



INTERVIEW

Sheikha Intisar
Touching lives of
people with her empathy

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Virus variants cause concern, media 'scariants' even more

THE TIMES REPORT

The SARS-Cov-2 virus that causes COVID-19 has so far infected more than 135 million people and claimed the lives of over 2.9 million worldwide. The virus, first discovered in late 2019 in the city of Wuhan in Central China, is already considered as being among the ten most lethal pandemics in recorded human history. Even as countries roll out vaccination campaigns aimed at containing and curtailing the spread of the infection, new variants of the virus have been cropping up in some countries and rapidly spreading to others, causing growing concern among governments and health authorities everywhere.

In Kuwait, daily briefing by the Ministry of Health shows that as of

Saturday, 10 April, there were a total of 244,325 reported infections and 1,393 fatalities since the first cases were discovered in the country in late February 2020. The increase in reported infections, rise in number of people being admitted to intensive care units, and growing fatalities in recent months have strained the efforts of healthcare and frontline workers, and placed an overwhelming burden on the country's health system.

In a bid to contain, control and mitigate the impact of the virus the authorities have, since the start of the global pandemic, introduced several precautionary health guidelines aimed at preventing the spread of infections. In addition, the government has also imposed at various phases stringent measures that restricted mobility of people,



and curtailed the functioning of educational institutions, business activities and entertainment venues.

While most people have in general been supportive and appreciative of

the actions taken by authorities to tackle the ongoing pandemic, and have adhered with the precautionary and preventive guidelines issued, there has been a vociferous opposition

to the government's measures. Some of them, especially those with vested interests, have attempted to sabotage the government's efforts by raising doubts on the effectiveness of preventive measures, and spreading misinformation about the disease, including about the vaccinations currently being administered to the public.

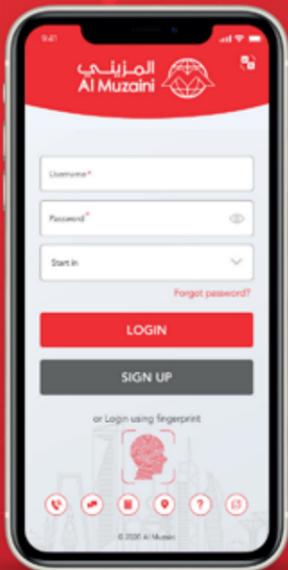
The limitations placed on public life have been contentious from the start, with some people arguing that these restrictions, including lockdowns, full curfews and partial night curfews, have had only limited impact on containing the proliferation of infection in the country, while its effect on the economy and on daily life of individuals and families have been devastating.

CONTINUED ON PAGE 10

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Maintaining Ramadan traditions

The holy month of Ramadan has traditionally been a time of piety, fasting and prayers; it is a time when the traditions and customs practised by our forebears come to the fore. Passed on from one generation to another, these noble traditions are now beginning to wane under the influence of modernity in some places.

For instance, firing of the traditional Ramadan cannon, which has been kept alive despite recent advancements in technology, is being questioned in some places for the noise pollution it creates.



The tradition of firing a cannon to mark the break of fasting, is said to have originated in Egypt, and was later embraced by other countries in the Arab world. Though it serves no practical use to the present generation due to advancements in communications and proliferation of the internet and mobile apps, it is still preserved in many parts for its symbolic

significance during the holy month.

Dating back to the early 1960s, the cannon was fired every day, since the first day of Ramadan, to convey the end of a day's fast, and the beginning of Iftar. Even though times have changed, and the tradition is quite old, it is very much anticipated by all its spectators, and is held onto tightly by the observers of traditional Islamic rituals. A single shot announces the end of a fast, while two shots announce



the beginning of the blessed month of Ramadan, and Eid al-Fitr. Kuwait too participates in this tradition.

The firing of the 'Midfa al-Iftar', which takes place daily at the Naif Palace in



Kuwait City, not only attracts families, but is also broadcasted live on Kuwait television channels and radio. The firing, which is conducted by three guards in red livery, is usually held in the open yard of the palace decorated to honor the custom.

A few other Kuwaiti traditions that have stood the passage of time include, Graish — a traditional pre-Ramadan feast when family members and even neighbors gather before the commencement of the

holy month; Girgian — which is similar to the Western 'trick or treat', where children go from door to door trying to collect candies and nuts; and Ghabqa — where friends and families gather to spend Ramadan evenings together.

Although many of the customs and traditions have changed over the years, the spirit of Ramadan continues to thrive and inspire many even among the younger generation.

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Balancing work, home and spiritual obligations during Ramadan

There are so many things around the house throughout the day that can upset the balance you try so hard to maintain. The blessed month of Ramadan is near, and with it comes even more responsibility, considering the various religious obligations people are required to fulfill during the holy month.

The key to maintaining a regular working schedule and meeting your religious obligations is preparation. Here are a few suggestions to help busy professionals and their families prepare for a productive and successful month of Ramadan.

Set clear goals along with specific action steps:

Set some specific spiritual goals along with your home and work goals, during the month of Ramadan. Some religious daily goals could include making an effort to be on time for each prayer, reading at least one juz of the Quran a day or participating in nightly Taraweeh prayers. Weekly goals may include limiting time-wasting activities such as time spent on the computer and watching television. Monthly goals can be more long-term like correcting a negative character trait.

The important thing is that your goals should be specific, realistic and measurable

in some way to help gauge your progress toward meeting the goal. It is important to actually write or schedule time on your calendar because it helps reinforce your commitment to reaching your goal.

Plan ahead: Think about everything you want to accomplish for the day and create a plan to make it happen. Make a simple 'to do' list that includes everything you want to accomplish for the day and week. For example, meal planning a week or so in advance can be beneficial, especially if you can double the recipe so one meal can be stored away in the freezer for those impossibly hectic days. You can plan a week's worth of healthy, well-balanced Suhoor and Iftar meals so you are not scrambling around for morning and evening meal ideas at the last minute.

Prioritize your tasks: When you create your daily 'to do' list, prioritize each task based on importance. Managing each task in order of importance will ensure you set aside enough time to handle pressing tasks in a timely manner. You can set aside intervals of time throughout the day for completing certain tasks if necessary. Knowing that you have a designated

amount of time to work on a task can do wonders for eliminating distractions and increasing productivity.

Keep your family in the loop: Sitting down with your family to discuss plans for preparing and participating in Ramadan is a great exercise to help everyone. Are there specific areas you hope to work on improving during Ramadan such as



controlling your tongue and temper or not gossiping and backbiting? This is a good time to assess our character and consider any improvements to our character.

Discuss the many scenarios that might come up and help develop strategies to avoid and/or navigate them with family members. Getting everyone involved increases enthusiasm and reinforces the



goals of each individual and the family as a unit.

Take full advantage of this blessed month and plan ahead for a productive, successful Ramadan so you may reap the rewards, both spiritual and physical.



Tips for safe shopping during Ramadan

This year the advent of the holy month of Ramadan finds the country still embroiled by the ongoing pandemic. With infections in the country rising, admittance to intensive care units in hospitals increasing, and fatalities growing in recent weeks, the authorities have introduced several measures to contain the spread of the disease in the country.

A partial curfew in place, from 7pm to 5am the next morning, means that many of the Ramadan engagements planned for after Iftar have had to be cancelled, including social gatherings and visits to residences of relatives and friends. Ramadan shopping, a time of increased activity in the market, has also been dampened this year due to restrictions on movement and the need to maintain social distancing and other health guidelines.

However, there is no reason to abandon all shopping trips to buy Ramadan essentials or purchase the special delicacies usually on

offer only during the holy month.

Here are a few tips to ensure you have a safe shopping experience and to make sure that purchases you make are cleaned and stored in the right environment.

1. Wear face masks when shopping and maintain proper distancing from other shoppers. Do not crowd or jostle for space when moving down shopping aisles or at the check-out counters. Wait your turn, be patient and courteous to other shoppers to ensure everyone has a safe and smooth shopping experience.
2. Be sure to buy dry food first and then fresh and frozen products.
3. When you arrive back home, separate fruits and vegetables from raw foods, and wash the products thoroughly before storing them in the refrigerator.
4. Safely get rid of bags and outer covers.
5. Wipe food cans with either antibacterial wipes or any home disinfectant.
6. Reduce overfilling the refrigerator to ensure proper cooling process within.
7. Do not forget to clean the area used to sort and unload food items.
8. Wash your hands with soap and water after receiving delivery requests, and especially before and after preparing food.



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RAMADAN RECIPES

that pack a punch

Most people who are fasting during the holy month of Ramadan partake of only two main meals— during Suhoor and at Iftar. Having foods that are hearty and wholesome will ensure that you spend the whole month neither under- nor over-nourished.

Here are a few recipes that can also be made ahead, so they are ready for it before the sun rises.

Spring Fruit and Nut Tabouli

This seasonal twist on tabouli salad adds fresh fruit to the mix, but keeps bulgur as its base; the high-fiber whole grain is sure to give you energy. Feel free to swap in the strawberries for your personal favorite fruit, like blueberries or pomegranate seeds.

- Ingredients:**
- 3/4 cup sliced almonds
 - 1 cup coarse-grind bulgur
 - 1 1/2 cups water
 - 1 cup thinly-sliced strawberries, stemmed, hulled and washed (about 6 to 7 large berries)
 - 1/4 cup chopped fresh mint
 - 1/4 cup chopped basil
 - 2 ounces (about 1/3 cup) crumbled goat cheese
 - 1/4 cup dried currants
 - 3 tablespoons lemon juice
 - 2 tablespoons extra-virgin olive oil
 - 1/2 teaspoon kosher salt, or more to taste

- Directions:**
- Preheat the oven to 177 °C. Lay the almonds out onto a small rimmed baking sheet and toast until fragrant, 5 to 7 minutes. After they are done toasting, allow to cool.
 - Place bulgur in a medium heat-proof bowl.



- Bring the water to a boil and then pour over the bulgur. Let stand until the bulgur has absorbed most of the water and has become tender, about 25 to 30 minutes. If there is any remaining water, simply drain and fluff the grains with a fork. Set aside to cool.
- In the meantime, in a large bowl combine the strawberries, mint, basil, goat cheese, and currants. Fold in the bulgur, wheat, toasted almonds, lemon juice, olive oil and salt. Stir to combine. Serve at room temperature or cover and refrigerate to serve cold.



Sweet Potato with Yogurt, Maple Syrup and Nuts

You can bake the potatoes up to five days in advance so that it just takes a few minutes to assemble this hearty meal. The fiber-rich spuds are sure to fill you up, and the dollop of tangy yogurt gives them a boost of protein.

- Ingredients:**
- 1 sweet potato or yam, scrubbed and dried
 - 1/4 cup plain or vanilla yogurt
 - 1 tablespoon pure maple syrup
 - 2 tablespoons chopped nuts (walnuts, cashews, almonds, etc)

- Directions:**
- Heat the oven to 191°C. Pierce the sweet potato several times with the tines of a fork. Place the sweet potato inside a loose nest of foil. Bake until tender when pierced with the tip of a paring knife, 40 to 50 minutes. Remove them from the oven and let them cool enough to handle.
 - Make-Ahead Tip: One or more sweet potatoes can be cooked ahead of time and kept refrigerated for about 5 days.

Serving: Open the sweet potato across the top, pushing the flesh slightly so it rises out of the skin. Spoon on the yogurt, then the syrup. Sprinkle with nuts, and serve.



Curried Egg Salad on Naan

The egg salad can be made up to three days in advance and stored in an airtight container in the refrigerator, so it is just a matter of piling it on the naan and digging in.

- Ingredients:**
- 6 large eggs
 - 2 tablespoons plain Greek yogurt
 - 2 tablespoons mayonnaise
 - 1/2 teaspoon ground cumin
 - 1/4 teaspoon fine salt, plus more for seasoning
 - 1/4 teaspoon ground coriander
 - 1/8 teaspoon ground turmeric
 - 1/8 teaspoon freshly ground black pepper

- 2 pieces naan, preferably warmed
- 1 cup loosely packed arugula
- Fresh cilantro leaves, for garnish (optional)

- Directions:**
- Place the eggs in a large saucepan or pot so that they sit in a single layer. Add enough cold water to cover the eggs by 1 inch. Bring to a boil uncovered over high heat. Remove from the heat, cover with a lid, and let sit for 10 minutes.
 - Meanwhile, mix the yogurt, mayonnaise, cumin, salt, coriander, turmeric, and pepper together in a medium bowl until smooth. Prepare an ice bath (large bowl filled with ice water).
 - When the eggs are ready, tap them gently against the counter to crack the shell in a few places, then submerge in ice water for at least 1 minute. Peel the eggs and dice into small pieces. Fold the eggs into the yogurt mixture. Taste and season with more salt as needed.
 - Place the naan on a cutting board. Divide the arugula over the naan. Dollop the egg salad over the arugula, spread into an even layer, and top with cilantro if using. Cut each naan into wedges and serve.

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Herbed Egg Whites and Feta on English Muffins

These hearty English muffin sandwiches are freezer-friendly, which means you can prepare them, tuck them away, and simply grab them to have in the morning for Suhoor — they will take just about 30 minutes to reheat in the oven.

Ingredients:

- Cooking spray
- 1 1/2 quarts purchased egg whites
- 1 1/4 cups half-and-half
- 1 teaspoon kosher salt
- 1/4 cup finely chopped fresh basil leaves
- 1/3 cup finely chopped fresh chives
- 1/4 cup basil pesto

- 1/4 cup salted butter, at room temperature
- 3/4 cup crumbled feta cheese
- 12 whole-wheat English muffins, split

Directions:

- Arrange a rack in the middle of the oven and heat to 177°C. Generously coat 1 (13x18-inch) rimmed baking sheet or 2 (9x13-inch) baking dishes with cooking spray; set aside.
- Whisk together the egg whites, half-and-half, and salt in a large bowl. Stir in the basil and chives. Pour the egg white mixture into the prepared baking sheet, or divide between the 2 (9x13-inch) baking dishes.
- Bake until the egg whites are set and lightly browned around the edges, 18 to 20 minutes for the baking sheet, or 12 to 15 minutes for the baking dishes. Let cool for about 5 minutes, or if not serving immediately, cool completely.
- Using a large biscuit cutter or drinking glass (roughly the same size as your English muffins), cut the eggs into rounds. (Save the scraps to make breakfast quesadillas.)
- Assembling the sandwiches: Spread a thin layer of butter over the cut side of each English muffin bottom, then spread a thin layer of pesto on the cut side of each English muffin top. Place 1 egg round on top of the buttered half of each English muffin. Top each egg round with 1 tablespoon of the feta cheese, then close the sandwiches with the top halves of the English muffins.

Reheating: If not serving immediately, tightly wrap each sandwich with aluminum foil and store in resealable bags in the refrigerator or freezer. Reheat uncovered in a 160°C regular or toaster oven until warmed through, about 20 minutes if refrigerated, or about 30 minutes if frozen.

Fasting is a signature event that marks the holy month of Ramadan. Devout Muslims undertake fasting from dawn to dusk every day for the entire month of Ramadan. They are permitted to eat and drink only before and after sunrise.

Though fasting is not a difficult ritual for most healthy individuals, it can prove strenuous for those suffering from diabetes, whose sugar level fluctuates drastically every now and then, as well as for those who are not healthy and are suffering from complications of diabetes.

If you, or someone you know, is diabetic and would still like to fulfill the obligatory duty of fasting during the holy month of Ramadan, here are certain points you need to keep in mind to avoid any major health issue.

Inform your doctor about your fasting: Fasting affects blood sugar and blood pressure too. So, it is important to inform your physician about your desire to fast, especially if you are on medication. This will help the physician to adjust your medicine timing and diet plan accordingly.

Stay hydrated: It is critical to keep your body hydrated at all times, but when you cannot have water or other liquids for the entire day during Ramadan fasting, it makes it challenging to remain hydrated. Remember to have plenty of fluids after Iftar to make up for water lost during the day, and at Suhoor to stock up on fluid content in the body. Also, try to stay indoors or in cool areas to prevent dehydration.

Testing blood sugar level: Hypoglycemia can occur in diabetics when they are

Tips to help diabetic people undertake fasting



fasting. This means their blood sugar can drop drastically putting life in danger. So, it is advised to test your blood sugar level at least twice a day during fasting.

Do not skip your pre-dawn meal: Many people skip their Suhoor meal. But as a diabetic, you should not adopt this practice as it can be life threatening for you. Also, try to eat adequately in the early morning.

In case of complication, immediately stop fasting. Your health should be your priority in every situation. So, if you are experiencing symptoms including extremely low blood sugar level, sweating, feeling tremors, hunger, confusion, dizziness or palpitations, you must immediately stop your fast and have a sugary drink.



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A successful Ramadan Fasting...



Ask Mira : Eating Right to Live Happy & Healthy

Fasting in Ramadan is simply a detoxification to our body. It is an effective way to clean our digestive system, and flush out all the toxins.

The concept of Ramadan and healthy fasting during this holy month seems to be misunderstood by many people. They tend to binge on food from the minute they start eating until they stop. This is what makes them feel abdominal discomfort, constipation, headache, indigestion and weight gain.

Fasting during the month of Ramadan is as much a mental exercise as it is a physical one. Although we may differ in how we prepare our minds and bodies, here are some tips that can help you adjust to the daily fast.

Because you are fasting for more than 10 hours, you need to look at the food you consume.

Consuming slow-digesting foods like fiber, vegetables more than fast-digesting foods like juices, white bread, sweets, sugary drinks, can be a good way to start. Fast digesting foods make you feel hungry again 2 to 3 hours after eating.

Why do we tend to gain weight easily during this month, even when our food quantities are still the same as before?

When we are fasting for more than 10 hours, our metabolism slows down. Introducing food after those fasting hours makes you gain weight easily. So, imagine what happens when you eat big quantities at one shot! Your body is no longer burning enough calories as your metabolism went down and you tend to gain a lot of weight.

Start by:

- ½ cup of low-fat yogurt and 3 dates.
- Dates contain iron, magnesium, potassium, which is perfect for dehydration.
- 1 glass of water (do not forget that you were not drinking water for hours, so you need fluids.)
- 1 small plate of Fattoush or any plain green salad
- 1 small bowl of broth or non-creamy soup.
- These items contain essential and enough vitamins and minerals to compensate for the fluid loss and dehydration.
- Those food choices are long-digesting foods, which

give you satiety for a longer time.

- Now that you finished from the first part, go pray, walk or rest for a bit.

An hour after:

- Have a plate of the main meals: Tachriba, hariss, jerish, steamed rice with any lean proteins (beef meat, chicken or fish).
- You can have a piece of sweet, but let it be only 3 to 4 times a week.
- Instead have a piece of fruit or a fruit salad, rich in fiber and vitamins.

For Suhoor:

- Do not let your main dish be your suhoor. This meal is usually very late; therefore, the metabolism is even slower than before.
- Light food choices are essential at that time, especially those that will not make you feel thirsty the next day.
- For example, a small plate of steamed rice and yogurt.
- Rice retains water in the body (so it will not make you feel thirsty), gives you energy, and makes you feel full for a longer time. Yogurt is refreshing, especially the low-sodium version.
- Avoid juices because of its high sugar content; as sugar is easily absorbed in the body, and triggers thirst fast.
- Avoid tea and coffee at night. These are diuretics that will flush the water out of your body, making you feel more dehydrated, besides their caffeine content, prevents sleeping.
- A fruit platter is a good option. It contains minerals which you need to prevent dehydration.
- A bowl of fowl is also a good option, add fresh tomatoes to it.
- Baked potatoes topped with low-fat labneh is a great option with cucumbers and fresh lettuce
- And of course, do not forget to drink a lot of water to compensate for the fluid loss.

Again Ramadan Kareem for everyone fasting.

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

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— Nelson Mandela

RECIPE

Vegetable Kousa Mahshi

(Stuffed Squash With Tomato Sauce)



Stuffed squash (kousa, zucchini) in a fragrant tomato broth is a Middle-Eastern classic dish. In some places the squash is replaced by eggplant or potato to prepare a similar dish. By slowly simmering the vegetable until it is tender and then stuffing them along with tangy herb rice in the squash and allowing it simmer in tomato sauce, the flavorful richness of the vegetables is fully captured in this dish.

• Preparation/making time: 45min. • Serving: 3

Ingredients:

For stuffed squash:

- 6 squash(kousa,zucchini)
- 1 tbsp olive oil
- 1 small onion chopped
- 1 tsp garlic paste
- 1 cup soya granules
- 1 tsp Kabsa spice
- Salt as per taste
- ¼ tsp black pepper powder
- 1 cup long-grain Basmati rice(soaked)
- 1/4 cup grated Mozzarella cheese

For tomato broth:

- 3 tbsp olive oil
- 1 cup tomato puree (Tomato plus reserve squash flesh)
- 1/2 cup tomato paste
- 1 tsp salt
- 1/4 tsp garlic powder
- 1/2 tsp ginger powder
- ½ tsp black pepper powder
- 2-3 cup vegetable stock

Preparation:

- For stuffed squash:
- Lightly peel the squash with the help of zigzag peeler (optional)
- Cut off the stalks of the squash, then slice off the dried tips at the opposite end without removing too much of the squash.
- Using a knife or apple corer, carefully hollow out the squash and remove the flesh without puncturing the outside of the squash. You can reserve the squash flesh for using later in the tomato broth.
- Heat the olive oil in a large pan on medium heat.
- Add the onions, garlic and soya granules, season with Kabsa Spice, salt and black pepper powder.
- Cook for about 5 minutes on a slow flame.
- Add the uncooked soaked rice, finely chopped parsley and adjust salt level.
- Take out in a bowl, add grated cheese and stir to mix well.

For tomato broth:

- Heat the olive oil in a large deep pot over medium flame.
- Add the tomato/squash puree ,tomato paste and season with salt, pepper, garlic and ginger powders.
- Cook until the mixture becomes fragrant, about 1-2 minute.
- Add the vegetable stock and bring mixture to a boil.
- Lower heat to a simmer, while stuffing the squash.
- Using a small spoon or your hands, fill the hallowed out inside of each squash with the soya-rice stuffing.
- Be sure to leave about ¼ inch of empty space at the top since the rice will expand when cooked.

Place a tomato chunk on top to seal the squash and prevent the stuffing from coming out when cooked.

Repeat with the remaining squash.

Place the stuffed squash in a deep pot and bring mixture to a boil, then simmer over low heat for 15 to 20 minutes, allowing the sauce to reduce and the rice to fully cook.

Serve the stuffed squash warm with the sauce on top.

Garnish with parsley, mayonnaise and mustard sauce.



Chef Chhaya Thakker

Indian Chef Chhaya Thakker, who has a huge following online on WhatsApp and YouTube will be sharing her favorite recipes and cooking tips with readers of The Times Kuwait. For feedback, you can write to editortimeskuwait@gmail.com

Remain healthy and strong during Ramadan fast

In addition to its spiritual benefits, fasting during the holy month of Ramadan reportedly brings with it immense physical and mental benefits. If done properly, the healthy outcomes of fasting could include the removal of toxins from the body, improved weight loss and even increased mental wellbeing. But with the sweltering heat outdoors and long fasting hours, restricting fluid and food intake can also have a negative impact if you do not take necessary precautions. Some of the downsides include heartburn, constipation, dehydration, irritability, lack of concentration, weight loss or weight gain.

So as yet another Ramadan begins, here are the top ways to keep yourself healthy and strong while fasting.

Eating a balanced iftar and suhoor: Iftar, the evening meal that ends a Ramadan fast, must begin with dates, then soup, a salad, followed by the main course. Long hours of fasting causes a tendency to crave sweet or unhealthy food, so an ideal practice is to begin a meal with two to three dates. This helps to ease the stomach into eating after a long day of fasting and replenishes the body's fluids and blood sugar levels. The main dish, which can be delayed until later, must be balanced. It should consist of wholesome ingredients, plenty of fruits and vegetables, in addition to sources of carbohydrates and proteins.

Suhoor, the meal consumed early in the morning before beginning the fast, is vital. This meal must not be skipped as it provides you with the strength needed for fasting during the rest of the day. It must be rich in wholesome foods that give you protein like oatmeal, cheese, labneh, fresh fruits and vegetables. Choose the healthiest and wisest options.

Ramadan menu: Do not consume fried foods that can cause increased cholesterol levels, instead opt for healthy cooking methods such as baking, grilling, boiling and roasting. Caffeine must be avoided as much as possible, as it leads to a loss of water, which further increases thirst during the fasting period. You must try to include foods packed with proteins in every Ramadan meal, such as meat, legumes, dairy products and eggs, which will also help to increase your satiety level and avoid overeating. It is important to have fewer carbohydrates, as they make you inactive and sleepy. Sweets must be either prepared using moderate amounts of oil and sugar and low-fat dairy products, or consumed in moderation.

For vitamins and minerals, make sure to eat plenty of fresh fruits and vegetables during Ramadan. Including dates, dried fruits and nuts in your diet is advisable, as these provide plenty of nutrients and energy. Starting your Iftar with two to three dates helps to replenish blood sugar levels after fasting, but should be consumed in moderation to avoid weight gain.

Moderation in eating: Limiting portions during your meals is the best way to avoid overeating. Eating too much, too soon can cause problems such as frequent urination, which leads to dehydration, indigestion, heartburn, nausea and low energy levels. For those who feel full quickly during iftar, eat dates, soup and salad while breaking the fast, while the main dish can be delayed until later. This ensures that you will not be uncomfortably full after a day of fasting.

For dessert, you must allow occasional indulgence while making sure that you are practicing portion control. Limit the portion to a few bites of one type of sweet. Moderation in the consumption of deep-fried foods is also important.

Planned meals: Planning and preparing your meals in advance will make it easier to be organized. Start by preparing weekly plans to make wiser choices about what to eat and what not to eat. Planning ahead will also help prevent you from deviating from it, and choosing a less healthy option. You should not be over- or under-nourished by the end of the holy month of Ramadan.

Exercising: Fasting during the month of Ramadan can be a real trouble for bodies, if not done correctly. Some tend to remain sedentary and gain weight during the month. You have to remain active and continue regular exercise during Ramadan, as it will help you maintain a healthy weight and lifestyle. Some people prefer exercising just before they break their fast, while others prefer exercising in the hours before starting their fast.

Mild to moderate physical activity is recommended, and this must be based on personal preference as stamina levels among people tend to vary, and often people can get too fatigued or tired.

If you are not one for workouts, you can opt for brisk walks, as it is a comfortable exercise that is suitable for people of all ages. It is better to focus on light cardio exercises, and not put yourself through very high intensity training during this time.

A high carbohydrate intake, such as bananas, peanut butter, and sweet potato are best foods for people who exercise, as this is important for increasing energy levels and stamina. For those who want to lose weight, it is best to avoid heavy meals, have zero carbohydrate diets, and eat more of white meat, fruits and vegetables.



Hydration: It is important to avoid the sun as much as possible during the fasting period to avoid getting dehydrated. Remember to stay hydrated and drink



enough water, at least two liters, before the fast. A well-hydrated person can tolerate a fast much better than a dehydrated one. Your choice of drinks should be refreshing ones, such as coconut water, which helps to maintain hydration during a fast, as well as lemon juice. Fruits and fruit juices that have high water content like melons and strawberries are also beneficial.



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Touching lives of people with her empathy

STAFF REPORT

Social entrepreneur, philanthropist, author, film producer and columnist, Sheikha Intisar Salem Al-Ali is a multitasking and influential figure in Kuwait and regional society. An active humanitarian, the charitable and social enterprises established by her provide support to various causes, including child protection, women's empowerment and human rights, and extends its assistance in the fields of education, environment and health, among others. She is the founder of several social and not-for-profit organizations, including Bareeq, Ebbarra, Intisars, Prismologie, and Alnowair, as well as the Intisar Foundation, a charitable organisation that operates in line with United Nations' Sustainable Development Goals (SDGs).



In a recent interview with The Times Kuwait, Sheikha Intisar, who is often seen as a catalyst for change in the country and among women in the region, spoke on a wide range of issues of topical interest.

"Empowering women to fulfill their aspirations is one of my responsibilities," says Sheikha Intisar Al Salem at the beginning of the interview. I was inspired by His Highness the late Amir Sheikh Sabah Al-Ahmad, Leader of Humanitarian Action, that leadership is a duty to help others and advance them. And, I believe that while personal victory is destiny, positivity should be our guide in life, and pursuing peace among people and nations is a goal worth achieving."

Attaining the right balance between entrepreneurship, psychology, and philanthropy and implementing this approach has the power to change the world, said Sheikha Intisar, who is known for her various social entrepreneurial ventures.

Asked what it means to be among the pioneering women in the Gulf region and how women can be influential in their community, Sheikha Intisar replied. "I am proud that I turned out to be a strong woman, and this transformation came after years of working on myself with

the encouragement of those around me, including my family.

"I believe that reaching this position where I am able to influence others is a matter of honor and pride for me. I also believe that this is a huge responsibility bestowed on me to inspire women around the Arab world to achieve their ambitions. This is my duty and my mission in addition to empowering women to become ambassadors for peace in our Arab world."

Sheikha Intisar also noted that her Nuer initiative and the Bareeq program for education are the only two non-governmental initiatives in Kuwait that have presented their work in a session at the United Nations to celebrate World Education Day in 2019.

She explained that since its launch in 2019, the number of followers of the Nuer initiative have now reached over 1.2 million. This initiative includes nine national programs that use the principles of positive psychology to guide the processes of positive interpretation at the human level and personal and organizational relationships, indicating that the Bareeq program helps teachers empower students through the benefits of positive thinking.

The non-governmental Intisar Charitable Foundation that she established focuses on providing support to Arab women affected by wars with humanitarian and psychological care. Asked what changes this work has brought in her, Sheikha Intisar said:

"The idea of establishing the Intisar Foundation came in cooperation with the



International Committee of the Red Cross and the Arab children affected by the war. Praise be to God that He inspired me to work to empower women to face the psychological effects of wars. Our goal is to help over one million women to achieve peace in the Arab world and to settle them in their surroundings and societies.

"I have learned many things from these Arab women. I believe they are stronger than me because they face difficulties every day and I have a much easier life. In addition to the fact that they can create and find ways to deal with these difficulties. They can also help stop the violence.

"We are at present working with a group of businesswomen who were affected by the Beirut Port explosion in Lebanon, to empower them through non-conventional psychotherapies, including drama therapy.

"We are studying the impact of drama therapy to bring about psychological empowerment of these women, as well as to understand how this empowerment affects their economic capabilities as businesswomen. I think that this project is



very beautiful and it remains close to my heart because with the spread of peace women will be an effective element in influencing international economies."

She affirmed that her victory over the psychological trauma caused by the brutal Iraqi invasion of Kuwait in 1990 fueled her conviction to empower Arab women through the initiative. The Intisar Charitable Foundation aims to reach one million Arab women affected by the brutality of wars through the use of drama therapy.

Responding with a chuckle to the question on how it makes her feel to become a source of inspiration for many in Kuwait and the Gulf region, Sheikha Intisar said, "I learn from others and I am inspired by strength from them. To be the source of inspiration for some is a great honor for me.

"I believe that women can create their history and influence society, by aiming to become better and striving to overcome intellectual, psychological, and family obstacles and to work with love and not with clamor.

"In my opinion, when we accept our reality, we can change it; when we endeavor with acceptance then change is possible. Some people may disagree with me, but if I accept what exists, it also means accepting that there is room for change. My advice to every woman is to look for her strengths and try to overcome their weaknesses."

"For more than ten years I have also received encouragement from all my followers on social media and receive beautiful messages and comments that touch my heart. I extend my thanks to everyone who has ever sent me a message, comment, or admiration, they are among the beauties of my life and they are the ones who inspire me to change."

Can you tell us what is the difference between happiness and positivity?

"I like this question, Positivity is a way of life, happiness is a temporary feeling.

A positive person is a person who can positively change things and make them more harmonious. As

for the happy person, it is the person who feels happy or content at some point and does not work on influencing or changing things.

Positivity is a way of life and it helps in thinking and dealing with difficulties and problems.



How can we be happy, especially with the world struggling with the ongoing pandemic?

"The first thing to be happy about is to have a feeling of gratitude; the world is indeed living in an exceptional state due to COVID-19 crisis, but let us look for things to be grateful for in our lives.

The best way to reach happiness is to be grateful for the things that are around us. You can begin by listing three things that you are grateful for in the morning or write them down at night, said Sheikha Intisar in a parting advice.

“

I have learned many things from these Arab women. I believe they are stronger than me because they face difficulties every day and I have a much easier life. In addition to the fact that they can create and find ways to deal with these difficulties. They can also help stop the violence.

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World Health Day

Kuwait lauded for efforts to tackle COVID-19

The world celebrated World Health Day on 7 April amid an ongoing COVID-19 crisis that has so far infected over 130 million people worldwide and led to the death of nearly three million.

Speaking on the occasion of World Health Day, the Representative of the United Nations Secretary-General and Resident Coordinator in Kuwait, Dr. Tariq Al-Sheikh extolled Kuwait's approach in combating the pandemic since its start.

In a joint statement with the Ministry of Health and Kuwait Foundation for the Advancement of Sciences on World Health Day, Al-Sheikh hailed Kuwait's approach in curtailing and containing the spread of infections through prompt application of protocols and precautionary measures in line with recommendations by global health authorities.

The government headed by His Highness the Prime Minister Sheikh Sabah Khaled Al-Hamad Al-Sabah and Minister of Health Sheikh Bassel Al-Sabah as well as medical bodies have made efforts to maintain public health through preparing hospitals, opening quarantine facilities and holding field campaigns for checkups and vaccinations, Al-Sheikh said.

He also praised efforts made by Foreign Ministry led by Minister Dr. Sheikh Ahmad Nasser Al-Mohammad Al-Sabah for endeavors made to return Kuwaiti nationals home from countries around the

world during the pandemic. He stressed the importance of citizens and residents remaining committed to adhering with the precautionary and preventive measures introduced by health authorities. He also noted that many people have yet to be vaccinated and urged everyone to respond positively to the calls by the authorities and to receive their vaccinations from the designated centers at the earliest.

Meanwhile, representative of the World Health Organization (WHO) in Kuwait Dr. Assad Hafeez said Kuwait is playing a key role regionally and internationally as a responsible country committed to international health treaties. He also affirmed WHO commitment, in cooperation with all UN teams in Kuwait, to support the Kuwait's government in its efforts to return to normal life as soon as possible.

For his part, Minister of Health Sheikh Dr. Basil Hamoud Al-Sabah, affirmed solidarity between the Ministry of Health and the World Health Organization. He added that the Ministry is proud to have participated positively in the various meetings and engagements with WHO, and benefitted from the decisions, strategies, and plans of action issued by the organization.

On World Health Day, the Kuwait Foundation for the Advancement of Sciences (KFAS) announced the launch of 'Spread the Passion' awareness campaign, in cooperation with the United Nations,

the World Health Organization and UNICEF. Elaborating on the campaign, Dr. Fatima Al-Mousawi of KFAS said that the campaign aims to raise awareness on the importance of vaccines and to maintain confidence in them.

The campaign also highlights the importance of adhering to the precautionary measures, such as wearing face masks, maintaining physical distancing, and regularly washing hands, in light of the Coronavirus pandemic, and spreading awareness for promoting positive social behavior and the importance of mental health, especially for children.

The theme for this year's World Health Day, 'A fairer and healthier world' also highlights an important health issue that has been exacerbated by the raging COVID-19 crisis, namely that some people are more privileged than others when it comes to enjoying a healthy life or obtaining health services.

Around the world, some groups struggle to meet their basic needs with meager daily incomes. Some people do not have access to a safe environment, clean water, clean air, food security, and basic health services. This lack of basic amenities leads to unnecessary suffering, preventable diseases, and premature deaths. To deal with this situation it is imperative to support the health, living, and economic conditions of everyone,



everywhere, irrespective of their gender, wealth, education, immigration status, geographic location or other characteristics.

In Kuwait, it is important to take into account the basic disparities between population subgroups and the residential areas in which they live, and examine the overall impact of this inequality on the health conditions of these groups and its contribution to the continued rise in infections and fatalities in the country.

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Government outlines program of action for legislative term



Outlining the government's program of action for the 16th legislative term, His Highness the Prime Minister Sheikh Sabah Al-Khaled Al-Sabah said that it requires 12 legislations, including three draft laws on taxation.

The government's action program, titled 'Sustaining Prosperity Despite Challenges',

includes four sections: Reforming the national economy and public finances; Restructuring the public sector; Developing human capital; and Improving infrastructure and employing renewable energies.

The program also identified four main challenges that need to be confronted, namely: Structural imbalances in the national economy; Low productivity of the public sector; Weak human capital; and Low efficiency of infrastructure.

The 12 legislative requirements of the action program are: Draft Law on the Development Plan 2020-2021 / 2024-2025; Public sector wage restructuring project (strategic alternative); A draft law amending the election law; The Aliens Residence Law Draft; Traffic Law Amendment Project; Real estate finance bill; Public debt bill; A draft law amending the provisions of Decree-Law No. 31 of 1978 regarding the rules for preparing the general budget, monitoring its implementation, and the final account; A draft

law amending some provisions of Law No. 79 of 1995 regarding fees and financial costs for the use of public facilities and services; Selective tax bill; Draft value-added tax law; and Uniform Tax Procedures Bill.

His Highness the Prime Minister noted that the government's work program is facing global and regional economic challenges that have local repercussions due to the pandemic, which will continue its effects on all sectors and economic activities. Therefore, the government's work program is based on confronting these challenges in the implementation of its general policies and principles, and in restructuring the government apparatus.

The government action program stresses that the accumulated deficit in the state's general budget during the next five years is expected to be between KD45-60 billion, unless economic and financial reforms are implemented. The program also noted that

low educational results caused a decline in the productivity of the Kuwaiti individual, equivalent to 58 percent of his productive potential when entering the labor market, and led to a learning gap of 4.8 years.

On a related note, during its meeting last week, the Cabinet also referred an Economic Affairs Committee recommendation regarding the annual 2020/21 third-quarter plan follow-up report to the National Assembly. The Cabinet also approved a draft law regarding the Economic Affairs Committee recommendation for the 2020/21-2024/25 development plan. The Cabinet has forwarded the committee's recommendations to His Highness the Amir ahead of its final approval by the National Assembly. The Economic Committee's recommendation on the annual 2021/22 development plan, the policies of which are based on the seven-pillar 'New Kuwait' development plan, were also raised to the National Assembly.

Virus variants cause concern, media 'scariants' even more

CONTINUED FROM PAGE 1

The reasoning that the precautionary and preventive measures taken by the authorities are a failure because infections and fatalities have continued to escalate, are at best presumptive and, in hindsight, a case of second-guessing the authorities. In countries, whose leaders have maintained that the economy trumps taking constraining health measures, and have been reluctant to take deterrent and protective steps, the situation has, if anything, been worse. It is to the credit of health officials and relevant authorities in Kuwait that they have, for the most part, ignored these objections, and have been making health decisions based on available medical evidence and recommended best practices by global health institutions.

Kuwait's early and prompt response to the outbreak of infections, and the continued protective measures that have at times been labeled inhibitory, as well as the decision by authorities to launch in late December 2020 a free vaccination campaign for everyone in the country, have been welcomed by global entities and organizations, including the World Health Organization (WHO) and the United Nations. The WHO, in particular, has lauded the efforts of Kuwait in supporting other countries in their health initiatives, as well as for supporting and cooperating with global health organizations in their attempts to effectively address the COVID-19 crisis.

Besides proponents and opponents of the government's handling of the pandemic, there have also been some who have been spreading misleading information on the crisis in an attempt to create chaos in society to benefit their personal or parochial agendas. In this regard, it is fair to say that along with witnessing the arrival of SARS-CoV-2 virus and its eventual proliferation into a global pandemic, the year 2020 also saw the emergence of a global 'infodemic' of inaccurate and misleading information. These misinformations and sometimes deliberate fake news stories on the pandemic have at times spread faster than the virus ever could.

Since the start of the pandemic, health authorities have gained a lot of insight about the SARS-CoV-2 virus — its structure, how it spreads, and precautionary steps needed to prevent its transmission. The world has also been able to develop, in a relatively short time, several successful vaccines against infection by the virus, through unprecedented cooperation and sharing of information among the scientific community worldwide.

However, this openness and exchange of information on the health crisis have also come with its share of misinformation and misleading information about the pandemic. Fake news on food and other essential stocks being depleted in stores, or soaring infections and fatalities in some countries, and news about authorities in some places incarcerating and culling infected people, as well as numerous dubious treatments and medications to cure the disease, or on the deleterious effects of taking vaccinations have

been making the rounds on various media platforms. While social media sites have admittedly been a hot-bed for proliferation of such fake news on the pandemic, there has also been no dearth of headline-grabbing specious reports on the health crisis in more traditional media such as newspapers and television.

With the reliability of media to convey factual news being questioned as never before, it is important for newspapers and other media to build back trust in the public eye, by ensuring that the stories they publish on the health crisis are verified and fact-checked and from trusted and reliable sources. For their part, people should also be encouraged to double-check any social media post they receive before forwarding it to others.

In addition to the proliferation of misinformation and fake news on the crisis, the pandemic has also given rise to a whole new vocabulary of medical terms that have further confused the lay person. Moreover, when these terms have been used liberally and at times interchangeably by even so-called 'experts' it has led even greater bafflement among the public, while adding little, if any, clarity on what these terms actually mean, or their role in the disease prevention process.

To clarify some of these terms and to help debunk some of the myths and fake news out there on issues surrounding the COVID-19 disease, and in particular to ally any misconceptions about the vaccinations now being administered to people, we have compiled the following.

Antigens and Antibodies: An antigen is any substance or organism that is unrecognized by our body's natural immune system. It could be anything from bacteria to chemicals, to viruses, or even foods that typically trigger an immune response from the body.

Antibodies are proteins that detect and bind with the antigen in order to destroy or neutralize them, or to help other elements of the immune system become aware of the presence of such antigens. Antibodies are highly specific in that they are designed to effectively tackle only one type of antigen. However, this specificity also gives rise to the need to have a different antibody for each antigen.

COVID-19 Testing: According to the Federal Drug Administration in the United States, there are three main types of testing for COVID-19 and SARS-CoV-2, the virus that causes it:

Molecular tests. These tests measure genetic material from a virus that is in your body. Material for testing is collected from your nose or throat using a long swab. If the test result is negative, it means you do not have the SARS-CoV2 virus or the COVID-19 infection during the testing period. The test may be wrong if you have a very low level of the virus because your development of the COVID-19 infection is very recent.

Antigen tests. These tests measure antigen proteins from the virus. Material for testing is collected from your nose or throat using a long swab. Most rapid COVID-19 tests are antigen tests. These tests can diagnose COVID-19 but may not be able to rule out a current, active infection. If an

antigen test is negative, you will need a molecular test to confirm that you do not have COVID-19.

Antibody tests. These tests measure antibodies in the blood. Material for testing is collected by a blood test from drawing blood at your arm or from a finger stick. Depending on which antibodies are being measured, these tests can tell if your body has begun to fight a COVID-19 infection or if you have had an infection for several days. They are good for determining if you have had COVID-19 for a period of time. However, they may not be a reliable way to tell if you have a current infection. They are also not a reliable way to be sure you do not currently have COVID-19. Additional testing may be needed to exclude an infection.

COVID-19 vaccines and types: A vaccine works by exposing the body's immune system to a new antigen, which leads to the production of antibodies against it. When or if the actual disease antigen later enters the body, the immune system will be able to recognise the antigen and send in the necessary antibodies to destroy or neutralize the pathogen. All vaccines work by exposing the body to molecules from the target pathogen to trigger the necessary immune response. In the case of COVID-19, the different types of vaccines currently available achieve this initial exposure to the antigen in different ways..

Currently there are four main types of vaccines approved against the SARS-CoV-2 virus by global health authorities. All of these vaccines train the body's immune system against a very small and specific piece of antigen from the virus — the 'spike' (S) protein that the SARS-CoV-2 virus uses to gain entry to our cells.

Messenger RNA (mRNA) vaccines, such as those manufactured by Pfizer/BioNTech and Moderna, provide cells in the body with the genetic code to manufacture the S-protein. Viral vector vaccines, such as the Oxford/AstraZeneca, Sputnik V and Janssen/Johnson & Johnson vaccines, do the same thing, but introduce these instructions into our cells using a disabled common cold virus.

Several other companies, including the Chinese Sinopharm and Indian Bharat Biotech, have developed inactivated virus vaccines against COVID-19, which contain whole viruses, but whose genetic material have been destroyed by heat, chemicals or radiation so they cannot infect cells and replicate, meaning they too cannot trigger COVID-19. And, finally, there are protein subunit vaccines, such as the Novavax vaccine, which use fragments of purified viral protein as the antigen to generate antibodies.

Though all the vaccines approved at the moment incorporate viral proteins, or the instructions for making them, they do not contain any live virus and are thus incapable of inducing COVID-19 in those vaccinated. So the contention by some people that the vaccinations cause the spread of infections is disingenuous and spurious. However, it is true that in some cases the vaccines may trigger side-effects such as a sore arm or mild fever, which is also a good sign as it shows that the vaccine is working as intended.

SAR-CoV-2 virus variants: Around 6,000 variants

of SARS-CoV-2 virus that causes COVID-19 have been detected around the world as of March 2021. A variant could be described as an individual 'strain' of the virus that has a particular set of mutations. Experts prefer to use the term 'variant' rather than strain or mutants.

Most of these variants are innocuous, and not considered as 'variants of concern'.

However, some of these variants are concerning because they can spread between people who are immune from first-wave of infections, or which can spread between people much faster than the original SARS-CoV-2 virus. 'Scariant' is a new term coined by scientists to describe media reports that blow up reports of the discovery of each new COVID-19 virus variant as if it were the apocalypse.

Effectiveness of COVID-19 vaccines: Most vaccines developed against COVID-19 have a high level of effectiveness in preventing infection by the SARS-CoV2 virus in real-world conditions. While the hope is that vaccinations being administered now will maintain their effectiveness over time, at the moment it is not exactly clear how long the protection will last. It is also not certain if booster shots may be needed down the road, or if vaccines will have to be tweaked to fight against emerging variants of the virus.

Pfizer-BioNTech said that the ongoing phase-3 clinical trial of its mRNA vaccine shows that strong immunization persists for at least six months among vaccinated individuals. The company also noted that the people involved in their study were the frontline workers and first-responders who were among the first to receive the vaccine more than six months ago. Company representatives added that a situation in which a booster shot may be needed in future, would not be because the effect from the first dose of vaccine fades but would likely be to provide protection against new variants of the virus that might emerge.

In addition to questions on long-term effectiveness, medical experts also warn that the vaccines available at present do not completely eliminate the risk of developing COVID-19. A recent report on 100 COVID-19 cases that occurred in vaccinated people in the US had raised some public alarm. However, vaccine manufacturers were quick to point out that such 'breakthrough' cases are expected and represent just a fraction of the millions of people who have been vaccinated so far.

Some vaccines, such as those for measles, mumps, and rubella, generally confer lifetime immunity. Others, such as the flu vaccine, require a new shot every year. At the moment it is not clear to which camp the COVID-19 vaccines fall. Because of this uncertainty, and irrespective of which type of vaccine you take, it is important to continue following the same precautionary and preventive guidelines issued by health authorities, including wearing a face mask, maintaining social distancing, avoiding unnecessary congregations, and regularly washing your hands and face to prevent spreading COVID-19 to others who have not been vaccinated.

In the meantime, we ask all our readers to take care and stay safe.

MoH requests extra vaccines to protect students

Ministry of Health (MoH) has requested extra doses of approved vaccines to ensure that they are available to vaccinate students before their slated return to schools in September.

The health ministry is said to be coordinating with the Ministry of Education (MoE) to make the necessary arrangements for the return of students in a safe environment, by vaccinating educational staff, both citizens

and residents, starting from April, and training the teaching staff to practice health requirements inside the school.

Meanwhile, the MoE has reportedly estimated that the initial budget to provide the necessary health requirements in public schools, including provisions for sterilizers and masks, would be KD5 million. The ministry is said to have forwarded this additional budget to the Ministry of Finance for approval and implementation before

September when schools are set to resume.

On a related note, the Kuwait University Council last week approved a plan for a gradual return to traditional study at its campuses by October. The plan outlines for students to return to the traditional classroom by the beginning of the academic year 2021-2022 in October provided that the health authorities agree to urgently vaccinate university professors and students.



Resumption of Filipino worker deployment yet to be finalized



By Ricky Laxa
Staff Writer

“There is no confirmed date on the lifting of suspension and resumption of deployment of Filipino household workers to Kuwait, as that decision has yet to be finalized by the Philippines Department of Labor and Employment,” said Philippine Labor Attaché to Kuwait Nasser Mustafa during a brief interview with The Times Kuwait. He also refuted newspaper reports that suggested that the resumption of deployment would take place in a specific month.

Mustafa explained that recent meetings via zoom with Philippine Secretary of Labor Silvestre Bello III, Philippine Overseas Labor Office and Employment (POEA) and ILAB that required reports have been submitted by Philippine Overseas Labor Office (POLO) in Kuwait to Bello with letter from recruitment agencies indicating the current and present status of Filipino household workers in Kuwait. Decisions will be based on these reports.

Furthermore, Mustafa explained that he met with relevant movement agencies in Kuwait that included the Ministry of Interior (Mol), Public Authority for Manpower (PAM) and Central Intelligence Department (CID), and that

the results of the meetings were very positive. Among the results of the meetings include PAM agreeing to thirty endorsements of no cases per day as long as the public shelter is not full. PAM also agreed to allow five representatives from POLO and Philippine Embassy Assistance to Nationals during conciliation and mediation between employers and employee disputes. This is so that workers fully understand the process of conciliation and amicable settlement at the end of the hearing. Director of PAM also agreed to handle printout reports instead of POLO.

The Mol also agreed to accept ten (10) endorsements of runaway cases on a weekly basis and that the department will be responsible for the airfare. However Talha Deportation Center stated that in cases under its care the Embassy will still need to provide tickets. “For now we are in the process of visiting accommodations of recruitment agencies, ensuring that arrivals from the Philippines, employers returning workers and runaway cases will have a suitable place prior to POLO’s assumption of repatriation.

“Based on all these reports, Secretary Bello will take his decision, but again as to the schedule of resumption of deployment of household workers, there is no specific date,” reiterated Mustafa.

LuLu Hypermarket launches special promotion during Ramadan

LuLu Hypermarket, the leading retailer in the region, has embarked on a special promotion drive to welcome the holy month of Ramadan.

The promotion, which will run throughout the entire month of Ramadan has already begun with a precursor ‘Ahlan Ramadan’ offer being launched on 31 March.

During the promotion period, special offers will be available on all items categories at the hypermarket, including on items from the Grocery, Fresh Fruits and Vegetables, and Household sections, as well as on items from the Hot-Foods and Roastery sections.

The annual special Ramadan promotion at LuLu Hypermarket is a widely anticipated promotional campaign that shoppers in the country eagerly look forward to each year. The promotion allows shoppers to purchase their extra needs during the holy month in a convenient and easily accessible environment, while being



assured of the finest quality products at very competitive prices.

This year, in view of the ongoing pandemic and the need to adhere to all health guidelines issued by the authorities, the hypermarket is requesting all shoppers to use face-masks and maintain proper social distancing within the hypermarket. This would make the special Ramadan shopping time a safe experience for everyone.

KCC wins online fan engagement award from ICC

Kuwait Cricket has won its first-ever ICC Award for Digital Fan Engagement in the Asia region.

Kuwait Cricket’s professionally integrated marketing campaigns with sponsors features press releases, posts from the man of the match, stars of the week, live streaming of videos of domestic finals to national camp,, COVID-19 awareness messages, and birthday wishes for all the players, officials, and members involved. It also has throwback memories of international achievements across all categories to a lot more.

Kuwait Cricket has successfully and digitally



engaged the entire cricket fraternity and its target audience over the past two years to bring them closer to Kuwait Cricket and get closer to them in the process.

Kuwait Cricket Board expresses gratitude to all the KC registered teams, players, sponsors, officials, and most importantly fans and followers for all the love, support, excitement, and belief shown towards Kuwait Cricket.

Toyota awards prizes to winners of Hala February raffle draws

Mohamed Naser Al Sayer & Sons has announced the lucky winners of the company’s Hala February promotion titled ‘Buy a Toyota this February and Win Your Money Back’. As part of the campaign, four lucky winners were selected in the four weeks of February through raffle draws.

During the campaign period from 28 January until 28 February, for every KD 500 spent, customers got one chance to enter one of the four weekly draws to win their money back. In addition to the above, other benefits for the customers included: Zero percent interest in cooperation with selected banks; Complimentary service package 30,000 KM/18 months; Complimentary 3rd party insurance and registration; Complimentary 24/7 Musaada roadside assistance.

ALSAYER held a prize distribution ceremony for the winners last week in the presence of Toyota Marketing Manager, Bader Faisal Al Sayer. Winners of the four raffle draws along



with vehicle purchased are:

Week 1: Ali Ahmad Mahmoud AlFaiikawi (Land Cruiser 200); **Week 2:** Jamal Hussain Mousa Alattar (LC200 Signature 8); **Week 3:** Faisal Khalid Alhammadi (LC200 Signature 8); and, **Week 4:** Muhammed Haneefa Abdulla (Rush).

Following the successful Hala Feb

promotion, AlSayer has announced the launch of their Ramadan 2021 Campaign exclusively for Toyota customers, to benefit from any one of the following packages: Insurance Package: 1-year comprehensive insurance, 5-year warranty unlimited mileage

Protection Package: Konica Minolta Window Tinting, GardX paint protection, Service

package 30,000 KM or 18 months

Service Package: Extended Service Package up to 80,000km or 4 years, KD 50/- fuel card

In addition to the above, customers can also benefit from 5-year warranty unlimited mileage, registration and 3rd party insurance and 24/7 Musaada Roadside Assistance within the offer which is valid from 1 April until 12 May.



Nearly 3,000 unemployed Kuwaiti engineers looking for jobs



Despite demand for technical-engineers in various ministries and public sector entities, there are nearly 3,000 unemployed Kuwaiti engineers who are registered with the Civil Service Bureau (CSB).

Revealing this shocking fact, the Secretary of Kuwait Society of Engineers, Fahd Al-Otaibi said that a total of 2,837 male and female Kuwaiti engineers who are currently registered with the Civil Service Bureau, remain unemployed. He

added that it was totally unacceptable that there should be such a long waiting list of engineers, at a time when many government entities complain about the lack of technical-engineers. Al-Otaibi blamed this incongruity on poor communications between the CSB and the public sector bodies.

Al-Otaibi called on officials in the CSB, ministries, public and private entities to cooperate and to open a direct communication channel to attract the

unemployed engineers on an urgent basis. He also pointed out that among the unemployed engineers, there were 922 mechanical engineering majors, 764 industrial engineering majors, 462 electrical engineering majors, 240 chemical engineers, and 207 petroleum engineers. In addition there were 115 Civil engineering majors, 72 computer engineers, 42 communications and electronics engineers, and 13 environmental engineers.

Religious order initiates medical service for distressed workers



By Ricky Laxa
Staff Writer

Hope for the World Church, a Christian religious order operating in Kuwait, held the first medical mission for the year 2021 at the shelter for distressed workers run by the Philippine Overseas Labor Office and Overseas Workers Welfare Administrations. The medical initiative was held under the leadership of Pastor Keith Mejia and in collaboration with Dr. Emerlita Grantos and volunteer nurses from different hospitals in Kuwait. The event was attended by Assistant Labor Attaché the Embassy of Philippines Cathy Duladul and Welfare Officer Genevieve Ardiente.

The first medical mission for the year 2021 for the distressed women in the shelter kicked off with Labor Attaché Duladul welcoming the team and thanking them for the service rendered to OFWs. Medical Services such as complete medical checkup including referrals, vital sign checkup, random blood sugar, gynecological services and pediatrics were made available to the workers at the event. Pastor Mejia lauded the medical team for rendering their time in making sure that medical demands are met, and thanked the generous donors and sponsors for donating essentials such as pampers for children, milk, used clothes, vitamins, and medicines, in addition to counselling by volunteer pastors from different churches.

"The medical mission plus counselling hopes to alleviate the conditions of women in shelter and we are looking forward to more medical missions in the coming months," stated Pastor Mejia. Welfare Officer Ardiente added that about five to six women seek refuge in the shelter on a daily basis. Assistant Labor Attaché Duladul also said that one of the main priorities of POLO is the immediate repatriation of the women still in the shelter. In addition, while the workers are in the shelter, POLO normally provides them with livelihood training programs and skills development, but due to strict health protocols currently in place, these activities are currently suspended.

The Hope for the World Church and Mission has been one of the most active churches in Kuwait providing assistance and support to Overseas Filipinos Workers in need during the seven-month long lockdown in the country. It has actively participated in the distribution of

infants' milk, medicines and other essential needs to OFWs. Pastor Mejia assured the shelter of the church's commitment to help not only the wards in the shelter but those who seek help spiritually. In December 2020, the church also donated 350 gift packs to the women.

Philippine Labor Attaché Nasser Mustafa extended gratitude to the Hope for the World Church for their generous support and assistance to the women in the shelter and the OFWs

Filipino workers in shelters head home

Fifty Filipino workers from the shelter for distressed workers, including cases requiring medical care, headed home to the Philippines on Thursday on board a Gulf Air flight. The flight was organized under the auspices of Philippine Overseas Labor Office (POLO) and Overseas Workers Welfare Administration (OWWA). Philippine Labor Attaché Nasser Mustafa, along with POLO and OWWA officials and Dadabhai Travels Kuwait representative Paulita Lundang were present during the departure.

On board the Gulf Air flight, forty three (43) workers were from the POLO Shelter, while seven (7) were cases requiring medical attention and had lost their jobs due to COVID-19 crisis.

The repatriation program, coordinated with the Department of Labor and Employment (DOLE) in the Philippines, is an ongoing service provided for OFWs with no financial capacity to provide for airfare. Currently there are still one hundred and sixty seven (167) women in the shelter. Among complaints filed by Filipino household workers currently in the shelter are underpaid or unpaid salaries, overwork, physical and verbal abuses, and not provided with enough food.

Paulita Lundang, representative of Dadabhai Travel, a leading travel agency that accepts and arranges travel necessities for repatriation cases and normal flights, said, "We have arranged about eight chartered flights during the lockdown period and continuously coordinate with all departments to ensure that OFWs return home safely to Philippines."

Filipino workers still in shelter, and without any cases filed against them by their sponsors, are having their cases processed by relevant authorities including by the Public Authority for Manpower, and expect to fly back home in the near future.

Ambassador of Uzbekistan discusses legal cooperation with local law firm



Ambassador of the Republic of Uzbekistan in Kuwait, H.E. Dr. Bakhromjon Alov recently met with Managing Director of Kuwaiti Law firm Abdulrahman Alhouti to discuss legal cooperation with the firm.

The Kuwaiti lawyer expressed optimism that the meeting would open new avenues of cooperation between Uzbek embassy and

Dar Almuhamma, and further consolidate the existing friendly relations between Kuwait and Uzbekistan.

Ambassador Alov also expressed his appreciation towards the legal firms' interest to cooperate and expand their scope of work in further enhancing business interest between the two countries.

Kuwait supports global action against climate change

During a virtual meeting held last week on climate change and its repercussions, Kuwait agreed that it was time for concerted global action over the challenges facing the fight against climate change, in line with the goals of the Paris agreement that aim to curb global warming.

The talks, held virtually, brought together

officials from across the Middle East and North Africa region, in addition to international organizations, to discuss what more can be done to expand policies to combat climate change on a regional level. The Kuwait side was represented online by the Chief of Environment Public Authority, Sheikh Abdullah Al-Humoud Al-Sabah

A joint statement issued following the talks noted that among the issues discussed were efforts to cut greenhouse gas emissions to help cope with a rapidly changing climate. As part of the broader global effort to fight climate change, US President Joe Biden has invited 40 world leaders to a virtual summit on climate change on 22-23 April.

SME employees can transfer residence after one-year

Employees of small and medium Enterprises (SME) would soon be able to transfer their residence after one year of issuing the work permit, instead of waiting for the current three years. A ministerial decree to this effect has reportedly been issued last week by the Minister of Commerce and Industry, Dr. Abdullah Al-Salman.

The decision stipulates that the approval of the employer would be needed for the transfer, and that the same conditions and controls applied in Ministerial Resolution No. 9 of 2016 regarding work controls for owners of small and medium enterprises should be fulfilled.



The minister's decision follows a review of the preventive and precautionary measures introduced by the authorities in the wake of the Coronavirus pandemic and its economic repercussions on SMEs.

Embassy hosts talk on, 'A success story from the Pharmacy of the World'

Embassy of India, in association with the Indian Business Network (IBN) and the Indian Professionals Network (IPN) in Kuwait, organized a talk titled, 'A Success Story from the Pharmacy of the World'.

Ambassador of India H.E. Sibi George, delivering the keynote address, lucidly summarized India's leading contributions to the global fight against COVID-19. Providing a bird's eye view of India's high-growth pharmaceuticals industry, Ambassador encouraged businesses and the investor community in Kuwait to explore and benefit from the plethora of exciting investment opportunities in the pharma sector, and also to further increase exports of Indian pharma products to Kuwait.

Chief Guest at the event, Dammu Ravi, Secretary (Europe & COVID-19), Ministry of External Affairs, Government of India, delivered the inaugural address which



encapsulated India's success story in handling the pandemic, its vaccine program, and its leading role as the 'Pharmacy of the World'.

President of Kuwait Medical Association, Dr. Ahmad Thuwaini Al-Enezi, who was

the Guest of Honor on the occasion, delivered his remarks and emphasized on the excellent cooperation between the two friendly countries particularly in the healthcare field. Dr. Amir Ahmed, President

of the Indian Doctors Forum, also delivered his remarks on the occasion.

The expert talk on Made-In-India vaccine was delivered by Dr. Raches Ella, Project Lead for all SARS-CoV-2 vaccines and Head - Business Development & Advocacy at Bharat Biotech, which is one of India's leading biotechnology companies.

In a detailed presentation, Dr. Raches provided insights on COVAXIN and its development; showcasing the strengths and prowess of India's pharma industry. The Expert talk generated a tremendous response with hundreds of people from different walks of life in Kuwait participating virtually. The event provided a unique opportunity for participants to learn about India's successful program of COVID-19 vaccine development.

For more details about the event, please visit the website and social media handles of the Embassy.

Al Muzaini Exchange opens its 113th Branch & 3rd Branch at Maidan Hawally, Block-11, Building-13



Our Strong Network getting STRONGER: Al Muzaini, a renowned financial solutions provider and the leading exchange house in Kuwait, has opened its 113th Branch & 3rd Branch at Maidan Hawally, Block-11, Building-13.

The New branch which was inaugurated by Mr. Hugh Fernandes, General Manager of Al Muzaini, along with senior officials on 1st April 2021. The new branch offers customers a broad range of financial services like instant bank transfers, instant money transfers, foreign currency exchange & Corporate/Trade transfers, with best rates and faster turnaround

time on transactions, all days of the week.

Mr. Hugh Fernandes, General Manager of Al Muzaini Exchange said: It is our vision to make financial services accessible to all. Along with our Strong Network across Kuwait, Al Muzaini Digital Payment platform available in App Store, Google Play & App Gallery, provides secure and simplified one-stop financial solution with more unique features such as, New Customer Registration, Adding New Beneficiary from phone contacts, Western Union Transfer & Rate Alerts in just few clicks, from anywhere, anytime.



Polish Embassy holds award ceremony for Chopin competition winners

Polish Embassy held an award ceremony to honor winners of the Sixth Gulf International Chopin Competition, organised by the Kuwait Music Academy, under the patronage of the Polish Embassy in Kuwait.

The competition attracted 140 applications from Kuwait, Bahrain, Oman, Qatar and the United Arab Emirates - Dubai. The competitors represented over thirty nationalities, and all the recordings presented were accepted in accordance with the regulations of the competition.

Speaking on the occasion Polish Ambassador H.E. Pawel Lechowicz said, "It is my great pleasure to represent the authorities of the Republic of Poland at the Sixth International Chopin Competition of the Gulf States.

"In 2020, we celebrated the 210th anniversary of the birth of Fryderyk Chopin, the greatest Polish composer of classical music. Also called 'Poet of the piano', Chopin was one of the most famous pianists of the Romantic era. As a composer and performer, he possessed an extraordinary facility for improvising harmonious pieces and exceptional melodic inventiveness," Ambassador Pawel added.

The ambassador further stated, "This makes me all the more honored to be able to patronise a competition organised in such difficult conditions and at such a demanding time. Despite the



fact that it was impossible to hear the works presented live, the fact that so many participants wished to take part in the competition fills me with great pride."

Kuwait Music Academy's objective is to encourage and develop the musical skills and education of the youth in Kuwait and across Gulf countries. The Academy seeks to cooperate with all music schools, instrument-music teachers, music lovers and musicians in the countries to benefit the younger generation of musicians.

Rules on renewal of visa for those over 60 to be amended

Relevant government entities are reportedly studying a plan to revise the rules regarding renewal of visas for those aged 60 and above who do not possess a valid university degree, with the possibility of excluding some categories. A final decision on this is expected as early as next week.

Specialists and labor directors at the Public Authority for Manpower (PAM) are understood to have presented a set of recommendations on this issue to the relevant authorities. A recommendation by PAM to increase the fee for renewal of such visas to KD3,000 per year, has now been revised down to KD2,000 annually following discussions with government and civil society organizations. However, nothing has been finalized as yet.

Some of the other recommendations on this issue include:

- Excluding those born in Kuwait, as well as those residing in Kuwait for over 30 years, from the rule.
- Comprehensive private health insurance, as well as government insurance, for those excluded from the above rule
- A special fee, to be set later, for the renewal of a work permit for this category, which is doubled annually.
- Coordination with the Ministry of Interior to facilitate the transfer of residency permits of those in this age category to that of their first-degree family members in the country.



All target groups to be vaccinated by end of 2021



The eleventh batch of the Pfizer-BioNTech vaccine against COVID-19 arrived in Kuwait on 4 April, while the exact number of doses in the consignment was not clear, the previous day another batch of the Oxford-AstraZeneca vaccine comprising 150,000 doses had arrived on an Emirates flight from Russia.

The Pfizer-BioNTech shipment was transferred directly to the Kuwait Vaccination Center in Mishref Fairgrounds for administering to citizens and residents, while the Oxford-AstraZeneca vaccine has been moved to the Ministry of Health (MoH) warehouse for distribution to other vaccination centers and public hospitals. Health officials were keen to emphasize that the consignment of vaccines from AstraZeneca were not from the same facility

that was supplying Europe.

The Minister of Health, Dr. Sheikh Basil Al-Sabah confirmed that the ministry plans to bring 5.7 million doses of coronavirus vaccine in the country to be able to vaccinate 2.85 million individuals, and to complete the vaccination of all target groups by the end of 2021.

The minister noted that currently, MoH has the capacity to vaccinate about 20,000 individuals per day. This would allow the ministry to inoculate all eligible individuals within eight months, depending on the willingness of targeted community members to be vaccinated and the availability of sufficient quantities of vaccines.

The health authorities have already confirmed that health centers and hospitals administering vaccines will operate in two shifts during the holy month of Ramadan — from 2pm to 6pm and from 8pm to midnight.

In this regard, the health authorities are reportedly planning to open three additional vaccination centers in each of the health districts. In addition, the MoH is to provide 10 field vaccination units with vaccine doses to start the field vaccination campaign as soon as possible, to vaccinate several groups, including mosque workers, associations, commercial complexes, and at airports.



IWG hosts Canadian Cultural Day

The International Women's Group (IWG) Kuwait was honored to host a Canadian Cultural Day with the participation of the Ambassador of Canada, H.E. Louis-Pierre Emond and Satako Araki, spouse of the Canadian ambassador.

Rima Khalidi, spouse of the Ambassador of the State of Palestine and Vice President of IWG, acting as master of ceremonies, eloquently and seamlessly managed the virtual program.

Ambreen Mustafa, spouse of the Ambassador of the Islamic Republic of Pakistan and president of IWG, delivered the welcome address and introduced the Ambassador of Canada.



In his presentation, Ambassador Emond covered various aspects and spoke of Canada as a nation of immigrants with a tremendously welcoming and caring population. An inspiring video titled 'Peace by Chocolate' depicting a Syrian family's settlement in Canada, was enjoyed by all and was then followed by a video performance from a world-famous Canadian musical called 'Come from Away'.

To the delight of her fellow IWG members, Mme Araki, conducted a cooking presentation and shared her recipe for a special Canadian dessert called 'Pudding Chomeur'.

The meeting also included scenic views of Canada's breathtaking natural beauty and various cultural sites, a quiz about Canada and a raffle draw for participants with gifts kindly donated by the Canadian Embassy.

The proceedings concluded with special thanks and a commemorative shield to Ambassador Emond and Mme. Araki. Volunteers, IWG Board members and online participants were also appreciated for making the event a great success.



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Indian Ambassador launches Indian Sports Network

In yet another first, the Indian Embassy virtually launched on 6 April, the first Indian Sports Network (ISN) in Kuwait to celebrate 'International Day of Sports for Development and Peace'.

Indian Ambassador H.E. Sibi George inaugurated the event and gave a speech that encapsulated India's sports history, the sports culture, the spirit behind sports and games, the values and ethos inculcated by sports, India's success in different sports arena, the recent government initiatives under the themes 'Fit India' and 'Khelo India', and growth of sports industry in India. He also highlighted the leading position of Indian sports exports, and encouraged the promotion of Indian sports products in Kuwait. As part of celebrations to mark the 60th anniversary of establishment of diplomatic relations between India and Kuwait, and the 75th anniversary of Indian Independence, Ambassador George announced the institutionalization of an annual 'Ambassador's Cup', one each in badminton and cricket. The two rolling trophies are named, 'Ambassador's Cup for Badminton' and 'Ambassador's Cup for Cricket'.

In a symbolic gesture, the ambassador handed over the Cup for Badminton to committee members of Indian Badminton Association Kuwait, which will be shortly arranging a tournament, while the Ambassadors Cup for Cricket was handed over to Mamta Kalra, who had excelled in cricket in her career, as a prelude to a cricket tournament that would also be held soon.

On this occasion, 'Indian Sports Network (ISN) Kuwait' was formally launched and to mark the occasion a digital exhibition on 'Sports in India'



was also displayed. The exhibition will remain open for visitors to the Embassy on 7 April.

The event was well attended by the media fraternity and representatives of various sports associations in Kuwait. It also generated a tremendous response from people from all walks of life in Kuwait on Facebook live virtually.

Indian Sports Network (ISN) is a platform envisaged and created by the Embassy of India in Kuwait to connect all sports-related people and lovers of sports in Kuwait. ISN is part of the Embassy's outreach efforts with those involved in all sports related activities in the State of Kuwait and to strengthen the already established institutional linkages.

In this regard, all Indian sports lovers are advised to register with the Network and be a part of this outreach initiative. The link for the registration is: <https://docs.google.com/forms/d/e/1FAIpQLSddoubWeFovcXf0-rhpUko-aDM86J6Di8ejLyqX2mZzwJM1w/viewform>



Georgia

Marks Centennial of the First Constitution

On 21 February, Georgia marked the centennial of the first Georgian Constitution, adopted by the Constituent Assembly of the Democratic Republic of Georgia in 1921, four days before Tbilisi fell to the Soviet Russian occupation army.

Speaking on the occasion, Georgian President Salome Zurbishvili underscored that the first Constitution was, at that time, "one of the most progressive" legal documents in Europe as it guaranteed universal suffrage, the abolition of the death penalty, fully proportional parliamentary elections, balanced governance, and free development of ethnic minorities, among others.

For his part, Parliament Speaker Archil Talakvadze highlighted that the current Constitution is based on the "historical and legal legacy" of the 1921 version. He said the Constituent Assembly of the First Republic in 1921 adopted the "progressive legal document" amid Soviet invasion and under "artillery fire."

Georgian Orthodox Church Patriarch Ilia II added that the 1921 Constitution, "a greatly significant legal document," served as the "idea" of Georgia's national liberation during the subsequent Soviet occupation.

The 1921 Constitution, reflecting Georgia's egalitarian spirit of that era, guaranteed equal social, political, economic, and civic rights for women and ethnic minorities, and ensured the rights of conscience, including freedom of assembly, religion, press, petition, and trade unions. The Constitution separated the state and the church, and banned state funding and preferential treatment to any of the religious groupings.



Importantly, the Constitution declared labor as the foundation of the Republic, guaranteeing labor safety, minimum wage, maternity leave, maximum weekly work hours, and prohibited the employment of children under 16. The first Georgian Constitution preserved ethnic minorities' right to education in their native languages, allowed minority MPs to deliver parliamentary addresses in their native language, as well as banned titles and corporal punishment.

In the words of Hans-Dietrich Genscher, the former Federal Foreign Affairs Minister of Germany: "At that time the 1921 Georgian Constitution already advocated such values as liberty, democracy and rule of law, which modern Europe is based on currently." Speaking in the same vein, Ramsey McDonald, a prominent British politician, later twice Prime Minister of Great Britain, while speaking about the achievements of Democratic Republic of Georgia in the letter published in the magazine 'Nation' after his visit to Georgia, stated: "I familiarized myself with its constitution, its social and economic reconstruction and what I saw there, I wish I could see in my country too."

To mark the date, the Georgian Parliament held a ceremonial session,

attended by the President, Premier-designate Irakli Garibashvili and his ministerial picks, the Georgian Orthodox Church representatives, foreign diplomats, and lawmakers.

President Zurbishvili, Speaker Talakvadze, ruling Georgian Dream party Chair Irakli Kobakhidze, and PM-designate Garibashvili spoke at the celebratory session.

Georgian ambassador expects increase in tourists and business



Ambassador of Georgia H.E. Konstantin Zhgenti recently held a meeting with The Times Kuwait Managing Editor Reaven D'Souza.

During the discussion, the ambassador briefed Mr. D'Souza about the 30th anniversary of the restoration of Georgia's independence, and the 100th year anniversary of the country's Constitution. Their conversation touched upon the current situation in Georgia and issues pertaining to Georgia's domestic and foreign policy as well as the situation in the occupied territories, and the path of Georgia to join the Euro-Atlantic Union.

Ambassador Zhgenti also touched upon the issues of development between Georgia and Kuwait in the spheres of

political, economic and social-cultural relations between the two countries.

Ambassador further elaborated that after opening direct flights between Kuwait and Tbilisi (the Capital City of Georgia) two years ago, more than 30 000 tourists visited Georgia from Kuwait and he hoped that during post-pandemic period the number would increase further.

Ambassador also expressed his desire for more development of not only touristic, but trade and business relations between Kuwait and Georgia. He underlined that special and excellent investment possibilities in Georgia would attract more Kuwait companies and the members of business community.





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