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# Reforms, past failures need not deter new attempts

## THE TIMES KUWAIT REPORT

The flurry of decisions and plans being announced in recent weeks could be a sign the government is finally waking up to the realization that the economy cannot go on any longer with a 'business as usual' model.

The announcement last week of plans to cut some of the lucrative perks and benefits prevailing in the oil-sector — where employees are said to receive salaries that are up to six times higher than that paid to employees in other government entities — is the latest indication of this belated cognizance among authorities of the dire straits the economy is in, and the need to undertake urgent course corrections. The latest moves could also indicate the government's resolve to rationalize salaries in the public sector, and recalibrate the wide anomalies in pay structure between specific sectors.

Financial constraints and increasing pressure



on liquidity has forced the government to acknowledge that unless the prodigious subsidies provided by the state to citizens are rationalized, the bloated public sector trimmed, and other long-pending economic, financial and administrative reforms implemented urgently, the country could inexorably face the prospect of fiscal bankruptcy.

In line with this new awareness, the Council of Ministers announced early last month several belt-tightening measures and public expenditure cuts. As part of these decisions, the Ministry of Commerce and Industry (MoCI) and the Public Authority for Manpower (PAM) were reported to be separately studying various proposals on trimming expenses.

Media reports indicate that the MoCI is examining the possibility of reconciling

generous subsidies that it grants to citizens on foods and building material, including whittling down quantities of various food items supplied. For its part, PAM was reviewing the labor support disbursement granted to nationals employed in the private sector, and considering stopping employment support payments to nationals employed in the private sector who are over 60 years.

CONTINUED ON PAGE 12

# ARMENIA



## 21 INDEPENDENCE DAY

SEPTEMBER SPECIAL SUPPLEMENT PAGE 7-10



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# Patient safety a top priority in Kuwait

THE TIMES KUWAIT REPORT

Since designating 17 September as World Patient Safety Day in 2019, the World Health Organization (WHO) has been marking this day each year in cooperation and coordination with health institutions and healthcare providers worldwide. With the theme for this year's World Patient Safety Day being



**Dr. Hanaa Ahmad Alghanim**  
Head of Safety Department

'Safe Maternal and Newborn Care', the WHO is urging all stakeholders to "Act now for safe and respectful childbirth".

Speaking to The Times Kuwait in an exclusive chat Dr Hanaa Alghanim, head of the Safety department at the Quality and Accreditation Directorate at MOH said that their job was to ensure that all care given was of the highest quality and safety level.

She said that the regulations and policy guidelines were in place to ensure that all of

them work together in a multidisciplinary team to ensure that the mother and child have a safe pregnancy and after labour care of the new born.

In Kuwait, the Quality and Accreditation Directorate affiliated to the Ministry of Health, is inviting all governmental and private healthcare organizations to participate in this year's Patient Safety Day by outlining the safety measures taken by them to ensure the safety of the mother and the newborn, and by posting awareness messages through social media.

In addition to lighting the iconic Kuwait Towers in orange to show commitment of the World Health Organization (WHO) Member States to patient safety, the Directorate is also conducting personal interviews with healthcare service providers to highlight their role in maternal and newborn care.

Since its inception as the quality assurance arm of the Ministry of Health, the Quality and Accreditation Directorate has shown commitment to patient safety in response to the global trend in reducing medical errors. It has also supported all health ministry decrees related to safety programs with the aim of raising the quality level of healthcare services in Kuwait.

Dr Talal Al Fadallah, Director of Quality and Accreditation Directorate at the MOH told The Times Kuwait that the initiative was to put patient safety as one of its priorities, and has continued to cooperate with other directorates in the Ministry of Health and healthcare organizations by developing plans and strategies and issuing the necessary decisions to implement policies based on evidence-based practice to ensure the safety of patients, their families and workers in healthcare organizations.

The Quality and Accreditation Directorate has



also been keen on promoting a culture of safety; building the capabilities and skills of workers in healthcare organizations to support the implementation of safety and risk management programs; auditing the compliance to safety policies and guidelines; and following-up on the impact of their application through Safety and Risk Management Committees; and measuring patient safety indicators.

In addition, the Directorate has introduced safe practices that have been proven by research to raise the level of patient safety through the application of Patient Safety Solutions, and the WHO Global Patient Safety Challenges related to safe surgery and medication safety. The quality and safety programs also had a significant impact on the performance level of healthcare organizations in dealing with the COVID-19 pandemic through the application of the latest quality and safety tools and methods in preventive and treatment procedures, which led to ensuring the provision of safe and effective healthcare services.

Future plans for Quality Management and Accreditation include developing performance measurement programs in healthcare organizations, as well as modernizing electronic systems, including the medical records and incident reporting systems.

The Directorate also aims to achieve medication safety at all stages of drug handling,

such as setting policies for the use of highly concentrated intravenous solutions, and look-alike sound-alike medications. In addition to creating a system to enhance patient disclosure between healthcare providers and recipients, to ensure the rights of everyone within the healthcare system.

The Ministry of Health has also adopted the World Health Organization's Global Action Plan on Patient Safety 2021-2030. The implementation



**Dr. Talal AlFadhlah**  
Director of Quality & Accreditation Directorate  
Ministry of Health

of this action plan is being followed up by the Permanent Committee for Monitoring Patient Safety Programs. Since patient safety is everyone's responsibility, implementing this plan requires effective national partnerships and everyone must contribute at the national level, in addition to contribution by patients, their families, and communities, and promoting evidence-based practice, so that the ultimate vision of 'Zero Harm' becomes a reality.

## Indian National Vipin Gajendra wins KD10,000 in Oncost monthly draw

Indian national Vipin Gajendra won 10,000 Kuwaiti Dinar in the monthly draw conducted by Oncost supermarket for their card members. A cheque of KD10,000 was handed over to Vipin Gajendra by Oncost officials in a simple but elegant ceremony held at Oncost Shuwaikh showroom.

Kuwait's leading family market Oncost conducts a lucky draw for their members, who have the Oncost membership card, every month. Any purchase during the month will entitle you to their monthly draw, in which the winner will get KD10,000 as a cash prize.

In the presence of Chief Executive Officer Saleh Al Tunaib, Chief Operating Officer Remesh Anandadas, the cheque for the prize-money was handed over to the winner by Store Operations Manager Nitish Dey, Project Manager Hassan Khaleel, Senior Officer Membership Program Sayed Sanaulla, Import and Private-label Manager Ali Ismail, Commercial Head Jihad, Advertising Manager Mohammed Rafi, and Social Media Specialist Manar Alhusani.

Vipin Gajendra, hailing from Rajasthan, India, was the lucky winner for the month of August. "I was surprised to get a call from Oncost informing me about this prize," Vipin, who is working as an Air Conditioning technician, told us that "I usually do all my shopping from Oncost Khaitan showroom, and this is the first time during my 16 years of stay in Kuwait that I am winning a prize in any lucky draw," he said.

Oncost officials thanked all the valued customers for their valuable support and urged everyone to join their membership



program to get various benefits. With the Oncost membership card, members can also take advantage of up to 4 percent cash back on their purchases made during their membership period.

The Membership Program seeks to reward members for their loyalty to the brand, in addition to providing them with a large range of products at very cost-effective prices. Every month, during the lucky draw, a winner will also get KD10,000 as cash prize.

Please visit the below link for our new offers: [corporate.oncost.com](http://corporate.oncost.com)



# New 'Sahel' app offers state services online

Deputy Prime Minister and Defense Minister Sheikh Hamad Jaber Al-Ali, standing in for His Highness the Prime Minister, last week launched the comprehensive online application, 'Sahel', which offers users a wide array of state services online.

Speaking at a forum held on 15 September to launch the app, the defense minister hailed it a step in the right direction as Kuwait heads towards a digital era where paper-based transactions are rendered obsolete. He added that Kuwaiti youth have a "significant role" to play in making this digital transformation a sustainable reality.

He noted that the digital transformation will provide a wide range of benefits to people seeking government services, as well as provide a boost in the hiring of national talent across various sectors and leading to a potential increase in economic development.

Pointing out that Kuwait's foray into digital transformation had become a necessity, the deputy prime minister said, "The COVID-19 pandemic prompted us to accelerate this digital drive". He added that "a long road still lies ahead", before all state entities offer the bulk of their services strictly online.

For her part, the Minister of



Communication and Technology, and Minister of Public Works, Rana Al-Fares, revealed that the initial phase of the new app will see the participation of around 13 government bodies. She added that a supplementary app called 'Sahel Business' will cater to the needs of Kuwaiti entrepreneurs, enabling them to complete their business-related transactions online.

Speaking about the digital transformation, Director General of Kuwait Municipality Ahmad Al-Manfouhi said the Municipality would offer five electronic services on the 'Sahel' application.

During its meeting on Wednesday, the Municipality's coordination committee

agreed that service related to area layout would from now on be available only online; paper applications will no longer be needed. The committee also agreed on issuing home gardening clearances only through the online service.

In a related note, the committee approved a plan to allow landowners of farmland to allocate three percent of their respective areas as cold storage for farm produce. The Municipality will ask the Public Authority of Agriculture Affairs and Fish Resources to activate its jurisdiction over expansion of farmland appropriations without referring to the municipality, Al-Manfouhi noted.

## Philippines increases quota for recruitment offices

The Philippine embassy in Kuwait has decided to increase the number of requests for household helpers from each local labor recruitment office to 200 per month instead of the 120 permitted earlier.

This was announced by the Philippine Labor Attaché Nasser S. Mustafa, following a recent meeting with officials of the Federation of Domestic Labor Recruitment Offices in Kuwait. The Federation is also said to be in talks with relevant authorities in embassies of the labor-exporting countries.

Head of the Federation, Khaled Al-Dakhnan, pointed out that there are still some technical issues pending between the Kuwaiti offices and the Philippine embassy, most notably the issues related to COVID-19 health measures. He added that the Federation had no problem with the specified salary of KD120 per month for domestic workers. Al-Dakhnan also disclosed that the federation was still waiting for a response from the Ethiopian Foreign Ministry on an agreement to be signed between Kuwait and Ethiopia to start recruiting domestic workers from that country.

### BOOK REVIEW

## Eleven-year old pens first adventure story



Eva Mary Hormise

By Jaimon George

Special to The Times Kuwait

Eva Mary Hormise, a student of class six could not hold back the words that were gushing out from within her. First it was just an idea, then it gained form and shape and grew into a fully fledged children's novel spread over 125 pages.

The novel narrates the story of six teenagers and their incredible adventure that takes them closer to their dream. Eva's debut novel titled 'The Csirars Out on a Magical Adventure', has Carter Owen, the son of business tycoon John Owen and Glidey Owen as the protagonist. The novel that begins in San Francisco ends in the mega city of New York. However, the dream land that the youngsters are trying to set their foot in is the focal point in the novel.

The key to the magical world of this fabulous novel lies in Carter's own words, "I'm a normal boy, or was a normal boy. Circumstances made me a 'savior.'" The novel opens up an enchanting world of

unique imagery and is sure to take children on a spectacular magical journey. The amazing depiction of how children react to adults' behavior patterns makes this book an interesting read for children, as well as a great reading experience for adults. This novel surely opens a door to the thought process and ideas of the new generation.

The novel is available on all online retail platforms including Amazon.

Eva is a student at Rajagiri Christu Jayanthi Public School, Kakkanad, Kochi, in the southern Indian state of Kerala. She is also the winner of RJ Hunt Radio Super Star that was organized by noted publishing house Harper Collins India. It took Eva eight months to complete this novel. She is the daughter of businessman Hormise Issac Vithayathil and Riya Syriac who is a software engineer. She has a two-year-old brother, Eric.

Revealing that she got the idea for her novel in her sleep, Eva says her dream is to pen even more interesting novels and stories in the future.



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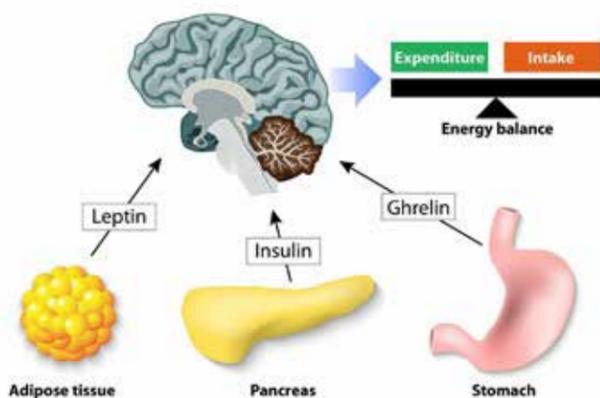
# Six Hormones.

## Weight. Metabolism

.....  
**Ask Mira:** Eating Right to Live Happy & Healthy  
 .....

**H**ormones are chemical messengers that regulate processes in our body. A system of glands, known as the endocrine system, secretes hormones into our bloodstream. The endocrine system works with the nervous system and the immune system to help our body cope with different events and stresses. Excesses or deficits of hormones can lead to weight gain or obesity and obesity can lead to changes in hormones.

Here are six important hormones that play a big role in our system.



**Leptin:** This hormone is produced by fat cells and is secreted into our bloodstream. Leptin reduces our appetite by acting on specific centers of our brain to reduce the urge to eat and so help in weight loss. But Leptin levels tend to be higher in people who are obese because their brain does not respond to leptin and so they tend not to be satisfied after a meal. Leptin levels are also not well regulated in people who stay awake for long hours which also affect their metabolism and weight.

People who undergo bariatric surgeries tend to have this hormone well regulated and that is why, despite the reduced size of the stomach, the main target of those surgeries is to increase the production of the appetite hormone, 'Leptin' and lower the production of the hunger hormone, 'Ghrelin'.

**Insulin:** A hormone produced by the pancreas, Insulin is important for the regulation of carbohydrates and the metabolism of fat. People with type 2 diabetes and insulin resistance lose the insulin signals and tissues are no longer able to control glucose levels which lead to weight gain. or vice versa, weight gain and obesity can lead to insulin malfunction which shuts down the metabolism.

With a proper food plan, this hormone can be fixed, metabolism will speed up and weight will drop again.



**Thyroid Hormones (TSH, T3, T4):** The Thyroid is a gland that sits in the front of your neck and releases hormones that stimulates fetal growth, regulates heart rate, body temperature and metabolic rate (metabolism). People with 'Hyperthyroidism'



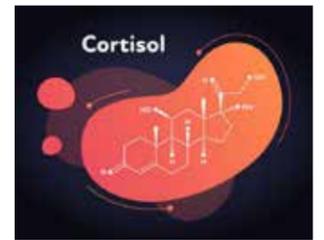
have this gland overactive, secreting too much hormone which boosts metabolism and leads to a dramatic weight loss. But their hearts may be at risk. On the other hand, people with 'Hypothyroidism' have this gland underactive, producing too

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](mailto:infotimeskuwait@gmail.com)

little hormone, slowing down metabolism and leading to weight gain.

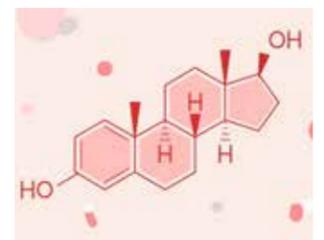
Under the supervision of an endocrinologist and a dietitian, the right dosage of medication and the correct diet plan will be given, reversing the condition.

**Cortisol:** This hormone is also known as 'stress hormone', because its level rises with stress. Cortisol levels tend to be higher in people under chronic stress, the type that lasts weeks and months. Despite that stress drives you to overeat, high levels of cortisol alone increase visceral fat and is also linked to a bigger waistline.



So, if you think you are under chronic stress, find some stress management techniques like exercise, meditation, music or activities with friends and family.

**Estrogen:** This hormone is one of the main sex hormones for women. It triggers puberty in girls and regulates fertility. Estrogen also helps protect the cardiovascular system and bones and influences mood. With menopause, estrogen levels go down, so women tend to gain more visceral fat especially deep in the abdomen.



Menopause is a natural stage of life and not a disease, so be extra conscientious about nutrition, calorie intake and exercise to keep visceral fat in check. That excess fat puts you at risk for heart disease, type 2 diabetes and hypertension.

**Testosterone:** This hormone is one of the main sex hormones for men. It triggers puberty in boys and regulates fertility. Testosterone also helps protect the cardiovascular system and influences mood. Testosterone levels slightly drop around the age of 30s (normally), but does not cause any drop in body fat. However, a low testosterone level (Hypogonadism) is found in men with symptoms like low libido, depression, anemia and infertility, which lower the percentage of muscle mass and increase the percentage of fat mass, especially on the belly.

So, if your testosterone levels are normal, do nothing. But if you are diagnosed with hypogonadism, you should consult your doctor about the potential benefits of testosterone treatment. This is the best treatment; testosterone levels will be back to normal and hypogonadism will be cured.

In the end, I can say that levels of certain hormones change with age and can cause weight gain with a drop in the metabolism, affecting your muscle and fat mass. So, keep your hormones in check, be active, lose weight if needed and most importantly take care of your diet.

Diet is important because the energy and nutrients you obtain from food are the main fuel to produce hormones and maintain optimal health.

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To subscribe to my diet programs, don't forget to log in to: [www.eatlikemira.com](http://www.eatlikemira.com).



## Thought for the week

“ No matter how hard the past, you can always begin again.

— Buddha

## Farwaniya Hospital extension to open in early 2022

The extension to Farwaniya Hospital, which is being readied for a slated opening in early 2022, will be an "integrated medical institution" that will provide the city's inhabitants with each and every healthcare service available, both on a diagnostic and therapeutic level, said Health Minister Sheikh Dr. Basel Al-Sabah.

The minister, who was speaking following a tour of the facility on Thursday, said the hospital, which is equipped with the latest state-of-art equipment, will strengthen the country's healthcare

system. The new extension is built on a total area of 423,000 square meters, and includes 955 beds, 233 intensive care rooms, 318 general and specialized clinics, 156 specialized dental clinics and 31 operating rooms, in addition to 1,400 public parking spaces.

The extension will offer services that are not available at the main hospital, including in cardiology and specialized surgery, as it will include rooms for interventional catheters, pediatric and neurosurgery and vascular surgery. It

will also have an integrated unit for assisted reproduction, containing two operating rooms and a transplant laboratory, around 20 rooms for single-day operations and an integrated rehabilitation center as well as the capability to provide chemotherapy treatment to cancer patients. The health minister also disclosed that the country is expected to introduce a further number of hospitals next year.



## Indian Embassy holds first NEET exams in Kuwait

The first-ever Indian National Eligibility Entrance Test (NEET) held in Kuwait, was successfully conducted by the Indian Embassy inside its premises on 12 September.

The under-graduate NEET 2021 exams were held in accordance with all guidelines prescribed by the National Testing Agency (NTA), and in adherence to all precautionary health measures related to COVID-19 that are mandated by the authorities in Kuwait.

More than 300 Indian students attended the exam, with the first batch of students arriving at 8.30am. The embassy had arranged special transportation for students from the entrance of the diplomatic gate to the embassy premises, while an air-conditioned tent was set up in front of the embassy to receive the students and facilitate registration processes. The exams were held inside the embassy under the supervision of invigilators.

Students and parents expressed their gratitude to Indian Ambassador H.E. Sibi George for organizing the exams and arranging all the facilities.

During a press conference, the Indian Ambassador expressed sincere gratitude to the Prime Minister of India and Indian Minister of Education for the decision of allotting NEET(UG)-2021 center in Kuwait, and for the



first-time opening of a center outside India.

He also expressed sincere gratitude to NTA and other concerned authorities in India and Kuwait for all the assistance extended in organizing the examination in Kuwait.

Ambassador George also thanked all the students, parents, teachers, and management of various Indian schools and other authorities who have worked closely with the Embassy for the successful conduct of the examination. Special gratitude was also expressed to Indian community members who helped to organize the examination. The embassy extended its sincere wishes to all the students in their future endeavors.

## Remit via KIECO app for a chance to win up to KD200

KIECO Exchange (Kuwait India Intl. Exchange) is one of the first remittance exchange companies started four decades back. Built on customers' trust since 1979, the company is now running Back to school promotion for its customers.

Every remittance via the KIECO app until the 10th of October will be entitled to enter in the draw to win tuition fees support up to 200 KD (TNC Apply\*). Final winner will be announced on 12th October '21. The draws will be conducted electronically and more the transactions, more the chances to win the prize money.

About KIECO (Kuwait India Intl. Exchange Co.) - The Company is initially founded by SBI (Bank) and since Inception managed by SBI/ex-SBI officials. "It gives us immense pride in letting our fellow Indians know that we are here with them and we leave no stone is unturned to keep up our promise i.e., Customer Value and Satisfaction. Also, we would like to inform our customers, we now charge a transfer fee of just 1 KD only. (TNC Apply\*)



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## Badr Al-Sama Medical Center holds free medical camp



Badr Al Sama Medical Center in coordination with Kuwait Kerala Pravasi Association (KKPA) conducted a free medical camp on 10 September.

A total of 160 members of KKPA attended the event, which was presided over by Zakir Puthenpalam, the association's president, while Ajith Kumar Vayala, board director of Pravasi Kshemanidi inaugurated the camp.

Nainan Jones, managing committee member of Orthodox Church, various office bearers of the association, including district association office bearers and members of the

managing committee of the Orthodox Church, attended the event. Program convenor, Jose Jorge, thanked the participants and organizers.

Branch Manager of Badr Al-Sama, Razak, Business Development Coordinator, Anas Marketing Coordinators, Prema and Amani, and KKPA Committee members Sushila Kannur (KKPA General Secretary), Patron Thomas Pallikkal, Treasurers Bajju Lal Sajeve Chavakkad, Saramma Jones (Vice President), Suresh Pulikkal (Legal Adviser Advocate), Abdul Kalam Moulavi (Advisory Committee), Sirajuddin Thottappu, Vanaja Rajan (Secretary) also attended the event.

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# Thousands of Egyptians, Indians continue to arrive in Kuwait



**A** week after the resumption of direct flights from India and Egypt, the Directorate-General for Civil Aviation (DGCA) reported that operations at Kuwait International Airport were flowing smoothly in line with plans and procedures set up to meet the expected increase in flights and passengers.

DGCA added that with continuing improvement in the country's epidemiological

situation, and approval from the authorities, it would be possible to further increase operations at the airport, in a gradual and phased manner. The Civil Aviation authority also noted that the decision to increase the number of passengers arriving each day to 10,000, had allowed more aircraft from more destinations to operate flights to the country.

Data shows that with aircraft allowed to fly directly from Egypt and India since last

week, a total of 174 flights had arrived from these two countries — 89 from Egypt and 85 from India. Also, from 5 to 11 September, the number of passengers arriving on flights from the two countries totaled 17,843 — 10,261 from Egypt and 7,582 from India of these flights who entered Kuwait during the period from 5 to 11 September reached 17,843, including 10,261 travelers from Egypt and 7,582 from India.



## MedX to launch Kuwait's first fully digitized medical care facility

**Q**atar-based MedX Group that operates the Medical Center in Fahaheel, is all set to launch a multi-speciality MedX Medical Care Center in Kuwait. The new center promises a fully digitized service using state-of-the-art infrastructure, cutting-edge diagnostic facilities and medical expertise, to offer patients in Kuwait an unprecedented health care experience.

To create awareness among the public and highlight the features and services offered by Kuwait's first fully digitized medical center, MedX held a press-briefing at the health center's auditorium in Fahaheel on 11 September.

MedX Medical Care Center aims to change the mundane, conventional system of providing health services and transform it by offering a completely digitized healthcare system, which delivers unparalleled online service and stands out from other stereotypical medical care platforms.

Right from making an appointment to getting a diagnosis and prescriptions, to obtaining medications, medical reports and case history, and on to contactless billing and payment services, the entire experience at MedX is a fully paperless, online process.

In addition to the full-fledged medical services offered at its Fahaheel facility,

MedX Medical Center will also provide home-care services by specialized doctors and physicians for the patient's ultimate peace-of-mind experience. Besides the attendance of a specialized medical team at home, a host of other home-care services are also provided by MedX on call.

MedX Medical Care Center promises



to provide expert health consultation and services by a galaxy of highly-trained and experienced doctors, nurses, medical technicians and other healthcare staff working in nearly a dozen fully-equipped medical speciality departments. Healthcare and medical services as we know it, is about to change for the better in Kuwait with the arrival of MedX Medical Care Center. The unrivaled and never-before digitization of all health services will need to be experienced in order to be acknowledged and appreciated.

## Visit, dependent, visas for expats in special categories

**I**n line with directives from the Council of Ministers, the Residence Affairs Department affiliated to the Ministry of Interior is reported to have started issuing dependent entry visas, in addition to visit and commercial visas, to expatriates with medical and educational specialties and those working in other special categories.



Expatriates who meet the conditions in the government sector are divided into three categories — those working in Health and Defense ministries, National Guard, and in National Petroleum Corporation. Female doctors and nurses can bring their children under the age of 16 to join the family on dependent visas.

They can also bring their husband on a visit visa after signing an undertaking not to convert this visa into a residence permit. The exemption will also allow medical staff to transfer from a visit to family visa based on applicable terms and conditions.

Doctors and nurses working in private hospitals will be allowed to bring their children under the age of 16 so that they can join the family in line with applicable conditions, in case the resident father can sponsor them, they will be granted a visit visa and then transferred to the father's sponsorship if he meets the conditions.

Meanwhile, in the private education sector, heads of families who meet necessary conditions will be allowed to bring their wives and children (under 16) on a family visa. Female teachers working in the private sector will be allowed to bring their husbands on tourist visit visa after signing an undertaking not to transfer the touring visa into work visa.

A director, assistant director, teacher, and specialist in the private sector will be allowed to bring their children under the age of 16 on a visit visa to join a family, provided they meet the necessary conditions.

## Gold Fest Lucky draw commences at all Grand Hyper branches in Kuwait

**T**he foremost Hypermarket chain in Kuwait, Grand Hyper for the benefit of customers is bringing in Grand Gold Fest, Lucky draw contest where any customer shopping for 5 Kd from 20 outlets of Grand in Kuwait will get chance to win upto 1.5 Kg Gold. This much hyped promotion from Grand Hyper was conducted every year and is well received by customers. Post Covid this is the 1st time lucky draw is being conducted that too in Digital format without any physical coupons as per Ministry guidelines.

Any customer who shops for 5 Kd and above from any Grand Hyper needs to enter their details on an online link given at the store and register themselves as participants for lucky draw. The prize slabs are even more interesting with Bumper Prize being 500 Grams Gold for 1 winner, Mega Prize of 40 grams Gold each for 5 winners and 100 winners each will get 8 grams Gold. A total of 106 winners which ensures more participants will get chance to win Gold.

Grand Gold fest will be conducted following all covid protocols in tandem with Ministry guideline. The winners of the contest will be selected under the supervision of



Government Tijary. This contest is conducted between 16th Sept. to 21st November 2021 from 20 participating outlets of Grand. During this period apart from lucky draw Grand will also be giving customers many other offers and discounts on fresh, food, electronics and garments.

INDEPENDENCE DAY



The Times Kuwait  
www.timeskuwait.com  
19 - 25 September, 2021

ARMENIA

SEPTEMBER

SPECIAL SUPPLEMENT

# Armenia, celebrating 30 years of Independence

Ambassador of Armenia to Kuwait H.E. Sarmen Baghdasarian



THE TIMES KUWAIT REPORT

As Armenia prepares to celebrate the 30th anniversary of independence on 21 September, we had the opportunity to visit the chancellery and meet the Ambassador of Armenia to Kuwait H.E. Sarmen Baghdasarian.

In an exclusive interview afforded to The Times Kuwait, Ambassador Baghdasarian spoke on a wide spectrum of topics covering relations between Armenia and Kuwait. We began by congratulating the ambassador on the upcoming Independence Day anniversary.

"Thank you very much for your

congratulations, and for this interview. I would like to take this opportunity to express my deep appreciation to all well-wishers and friends of Armenia in Kuwait, particularly the leadership, the people and the Government of Kuwait for their commitment to the close and friendly relations between our two nations." "Yes, on 21 September, Armenia celebrates its 30th anniversary of independence and this year is the 27th anniversary of diplomatic relations with Kuwait. We hope to turn these remarkable dates into a focal point for boosting bilateral relations between the two countries."

Describing relations between Kuwait and Armenia as friendly, dynamic and mutually beneficial, the ambassador pointed out. "The relations with the Arab world are one of the



most important directions in Armenian foreign policy. Besides that, we have special feelings of gratitude towards the Arab people for helping Armenians survive the horrors of genocide in 1915 and for helping them to start a new life in the Arab homeland.

"And Kuwait was one of the first to embrace many Armenians even before it gained its own full independence in 1961.

The establishment of diplomatic relations between Armenia and Kuwait, however, dates to 1994, shortly after Armenia gained independence on 21 September, 1991. From then on, the relations between the two countries have been friendly, dynamic, and mutually beneficial.

CONTINUED ON PAGE 10

## AL FAJR AL JADID

MANUFACTURER AND SUPPLIER OF ELECTRICAL SWITCHGEAR, COMPONENTS AND INDUSTRIAL AUTOMATION SYSTEMS

THE ART OF CONTROL

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# INDEPENDENCE DAY

## ARMENIA



SEPTEMBER

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The Times Kuwait  
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19 - 25 September, 2021



### WHY KUWAITIS ARE DISCOVERING THIS

## Caucasus Republic

For would-be jet-setting travelers frustrated by erratic travel restrictions and repetitive lockdown cycles across the world, the tiny country of Armenia, nestled in the Caucasus Mountains offers an unlikely refuge.

Situated at the edge of Europe, this nation of breathtaking alpine landscapes is home to some three million people boasting a cultural history as rich as it is ancient. Its age-old customs, striking urban architecture and legendary hospitality—cultivated at the crossroads of empires and trade between East and West—remain alluringly mysterious, yet comforting in their familiarity for ever-increasing numbers of explorers venturing out from the Arabian Gulf.

Tracing its existence back to the early Bronze Age, Armenia boasts of being one of the very few remaining nation-states to have survived into the modern-day, despite a long and tragic history. Armenians attribute the founding of their state to the mythical patriarch Hayk—a great grandson of the Biblical Noah—who, according to the legend, freed his people from slavery in Babylon and resettled them in the plains under the shadows of Mount Ararat, where Noah's Ark had made landfall generations earlier. His name, Hayk, formed the basis of "Hayastan" (Land of Hayk) which remains the name of the country in the Armenian language to this day.

Long contested by larger surrounding empires, Armenia's modern identity is deeply rooted in the cultural exchanges left by passing Greeks, Romans, Persians, Byzantines, Arabs



and other great civilizations. Perhaps the most interesting legacy of the country's centuries-long exposure to cosmopolitanism can be seen in Armenian culture's strong acceptance of religious diversity.

For the world's most ancient Christian nation, centuries of diplomatic and trade relations with muslim neighbours has fostered a deep sense of respect and understanding between Armenia and the Islamic world. Perhaps the most visible ambassadors of this unique relationship are the prominent business people, cultural icons and professionals that make up the ancient Armenian Diaspora communities sprinkled throughout the Middle-East, from Beirut to Kuwait.

The reciprocal nature of this relationship is also exemplified by the intricately designed Blue Mosque, erected a few mere meters away from the holy Armenian Church of Saint Sarkis in Central Yerevan, has been beautifully restored and remains an active muslim house of worship

which is open to visitors of all faiths.

Yerevan, Armenia's ancient capital—said to be older than Rome—also hosts another relic of the country's long history as a stopping point on the Silk Road: its rich culinary culture. Visitors from the Arabian Gulf would find little trouble discerning familiar dishes ranging from kebabs to all sorts of mezzes and other staples of Levantine dining, yet prepared with a local Armenian touch.

Reflecting the city's European urban aesthetic seasoned with a salient eastern vibe, so too is the local cuisine. Impeccably blending with the culinary staples of the West, the continuous cultural rejuvenation brought about by successive waves of repatriation from Armenia's vast and diverse Diaspora has led to a veritable "foodie revolution" in recent years. Only in the streets of Yerevan can diners choose Argentinian empanadas to pair along with the traditional suit of mezze staples in a uniquely refined, yet affordably priced fusion cuisine.

Yet the cultural influences of Armenia's middle-eastern Diaspora are hardly possible to miss in the city.

Rehan, a swanky restaurant just below Yerevan's iconic Cascade, is taking the city's food scene by storm with its 'fusion' take on traditional Lebanese cuisine. It's owner refers to it as "bringing Lebanese cuisine and culture to



### Armenia Tourism Highlights:

Armenia is the up and coming tourism destination for the Gulf (particularly Kuwait)

### Great culture to explore, offers:

Ecotourism Nature (mountains, snow, etc)  
- Health tourism - Gastro tourism - Digital nomadism.

### Advantages:

Close to the Gulf - Same time-zone - Easy availability of visas - Sophistication at an affordable price, and soon Direct flights from Kuwait to Yerevan.



you". Its beautifully designed garden "terrace" isn't the only one to fill up every evening however. Mayrig, a staple of Western Armenian culinary heritage in Beirut until last year's explosion nearly shuttered its doors, is now arousing appetites in Yerevan for its sour cherry kebab and famous Manté.

On the other hand, the traditional Eastern Armenian restaurant "Vostan by Tsirani" in a hidden corner of Abovyan street designed in accordance to the traditional Armenian patterns represents the delicious Eastern Armenian cuisine. Another example of a must-try contextualized Eastern Armenian cuisine is represented by "Sherep" Restaurant located



right in the heart of Yerevan City, on the Republic Square. It fully embraces the local culture and cuisine that you'd definitely like to explore.

Yerevan nights only begin at the restaurant, however, and typically last until the sun rises again the next morning. It is not uncommon to witness entire families of elegantly dressed Armenians crowding the capital's neo-classical Opera House to listen to the enchanting



compositions of Aram Khachaturian, or Spendiaryan. Later still, the buzzing of trumpets and duduks can be heard emanating from Yerevan's many jazz houses--revered by locals as cultural institutions. As with much of Eastern Europe, Armenia's burgeoning rave scene is enough to entertain until morning.

While the culinary palettes of the capital continue to expand and mature in constant contact with cosmopolitan currents, in the mountains above, village dwellers continue to preserve and pass on the ancient recipes of the Armenian people.

Anna Avagyan, who runs a local gastro tourism agency, says more and more guests from the Gulf countries have been accompanying her to get acquainted with Armenian rural life. "There seems to be a particular interest among these tourists to get acquainted with how fresh produce reaches their table" Avagyan says.

For those not cut out for pulling their own food out of the ground, however, the loud, crowded, and lively markets which dot the

entire country are really the place to be not only to taste the freshest apricots (which legend says originated in Armenia) or the sweetest tomatoes around, but also to experience Armenian culture at its most authentic.

There is no wrong time to visit Armenia, each season brings with it unique experiences and a slew of activities. In the winter, tourists and locals alike flock to the country's world-class ski resorts to hit the slopes, or just sit back in rustic cottages to enjoy the snowfall. As the weather warms up mid-April, the hilly countryside comes alive again with hikers, campers, overlanders, mountain bikers and more. The hot summer months lead many to flock to the shores of the alpine Lake Sevan, one of the highest-altitude lakes in the world where kayaking, sailing and other watersports have gained popularity in recent years. The small resort town of Dilijan is the place to be during the autumn months, as the heavily forested "Little Switzerland of Armenia" begins to experience a change in colour.

For Kuwaitis with a well-deserved reputation as some of the world's most prolific travellers, Armenia offers an easily-accessible destination without the hurdles of long layovers, or getting used to annoying jetlags. A Kuwaiti air carrier announcing direct flights to Yerevan in the coming weeks, however, the journey is about



to get even simpler. While Kuwait nationals still require visas to enter as part of Armenia's COVID-19 restrictions, the application is online and very easy to get within a few hours of applying.

As one of the few destinations still welcoming tourists right now, Armenia offers all the ingredients for a unique, safe, and memorable experience--and people are noticing.

## A Nation steeped in History

**T**he course of 30 years of independence amounts to a blink of an eye considering Armenia's millennia-old history and civilization, but in this span of time the country has successfully carved an identity as an independent, cohesive, and democratic nation, full of hopes towards the future.

Armenia's contributions to the development of human civilization are undeniable testified by both material and non-material heritage this nation has left not only in its cradle, the Armenian Highland, but also wherever its sons and daughters have set foot.

As a country and a nation, Armenia is known to the world through the earliest forms of documented history, such as the oldest map of the world, the Babylonian Map of the 6th century BC, as well as the book of histories by the Father of historiography, Herodotus, and the writings of the Father of geography, Strabo.

Armenia was always at the forefront of creative societies. For example, in 301AD, it became the first country in the world to officially adopt Christianity as the religion of the State, a brave undertaking that was not easy to fulfill in a world entirely covered by Paganism. In 405AD Armenians created their own alphabet; so unique and near to perfect that it passed through centuries till our days without any significant changes.

Armenia's rich history has left its unique mark on every corner of the country, which for three thousand years has had twelve capitals, many of which are located in the modern Republic of

Armenia today. Throughout this long history, the country was unfortunately subjected to many invasions by bigger empires and militant tribes, thus suffering huge losses and shrinking in size.

The biggest tragedy occurred in 1915 when 1.5 million Armenians were massacred in their homeland, while hundreds of thousands were deported. Many were saved by the Arab people, and found refuge in the Arab homeland, thus receiving a chance to start a new life.

In 1918, the Armenians, despite these enormous losses and blows, did decisively restore their statehood, rising from the ashes like phoenix. In the 1920s, after the Sovietization of

the Republic, Armenia entered an era of nation building, developing its economy, and reaching new heights of industrial, technological, scientific, as well as cultural and educational achievements as part of the Soviet Union.

At the collapse of the USSR, Armenia declared its independence in 1991, subsequently becoming a full-fledged member of the United Nations. Armenia has from then on resolutely walked through the path of creating a sovereign, democratic, and social state governed by the rule of law; a State whose highest value is the human being where the power belongs to the people.

Armenia is a predictable and reliable partner



on the international arena, a member of the international community, always abiding by the letter and the spirit of international law.

Unfortunately, Armenians were forced to fight for their freedom and were subject to full scale military aggressions many times. The recent such use of force against them in Artsakh caused numerous irreversible human and material losses. This unresolved conflict poses a serious threat to the security of Armenia and the peace of the region.

As the USA, France, and Russia - the UN mandated mediator Co-Chairs of the OSCE Minsk Group - have highlighted in their latest statement on the conflict, the parties should return to negotiations under the auspices of the Co-Chairs as soon as possible.

Armenia, in compliance with the statement of the Co-Chairs, reiterates that addressing the consequences of the aggression will serve as a basis for lasting peace and stability in the region. Armenia and the Armenian people will make every effort to fully restore all the rights of our compatriots for a free, secure, and dignified life in Artsakh, their historical homeland.

Thirty years since independence, Armenia has dealt with the aftereffects of a devastating earthquake, pulled through the painful process of transition from command to market economy, been subjected to wars, and absorbed the internal stresses of democratic transformation. Despite the odds, the Armenian people have shown their resilience, and their desire to build a country fit for their children and welcoming to their neighbors.

# Thoughts of Armenian youth on the idea of Independence

(Excerpts from the essay competition announced by the Embassy of the Republic of Armenia in Kuwait)



From Armenian School of Kuwait:

"Every nation has the right to live in a free, peaceful and sovereign country...

Independence is for a person to live in his country a free, honorable and dignified life without injustice and oppression."

- Ara Sarkissian  
(12 grade)

"On 21 September, 1991 our people rebuilt their independence, and the dreams we had aspired to fulfill before the declaration of independence, have become tangible reality today... Therefore, we, as a nation, must unify and form programs for the benefit of our nation and progress-oriented visions that require a profound sense of national consciousness and unceasing work. Let the Independence Day be the symbol of our national unity."

- Christ Seropian  
(11 grade)

"Our homeland is a part of our hearts, the symbol of our existence and our sacred highest value. The new generation of Armenia must work on further developing its homeland."

- Lala Khachadourian  
(10 grade)

From Shirakatsy Lyceum:  
(International Scientific  
Educational Complex, Yerevan)

"Independence cannot be won, it can only be earned... It's time to wake up from the den of nightmares and to look up to the bright sky, and believe me, it's always blue for the worthy."

- Tigran Ter-Matevosyan  
(12 grade)

"To be independent one needs to have their heart and soul to be free (independent). I wholeheartedly wish my apricotty country to always flourish and have a bright and better future... I also wish to live in an economically advanced and peaceful country. We will do everything possible to preserve the Independence (Independent title) of our country."

- Youri Babinyan  
11 grade

"Independence is the fulfillment of a centuries-old dream of our nation, an absolute power

and value to ensure future prospects of development".

- Sargis Boyakhchyan  
(11 grade)

"This year will mark the 30th anniversary of Armenian Independence. For 30 years something has been different, Armenia remained itself, but it is different in a way! Even though struggles are present, hence tears are too, Armenia has been smiling for 30 years in a more than 2000 year-old history."

- Hamlet Karayan  
(10 grade)

"... native land gave strength and energy to his combatants, who fought fearlessly ... And all that only for the peace and independence of their country, their native homeland. It is because of them that we have had an independent country, a clear and serene sky and a secure future for more than thirty years."

- Lyudmila Petrosyan  
(12 grade)

## Armenia, celebrating 30 years of Independence

CONTINUED FROM PAGE 7

Elaborating on the humanitarian and philanthropic efforts of Kuwait on the global arena, Armenia's top diplomat in Kuwait said: "Indeed, Kuwait's leading role and importance on the international arena in terms of philanthropic and humanitarian activities is undeniable. Kuwait plays a significant and visible role internationally in this regard, and its humanitarian actions to ease suffering in many places of the world deserve appreciation."

"Everybody knows that Kuwait is always ready to lend a helping hand. It is no accident that the former Amir of Kuwait His Highness Sheikh Sabah Al Ahmad Al Jaber Al Sabah was honored with a Humanitarian Award as a humanitarian leader globally in 2014."

"By the way, one such example was Kuwait's donation to Armenia initiated by then Amir of Kuwait himself in 2012 as relief aid to Syrians settled in Armenia as a result of the Syrian war. I would take this opportunity to thank Kuwait for donating several times to support more than 20,000 Syrian refugees in Armenia through cooperation between the Kuwait Red Crescent Society and Armenian Red Cross Society."

"In addition, we can find a lot of examples all over the world of Kuwait's humanitarianism. The readiness of Kuwait to lend a helping hand is simply amazing. It's like the DNA of Kuwait."

"In the contemporary world even small countries can become a significant factor in the scope of global affairs. Kuwait is a bright example of such an influence. Through its contributions in humanitarian actions and in

global diplomacy, Kuwait has earned a greater role and status than its physical size."

"Kuwait is famous for its peace-building foreign policy too; and is appreciated as one of the world's leading peace diplomacy countries. Moreover, through continuous balanced policy with all countries, Kuwait, in addition to the mentioned contributions, is making solid ground for the successful mediations and contribution in resolving various conflicts."

In this context Kuwait is well known with its preventive diplomacy too. I can simply state that Kuwait is a trusted partner."

Expanding on his vision of future development of bilateral relations between Armenia and Kuwait, and stressing several aspects of it, Ambassador Baghdasarian noted: "First of all, our priority is going to be working on holding the next session of the Kuwait-Armenia Joint Committee for Economic and Technical Cooperation in Yerevan. And political consultations are on our agenda too." "Tourism promotion is one of our major focuses. Unfortunately, the global pandemic enormously affected the goals we were planning to achieve in this field throughout the past year, for example the launch of direct flights between Kuwait and Armenia."

Another facet highlighted by the ambassador was the cultural and educational aspects of cooperation. "One of our key commitments include the fields of Culture and Education. After I assumed the duties as an Ambassador, I dedicated a lot of attention to the cultural and educational aspects of our cooperation. As such, I would mention two successful

exhibitions of Armenian fine art held under the auspices of the National Council for Culture, Arts and Letters. We continue to have very fruitful cooperation with the Council. I have to also mention here the very successful cooperation with Dar Al Athar Al Islamiyeh. Unfortunately, the pandemic situation paused the cultural and exhibition exchanges we were planning but we are looking for the best momentum to resume that process."

On the level of Kuwaiti private institutions, we have projects with the Abdulaziz Saud Al-Babtain Cultural Foundation, in the field of translation and academic research. There is also a center for Arabic studies named after Abdulaziz Saud Al-Babtain at Yerevan University."

Speaking about investment opportunities for Kuwaitis in Armenia, the envoy clarified that the Armenian Government has established very good conditions for investments opening the way for all investors, whether citizens or foreigners, with the same conditions, procedures, and requirements."

"I would like to mention just a few of the reasons for investing in Armenia: No restrictions on foreign ownership, low cost of registration and maintenance, educated and low-cost labor, investment - friendly environment ... The legal status for investors was also regulated, which gives them protection. Moreover, there is an agreement between Armenia and Kuwait to protect and encourage investments."

"I would like to take this opportunity and invite all businessmen to consider Armenia

as their next destination for doing business. There are a lot of opportunities in the fields of high-tech industry, information technologies, pharmaceutical manufacturing, agriculture, infrastructure, and tourism."

"By the way, Jazeera Airways successfully operated three direct flights to Armenia in July."

We hope that these direct flights will soon turn into regular flights, and we are working on that. I think this will be a good input for investors too."

The Armenian community in Kuwait is a major pivot in strengthening bilateral ties between Kuwait and Armenia, though the first presence of the Armenians in Kuwait dates back to the period between the end of the 19th century and the beginning of the 20th century, the establishment of a stable community of Armenians in Kuwait began only from the fifties of the previous century, and increased rapidly after Kuwait gained its independence in 1961."

"As you mentioned, this land became a second homeland for many Armenians many years ago. Today we have a vibrant and active community: we have an Armenian school, an Armenian church, and community bodies regulating internal life."

With more than 100 years of presence and with organized institutions since the 1960s, the community made my job much easier. Indeed, they play a bridging role between Armenia and Kuwait, and the community enjoys a very good reputation in Kuwait, both on the official and popular levels. And I can only add how proud I feel about this good reputation."

# Nepal celebrates National Day and Constitution Day

## Message from Ambassador of Nepal H.E. Durga Prasad Bhandari

The 3rd of Ashwin in the Nepali calendar, corresponding this year to 19 September, commemorates the Constitution Day (National Day) of Nepal. The day is declared as the National Day (Constitution Day- Sambidhan Diwas) of Nepal and celebrates the adoption of the new constitution which came into effect from the 3rd Ashwin 2072 of Nepali calendar, corresponding to 20 September, 2015. To mark this historic occasion, Nepal has been celebrating this day as the National Day of Nepal since 2016. It is the day of historic achievement for the Nepali people.

On this happy occasion of the sixth anniversary of the promulgation of the current Constitution as well as the National Day of Nepal, I, on behalf of the Embassy of Nepal in the State of Kuwait and on my own, extend sincere congratulations and best wishes to all Nepali brothers and sisters living in the State of Kuwait. At the same time, I am sorry to say that due to the adverse situation created by COVID-19 pandemic we have not been able to celebrate this occasion with the participation of our valued guests, friends and community members as we desired.

With the promulgation of the new constitution, the long-cherished aspiration of Nepali people to write a constitution for themselves by their own representatives has been manifested into reality. The constitution has institutionalized democratic achievements of Nepali people and established Nepal as a Federal Democratic Republic.

The constitution of Nepal embraces universally accepted democratic values, norms and principles. Competitive multi-party democracy, civil liberties, periodic elections, respect for fundamental human rights,

independent and impartial judiciary, strong commitment to rule of law, and freedom of press remain the salient features of our constitution.

The subsequent elections to all three tiers of federal set up held under the new constitution has operationalized federal governance structures at federal, provincial and local levels, paving the way for better services to the people at their own places and for expeditious socio-economic development process in Nepal. Simultaneously, Nepal has achieved peace and stability and has now moved in the direction of economic transformation for achieving prosperity of the Nepali people in a short span of time.

Nepal's contribution in achieving international peace and security has been growing significantly over the years. Nepal takes pride in the fact that the country remains one of the major contributors to the United Nations Peacekeeping operations.

The relationship between Nepal and the State of Kuwait has always remained cordial and friendly. With the establishment of formal diplomatic relations in 1972, these cooperative relations have expanded significantly for the mutual benefits of the two countries and people. Nepal attaches high importance to its relations with the State of Kuwait. I am happy to note that Nepali nationals working in the State of Kuwait have been helping to further enhance the relations at peoples' level. We have potential to promote business to business cooperation to give added momentum to trade, tourism and investment between Nepal and the State of Kuwait.

Exchange of visits at various levels has been contributing to provide added impetus to our



bilateral relationship. The two countries have been working together on several notable projects in Nepal. Some of them have already been completed while some are under operation. We will continue to work closely to sign other new projects incoming days. Nepal and Kuwait have immense potential to further expand relationships in areas such as trade, investment, tourism, employment and many others.

I congratulate the friendly people of Kuwait who have continuously been achieving peace, progress and prosperity under the visionary and able leadership of His Highness Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah, the Amir of the State of Kuwait (May God Protect him), His Highness Sheikh Mishaal Al-Ahmed Al-Jaber Al-Sabah, the Crown Prince (May God Protect him), and His Highness Sheikh Sabah Khalid Al-Hamad Al Sabah, the Prime Minister of the State of Kuwait.

Kuwait's contribution in the humanitarian

field is acclaimed both within and beyond the region. The significant role played by the State of Kuwait in promoting peace, friendship and understanding in the Middle East and Gulf region, has also been widely appreciated.

Nepal and the State of Kuwait have been working closely together in international and regional forums on matters of common interest. Kuwait has hosted the Secretariat of the Asia Cooperation Dialogue (ACD) in its capital and has continuously been extending support to this regional process. Our two countries along with other member states of this forum have been working together to promote Asia-wide cooperation and interdependence for exploiting the opportunities in Asia for the common economic interest of the people of this region. Both Nepal and Kuwait are active members of the United Nations.

There is also a growing attraction among Kuwaiti citizens towards Nepal. Nepal is one of the most beautiful tourist destinations and could become a popular destination for Kuwaiti citizens. The extensive direct air connectivity between Kathmandu and major cities of the Gulf region including Kuwait City has made the travel easier and comfortable to visit Nepal.

Nepal is a land of opportunities for investors. The Government of Nepal is fully committed to creating an investment-friendly environment. Various reform measures including policy, legislations, institutions and procedures in the area of investment have been undertaken by the Government to promote investment in the country in recent years. The reform process is still continuing to attract more foreign investments in the country.

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# Expatriates families continue to exit Kuwait

**A** new report by the National Bank of Kuwait (NBK) on population statistics in Kuwait and its impact on the economy, shows that the country's population decreased by 0.9 percent during the first half of 2021 to reach 4.62 million, after decreasing by 2.2 percent annually in 2020, the highest rate of decline on an annual basis in nearly 30 years.

The NBK demographic analysis, based on latest population data compiled by the Public Authority for Civil Information (PACI), attributed this decline mainly to the continued fall in the number of expatriates, despite the Kuwaiti population registering a modest increase during this period.

The proportion of expatriates to the total population also witnessed a fall to

68.2 percent, which is the lowest level recorded in 10 years. The data also shows more than 56,000 expatriates left the country in the first half of 2021.

Continued Kuwaitization of jobs and the weak economic environment following the outbreak of the COVID-19 pandemic had forced many companies to lay off their expatriate staff which prompted thousands of foreigners and their families to leave the country for good. The employment of expatriates was found to have decreased by 2.2 percent in the first half of 2021 after a decrease of 5.2 percent in 2020, following decline in employment activities in both the public and private sectors.

Other data from the study shows that despite a slowdown in the growth rate of

the number of Kuwaiti citizens under the age of 15, this segment of the population, which numbers about 493,000 citizens, represents more than a third of the population of Kuwaiti citizens. On the other hand, the growth in rate of working-age people above the age of 15 at 2.4 percent remained strong on an annual basis, and this could lead to providing the economy with which could. This relatively stable ratio in the working age population to dependents, could lend support to the economy going forward into the immediate future.

Meanwhile, the public sector maintained the pace of employment (+1.8% or about 6,200 citizens), partly due to Kuwaitization efforts, which on the other hand will also



increase pressure on the budget, as the wage bill alone represents over two-third of total government spending.

## Reforms, past failures need not deter new attempts

CONTINUED FROM PAGE 1

In addition to austerity measures by ministries, the government has announced curbs on participation by top public officials and delegations in international conferences, symposiums and training sessions, and decided to continue limiting medical treatment abroad for citizens to emergency cases, and only when such medical care is not available locally. These measures notwithstanding, economic analysts believe that without addressing prevailing structural imbalances and implementing serious reforms, the economy will continue free-wheeling to a potential disaster.

Putting this view in another perspective, an article in local media recently asked the poignant rhetorical question, how did Kuwait get to the economic and financial mess it is in today? In answer, the writer places the blame squarely on the government for its ineptness in handling the country's finances. Underlining that the steps announced to cut expenditure would save only a pittance compared to the government's own wasteful and opaque financial dealings, the article warned that the austerity measures being planned would only further alienate the public from the authorities.

The article pointed to the government's continued inability to diversify the economy away from its dependence on oil; its ineptitude in implementing major developmental projects; its lack of transparency in awarding lucrative contracts; and its incompetence in resolving differences with the National Assembly and cooperating with lawmakers to enact development policies, as some of the possible reasons for the country's current state of affairs. It called for setting up a team of experts to find reasons for Kuwait's current economic and financial status, and to suggest solutions to remedy this situation.

Although understanding why we are where we are is crucial, it is more important to know how we can get from here to where we want to be. And, setting up yet another team of experts to come up with policies to save the economy, is not what is needed at the moment. The government is fully aware of the situation and what needs to be done, and if this was enough, international entities such as the World Bank and the International Monetary Fund have repeatedly reiterated this to the authorities. In addition, there is a growing caucus of economic pundits locally who never tire of telling the government what to do. Obviously, it is not the lack of knowing what to do, as much as it is an apparent inability to implement meaningful structural reforms that lie at the core of the country's current problems.

While knowing what to do is important, equally critical is knowing when to do it. Repeated governments in recent years have got this timing wrong and the result has been one failed reform attempt after another. A period of economic downturn, when people are encumbered by job losses, payment cuts

and increased financial pressures, is not the right time to be announcing painful economic reforms or subsidy cuts. Unfortunately, it is only during an economic downturn, when international oil prices tend to fall, that the government finds itself in need of additional financing and wakes up to the need for economic and financial reforms. When oil prices swing around and head upwards, and state coffers get refilled, the importance of reforms once again recedes into the background.

The most recent instance of this poor timing was following the precipitous fall in oil prices in mid-2014, the implications of which set in motion a tide of economic downswings across the region, including in Kuwait. Most countries sought to ameliorate the situation early in the crisis by introducing needed fiscal and economic reforms, but Kuwait as usual dawdled on this. And, when it finally realized the need to embrace reforms, initiate subsidy cuts, and introduce other austerity measures, opposition from a public that was already suffering the consequences of the downturn were too significant for the government to overcome.

Nevertheless, the authorities were able to push through subsidy cuts and raise fuel and other utility prices, but these were applicable only to expatriates. The backlash from citizens and their representatives in parliament to the austerity measures soon forced the government to beat a hasty retreat from implementing reforms that impacted citizens. Moreover, later when oil prices once again began to show signs of rising, the government decided to shelve its reform agenda, at least until the next emergency came by. That emergency has now come to pass in the form of the COVID-19 crisis, and, unsurprisingly, reforms are once again back in fashion.

The usual refrain among many people opposed to reforms is that these measures overwhelmingly impact the poor, and benefit only the rich, the crony capitalists, or in the case of Kuwait, the powerful and the merchant-class. However, this is basically the result of a communication failure on the part of policymakers. The inability to convince ordinary people of the need for reforms, or explain it to them in simple terms that makes sense to them, without resorting to financial jargon and hyperbole, is perhaps one reason why reforms are so unpalatable to the general public.

Experts agree that people are also often not fully aware of what economic reforms actually entail. If reforms mean reduction in subsidies that could lead to them having to pay extra for essential items and for public goods and services, it is quite likely to be opposed, especially by those who rely on these subsidies, or would now have to make cuts in other expenses in order to afford the earlier subsidized goods and services. However, if the government also concurrently announces support measures for those in real need of

subsidies, or clearly explains how removing subsidies could lead to offering better and more efficient public services, the opposition to these reforms could probably be less intense.

Similarly, when people are informed that automation or opening up the market to competition could mean they would lose their jobs, it is understandable why they would oppose these measures.

On the other hand, if while declaring opening up of the market to competition, the authorities also simultaneously announce initiatives aimed at capacity building and retraining for those likely to lose jobs, or explain that more competition could lead to more jobs and better employment opportunities, there is no reason to believe that reforms would be so universally opposed. Evidently, it is not enough to know what to do, and when to do it, there is also a need to explain the reforms to the public in a way that makes sense to them and draws their support.

An example of this poor communication in Kuwait is where the government has long sought to introduce administrative reforms in a bid to rationalize salaries in the public sector. In March, while urging radical reforms, Finance Minister Khalifa Hamada conceded that public salaries and subsidies constitute more than 71 percent of the state's total spending, and that this was clearly unsustainable. But no finance minister has so far explained to the public that the planned salary restructuring is likely to impact only a small fraction of the government employees who are already in the upper quintile of the population.

This coterie of public officials, who usually draw unrealistically high salaries that are often not commensurate with their productivity, efficiency or merit, has in the past been able to draw voluble opposition to these reforms from their lawmakers and from other unwitting public sector workers. They have so far successfully thwarted all government reform attempts that impinge on their lucrative salaries and perks, or their job security. Explaining reforms should be one reform that policymakers need to adopt in their strategy.

Structural reforms are obviously essential for the country to move forward, but looking ahead, globalisation, digitalisation, demographics and environmental degradation are likely to be the key factors in shaping economic developments in the coming years. A report last week on the country's demographic structure by the National Bank of Kuwait (NBK), based on latest population data from the Public Authority for Civil Information (PACI), shows that the country's population decreased by 3.1 percent since the start of 2020 to reach 4.62 million in the first half of 2021. The fall by 2.2 percent in 2020 was the sharpest decline on an annual basis in nearly 30 years.

The drop in population has been attributed to the economic repercussions from the COVID-19 crisis that forced a large number of expatriates to leave the country due to

job losses. While the fall in expat numbers is regarded as a temporary phase and the population numbers are likely to pick up once the economy begins to regain luster, more significant was another piece of demographic data. The NBK report also showed that despite a slowdown in the growth rate of the number of Kuwaiti citizens under the age of 15, this segment of the population, which numbers about 493,000 citizens, still accounts for more than a third of the population of Kuwaiti citizens.

This young cohort of the population has the potential to provide a demographic boost to the country in the years ahead, but only if it is properly leveraged, and correctly channeled early on. For the country to realize long-term economic and social dividends, the authorities will need to invest heavily in young people now; in their health, education and training so that they have the capabilities to seize the opportunities presented by new technologies and systems that will fuel the 21st century. The caveat to this is that unless the fleeting demographic dividend offered by a sizable young population is seized and realized, this dividend could soon become a demographic liability for the country.

To meet challenges and grasp opportunities presented by future buoyant potentials, the government will first have to prioritize and implement appropriate structural reforms. The fact that in the past attempts at reforms have generally failed — as it see-sawed between being a priority for the government in bad times and being ignored during good times — should not deter policymakers from resolutely and urgently implementing planned reforms. However, to do this successfully, the government, lawmakers and citizens need to wake up and learn to work cohesively, to rethink old assumptions, and find new pathways to progress and development.

Economic pundits famed for their hindsight are known to judge failed reforms indignantly, but this is only to be expected of their tribe. More importantly, it is also likely to be condemned bitterly by those who suffer as a result of these failed reforms — the poor, or in Kuwait's case the 'less rich' citizens, the unemployed and the unemployable. But prospects of failure and its impacts should not be a reason for the government to shy away from implementing structural reforms. If it is any consolation, to quote from the English poet Robert Louis Stevenson, "Life is not designed to minister to a man's vanity... When the time comes that he should go, there need be few illusions left about himself. 'Here lies one who meant well, tried a little, failed much: surely that may be his epitaph, of which he need not be ashamed.'"

In other words, there is nothing to be ashamed of in having tried and failed, knowing that all along you meant well. Let us hope this thought prevails as the government goes through its latest iteration of reforms.



## Made in India exhibition a grand success

Indian Ambassador to Kuwait, H.E. Sibi George and Undersecretary at the Crown Prince office, Mazen Al Essa, jointly inaugurated a two-day 'Made in India' exhibition, in the presence of guests and dignitaries, on 14 September at the embassy premises.

In his address to the gathering, the ambassador called 2021 an important milestone for India and Kuwait as both countries celebrate the 60th anniversary of establishment of diplomatic relations. The year is of added significance to India as it marks the beginning of a two-year long celebration of the 75th anniversary of the country's independence. The two-day exhibition, the Indian envoy said, showcases "to all our friends of India in Kuwait, the finest of India's products, a sample of India's technological and engineering prowess, and a slice of the new, resurgent India that is on display in this beautiful setting that we have, which has in turn been tailored to meet COVID-19 health protocols and guidelines.

The ingenuity and indomitable spirit of the inhabitants of one of the world's ancient civilizations is the driving force behind India's Make-in-India campaign. An initiative which was launched seven years ago this month in 2014 with the aim to facilitate investment, foster innovation, build best in class infrastructure,

and make India a hub for manufacturing, design, and innovation, which has now metamorphosed into a larger Vision to 'Make For the World', said the ambassador.

Colorful and traditional dances performed by local artists from different parts of India had the guests glued to their seats in rapt admiration. Popular Indian restaurant Mughal Mahal had a spread of 75 dishes to symbolize India's 75th Independence Anniversary. The wide variety of food and snacks provided by the restaurant chain, which showcased the widest variety and finest taste of Indian cuisines, were a highlight of the evening's celebrations, and a historic first for such a mega event.

On the last day of the exhibition a show called 'Parinay' — celebrating Indian weddings, bridal- and wedding-wear — was held by members of the Indian community. This was followed by a cultural evening where several Indian artists residing in Kuwait presented their talent through superb performances.

The event was very well received and was visited by a large number of Kuwaiti and Indian business and media persons and by the diplomatic community in Kuwait. The event was also broadcast on the embassy's social media platforms that were viewed by thousands online.



### Mughal Mahal serves 'feast for a king' during Made in India exhibition



In a first of its kind presentation, Kuwait's most popular and favorite Indian restaurant, Mughal Mahal, displayed and served 75 dishes on a 75 foot table made specially for the occasion at the Made in India exhibition that concluded last week at the Indian embassy premises.

The display featuring dishes from all parts of India was not only a visual treat but a culinary delight that completed a special evening of song and dance in an atmosphere that was nostalgic of India culture.

The Made in India exhibition featured a microcosm of Indian products and services in Kuwait, and the evening was capped with some of the most popular Indian delicacies from butter chicken and chicken biryani, to rogan gosh and masala dosa. Indian sweets were also served and guests were delighted at both the variety and taste that was a first-ever experience in Kuwait with so many dishes on display.

Mughal Mahal has constantly raised the bar with the consistent fine quality of its dishes, and has gained widespread recognition and applause for popularizing Indian dishes in Kuwait. With the high quality of their food and service they have won the hearts of local residents, giving a new dimension of food diplomacy to the age-old relationship between the two countries.



## IKEA launches the first-ever IKEA Festival, a home tour around the world



IKEA celebrated the best of life at home with its first global 24-hour festival on Thursday, 16 September. The IKEA Festival took place in over 100 homes in more than 50 markets across the world, including Kuwait where the event took place at IKEA Avenues store.

In a time when life at home has never been so important, IKEA opened the door to better living experience by throwing a festival that can be experienced both online and in IKEA store, featuring music artists, chefs, designers and creators.

"It is undeniable that Kuwait witnessed challenging times during the past period. The pandemic gave a whole new meaning for our lives at home and connectivity with people worldwide. Now that we are entering the new post COVID era, IKEA Kuwait wants to celebrate the 'back to normal' life by virtually connecting Kuwait with countries all around the world in a unique event that the market didn't experience before," stated Mohamad

Jalloul, Marketing Manager of IKEA Kuwait.

The IKEA Festival is inspired by the IKEA vision "to create a

better everyday life for the many people", and the experience is for free, open to everyone to meet artists, designers, DJ's,

chefs and many other talents who will turn their homes into virtual stages, opening the door to new experiences.

"We welcome all our customers to come and visit our store to experience this special event and connect with people all around the world in a festive and healthy setting. It is time to experience the same humane experience that we all had to endure during the rough times, but now in exciting times filled with celebrations, good health, and cozy homes," added Jalloul.

Right from its store, IKEA Kuwait will offer its customers virtual access to tune into the global festival's musical performances, cooking demonstrations, home makeovers, and a host of celebrity house tours. The festival will also have a handful of virtual rooms for customers to freely explore on the IKEA website and IKEA Museum that provides a unique experience for customers to explore everything that has made and shaped the Swedish retailer.



# Solidarity's Appeal

## The Power of 'Unarmed Prophets'

EXCLUSIVE to THE TIMES KUWAIT



**ANDRZEJ DUDA**  
President of the Republic of Poland.

In his book *The Prince*, Niccolò Machiavelli mentions a certain rule of history. He writes, not without a touch of irony, that "all armed prophets have conquered, and the unarmed ones have been destroyed." But to every rule there is an exception, and unarmed prophets have been vindicated by history more than once. Even though the vindication usually comes late, it is no less emphatic. A perfect example of that is the historic victory of the Polish Solidarity movement and its extraordinary 'Appeal to the Working People of Eastern Europe' proclaimed 40 years ago.

The Polish August of 1980 and the founding of the independent self-governing trade union 'Solidarity' are among the most important events in the history of post-war Europe. They sparked game-changing developments in the entire international community. Yet, as they were unfolding, few were those who predicted the imminent fall of communism, a system of Soviet domination over Central and Eastern European countries that had divided the world into two opposing camps. To understand that change was coming and was quite feasible, one had to breathe in the atmosphere of the First National Congress of Solidarity Delegates that began on 5 September 1981 in Gdańsk.

The entire world watched in admiration as the first independent trade union between the Elbe and Vladivostok, a movement of freedom and hope, held free discussions informed by the standards of democracy and parliamentarism. The Gdańsk Congress

outlined a grand vision of systemic, social and economic reforms whose common denominator was the idea of self-governance and civic society agenda. Just as the Polish-Lithuanian Constitution of 3 May 1791 — the first European governance act — initiated the great work of reforming the Republic, so the reform program developed by Solidarity marked a breakthrough in the way matters of state and economy were approached. That was not only because the ideas of a 'self-governing Poland' and 'democracy' radically undermined the then authoritarian system, but also because the changes suggested by Solidarity were imbued with the great spirit of modernity.

Their quality becomes even clearer as we look back on those days from today's perspective, especially after the experiences of the global economic crisis and the current pandemic. We understand now that the social and economic goals should be harmonised and that we need sustainable growth that does not put short-term profit before anything else. We also appreciate the crucial role played by social cohesion and equitable participation in the fruits of economic growth. We recognise that institutions cannot be stable and good strategic decisions cannot be made without civic engagement and proper representation of national as well as European demos. It is quite possible that, had it not been for the introduction of martial law in Poland, which was a communist attack on the country's nascent freedom, the reforms proposed 40 years ago at the First Congress of Solidarity might have been implemented well ahead of their times, triggering pioneering solutions. But that is another story.

The most important and visionary outcome of the Congress was the 'Appeal to the Working People of Eastern Europe'. Paradoxically, the aim of that document was pragmatic and its origins simple. The appeal was conceived of by a young surgeon, Henryk Siciński and its drafting was coordinated by electrical engineer Antoni Pietkiewicz, secretary of the Congress Bureau and then later, in a free Poland, high-ranking official and business manager. The final short text was written by eminent democratic opposition activists, Bogusław Śliwa and the mathematician Jan Lityński whose tragic death half a year ago filled us all with profound sadness.

The 'Appeal' was supposed to be first

and foremost a voice of truth and freedom that could break through the cordons and mendacious propaganda of communist dictatorships. Its message was simple and heartfelt:

Delegates gathered in Gdańsk at the 1st Congress of the Independent Self-Governing Labour Union 'Solidarity' send their greetings and expressions of support to the workers of Albania, Bulgaria, Czechoslovakia, the German Democratic Republic, Romania, Hungary and all nations of the Soviet Union. As the first independent labor union in our post-war history, we deeply feel the community of our experiences. We assure that, contrary to the lies spread in your countries, we are a real organisation of ten million workers established as a result of workers' strikes. Our aim is to fight for improved living conditions for all working people. We support those of you who have decided to join the fight for a free union movement. We believe that your representatives and our representatives will soon meet to exchange their union experiences.

Even within Solidarity itself there were quite a number of activists who, advocating for a self-limiting revolution, considered the 'Appeal' too bold. Nonetheless, on 8 September 1981, it was adopted with applause by the great majority of delegates as the official document of the Congress. As expected, it did infuriate the communist authorities in Poland and other countries. Moscow got angry. Leonid Brezhnev described the 'Appeal' as a "dangerous and incitant document (...) aimed at spreading confusion in all socialist countries." The hateful campaign of lies against Solidarity was intensified. Many western politicians also had their doubts, believing that the 'Appeal' was a risky move.

However, within Polish Solidarity a different view prevailed. The situation was described very aptly by the British historian Anthony Kemp-Welch who followed the sessions in Gdańsk and witnessed the proclamation of the 'Appeal': It was an exceptional moment in history, when the limitations of the Cold War and the need to follow Realpolitik were cast off in the name of morality and the neighboring countries were offered a program of solidarity.

This Appeal changed the face of Europe. Today, we can see clearly that the act was prophetic, if not causative. The 'unarmed

prophets' have won. 1981 was followed by 1989 when a wave of freedom swept across Europe, the Berlin Wall fell, communism lost by a knockout and the Soviet Union collapsed bringing about the demise of its tyranny. This created grounds for European integration and strengthened the alliance of free nations as the countries of our region joined NATO and the EU. Thus, Central and Eastern Europe accomplished a historic success. For many years now, it has been an area of stability and growth, a place that attracts worldwide attention by its achievements, economic potential and ambitious aspirations.

The essence of the 'Appeal to the Working People of Eastern Europe' was the idea of shared fate and a solidarity that knows no boundaries. As it did 40 years ago, the idea still guides our actions like a moral compass. It lies at the foundation of our close cooperation with the other countries in the region, be it within the V4 Group, the Bucharest Nine, which provides a platform for military collaboration between countries at the eastern flank of NATO, or the Three Seas Initiative that brings together countries located between the Baltic, Adriatic and Black seas. I welcome the fact that the Three Seas Initiative is increasingly recognised in Europe and globally as a significant undertaking aimed at developing infrastructure, creating vectors of economic cooperation along the north-south axis of Europe and strengthening EU cohesion. Another important initiative is the newly launched Crime Platform whose inauguration summit took place during the recent events commemorating the 30th anniversary of Ukraine's independence. Through this body we are sending a joint message that we will not turn a blind eye to instances of breaching international law, violating state integrity and eroding security in our region.

We cooperate in the name of our shared interests and the idea of freedom that was germinated by Solidarity's appeal sent from Poland 40 years ago. Together we now reap and defend the benefits of this victory of freedom. The success of Central and Eastern Europe stems from a far-reaching vision announced with courage and vigor by the participants in Solidarity's congress held in Gdańsk in 1981. Do not underestimate the power of prophets, even if they seem to be unarmed.

## Nepal celebrates National Day and Constitution Day

CONTINUED FROM PAGE 11

Nepal has focused its attention towards promoting economic growth and accelerating the economic transformation process. For this, Nepal aims at modernizing agriculture, exploiting the vast energy sector including hydropower potentials, expediting infrastructure development, promoting export trade to the satisfaction of the consumers in

international markets, materializing fully the tourism potentials along with developing human resources.

Nepal is a land of discovery and unique experience. It is the country of Mount Everest, the highest peak in the world. Having eight of the world's 14 highest mountains above 8000 meters in height, Nepal is a mountaineer's paradise. Nepal's topographic variation, green hills and pastures, world famous national parks

and wildlife reserves, perennial rivers, serene lakes and trekking offer sightseeing, while activities like mountaineering, white water rafting, jungle safari, paragliding, kayaking, canyoning, bungee jumping, boating and rock climbing allure adventure seekers to Nepal.

Nepal is a country with rich biodiversity harboring many flora and fauna. With numerous natural and cultural heritage sites located at different parts of the country as well as people

with diverse traditions, customs, foods and lifestyles living in peace and harmony, Nepal is a country of 'unity in diversity'. Visitors get warm, friendly and hospitable treatment from Nepali people.

In the end, I once again would like to congratulate all my fellow Nepali brothers and sisters on this happy occasion of the National Day and Constitution Day of Nepal. Long live Nepal- Kuwait Friendship!

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# The Pandemic of Sleep Deprivation

BY OMAR SAJJAD

Sixth-Year medical student in Shanghai Medical College (China), Intern at WHO, Farawaniyah Hospital (Kuwait), and Zhongshan Hospital (China).

It seems that there is a competition in this age to see who can sleep the least the night before. As if it is something to show-off, college students will claim that they slept "6 hours" to which their friends reply "oh, I only slept 4 hours" until one person jolts "I was awake the whole night!" Perhaps it is something to draw awes from as if it symbolizes the hard work spent studying or working instead of sleeping. As decades of outlook towards tobacco/smoking has changed from a cool relaxant to a killer addiction, the next ordinary habit that will finally be recognized as harmful will be sleep deprivation.

## Weight Effects

Starting off, there are two main hormones that relate to eating, leptin and ghrelin. Leptin causes the feeling of satiety or telling your brain that you are "full" whereas ghrelin stimulates appetite or causes the feeling of hunger. Both hormones are directly affected by sleep, or lack



of, if there is sleep deprivation then there is a higher ghrelin secretion while also higher leptin suppression. What ends up happening is people unconsciously start eating more (mainly snacking) to fill the never-ending void which inevitably causes weight gain.

And of course sleep is the "resting time" for the body and mind. When the body does not get the required rest, you will more likely to sit/lay around with minimal to no physical activity which further exacerbate weight gain.

Combined with increased weight which itself is a risk factor for diabetes type 2, lack of sleep has shown to be a plausible risk factor also. Insulin is a hormone that helps regulate blood sugar levels in the body, and a major hallmark of diabetes type 2 is the body's gradual increase in resistance towards said hormone, meaning the body does not respond as well to the same amount of insulin to reduce blood sugar as it did before. A study by Journal of Applied Physiology concluded that there is a risk of increased insulin resistance even with partial sleep deprivation which lead to increased blood sugar.

## Immunity Effects

With the COVID-19 pandemic, this effect has been heavily highlighted. One of the mainstay treatments for all the various severities was getting

enough rest which is best achieved from sufficient sleep. Not only for COVID-19 but applicable for all infections and illnesses, the body needs rest because it allows muscle activity to slow down allowing a larger energy focus on the immune system activity. Inflammation, which is a protective biological response against a foreign invader to help the body heal, is especially heightened while sleeping. During sleep, the body and mind can afford the impact of the revved up response. However, if the sleep cycle is disrupted and/or limited, then so will the inflammatory response, which ultimately leads to harm as the increased inflammatory response is a high burden throughout the whole day on the body.

## Heart Effects

Both the NHS, CDC and numerous others reputable organizations agree that sleep deprivation deteriorates the health and functionality of our hearts. Blood pressure drops during normal sleep, but with poor sleep it causes an elevated sleep blood pressure which may not only cause hypertension, but also increases the risk of strokes and heart attacks, especially for middle aged adults.

Relating to inflammation that was previously mentioned, this process is a contributor to plaque buildup and hardening of arteries. When plaque is built up, it narrows the vessels and decreases their elasticity, which causes insufficient blood and oxygen circulation for the heart. This whole pathological process causes coronary artery disease, which is one of the leading causes of deaths

worldwide with an approximate of 7.2 million (3.8 million men and 3.4 million women) every year.

## Psychological Effects

Sleep in a practical sense is a simple task, but theoretically it is complicated in terms of why it is needed. For decades' scientists theorized why sleep is actually needed for the mind. Through years of research, it has been considered that sleep is the possible "organizing" time for the mind, meaning after the whole day's activity and influx of information, it needs a solid amount of time to sift through and valuable information while disposing the "trash." So when we don't have ample sleep, it often leads to gradual concentration and memory issues as the brain was not able to throw away insignificant junk while also piling on the new data collected throughout the day.

We've all experienced dealing with cranky individuals (and they have every right to be) due to them getting insufficient sleep the night before. On a once in a blue moon scale, it is harmless, but over a longer period it can cause serious issues from mood swings to hallucinations, depression, and even suicidal thoughts. People whose careers are heavily reliant on decision making ability, like doctors, risk their job performance as sleep



deprivation negatively effects the decision-making process. American Journal of Obstetrics & Gynecology (OBGYN) concluded a study on OBGYN residents, where "acute sleep deprivation has deleterious effects on fine motor coordination."

## Growth Effects

Importance of sufficient sleep is extremely important for children, teenagers, and even young adults. The growth hormone which as guessed helps humans grow in size, is stimulated and increased in levels by factors such as sleep and exercise. Though there

are inconclusive results that growth, height wise, is affected due to sleep deprivation, children's growth in width will occur- overweight/ obesity. All the points mentioned earlier, from physical rest to allowing the mind sufficient time to sort out the information, is crucial for children and adolescents as those years are fundamental growing and impressionable ages. Negative effects and habits that occur during these formative years, will take years to decades to correct, further emphasizing the crucial need for these age groups to get sufficient healthy sleep.

## Effects to Others

Apart from the side effects sleep deprivation causes to ourselves, it affects people around us too. Bearing with cranky and irritable people on the milder side of side effects, the consequences can become quite dire.

As mentioned earlier, insufficient sleep shows decreased muscle coordination which when applied to practical scenarios can cause major accidents.

Driving will be heavily impacted as it requires coordination of eye movements with steering, which can result in traffic accidents. The American Academy of Sleep Medicine reports that 1 in 5 serious motor vehicular injuries is due to drive fatigue furthermore the British Medical Journal showcased that driving while sleep deprived can have the same dangerous effects as being intoxicated.

There are numerous reasons for sleep deprivation, many of which are beyond our control. But when you can, it is best to avoid the cynical cycle of sacrificing sleep for validation or work. Getting the crucial 7-8 hours every day may not get the attention of your peers but your body and mind will forever be impressed.

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