agricultural production and domestic maritime transportation, amounted to billions of euros.

These are mere previews of what is to come if aggressive action is not taken urgently. Yet, rather than addressing the climate challenge, right-wing populist parties are seeking to win support by stoking existing frustrations with the 'ruling elites'. This is exemplified by the United Kingdom's 2016 vote to leave the EU and, more recently, the violent Yellow Vest protests in France.

The populists' narratives, however, often reflect a misdiagnosis, willful or otherwise, of Europe's condition. Yes, inequality has risen sharply, but that is not a result of excessively left-wing policies. The real problem is divisive economic thinking that treats competition as the defining characteristic of human relations.

The populist habit of demonizing all progressive policies, including those meant to advance sustainability, will only do more harm. But so will disregarding all of the populists' criticisms of climate policy. Despite their manipulative framing, these criticisms often reflect legitimate concerns.

One cannot dispute, for example, that the climate debate so far has been largely technocratic, often neglecting social

“ Mainstream political parties, and proponents of climate action more generally, must do a better job of understanding why populists' criticism resonates with so many. ”



realities. But by reinforcing the impression that climate action is a ploy to benefit the elite, populist rhetoric has exacerbated distrust of governments, multilateralism, and even science, thereby eroding the very foundation of effective action.

Mainstream political parties, and proponents of climate action more generally, must do a better job of understanding why populists' criticism resonates with so many. In particular, they must acknowledge that, without proper management, efforts to advance globalization and tackle climate change can carry high, and unfairly distributed, costs. That is precisely the message that the Yellow Vest protests, which were triggered by a fuel-tax

hike that was not embedded in a broader social-reform or redistributive strategy, were supposed to send. In order to rebuild trust, policymakers should discuss trade-offs and acknowledge uncertainties more transparently.

To some extent, this message is already being heeded. The 2030 Agenda for Sustainable Development, the proposed Green New Deal in the United States, and the 'just transition' movement all aim to ensure that climate strategies are not just effective, but also fair and embedded in holistic policy frameworks.

But more should be done. For example, Europe-wide energy cooperation should stress diversification and grid integration to benefit peripheral regions and poorer segments of society, as well as the reduction of energy imports.

Even as we take into account legitimate criticisms, however, we must push back against the destructive effects of populist narratives, which are often characterized by fear-mongering and opportunism. This will require proponents of climate action to promote alternative narratives that foster enthusiasm for genuine political and social change. They must persuade voters that climate action will become a means of raising living standards, advancing social justice, ensuring a healthy environment, modernizing the economy, and increasing competitiveness.

Right-wing populist parties may well gain ground in May's European Parliament elections. But that does not mean that climate action must fall by the wayside. The key to success will be for those who recognize the vital importance of climate action to advance robust, credible strategies centered on social and economic fairness. If placed at the core of a new European political narrative, a just climate transition could help Europe to escape the populist trap.



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Accessories to enrich your ensemble

If you want to look rich, play with your accessories to add interest to your ensemble. Accessorizing is an affordable way to breathe a new lease of life into your regular clothes. With a few key items, you can also look fancy and fool everyone into thinking you're a rich girl. Here are the top accessories to have to look rich.

Top-handle mini bags: Be it jeans or an embellished dress, the fancy finishing touch that can spruce up any and every look is a top-handle bag. Mini styles give any ensemble a ladylike air, which immediately makes your overall look appear more expensive.

Beaded Bags: With its beaded exterior, these bags serve as the perfect unique statement piece for any ensemble.

Silk scarves: While pure silk is expensive, sateen scarves offer the same effect. Tie one around your neck or to the strap of your favorite handbag and you'll look like a high-class girl.

Pearl drop earrings: Pearls may be one of



this season's top jewelry trends. A string of them can sometimes look old fashioned, so opt for drop earrings instead. Worn with a camel knit and neutral shades, they are quite beautiful.

Mock-croc shoes: Commonplace on handbags it may be, but mock croc is fast becoming an It material on shoes too. Mock croc shoes are effortlessly elegant and can be used to add polish to ripped jeans, miniskirts, and floral frocks.

Easy to transition from season-to-season, there are sophisticated styles to work for every season including boots, loafers and mules.

Hair slides: Their appeal of the hair slide is as such: You don't have to spend hours on

your hair to make it look incredible—simply slide one (or five) into your tresses, and you'll keep up the rich-girl illusion.

Belts: If your clothes fit okay, it's easy to overlook a belt, but adding a statement belt can add to your look. It makes your ensemble feel more put together and highlights your waist in a flattering way, but it also breaks up and adds texture to even the simplest outfit.

Dainty earrings: Layering simple, dainty jewelry is an easy way to add polish and make an ensemble look instantly more expensive. Even if it's just costume jewelry, a delicate chain or sleek pair of hoops just feel fancy.

Colorful accessories: Rainbow accessory add-ons are really where it's at, whether they're acting as a final layer of fun on top of an already colorful look, or giving a dose of personality to something more monochrome. Don't fall into the trap of thinking colorful pieces are only fit for more casual days—elevated rainbow accessories are perfect for dressing up jeans and a classic white button-down in a way that feels really chic and modern.

Speed up your makeup routine



In a world where mere minutes separate getting to your destination on time and a particularly hellish commute, it's often necessary to speed up your makeup routine in order to get out the door. A quick routine doesn't mean sacrificing a put-together look (although a cutcrease may have to wait) and a few minutes is all you need to create a simple but chic beat and only requires a few quick swaps in your routine. Here are some best quick makeup tips.

Go back to basics: You don't always have to go full-force with your makeup, especially on low-impact days. Sometimes, sticking to a few key items will do the trick and get you out the door in minutes. Don't feel like you have to apply everything all at once, instead create a five-minute makeup routine only involving your key essentials: tinted moisturizer, mascara, blush, concealer, and a lip product. The end result is a fresh face that looks effortlessly chic and put together.

Invest in a BB or CC Cream: In the world of multitasking beauty products, BB and CC creams are the best. These magical products really are amazing in those rushed, manic mornings. Not only do they provide skincare benefits, but they also give you coverage, saving you the extra step of throwing on foundation.

Multipurpose eye pencils work wonders: Eyes and brows can be quite the time suck, especially when you have to rummage through your makeup stash for the 20 products it takes to get the job done. To save time, work with a two-toned eye pencil — one for the brows and one for the eyes. You can also find a one-stop-shop formula that works as both an eyeliner and brow pencil.

Pick an eye shadow palette that takes the guesswork out of getting ready: To avoid wasting your time with eye shadow color choices, go for a color palette with designated colors for your eyelid, crease, and brow bone. That way you can do up your eyes in a second without even thinking about what shades go well together. Then, wet an eyeliner brush and swipe it over the darkest shadow and use that as your eyeliner.

Reach for tinted balm: Sometimes choosing a lipstick can be a time-consuming process. And when you're already running behind, time is not a luxury you have. Keep a tinted lip balm in your purse for those rushed mornings. Pick a shade that will give you a versatile hint of color and work with any outfit.

Go bold in one spot: Want to make an impact in five seconds? Focus your efforts unabashedly on one feature. Try a bright coral lipstick, jet black liquid liner, or a bright pink blush. Choosing one strong accent is like pairing an amazing necklace with a simple dress. You're ready in just one step.

Plan ahead: Create a makeup look to go with your outfit or whatever function you are attending so you can jump right into your routine the next day. Go the extra mile by having your products out and ready to be applied before you hit the hay.

Rock multi colored nails



Some nail trends are particularly hard to master — but different colored nails (also called gradient nails) isn't one of them. It doesn't require any other skills aside from being able to paint your nails, but the tricky part is color choice. The right color combination will look cool, while the wrong shades will leave something to be desired. To help you pick complementary shades, here are some tips.

Tastes like candy: Candy-colored nails are an easy way to interpret the trend — pick a few of

your favorite desaturated poppy hues and paint one on each nail.

A little gray: Hues with similar undertones pair well together, too, like a combo of different variations of a shade of gray.

Primary colors: Primary shades are the base of every color you can think of so it's no surprise they look great paired together.

Just the tips: If you want to keep it a little more subtle, combine two of the best trends — an updated French manicure and gradient nails — to create a similar nail look. You can pick shades that are reminiscent of spring, or pick colors from a seasonal palette of winter or summer.

How about taking those diagonal French tips to a whole new level with several different neon polishes.

Swipe right (or left): For an extra subtle, minimalist take, try different colored swipes across a clear nail. This is perfect for anyone who struggles to nail a perfect manicure and makes showing off your favorite shades easy.

Patterned nail art: If you want to take it over the top, try different types of patterns on each nail. The key to this look is complementary shades comprised of reds, blues, blacks and whites.

Use your intuition: Sometimes the best method for pairing different colored hues is to trust your intuition and pick your favorite shades. This technique works best for the artistically-



inclined. You can even add a jolt of sparkle into the mix by painting a singular nail with a glitter hue. Thanks to the way gold and silver tend to catch light (they take on yellow and purple appearances, respectively) they blend in well with other bright colors.

Keep it in the same (color) family: An easy way to achieve the look is to create an ombré effect with different shades from the same color family. There are a few ways to do this, but the best one is to start with the most vibrant shade on one nail, and dilute the color for the rest with varying amounts of white polish. The more white polish you add, the lighter the color — ensuring a flawless gradient.

Pastel fun: Try painting four out of five nails on one hand different dusty pastel shades and adding in one hue that will add a pop of brightness. The pop hue can either be burnt orange, olive green or plum, but it should still have a deep or less vivid quality to it to ensure the colors look cohesive.

Minimal nail art: For a minimal take on the trend, keep the color mismatched, but pair it with some negative space. Another alternative is to mismatch a few bold hues against a bare nail.

Set up two-factor authentication on online accounts



Frequent news of security breaches of account details from popular websites reveal how vulnerable our online accounts are to hacking. After numerous high-profile security leaks of passwords throughout last year, tech companies are now working together to develop a standard that would make passwords a thing of the past. User passwords have always been a chink in the armor of online security and there have been many attempts to replace them with more secure methods, such as biometric or PIN-based logins that do not require transferring data over the internet.

But while those standards are still being adopted, the next best way to secure your accounts is with two-factor authentication, or 2FA. This is a process that gives web services secondary access to the account owner (you) in order to verify a login attempt. Typically, this involves a phone number and / or an email address. The 2FA works as follows: When you log into a service, you use your mobile phone to verify your identity by either clicking on a texted / emailed link, or by typing in a number sent by an authenticator app.

Authenticator apps are considered more secure than texting; in addition, they offer flexibility when you are traveling to a place without cellular service. Popular options include Authy, Google Authenticator, Microsoft Authenticator, or HDE OTP (iOS only). These apps mostly follow the same procedure when adding a new account: you scan a QR code associated with your account and it is saved in the app. The next time you log in to your service or app, it will ask for a numerical code; just open up the authenticator app to find the randomly generated code required to get past security.

While 2FA — via text, email, or an authenticator app — does not completely cloak you from potential hackers, it is an important step in preventing your account from being accessed by unauthorized users.

Here is how you enable 2FA on your various online accounts.

Google: The easiest way to turn 2FA on across your Google accounts (i.e., Gmail, YouTube, or Google Maps) is by heading over to the main 2FA landing page of Google and clicking Get Started. You will be asked to log in, then to enter a phone number; you can then choose whether you want to receive verification codes by text message or phone call. You can also choose to use prompts that allow you to simply click 'Yes' or 'No' when a login attempt occurs, or generate a security key link.

Microsoft: Log in to your Microsoft account and find the 'Security settings' menu. Look for the 'Two-step verification' section and click on the setup link. You will be walked through the steps needed to use your phone number. For those times when you lack cell service, click 'App passwords' to generate a unique, one-time use password to log in.

Apple: For those using iOS 10.3 or later, you can enable 2FA on your Apple ID by going to Settings > [Your Name] > Password & Security. Turn on 2FA to receive a text message with a code each time you log in. For those using iOS 10.2 or earlier, the settings are under iCloud > Apple ID > Password & Security.

For macOS users, click the Apple icon on the upper left corner of your screen, then click System Preferences > iCloud > Account Details. Click on Security, and you will see the option to turn 2FA on.

You can then opt for Apple to send you a six-digit verification code by text message or a phone call. You can also set up a physical security key here.

Instagram: The popular app added 2FA to its mobile app in 2017, but now you can also activate it through the web. To activate 2FA on your mobile app, head over to your profile and click the hamburger menu on

the upper right corner. Look for Settings, then Privacy and Security. The menu item for Two-Factor Authentication is located in the Security section. You can then choose between text message-based verification, a code sent to your authentication app, or one of Instagram's pre-generated recovery codes. The last is most useful if you are traveling in a place where you lack phone service to receive texts.

To turn on 2FA using the web, log in and head to your profile. Next to your profile name, there is a gear icon next to the Edit Profile button. Clicking this will pop open a settings menu, where you can find the same Privacy and Security section as on the app. From here, you can turn on 2FA and, just as in the app, choose your method for verification.

Facebook: Accessing Facebook's 2FA settings is bit different on the app and the web. You can access your privacy settings on the mobile app on both iOS and Android by clicking the hamburger icon on the upper right corner and scrolling down to the bottom to find the Settings & Privacy menu. Tap Settings > Security and Login. The 2FA option will be available under Setting Up Extra Security. You can then opt for a text message, an authentication app, or recovery codes for verification.

On the web, click the arrow next to the Help icon (a circle with a question mark inside) on the upper right side. Toward the bottom, you can find the Settings menu that can take you to the main page where you will find Security and Login on the

left-hand side. Click on that, and then find the Two-Factor Authentication subsection.

Additionally, for apps that do not support 2FA when logging in with a Facebook account you can generate a unique password specifically associated with that account. Just name the app, click generate, and save that password for the next time you have to log in.

WhatsApp: Open the Settings menu under the upper right hamburger icon. Look under Account > 'Two-step verification' > Enable. The app will ask you to enter a six-digit PIN to use as verification, and optionally add an email address in case you forget your PIN.

Having an associated email with your WhatsApp account is important since the service will not let you reverify yourself if you have used WhatsApp within the last seven days and have forgotten your PIN. So if you cannot wait a week to reverify for whatever reason, it is helpful to have entered an email address so you can log yourself in or disable 2FA.

TwoFactorAuth.org: For including 2FA to online accounts not listed above, visit the official website at TwoFactorAuth.org and check out the app or service you want to add 2FA to. The site links to every official guide for companies that support 2FA, and gives you the option to message the company on Twitter, Facebook, or email to add 2FA if it currently does not have it.

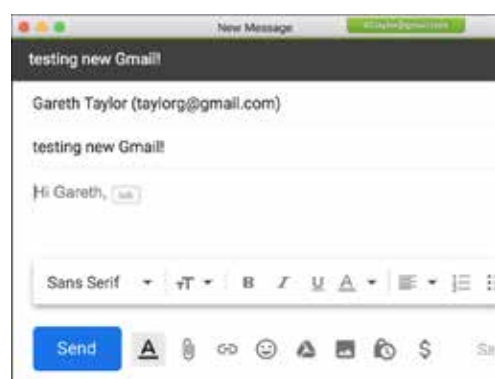
Gmail launches email scheduling, improves Smart Compose

Gmail, which turned 15 last week, celebrated the milestone by giving users the option to schedule the sending of their emails and, bringing improvements to Gmail's Smart Compose function.

Google unveiled Smart Compose, which suggests ways to finish sentences in emails, last May. The updated version can now adapt to the way you write by matching your individual writing style.

Smart Compose can now remember your preferred way to greet certain colleagues, and will also be able to suggest subject lines based on the body of your email. According to statistics from Google, the Smart Compose feature has so far saved people from typing over one billion characters each week on the web and the feature will now be available on Android devices.



Another 15th birthday gift from Google is




the ability to schedule messages. Users will now be able to click on the arrow next to the 'Send' button in the 'Compose' window to bring up the scheduler and choose presets like 'tomorrow morning', or specify a particular time and date.

While users could previously schedule emails on Gmail through third-party extensions, it is definitely much more convenient to have power built directly in to the client. The feature is especially handy for communicating across time-zones or setting up reminders for friends and family.

One could say they are just minor updates, but updates such as these that add to the user experience are probably what makes Gmail so popular 15 years after its launch.





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