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# Rampant food wastage mars self-sufficiency

THE TIMES KUWAIT REPORT

**H**oly month of Ramadan is a period when Muslims around the world undertake fasting by abstaining from eating, drinking or having intimate relations from dawn to dusk. The month-long fasting also provides an opportunity to understand the deprivation that poor and needy people undergo everyday due to their privation. Additionally, Ramadan is also that time of the year when the faithful are obligated to practice self-restraint and moderation in thought and action, forgo their pride and ego, and remain humble and pious.

Despite such noble attributes attached to the holy month, it is ironic that in Kuwait the month of fasting is when people often spend the most on foods and engage in unrestrained indulgence that results in enormous food waste. From



excessive shopping for food and other goods, to pretentious entertaining of friends and relatives at lavish Iftar and Ghabka celebrations, and

the gratuitous wastage of foods witnessed in many households, the excessiveness exhibited during this period of piety and prayer is both

unjustified and inexcusable. In addition, the prevailing social acceptance of wanton wastage of food, and 'looking the other way' on this social abhorrence is inexplicable and morally and ethically reprehensible.

Moreover, the immoderate spending on food is also economically unfeasible over the long-term, especially for a country such as Kuwait where nearly every morsel of food has to be imported from abroad. The rationale behind a policy where the high cost of sourcing and importing food is made affordable to citizens and residents through significant state subsidies and negligible import duties, is also questionable.

How is it even feasible to think of wasting food in a country that is potentially among the most food insecure in the world? At present, we may have the oil wealth to source, buy and stock up on enough food items to see us through any potential food crisis.

CONTINUED ON PAGE 16

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# Visit by French Foreign Minister consolidates bilateral ties

The visit to Kuwait last week by French Foreign Minister Jean-Yves Le Drian and the discussions he held with his Kuwaiti counterpart Sheikh Dr. Ahmad Al-Nasser Al-Sabah led to further developing the distinguished relations that exist between the two countries in various fields.

In a speech given at a press conference, Sheikh Dr. Ahmad Al-Nasser pointed out that in recent years the two countries witnessed many positive developments in the fields of investment, trade, culture, education and health. He also recalled the support and firm French position during the invasion and subsequent liberation of Kuwait from the brutal Iraqi invasion, and the support of France for the international legitimate resolutions in this field.

He stressed on the existence of a congruence of visions between the leaderships of the two countries to develop relations and placing them in their systematic framework within a time plan, which resulted in the formation of a steering committee

between the two countries to set steps to develop these relations.

Emphasizing the important role of France and its firm stance with regard to the stability and security of Kuwait and the countries of the region, Dr. Al-Nasser noted that this role is even more important now in light of the challenges the region is witnessing, whether in Iraq or Syria. He also appreciated the support of France, for the initiative launched by Kuwait to restore confidence between Lebanon and the brothers in the region. Elaborating on the rapprochement initiative, Sheikh Dr. Al-Nasser noted that there has been a positive response from the Lebanese side, as well as a welcoming statement on the initiative from Saudi Arabia.

For his part, the French Minister of Foreign Affairs, expressed his satisfaction with the excellent discussions during his meeting with His Highness, the Crown Prince, Sheikh Mishal Al-Ahmad Al-Ahmad, and his excellent relations with the Minister of Foreign Affairs, Sheikh Dr. Ahmed Al-Nasser and the mutual understandings and

coordination between them to consolidate relations between the two countries.

He said, "We have a common desire to serve peace and security in the region in light of the war in Ukraine and its impact on Europe, the Middle East and Africa," stressing France's determination to coordinate with the Gulf states on this war.

Le Drian referred to the first strategic dialogue meetings between France and Kuwait that was held last January in Paris, which focused on developing Kuwaiti-French relations in the fields of defense, politics, economics and trade, stressing the readiness of France and its companies to respond to Kuwait in its investment projects and welcome Kuwaiti investment funds in France and Europe.

He expressed his deep thanks for Kuwait's solidarity with the Ukrainian people and its support for initiatives to find a diplomatic solution to the crisis, pointing to the clarity of Kuwait's position at the United Nations.

He went on to say, "I briefed the Kuwaiti



side on the developments of the agreement to return to the Iranian nuclear agreement, where there is a text that enjoys the support of all, and the points between Washington and Tehran, although they are not minor, but there is concern because time is running out and we need to conclude this agreement at the earliest."



## Kuwait PM receives LuLu Group chairman at WGS 2022 Summit

His Highness the Prime Minister Sheikh Sabah Khalid Al-Hamad Al-Sabah, during his current visit to attend the World Government Summit (WGS 2022) being held at the Expo 2020 venue in Dubai, met with and exchanged cordial greetings with the Chairman of LuLu Group, Yusuf Ali MA.

Sheikh Sabah Khalid Al-Hamad, who led Kuwait's delegation to the World Government Summit, in his keynote address to the gathering called for collective global action to tackle major challenges facing governments around the world, including climate change, geopolitical

upheavals, health crises and others.

LuLu Group, which operates a chain of hypermarkets, supermarkets, and Express stores in Kuwait is the leading retailer in the country and the region. LuLu Hypermarkets in the country have contributed to the national economy by sourcing fresh foods and other items produced locally, and providing employment opportunities for the national cadre.

The brand also remains committed to providing customers in Kuwait with an ideal shopping destination that offers high quality products from around the world at competitive prices.

## Minimum wage of domestic workers to be raised

A new report prepared by the Public Authority of Manpower (PAM) aims to increase the minimum wage for domestic workers from the current KD60 per month to KD75 per month. The authority said that the discrepancy in salaries based on nationality witnessed in the country harms the recruitment sector.

The current minimum wage of KD60 is based on Law No. 68 of 2015 on domestic workers, and its executive regulations issued by Ministerial Resolution 2194/2016, which states that the "basic wage received by the domestic worker and the like shall be no less than KD60 per month (equivalent to US\$200).

The authority said the new study highlights the keenness of PAM to protect the rights of this section of workers, and bring the

minimum wage of domestic workers on par with the minimum wage for workers in the private sector covered by Law 6/2010 and its amendments.

The authority further noted in this regard that the responsibility of concerned government entities is to implement the text of Article 19 of the aforementioned law. This means ensuring the basic wage that the domestic worker receives is as specified in the work contract between the worker and the sponsor, and that it is not less than the minimum wage specified by the law. It also entails making sure that the worker receives their monthly salary without interruption, and taking legal measures in case the employer delays the payment.

## Al Mailem, Continental Tires, raises funds for cancer patients

To celebrate 50 years of partnership in Kuwait, premium German tire manufacturer Continental Tires and their distributor in Kuwait AlMailem Tires, in collaboration with Al-Sidra Association, the leading support center for cancer patients, launched a campaign in 2021, as part of which, a small portion of the revenue from the sale of every Continental tire was earmarked towards supporting Al Sidra's humanitarian services.

In a ceremony held on 29 March at Al-Sidra office, a cheque for the accumulated amount for the second half of last year was handed over to Altaf Al-Essa and Manal Shadeed of Al-Sidra by the AlMailem Team in the gracious presence of Sheikha Azzah Jaber Al-Ali Al-Sabah.

Speaking on the occasion, President AlMailem Group, Choji Lamba, said "We deeply appreciate the work being done by Al-Sidra in providing a warm, caring and safe environment for patients and their families in coping with the cancer experience, and feel privileged to be associated with such an organization."

Both Continental and AlMailem share similar values of commitment and service. Continental, with its strong roots in German traditions of excellence in engineering, has been at the



forefront of tire technology and innovation for more than 150 years. It continues to participate in multiple CSR activities globally.

AlMailem's corporate vision matches that of Continental. As the leader in Kuwait for automotive products since 1960, the company has developed a wide customer base through pioneering service and quality together with competitive pricing. Throughout its journey, AlMailem has shown a strong commitment toward social and environmental responsibility.



## Ambassador of Brazil hosts reception

Ambassador of Brazil H.E. Francisco Mauro de Holanda and spouse hosted a dinner reception at their residence last week. An exclusive gathering of guests including visiting Head of Mission of Mexico in Palestine H.E. Pedro Blanco Perez enjoyed the special dinner hosted in his honor.



# UK Embassy celebrates birthday and platinum jubilee of H.M. the Queen

UK ambassador to Kuwait H.E. Belinda Lewis held a reception to celebrate the birthday of Her Majesty Queen Elizabeth II at the British Embassy premises last week. The grand celebrations also marked the Queen's Platinum Jubilee.

In a media interaction at the event, Ambassador Lewis elaborated on the Platinum jubilee celebrations, and her country's robust relations with Kuwait in various spheres.

The ambassador began by explaining the significance of the platinum jubilee: "The platinum Jubilee is unique in British history, Her Majesty Queen Elizabeth the second is the first and the only monarch to reign for 70 years, and I think when you look back to some photographs that we are displaying at the party this evening, it reminds us of all the different changes that the UK has gone through, the different changes in society and changes in our place in the world over the past 70 years. "However, the one thing that has always been solid and steady and long-standing is our friendship with Kuwait, one our oldest allies in the region, and it is really exciting looking forward to the next 70 years and beyond and all the different challenges and

opportunities and ways that we can continue to work in partnership with each other.'

In a sign of the strong relations between the two countries, the guest of honor at the event was Deputy Prime Minister and Minister of Defense Sheikh Talal Khaled Al-Ahmed Al-Sabah. Expressing her appreciation at the attendance of Sheikh Talal at an event honoring Her Majesty the Queen, Ambassador Lewis said:

"It was a real pleasure to meet His Excellency the Deputy Prime Minister and Minister of Defense and to have him as our guest of honour. I really appreciate the minister taking the time despite his very busy schedule to come and join us this evening; it really put the icing on the cake.

"This is also an opportunity for us to celebrate the close ties that the UK and Kuwait enjoy in terms of defense, whether that is in defense education, the staff college in Kuwait, all of the defense service people from Kuwait who come to the UK to study, or the joint military exercises that we have, in addition to defence engagements and defence trade. Defense is a really important part of our relationship with Kuwait."

Touching on the ongoing hostilities between Russia and Ukraine, the ambassador noted that

it was very important that people remember as time goes on, the continued suffering as a result of Russia's military invasion of Ukraine. She added, "It is also very important that we do not forget about the humanitarian impact of other conflicts that are still going on around the world. I mentioned Syria and Yemen and Afghanistan in my speech but there are many other communities right across the world who are impacted by war, by conflicts, and are caught up in issues that have nothing to do with them. I think the human cost of war is very

hard to ever try and justify. But the important thing is to focus on a way out of, and beyond, conflict, and I do hope that looking to the future the talks in Turkey will produce some results."

In conclusion, the ambassador wished Her Majesty the Queen a very happy birthday and added, "I think she has done a remarkable job. She has dedicated her whole life to serving her country and I think that this is a great opportunity just to take a moment to reflect and celebrate that lifetime of service."

## Tens of thousands of polygamists in Kuwait

Latest figures from the Sharia Documentation Department at the Ministry of Justice shows that there were over 11,000 men in Kuwait who had two wives. In addition, 700 were married to three women, and a relatively smaller number of 94 Kuwaitis had four wives, the maximum allowed under religious law.

Elaborating on the polygamy figures,

Director of Sharia Documentation Department, Dr. Fahd Al-Dhaen, pointed out that the first five years of marriage could spell danger for the couples, as during this period the spouses have still to reach the level of relations where they are willing to compromise.

He also noted that there was an increase in marriages between Kuwaitis during 2021, with the marriage registry at the ministry showing that 11,363 couples tied the proverbial knot last year, an uptick of 16.5 percent from a year earlier.

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# IBPC hosts meritorious awards

Indian Business & Professional Council (IBPC) held a 'Meritorious Awards' function for Indian schools and students at the Indian Embassy auditorium on 25 March.

Dignitaries, school principals, students, parents and IBPC members attended the event along with a large crowd of guests in the auditorium, while hundreds more watched the event on the virtual platforms.

The ceremony began with the lighting of the traditional lamp by the Indian Ambassador H.E. Sibi George, along with Joyce Sibi, Gurvinder Lamba, Sunit Arora and

Dr. Kamlesh. This was followed by the national anthem of Kuwait and India.

Director of the event, Mr. Arora welcomed the guests and gave details of the program. This was followed by Dr. Kamlesh explaining the criteria used to select the schools and students for the meritorious awards.

The IBPC Chairman Nominee Mr. Lamba then gave a welcome speech and spoke about the activities of IBPC over the past year. He highlighted the importance of education, and noted the felicitations by IBPC was a way of giving back to the society.

Ambassador George then captivated the attendees with his motivational speech, depicting the importance of education, and also congratulated and wished the best to the students for their future.

The criteria formulated by IBPC was used to select awardees from 10th and 12th standards studying in Indian Schools under the CBSE Board. Cut off marks for the 10th standard was set at 97 percent and above and for 12th standard at 95 percent and above.

The school trophies were won by DPS Educational School (Bhavans) for 12th Standard. In addition, a total of 246 students were awarded Gold, Silver and Bronze medals in various categories. Under the mentorship program to encourage children, six students were prepared who did the anchoring for the entire program.

The auditorium was filled with applause and cheering for the amazing performance by the students last year. Finally a vote of thanks was delivered by Mr. Arora who thanked the Chief Guest, IBPC committee, students, parents, sponsors, and media.

## Reviving KU a priority for new director

After more than three years of remaining without a head, the Council of Ministers during its regular session last week approved the appointment of Professor of Engineering Dr. Yousef Al-Roumi as Director of Kuwait University (KU).

Prof. Al-Roumi takes charge at a time when the



university is passing through challenging times with several important issues that have been pending for years needing his immediate attention. Challenges facing the new director range

from the government's decision to cut the budget of various ministries and institutions in the country, including that of KU. Budget cuts have already been impacting academic life with students suffering from reductions in summer semester budget and faculty members denied due rewards.

The new director will also have to restart and speedup the transfer of various departments to the new Sabah Al-Salem University City in Shadadiya, which began in 2019 and was planned to be completed in three staggered phases. The transfer process has been stalled for months due to various technical and administrative hold ups.

In addition, on the academic front, Prof.

Al-Roumi will need to improve the quality of education, offer new specializations and align outputs in line with the needs of the public and private sectors, while linking it with the government's work program and market requirements. He will also need to urgently fill the administrative vacuum that exists in KU with many important posts, including that of deans lying vacant for months if not longer.

There is also the very important task to improve the ranking of the Kuwait University among world universities, in addition to several other files that are no less important such as the university admission file, which the university must resolve early in order to avoid a crisis.

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## Managing Director of LuLu Financial Group receives Bahrain Golden Visa

Managing Director of Lulu Financial Group, Adeeb Ahamed, has received the Bahrain golden residency visa.

Adeeb Ahamed was awarded the honor by H.E. Shaikh Khalid bin Abdulla Al Khalifa, Deputy Prime Minister of Bahrain.

"I am humbled and delighted to receive this honor today. I thank His Majesty King Hamad bin Eisa Al Khalifa, His Royal Highness Salman bin Hamad Al Khalifa, Crown Prince and Prime Minister of Bahrain and the government and people of Bahrain, for bestowing this recognition on me," Adeeb Ahamed said, after receiving his Golden Visa. Launched in February this year, the Golden residency visa for non-Bahrainis is part of the country's economic recovery plan to attract global talent and boost investment to Bahrain.

"The Golden Visa is a benchmark of recognition that will boost Bahrain's image as a business hub, in traditional and new-age sectors," Adeeb added.

# Security to clamp down on begging during Ramadan

## Kuwait a forerunner in helping those in dire need



United Nations High Commissioner for Refugees (UNHCR) Representative to Iraq and formerly to Yemen, Jean-Nicolas Boise, concluding his first visit to Kuwait, highlighted the importance of continued support and solidarity with Syrian refugees and displaced persons in light of the increasing humanitarian needs, specifically the refugees in Iraq.

During the two-day visit Mr. Boise thanked Kuwait for its support to the Commission and noted: "Our partnership with the government of the State of Kuwait and the private and charitable sectors is a strategic partnership based on the foundations and values of humanity. Kuwait has always been a forerunner in extending a helping hand to those in dire need, and its humanitarian role is required and essential to confront developments and enormous humanitarian needs around the world."

He pointed out that Kuwait has provided protection and assistance to the forcibly displaced, with its total contributions amounted to more than \$435 million, mostly focused on the Syrian and Yemeni humanitarian situation. He also revealed that a donors' conference for Syrian refugees will be held on the 7 April, noting that Kuwait will be participating with a high-level delegation.

Clarifying on the mechanism for distributing donations, aid and zakat and ensuring that they reach their beneficiaries in an unstable country like Iraq, he said we have clear mechanisms to monitor and monitor the disbursement of funds to ensure that they reach their beneficiaries, noting that UNHCR needs \$350 million to meet the needs of the 300,000 Syrian refugees in Kurdistan.

For her part the UNHCR Representative in Kuwait, Nasreen Rabiean, confirmed that the visit by Boise aims to express thanks and appreciation to the government of Kuwait and the private sector for the humanitarian support provided through the Commission over the years. She noted that during the High-level donors' conference announcing pledges for the humanitarian crisis in Yemen 2022 held last week, Kuwait was the only country in the Gulf Cooperation Council to announce its \$10 million contribution as part of a multi-year pledge announced earlier in 2021.

Appreciating the efforts of Kuwait in assisting the UNHCR to undertake humanitarian and development relief work in the region, Ms. Rabiean added that there are still more than 13 million people in need of humanitarian assistance and protection in Syria, including about seven million internally displaced people, and around seven million Syrian refugees around the world, most of whom are hosted in the countries surrounding Syria, such as Jordan and Iraq.

She thanked Kuwait and all partners for their belief in the importance of humanitarian work and their support for refugees and displaced persons through UNHCR projects. Regarding the UNHCR's strategy towards the Ukrainian crisis and the consequent increase in refugee numbers, she said we thank Kuwait for donating \$2 million to Ukrainian refugees, in addition to the in-kind donations provided by the Kuwaiti Red Crescent, which is estimated at 32 tons of aid for Ukrainian refugees in Poland.

Pointing out that the number of Ukrainian refugees has exceeded 3.5 million, she added that the crisis is in its infancy and if there is an acceleration in events it could lead to an increase in the number of refugees, which would then require an increase in the volume of emergency aid. She expressed her hope that the Ukrainian crisis would not marginalize other crises of refugees from Syria, Yemen, Afghanistan and Iraq.

Beginning for alms, which is witnessed occasionally in Kuwait, appears to take on added fervor during the holy month of Ramadan, when troops of professional beggars frequent areas near mosques and markets.

These professionals, who play on the emotional strings of citizens and residents, are further emboldened during Ramadan, when a heightened sense of spiritual and religious obligation makes people more generous to the unfortunate.

Begging has no place in Kuwait, as the authorities have ensured that every hungry person can find food, and every needy person receives adequate support and assistance. In addition, there are numerous recognized charitable associations and charitable institutions involved in providing aid to the needy in various legitimate ways.

In anticipation of increased begging activities during Ramadan, the Ministry of Interior (Mol) is reported to have prepared a plan to combat this phenomenon. The General Administration of Residence Affairs has set up a specialized security team from its various departments to follow up and get rid of begging and control beggars, especially in the market places and mosque areas and refer them immediately to the concerned department.

Security squads will also monitor and report on the status and activity of companies, institutions and individuals involved in bringing people on visit visas to engage in begging, with a portion of the daily begging collection going to the sponsoring firm or individual. The Mol has recommended that those found colluding in the 'begging business' should have a 'block'



placed on their company's file, so that they are never allowed to issue work or visit visas in future.

The Mol also warned that severe penalties will be taken against those who have valid residence on corporate sponsorship, and are caught begging, while women on Article 22 (family visa) caught begging will be deported along with all her family members.

## Kuwaitis holding Schengen visa can enter Bulgaria

The Bulgarian embassy in Kuwait revealed facilities for people coming from Kuwait, and from various countries of the world, to enter Bulgaria on a Schengen visa, without the need to obtain a country visa.

The embassy told a local Arabic daily the European Union laws allow residents of non-Schengen countries, including Bulgaria, to enter their countries if they hold Schengen visas.

The sources added, accordingly, all those coming from Kuwait, citizens and residents, and from all over the world who hold a Schengen visa, do not need to obtain a Bulgarian visa in accordance with the criteria of the Schengen



Agreement, noting that whoever has a Schengen visa issued by any Schengen country, is allowed to enter Bulgaria assuming that the Schengen is equal to a national visa.

Meanwhile, the sources stated that, starting from May 7; there will be direct flights from Kuwait to Varna, Bulgaria, once a week.

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# Jleeb al-Shyukh property owners complain of discrimination

## Italian Embassy hosts piano concert by Gabriele Strata

The Italian Embassy, as part of the musical program that it has developed with the Accademia Musicale Chigiana in Siena, Italy, organized a piano concert by young Italian pianist Gabriele Strata on 28 and 29 March.



The first concert was held on Monday at the Contemporary Art Platform (CAP) in Shuwaikh, and the second concert on Tuesday was at the Yarmouk Cultural Center. In his address to the

audience on Monday at the CAP auditorium, Italian Ambassador H.E. Carlo Baldozzi stated:

"I am pleased to present, as part of the musical program for the 2021-2022 season in Kuwait, the very young and very talented pianist Gabriele Strata, who will perform pieces by Ottorino Respighi, Fryderyk Chopin and Franz Liszt.

"In this regard, I am pleased to include for the first time, the Contemporary Art Platform in the circuit of the Italian Embassy initiatives. We hope to organize numerous cultural activities in collaboration with CAP during the year.

"The Italian musical season organized by the Embassy began in December, it now continues in March, and will again see young Italian talents in Kuwait in May, June, November and December. The 'Young Italian Musical Talents in the World' program is organized in collaboration with the Chigiana Academy, with which the Italian Embassy in Kuwait has developed a collaboration agreement."

The ambassador concluded by adding, "I would like to dedicate the first evening of the piano concerts to the innocent victims of the Russian attack on Ukraine., I ask everyone to stand up for a minute of silence, while also remembering the words of Ludwig van Beethoven "Music can change the world".

## CBK Governor steps down, bids farewell to employees

Governor of the Central Bank of Kuwait, Dr. Muhammad Yousef Al-Hashel is stepping down from a post that he has held for over two decades. In a fond farewell message to the Central Bank's employees, Al-Hashel said that the bank will continue to grow and prosper at the hands of "my brother", the new governor, Basil Al-Haroun.

He thanked all the bank's employees and added, "How can a few words and blunt phrases

in a limited message fulfill the right of a path that brought us together for nearly two decades, during which we faced together challenge after challenge, and together we achieved success and worked closely with diligence and desire in performing our responsibilities as one team, passionate about development and aspiration.

"We have always led to a better future for our institution and our country. By God's grace, we have added a wealth of credit to the credibility and reputation of the Central Bank of Kuwait in Kuwait and abroad, and we have reaped wide acclaim from major international institutions until we received invitations to join the most prestigious of them. So we have the right to be proud of the strong monetary stability and we are proud of solid financial stability," he said.

Real estate and individual house owners in Jleeb Al-Shuyoukh area have complained about the discrimination and neglect of the area by government, which led to dilapidated buildings, damaged infrastructure and poor public services. The disregard for the area has resulted in social, economic and security problems that increase by the day.

Pointing out that specific clauses in the ownership law prevent them from selling their properties for 15 years, the owners demanded that the area be valued and acquired by the government for distributing as land to citizens for private housing. Another suggestion was to transform the area into a commercial or investment real estate. They warned that if their repeated pleas to the government continue to go unheeded they would have no other option than to resort to legal proceedings and threatening to resort to the judiciary to allow the sale of their properties that they have been denied to sell for 15 years.

Dr Muhammad Al-Haras, one of the residents, said there are two things that are not sold in Kuwait, namely, the properties of Jleeb Al-Shuyoukh and the cemeteries, as a result of administrative confusion, in not finding a solution to an area named Jleeb Al-Shuyoukh, which was established in 1965. He pointed out depriving over 1,600 people from



selling their own properties is a violation of laws and humanitarian values.

Area holds about 400,000 expatriates, singles, and workers, and the government should think about finding housing for them, before thinking about removing them from the area, and this is contrary to humanitarian aspects, and this is evidence that there is no clear vision for the government in determining the time and how it will be resolved.

For his part, Rashid Al-Mutairi another local resident said that the area is ideal and strategically located, and it is an opportunity for the government to leverage this and transform the area into commercial, entertainment and tourist center,



## Royale Hayat Hospital awarded the 1st Place by Service Hero

For the twelfth year in row, Royale Hayat Hospital has outshined all healthcare industry peers by being adorned with the 1st Place Award for health service and patients' satisfaction for the year 2021 by the Service Hero in Kuwait.

The prestigious Service Hero Award was presented to Royale Hayat Chairman Mr. P. K. Handa by Mrs. Faten Abu-Ghazaleh – President, Service Hero at a glittering ceremony held at Royale Hayat- Gardenia Hall on March 23, 2022, in the presence of all the Management, HOD's and staff.

Speaking at the ceremony, Mr. Handa said: "We are very proud to receive the Service Hero Award for the last twelve year in a row and we would like to thank all our staff for the hard work and we would like to thank our patients for the trust they vested in us on offering them the best service." On his part, Royale Hayat Chief Strategic Officer, Dr. Abubakr Elmardi emphasized that the Service Hero Award is particularly meaningful because it's based on patient feedback, adding that "It is by all means a clear testament of Royale Hayat's commitment to maintain its relevance and vitality as the incomparable iconic healthcare provider in the country through pursuing medical excellence



and providing quality service that cares for the body, mind and soul of its patients".

It is worth mentioning that the Service hero 2021 awards was done on 7th March through online event and award handing over ceremony was held on 23rd of March 2022.

Ever since its inception in 2006, Royale Hayat continues to provide the safest, most modern and highest quality of medical care and services to the Kuwaiti society in an environment of compassion, comfort and care. This vision has guaranteed Royale Hayat's leading place in the health sector and has redefined the benchmarks in hospitality.

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# Maintaining Ramadan traditions

The holy month of Ramadan has traditionally been a time of piety, fasting and prayers; it is also a time when the traditions and customs practiced by our forebears come to the fore.

Passed on from one generation to another, these noble traditions are now beginning to wane under the influence of modernity in some places. For instance, firing of the traditional Ramadan cannon, which has been kept alive despite recent advancements in technology, is being questioned in some places for the noise pollution it creates.



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



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

live on Kuwait television channels and radio. The firing, which is conducted by three guards in red livery, is usually held in the open yard of the palace decorated to honor the custom.

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



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

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

## Daily routine amidst spiritual obligations of Ramadan

Our attempts to bring about a balance in our life between work and family life throughout the year get challenged with the advent of the holy month of Ramadan, which is characterized by the need to fulfill various spiritual obligations and religious rites. A key aspect of Ramadan is the fasting that takes place from dawn to dusk throughout the month, which often brings about significant changes to our daily routine. Changes in working hours and shifts in dining times and in foods consumed, as well as alterations in waking and sleeping patterns during the month, disrupts the life balance that you try so hard to maintain all year long.



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

The important thing is that your goals should be specific, realistic and measurable in some way to help gauge your progress toward meeting the goal. It is important to actually write or schedule time on your calendar because it helps reinforce your commitment to reaching your goal.

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



However, there is no reason why you cannot continue with your daily routine amid the need to fulfill the specific religious duties that are brought on by the holy month. The key to maintaining a regular working schedule and meeting your religious obligations is preparation.

Here are a few suggestions to help anyone, struggling to balance their work and family life, have a productive and successful month of Ramadan.

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# Ramadan

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# Healthy Ramadan Fasting

Ask Mira: Eating Right to Live Happy & Healthy



**F**asting during Ramadan is a religious obligation for Muslims; it is also a detoxification process for our body, as it helps clean our digestive system, and flushes out toxins.

The concept of Ramadan, and the healthy fasting during this month, seems to be misunderstood by some people. They tend to binge on food from the minute they start eating at sunset until they stop at dawn.

The unrestrained eating is what makes people feel abdominal discomfort, constipation and weight gain. Accumulation of undigested food in the stomach can cause headache, indigestion, reflux and lack of sleep as well.

### How can we get rid of that and how should we eat during this month?

Because we are fasting for more than eight hours, we need to watch out for the food we consume. Consuming more slow-digesting foods loaded with fiber, such as some vegetables, rather than fast-digesting food like juices, white bread, sweets, sugary drinks, can be a good way to start. Fast digesting food makes us feel hungry again after two to three hours of eating. In addition, many fried foods can cause heartburn, indigestion and weight gain.

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

When we are fasting for more than eight hours, our metabolism slows down. Introducing food after a long fasting period makes us gain weight easily. So, imagine when we eat big quantities at one shot. Our body is no longer burning enough calories, our metabolism is very low and we tend to gain a lot of weight.

### So how should we break the fast to avoid all the problems mentioned before?

For iftar, start with half a cup of low-fat yogurt and two dates. Dates contain iron, magnesium, and potassium, which is perfect for dehydration.

Drink two glasses of water ( Remember, you were not drinking any liquid for hours, and your body urgently needs to replenish its water content so you need fluids)

This can be followed by one small plate of Fattoush or green salad, a small bowl of broth, or non-creamy soup. These items contain essential items your body needs and enough vitamins and minerals to compensate for the fluid loss and dehydration. These food choices are also long-digesting foods, which give us satiety for a longer time.

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

An hour later, eat a plate of the main meals: Tachriba, hariss, jerish, steamed rice and lean steak, chicken or fish. For dessert, you can have a piece of any sweet, but restrict this to twice a week. Instead of a sweet dish, you could eat a healthier option of a piece of fruit or a fruit salad, which are rich in fiber and vitamins. For suhoor, try not to make your main dish the suhoor meal. This meal is usually eaten very early, so the metabolism is even slower than before. Preferably take some light food for suhoor; food that does not make you feel thirsty during the day.

For example, a small plate of steamed rice and yogurt. Rice retains water in the body, (so it will not make you feel thirsty), gives you energy, and makes you feel full for a longer time. Yogurt is refreshing, and the best choice is to have the low-sodium yogurt.

Avoid salty food at suhoor, otherwise you are going to feel thirsty the whole day. Avoid sweetened juices, these contain simple sugars that are easily absorbed in the body, but it will not make you feel satisfied. Also avoid tea and coffee at night. Besides their caffeine content, which prevents sleeping, these beverages are diuretics that flush water out of your body, making you feel more dehydrated.

A fruit platter at suhoor is a good option. It contains minerals which you need to prevent dehydration. – A bowl of fooul is also a good option, add fresh tomatoes to give it a bit of piquancy. Baked potatoes topped with low-fat labneh and served with cucumbers and fresh lettuce is another great option

And of course, do not forget to drink a lot of water to compensate for the fluid loss.

Ramadan Mubarak to everyone



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## Go green for an ethical Ramadan

**R**amadan is an ideal opportunity to re-evaluate our lives and review the impact our actions have on the planet and on other people, and make positive changes that benefit the people and planet. This Ramadan, why not practice going green and thereby ensure spending a more ethical month.

Here are a few suggestions on how to live simply and ethically this Ramadan.

**Cut waste:** In some countries, a third of all food goes to waste. This has a negative impact on the environment and also goes against the teachings of Islam. Avoid food waste in Ramadan by planning meals, freezing excess, and keeping an eye on 'use by' dates. Reuse leftovers through 'makeover' recipes. Overripe fruit can be blended with yogurt or milk to make smoothies for suhoor. Excess vegetables can be made into soup for iftar. Also aim to reduce the amount of water you use.



**Eat less, share more:** There is more than enough food in the world, but some overeat while others go hungry. Practice moderation in your eating this Ramadan and exercise more control over your meals, which can help you regulate your diet and reduce your grocery bills. Invite non-Muslims to share your iftar, send food to your neighbors and reach out to new Muslims and other people who might otherwise be eating alone in Ramadan.

### Reduce your carbon footprint:

Cut back on processed foods — they are often packaged in ways that cost the planet. In addition, you can reduce your CO2 contribution by choosing to walk or cycle instead of using the car. Not only will this help the environment, healthy exercise will boost your wellbeing too.



### Eat less meat this Ramadan:

Eating less meat during a meal will not only help you appreciate the flavor and taste of meat more, it will also assist you in empathizing with people around the world who cannot afford meat, while at the same time practicing the Islamic value of moderation.

**Unplug and de-clutter:** In Ramadan, your spiritual needs take priority over physical ones such as eating. But this can equally apply to desires other than food. Islam encourages a level of restraint from material things to allow you to reach your spiritual goals. Why not try 'unplugging' from the television, laptop, console games and all gadgets this Ramadan? Think about reining-in your materialist impulses by buying nothing but essential food and clothing for the entire month. Instead, declutter and donate your excess stuff to charity or people who could make better use of it.



# Physical and mental benefits of fasting

Besides the spiritual benefits associated with the holy month of Ramadan, fasting from dawn to dusk also brings about various physical and mental benefits. If done properly, the healthy outcomes of fasting could include the removal of toxins from the body, weight loss and increased mental wellbeing. But with the sweltering heat and long hours, restricting fluid and food intake can also have a negative impact if you do not take precautions, leading to heartburn, constipation, dehydration, irritability, lack of concentration, weight loss or weight gain.

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

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

Suhoor, the meal consumed early in the



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

**Things you should know about Ramadan diet:** Do not consume fried foods that can



cause increased cholesterol levels, instead opt for healthy cooking methods, such as baking, grilling, boiling and roasting. Caffeine must be avoided as much as possible, as it leads to a loss of water, which further increases thirst.

You must try to include foods packed with proteins in every Ramadan meal, such as meat, legumes, dairy products and eggs, which will also help to increase your satiety level and avoid overeating. It is important to have fewer carbohydrates, as they make you inactive and sleepy. Sweets must be either prepared using moderate amounts of oil and sugar and low-fat dairy products, or consumed in moderation.

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

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

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

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

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

Fitness enthusiasts can spend time at the gym or engage in outdoor sports activities.

It is better to focus on light cardio exercises, and not put yourself through very high intensity training during this time. Light exercises and workouts like yoga or the treadmill, or even using lower speed levels on the machines at the gym during the month of Ramadan will do you a lot of good. A high carbohydrate intake, such as bananas, peanut butter, and sweet potato are best foods for people who exercise, as this is important for increasing energy levels and stamina. For those who want to lose weight, it is best to avoid heavy meals, have zero carbohydrate diets, and eat more of white meat, fruits and vegetables.

It is important to avoid the sun as much as possible, especially for those who work outdoors.

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

# Staying stress-free during Ramadan

**A**bsistence from food, drink and sexual activities may be the focus of fasting during the holy month of Ramadan, but it is also a time to practice patience and goodwill with everyone around you.

The impact of fasting from dawn to dusk during Ramadan, when combined with the regular pressures at work, can become overwhelmingly stressful for some people, who could then vent this stress on their family at home. To prevent this outcome, it is important that people find ways to destress and maintain a healthy mood in the office during fasting hours.

Here are some suggestions on having a stress-free life in the workplace and at home this Ramadan.



**Get up and walk around:** Sitting down for long hours at the workplace can cause stress on the mind and body. When you are sitting, you are in an unnatural state as humans are not designed to remain seated. Doctors point out that there are more than 600 muscles and more than 300

joints that help move the human body.

Being in a seated position also disengages the core, which can cause a lack of breath, which is why you need to breathe correctly. If you are in a seated position, you cannot inflate your lungs to full capacity, and as a result you might be breathing only around 60-70 percent of your full capacity. Your brain will be receiving less oxygen and this will have a massive effect on your mood and your alertness, thus causing you greater stress.



**Take breaks:** One way to stay alert during fasting hours is to take short breaks every 30 minutes. Spending five minutes walking around the office, or outside will help maintain alertness and allow the body to wake up, because it will be in a depleted and exhausted state during Ramadan, especially during the first week of fasting.



**Healthy meals:** One way to combat stress at work is by eating healthy and nutritious meals



for Iftar and Suhoor, which will have a significant impact on how much stress a person could feel the next day.

The quality and quantity of food are also important — increasing fruits and vegetables help with energy, whereas eating fats, carbs, salt and sugar cause the person to feel drained, because of the rise in glucose in the body. Increasing water intake from Iftar to Suhoor will also help maintain a better mood at the workplace. If you follow a healthy Ramadan diet and drink plenty of water, it will help you feel calmer at work.



**Stretching exercise:** Another method to deal with work-related stress is by stretching throughout the day, which provides a sense of relief for busy workers. Make it a point to fit in a few stretches every day, before or after work. Even 10-15 minutes a day goes a long way. This will help your mind and body relax and also divert your focus away from your hunger pangs.

**Deep breathing:** Employees facing stress at work, whether it is from workload or from irritable colleagues, need to take a moment

with themselves and conduct diaphragmatic breathing techniques. Instead of responding to a colleague who is bothering you, which will only cause more stress, take a moment with yourself and control your mind through deep breathing.

Diaphragmatic breathing involves a deep inhale and slow exhale technique. Take two minutes for deep breathing, whenever you feel stressed or loaded with work, it will help calm the mind.

**Mindfulness:** Another approach to turning stress inside-out, is mindfulness-based stress reduction. This technique teaches individuals to gain perspective and become more accepting of thoughts.

Find a comfortable seated position, (either on the floor or in a chair), then close your eyes and become aware of your breath, paying attention to it for a few minutes, as it enters and leaves your body.

Learning to watch one's own thoughts, rather than reacting to them, provides a whole new level of freedom.







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# RAMADAN PRAYER TIMINGS\* KUWAIT 2022



Day	Ramadan	Date	Imsak	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
Saturday	01	02 April	4.04 AM	4.14 AM	5.37 AM	11.52 AM	3.23 PM	6.07 PM	7.37 PM
Sunday	02	03 April	4.03 AM	4.13 AM	5.36 AM	11.51 AM	3.23 PM	6.07 PM	7.37 PM
Monday	03	04 April	4.01 AM	4.11 AM	5.35 AM	11.51 AM	3.23 PM	6.08 PM	7.38 PM
Tuesday	04	05 April	4.00 AM	4.10 AM	5.33 AM	11.51 AM	3.23 PM	6.09 PM	7.39 PM
Wednesday	05	06 April	3.59 AM	4.09 AM	5.32 AM	11.51 AM	3.23 PM	6.09 PM	7.39 PM
Thursday	06	07 April	3.58 AM	4.08 AM	5.31 AM	11.50 AM	3.23 PM	6.10 PM	7.40 PM
Friday	07	08 April	3.56 AM	4.06 AM	5.30 AM	11.50 AM	3.23 PM	6.10 PM	7.40 PM
Saturday	08	09 April	3.55 AM	4.05 AM	5.29 AM	11.50 AM	3.23 PM	6.11 PM	7.41 PM
Sunday	09	10 April	3.54 AM	4.04 AM	5.28 AM	11.49 AM	3.23 PM	6.12 PM	7.42 PM
Monday	10	11 April	3.52 AM	4.02 AM	5.27 AM	11.49 AM	3.23 PM	6.12 PM	7.42 PM
Tuesday	11	12 April	3.51 AM	4.01 AM	5.25 AM	11.49 AM	3.23 PM	6.13 PM	7.43 PM
Wednesday	12	13 April	3.50 AM	4.00 AM	5.24 AM	11.49 AM	3.23 PM	6.13 PM	7.43 PM
Thursday	13	14 April	3.48 AM	3.58 AM	5.23 AM	11.48 AM	3.22 PM	6.14 PM	7.44 PM
Friday	14	15 April	3.47 AM	3.57 AM	5.22 AM	11.48 AM	3.22 PM	6.15 PM	7.45 PM
Saturday	15	16 April	3.46 AM	3.56 AM	5.21 AM	11.48 AM	3.22 PM	6.15 PM	7.45 PM
Sunday	16	17 April	3.45 AM	3.55 AM	5.20 AM	11.48 AM	3.22 PM	6.16 PM	7.46 PM
Monday	17	18 April	3.43 AM	3.53 AM	5.19 AM	11.47 AM	3.22 PM	6.16 PM	7.46 PM
Tuesday	18	19 April	3.42 AM	3.52 AM	5.18 AM	11.47 AM	3.22 PM	6.17 PM	7.47 PM
Wednesday	19	20 April	3.41 AM	3.51 AM	5.17 AM	11.47 AM	3.22 PM	6.18 PM	7.48 PM
Thursday	20	21 April	3.40 AM	3.50 AM	5.16 AM	11.47 AM	3.22 PM	6.18 PM	7.48 PM
Friday	21	22 April	3.38 AM	3.48 AM	5.15 AM	11.47 AM	3.22 PM	6.19 PM	7.49 PM
Saturday	22	23 April	3.37 AM	3.47 AM	5.14 AM	11.46 AM	3.22 PM	6.19 PM	7.49 PM
Sunday	23	24 April	3.36 AM	3.46 AM	5.13 AM	11.46 AM	3.21 PM	6.20 PM	7.50 PM
Monday	24	25 April	3.35 AM	3.45 AM	5.12 AM	11.46 AM	3.21 PM	6.21 PM	7.51 PM
Tuesday	25	26 April	3.33 AM	3.43 AM	5.11 AM	11.46 AM	3.21 PM	6.21 PM	7.51 PM
Wednesday	26	27 April	3.32 AM	3.42 AM	5.10 AM	11.46 AM	3.21 PM	6.22 PM	7.52 PM
Thursday	27	28 April	3.31 AM	3.41 AM	5.09 AM	11.46 AM	3.21 PM	6.22 PM	7.52 PM
Friday	28	29 April	3.30 AM	3.40 AM	5.08 AM	11.45 AM	3.21 PM	6.23 PM	7.53 PM
Saturday	29	30 April	3.29 AM	3.39 AM	5.07 AM	11.45 AM	3.21 PM	6.24 PM	7.54 PM
Sunday	30	01 May	3.28 AM	3.38 AM	5.06 AM	11.45 AM	3.21 PM	6.24 PM	7.54 PM



## Ramadan Kareem

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# Ramadan recipes that pack a punch

Fasting during Ramadan is one of the pillars of Islam ordained on Muslims. Most people who fast during Ramadan partake of only two main meals— during Suhoor and at Iftar. Having foods that are hearty and wholesome will ensure that you spend the whole month neither under- nor over-nourished.

However, planning and cooking a daily Ramadan menu for the family, as well as for friends and relatives who may drop-in for Iftar, can be overwhelming for women while fasting from dawn to dusk, and especially so for those who have to go out for work during the day.

Making and freezing snacks and many other foods ahead of Ramadan can be a great way to divide the workload and provide wholesome food that also nourishes the family throughout the fasting hours.

Here are a few recipes that can also be made ahead and refrigerated, so they are ready to serve for iftar and other meals.

## Spicy Gobi Manchurian

First off, for those who would like to know, 'Gobi' is the Hindi/Urdu word for cauliflower. Gobi Manchurian is made from cauliflower florets dipped in batter and deep fried. The fried cauliflower is then tossed in a sweet and sour tomato ketchup sauce. The result is a juicy flavorful appetizer that is on the spicier side. This dish can be paired with fried rice or can be served as a main course, and stays well for a couple of days in the refrigerator.

### Ingredients:

- 750g cauliflower florets
- 6 tbsp flour
- 6 tbsp cornflour, or rice flour
- ¾ tsp paprika
- 1 tsp red chili
- 1 tsp minced ginger
- 1 tsp minced garlic
- 1 tsp salt
- Oil for frying

### For Gravy

- 2 tbsp oil
- 1 tbsp chopped garlic
- 1 tsp cumin seeds
- ½ cup chopped onion



- ½ cup chopped capsicum / bell peppers, any color
- 2 tbsp chopped green chillies
- 2 tbsp ketchup
- 2 tbsp chili-garlic sauce
- 2-3 tbsp chili sauce
- 3 tbsp soy sauce
- 2 tbsp vinegar
- ½ tsp sugar
- Pepper, to taste
- Salt, to taste
- 2 tbsp cornflour
- 4 tbsp water, or more to thin out gravy as needed.
- ½ cup sliced green onions, for garnish

### Directions:

- Bring water to boil in a pot, add salt and cauliflower floret and boil 2-3 minutes

- Remove florets with a slotted spoon and let dry on a kitchen towel
- In a bowl mix plain flour, corn flour, paprika, garlic, ginger and salt
- Remove 3 tbsp of above flour mixture and set aside
- Slowly mix a little water at a time to the dry mixture and mix well with a whisk. Make a thick mixture of flowing consistency
- Add blanched florets to the batter and mix well
- Sprinkle the flour mix set aside over the batter and mix again
- Heat oil in a wok on medium heat high heat. Then one by one add cauliflower florets. Fry cauliflower for two minutes on medium heat.
- Remove on a kitchen towel and let it cool
- Make gravy
- Heat 2 tbsp oil in a pan and add garlic and cumin. Sauté for 30-60 seconds until the garlic is golden. Add onions, bell peppers and green chillies, mix and cook for 1-2 minutes.
- Finally, mix in all the sauces

Meanwhile, in a bowl, mix corn and water to make slurry with no lumps. Add to the gravy. Add water as needed for a desired consistency.

Let gravy simmer for 2-3 minutes, then remove from heat and set aside

Toss cauliflower florets in the hot gravy. Coat thoroughly and garnish with sliced green onions. Serve immediately.



## Curried Egg Salad on Naan

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

### Ingredients:

- 6 large eggs
- 2 tbsp plain Greek yogurt
- 2 tbsp mayonnaise
- 1/2 tsp ground cumin
- 1/4 tsp fine salt, plus more for seasoning
- 1/4 tsp ground coriander
- 1/8 tsp ground turmeric
- 1/8 tsp freshly ground black pepper
- 2 pieces naan, preferably warmed
- Fresh cilantro leaves, for garnish

### Directions:

Place the eggs in a large saucepan or pot so that they sit in a single layer. Add enough cold water to cover the eggs by 1 inch. Bring to a boil uncovered over high heat. Remove from the heat, cover with a lid, and let sit for 10 minutes.

Meanwhile, mix the yogurt, mayonnaise, cumin, salt, coriander, turmeric, and pepper together in a medium bowl until smooth. Prepare an ice bath with a large bowl filled with ice water.

When the eggs are ready, tap them gently against the counter to crack the shell in a few places, then submerge in ice water for at least 1 minute. Peel the eggs and dice into small pieces. Fold the eggs into the yogurt mixture. Taste and season with more salt as needed.

Place the naan on a cutting board. Dollop the egg salad over the naan and add cilantro leaves, spread into an even layer. Cut each naan into wedges and serve.

## Fruit and Nut Tabbouleh

This seasonal twist on tabbouleh salad adds fresh fruit to the mix, but keeps bulgur as its base. Tabbouleh can be prepared ahead and will keep for 2-3 days in the refrigerator. Moreover, the high-fiber whole grain is sure to give you energy. Feel free to swap in the strawberries for your personal favorite fruit, like blueberries or pomegranate seeds to give the dish an even healthier twist.

### Ingredients:

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

### Directions:

- Preheat the oven to 177 °C. Lay the almonds out onto a small rimmed baking sheet and toast until fragrant, 5 to 7 minutes. After they are done toasting, allow to cool.
- Place bulgur in a medium heat-proof bowl. Bring the water to a boil and then pour over the bulgur. Let stand until the bulgur has absorbed most of the water and has become tender, about 25 to 30 minutes. If there is any remaining water, simply drain and fluff the grains with a fork. Set aside to cool.
- In the meantime, in a large bowl combine the strawberries, mint, basil, goat cheese, and currants. Fold in the bulgur wheat, toasted almonds, lemon juice, olive oil and salt. Stir to combine. Serve at room temperature or cover and refrigerate to serve cold.



## Fried potato with lemon

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

### Ingredients:

- ½ kg potato, peeled and cut in cubes
- ½ tsp salt
- Oil for frying
- Seasoning
- ½ tsp cumin, roasted and crushed
- ½ tsp coriander, roasted and crushed
- ½ tsp red chili flakes
- ¼ tsp salt
- 2-3 tbsp chopped fresh coriander
- Lemon wedges

### Directions:

- Wash, peel and cut potatoes in 1¼ inch chunks.
- Heat oil in a wok with salt. Working in two batches, add half the potato chunks and fry for 2-3 minutes on medium heat. Then fry for another 2-3 minutes on high heat until golden from all sides. Repeat this for the other half of potato chunks
- Dry roast cumin, coriander, red chili flakes and salt in a large saucepan for a few seconds. Add fried potatoes, fresh coriander leaves, and coat thoroughly with the seasoning.
- Serve immediately with lemon wedges.



# Refraining and ridding oneself of addictions

**D**uring the holy month of Ramadan the faithful undertake fasting (Sawm in Arabic) where they refrain from indulging in food, water and sexual activities from dawn to dusk. Although awm is most commonly understood as an obligation to fast during Ramadan, it also incurs a moral duty to abstain from all forms of impure thought and action.

Ramadan is an ideal time for many people to rid themselves of various addictions they may have become entangled in such as smoking cigarettes or drinking cups of coffee or tea. Often people who are addicted to smoking or caffeinated drinks find it far easier to abstain from food and water during the fasting period than to forego of their 'daily fix'.

Withdrawing from an addictive substance is not an easy task as the body reacts strongly to any abrupt and drastic reduction in the intake of addictive substances such as nicotine in the cigarette or caffeine in coffee. While some of these withdrawal reactions are manageable, others can affect daily life, mobility and mental health.



Tea, coffee, carbonated drinks, energy drinks — all of these fluids have various levels of caffeine. In small amounts caffeine is considered harmless and even considered to boost health and metabolism. But consuming caffeinated drinks regularly and throughout the day can lead to an addiction that is hard to get rid off. Weaning people off caffeine can result in withdrawal symptoms such as tiredness, lethargy, irritability, lack of concentration, insomnia, anxiety and dizziness. Some caffeine addicts complain of severe headaches during the initial days of Ramadan until they get used to the new fasting routine.

To cope with withdrawal symptoms of caffeine, start practicing early; caffeine addicts must reduce their daily intake of caffeine well before the onset of Ramadan. Another way is to drink a strong cup of coffee or tea at suhoor during the early days of fasting, and then gradually bring down the quantity and concentration of the caffeine drink consumed at suhoor.



Similarly, smoking is something people get easily addicted to, often without regard to the health consequences of their addiction. While chain smoking might be considered more of an addiction than one cigarette a day — even that

single smoke counts as addiction if you cannot do without it.

Withdrawal from nicotine — the substance that causes people to get addicted to smoking cigarettes — can also bring about a craving for smoking, so much so that smokers often end up chain-smoking after breaking their fast and thereby inhale a lot of nicotine-filled smoke within a very short period of time leading to deleterious health effects. Another side effect from nicotine withdrawal is the tendency to binge on carb-heavy foods that often end up causing weight gain during the month of fasting.

Weaning oneself off nicotine is considered even more difficult than withdrawing from a regular use of caffeine. Smokers who stop during Ramadan may experience withdrawal symptoms for 3 to 5 days after stopping, including irritability, anger and difficulty in concentrating.

Though cigarette smoking is on the wane in many countries, tobacco companies are determined to keep their vice-like grip on those already addicted to cigarettes. The tobacco industry has in recent years been promoting the notion that traditional shisha, or its modern counterpart vaping or e-cigarettes are a healthier option to smoking cigarettes.

Ramadan is a time when many people traditionally gather for iftar at diwanis or restaurants and engage in socializing after ending the daily fast by smoking shisha for hours at a stretch. With many people abandoning cigarette and shisha smoking due to its negative health aspects, the tobacco industry has slyly been promoting vaping or using e-cigarettes as a 'harmless' alternative since it involves no smoke inhalation.

Pernicious promotion of vaping by the tobacco industry includes labeling it as a 'lifestyle choice' in much the same way that they once labeled cigarette smoking as a lifestyle choice. Some of the 'perks' of vaping claimed by the tobacco lobby include the ability to 'enjoy a smoke-free life', and that 'Second-hand smoke is a thing of the past' or the slogan 'No ash, no fire'.

But how true are these 'harmless' vaping claims promoted by the tobacco industry?

Vaping is the use of e-cigarettes in place of smoking cigarettes. These cigarette lookalikes basically consist of a cartridge, a battery and an LED light. When turned on, the e-cigarette heats up the liquid that is housed in the cartridge; this produces an aerosol mist or vapor, which the smoker inhales or 'vapes', an alternate term that denotes the lack of combustion.

The ingredients of the vaping liquid vary, but mostly include nicotine (though there are some nicotine free varieties), as well as chemicals such as propylene glycol and vegetable glycerin to vaporize the nicotine, in addition to chemical additives and synthetic flavoring.

Despite the tobacco lobby's claims, do not be fooled into thinking that vaping is without risk or that you can now vape without worrying about its health consequences. In the first place, nicotine is a drug and a powerfully addictive one at that. Moreover, a new study shows that inhaling the drug either through conventional cigarettes or e-cigarettes contributes to cancers and heart diseases.

Also there is sufficient evidence to show that e-cigarettes deliver some toxic stuff of their own such as formaldehyde (a known carcinogen), nitrosamines (linked to cancer) and lead (a neurotoxin). Though the toxicant levels of e-cigs may be lower than in cigarette smoke, levels of

formaldehyde and metals have been found to be comparable to or higher than those found in conventional cigarettes. Silicate particles, which are a cause of lung disease, have also been found in e-cigarette vapors.

The claim that since e-cigarettes do not burn and there is no smoke, the question of harm from second-hand smoke cannot arise is basically flawed. A study done in Germany found that vaping worsened indoor air quality, specifically by increasing the concentration of nicotine, particulate matter and aluminum compounds that have been linked to lung and cardiovascular diseases and cancer among other health effects.

To get rid of smoking addiction, whether from cigarettes or e-cigarettes, this Ramadan you could begin by using nicotine patches if you need them, as these patches control the withdrawal symptoms and help quit the unhealthy habit in time.

However, the fact that most people do control smoking during the fasting period is proof that they can refrain from smoking when they are determined to do so, and a similar earnest attempt can lead to quitting for good. Doctors also point out that long hours of fasting leads to a drop in the nicotine level in the blood making it much easier for smokers to quit. So this Ramadan, make a resolution to quit smoking, as nothing is stronger than the will to quit smoking.

# Global action needed to improve quality of life

His Highness the Prime Minister Sheikh Sabah Khaled Al-Hamad Al-Sabah in his address before the World Government Summit held in Dubai last Wednesday, underlined the need for collective global action to tackle the challenges facing the world.

Finding solutions and mitigating the repercussions from issues such as climate change and geopolitical upheavals, as well as other social, economic and security concerns requires a rapid response through inter-governmental efforts in order to transform them into promising opportunities that could improve the quality of life for people everywhere, said the premier.

He added that employment of advanced technological and digital solutions to enhance

business environments, social, economic and environmental structures, requires the joint vision and efforts of governments around the world to draw up strategic and legislative schemes as well as policies in addition to utilizing advanced technologies to attain sustainable development.

Sheikh Sabah Khaled pointed out that Kuwait had launched the 'National Center for Economic Knowledge' for building a robust and advanced economy in line with Kuwait's vision 2035, New Kuwait development plan. Moreover, the country is seeking to set up, in cooperation with the World Bank, a knowledge index for public establishments to measure gaps between their performance and outcome.

During his visit to Dubai, the prime



minister met with and held talks with Sheikh Mohammad bin Rashed Al-Maktoum, the UAE Vice President, the UAE Prime Minister and Dubai Ruler, and other ministers and dignitaries.

The premier also called for limiting exploitation of national resources to ensure a sound future for future generations so they may have a stable and secure life. On the issue of climate change, Sheikh Sabah Khaled said that Kuwait is seeking to cut carbon emissions in the 2015-2035 period. In this regard, the country has adopted several solutions for employment of renewable energy, replacing fossil fuel with liquefied gas, building and overhauling oil refineries to produce clean fuel, and adopting a strategy designed to attain low carbon emission until 2050.

## India signs free trade agreement with UAE



India and the United Arab Emirates (UAE) signed a Comprehensive Economic Partnership Agreement (CEPA), the first free-trade agreement in more than a decade, disclosed Indian Ambassador H.E. Sibi George, in a press briefing held at the Indian embassy last week to highlight India's increased focus on trade with the region.

Ambassador George said the agreement, which covers a wide spectrum of trade relations, including goods and services and digital trade, will come into effect from May, and provide preferential access to a large portion of India's exports to the UAE.

The CEPA, will allow India to benefit from preferential market access of Indian exports to

the UAE in value terms, especially for all labor-intensive sectors such as gems and jewelry, textiles, leather, footwear, sports goods, plastics, furniture, agricultural and wood products, engineering products, medical devices, and automobiles," he said.

Ambassador also spoke about the success of three Ts (trade, technology and tourism). "India has made a quantum jump in international trade. A new record of \$400 billion of exports has made a mark in the global arena, he added.

The event also saw a celebration of the Indian festival of Holi, the color-filled festival that celebrates the coming of spring, with the various colors used in Holi celebrations reflecting the different hues of the spring season.

## Banks 'write-off' over half-a-billion dinars of debt

Local banks reportedly wrote-off around KD504 million in 2021 in efforts to clean their balance sheets from bad debts and maintain the high quality of their assets.

The write-offs last year marked an increase of 4.57 percent compared to 2020, when 'debt scrapping' amounted to nearly KD482 million.

Banks utilized a portion of their total provisions of nearly KD630 million to write-off debts considered unrecoverable. As a result of the debt scrapping, banks were able to keep non-performing loans to a historically low level of 1.4 percent, a further drop from the 1 percent reported in 2020.

Among local banks, Kuwait Investment Bank witnessed the biggest year-on-year decrease in write-offs, going from around KD28 million in 2020 to KD1.3 million last year. Similar decrease was witnessed by Commercial Bank, which had to write-off nearly KD84 million in 2020 but only around KD12 million in 2021. Other banks that witnessed a decrease in write-offs from a year earlier include Warba (From KD48m in 2020 to KD9m in 2021); Al Ahli Bank (KD93mn to KD24mn); Boubyan Bank (KD15mn to KD7mn); Gulf Bank (KD81mn to KD43mn) and Kuwait Finance House (KD45mn to KD33mn)



Among banks whose write-offs increased during the past year were: Ahli United Bank whose debt increased from KD1 million in 2020 to KD50 million in 2021; National Bank which had to write around KD46 million in 2020, scrapped KD177 million in bad debts last year; and Burgan Bank, which went from writing of KD40 million in 2020 to scrapping KD147 million in 2021.

According to financial pundits, the loans written off do not cause harm to the bank's balance sheet, as they are not written off until after they are classified as non-existent, which is banking language for saying that the debts no longer generate income and profits.



## LuLu Hypermarket launches 'Ramadan Specials' promotion

LuLu Hypermarket, the premier retail shopping destination in the region, launched its annual 'Ramadan Specials' promotion, ahead of the holy month of Ramadan.

The promotion was launched on 27 March at the Al-Rai outlet of the hypermarket by Saad Al otwaibi, CEO, Namaa charity organization in the presence of top management of LuLu Hypermarket Kuwait and a large gathering of customers, shoppers and well-wishers, as well as a host of Kuwait's social media influencers.

A key attraction of the promotion, which is taking place simultaneously at all outlets of the hypermarket in Kuwait, are large colorful 'Ramadan Souqs' that have been erected both outdoors and inside the hypermarket. These

dedicated souqs offer irresistible prices on the full range of products considered essential to the celebration of Ramadan.

Amazing offers and special discounts are also available on a slew of products, ranging from groceries to fresh and frozen items, including fruits, vegetables, meat and fish, as well as non-food items from household and home appliances sections to electronics and gift items.

To highlight the spirit of generosity prevailing during the holy month of Ramadan, the hypermarket also launched special 'Charity Cards', in association with the humanitarian organization Namaa Charity.

In addition, special Ramadan themed LuLu gift cards, are available in different denominations

of KD10, KD25 and KD50 at all outlets of the hypermarket.

Adding further enticing excitement to the Ramadan celebrations, LuLu Hypermarket will be running a range of smaller promotions throughout the holy month, including a Dates Festival, where a wide variety of luscious dates will be on offer at best possible prices; a Healthy Ramadan promotion that offers organic foods, vegan products, superfoods and 'free-from' products at special prices; a Dry Fruits Week and a Ramadan Fruitful deals that offers special deals on fresh fruits.

Other promotions planned for the month include the Ramadan Meat Market, a Fish Festival, and a Ramadan Sweet Treats that offers

tantalizing traditional Ramadan sweets, as well as delectable desserts and bakery items. Meanwhile, the Ramadan Home promotion provides home appliances, household, furnishing, and hygiene essentials at unbelievable prices, while Big TV Majilis offers large panel televisions at special discounted prices. And, not to forget, a Royal Iftar promotion provides freshly prepared delicious Iftar snacks.

In keeping with the times, the hypermarket has also slated several exciting online activities and contests on various social media platforms throughout the holy month of Ramadan. The elation surrounding Ramadan Specials promotion is rounded off by its availability both offline and online at [www.luluhypermarket.com](http://www.luluhypermarket.com).

# Kuwait remains most vulnerable to oil price changes

In 2020, Kuwait experienced the largest economic contraction since the Iraqi invasion of 1990, a year after that Kuwait is now poised to achieve its best economic performance in a decade. The dramatic shift in the country's fortunes over the span of 12 months highlights the pivotal role that oil plays in its economy.

According to the UK-based financial publication, 'The Banker', the rise in oil prices at the end of 2021 and its recent steep climb

following the outbreak of hostilities in Eastern Europe, provides only a temporary respite for the country's economy. The lull could also be counterproductive in that it could lead to reducing the incentive to undertake painful but necessary reforms.

The magazine notes that unless the authorities introduce significant measures aimed at rectifying the underlying deep structural imbalances, oil price hikes will only provide a brief relief, and, at best, postpone

the inevitable day of reckoning that Kuwait would have to encounter.

Given that Kuwait's economy is the least diversified among the Gulf Cooperation Council (GCC) states, the country is considered the most vulnerable to fluctuations in oil prices. This was evident over the past two years; when oil prices plunged to around \$30 per barrel in 2020, Kuwait's economy suffered the most among GCC states.

The precipitous fall in oil prices during the



pandemic combined with consecutive budget deficits over the last many years, raised fears of a liquidity crisis, amid a political paralysis in parliament and stonewalling by the opposition in the legislature prevented the passing of a much-needed public debt bill.



## Kuwait Insurance Company and Insure & Secure introduce a travel insurance product "Globe Travel"

In conjunction with lifting Corona restrictions and allowing everyone to travel abroad, Kuwait Insurance Company and Insure & Secure announced the launch of the "Globe Travel" insurance product. Travel insurance has become one of the main requirements that many countries require to receive travelers, whether for a vacation or even for work. This comes to provide safety and peace of mind for travelers and help them face the difficulties they may face while abroad.

For his part, the CEO of Kuwait Insurance Company, Sami Sharif, said that because we pay great attention to our customers, we offer them a new product, which, in addition to protecting travelers from diseases, travel risks, and emergency medical and hospital

costs resulting from illness or accident - God forbid - provides many new benefits, including coverage for 3 years, and a maximum security deposit of \$100,000. The insurance also covers other travel risks, such as the costs of canceling travel trips for reasons, the most important of which are the Corona virus, and the costs of quarantine accommodation resulting from infection with the virus for a period of 10 days. In addition to the aforementioned, it also covers the costs of flight delay for more than 4 hours or delayed arrival of baggage for more than 12 hours, evacuation costs and medical return home, and other coverages that have become part of the product, such as covering injuries due to winter or summer sports. Sherif explained that the "Globe Travel" product

covers individuals over the age of 85 and has been designed to provide high benefits for individuals, families and groups, and within a thoughtful and reasonable cost.

He also added: the recent developments that have made travel insurance a mandatory aspect to ensure obtaining a visa to any destination, pointing to the high demand for this product. After the Corona pandemic, it became clear that there are many risks that were not considered, which prompted us to work on finding appropriate and developed solutions.

For his part, CEO of Insure & Secure, Satish Sharma, expressed his gratitude for this partnership with Kuwait Insurance Company, confirming all that Sharif said about the travel insurance policy. He added that the time has

come for us to realize the importance of the travel insurance, which has become mandatory and even a condition for many countries to receive tourists and travelers, especially after the Corona pandemic. With the conditions that the customer must abide by.

To facilitate travel, all support services have been provided to the beneficiaries of the insurance through a unified call center, the 24-hour "WhatsApp" service, and through the international partner that will provide emergency assistance services to citizens traveling anywhere in the world, in addition to answering their inquiries and receiving Complaints and their treatment. The company added that this insurance will be marketed through its authorized agent, Insure & Secure.

## Bulgarian doctors, nurses worked with Kuwaiti colleagues during pandemic

The Ambassador of the Republic of Bulgaria, Dimitar Dimitrov, expressed his happiness at the return to normal life in Kuwait, and his pride at the Bulgarian doctors and nurses, who, along with their Kuwaiti colleagues, contributed to overcoming the challenges of the pandemic.

Speaking on the sidelines of his meeting with the Bulgarian community and Bulgarian graduates in the presence of MP Dr. Hammoud Al-Azmi, and head of the Services Authority at the Ministry of Defense Sheikh Dr. Abdullah Al-Mishaal, Dimitrov said the Bulgarian graduates (doctors, engineers, technicians and representatives of other sectors) are performing their duties to the fullest with high professionalism, which indicates the quality of education in Bulgaria, expressing his hope that the number of Bulgarian graduates in Kuwait will increase, and that Kuwaitis will return to study in Bulgarian universities, which are distinguished

by European accreditation, and activate scientific and academic cooperation, reports a local Arabic daily.

He pointed out that Kuwait University annually recruits distinguished Bulgarian students to study the Arabic language. The authorities in the two countries are currently working on the completion of two new projects in the field of education and scientific research, and another in the field of medicine and medical sciences, through which the old agreements concluded between our two countries, will be replaced.

"And I want to open the door to volunteering to form a working group, to put forward initiatives on events through which we can celebrate the sixtieth anniversary of diplomatic relations between our two countries," he added.

He stressed his country's relations with Kuwait are characterized by mutual respect, but they



are still less ambitious in the commercial and investment fields, expressing his hope that there will be direct flights between Kuwait and Sofia throughout the year, to enhance communication and explore promising investment opportunities in the two countries, and that air traffic is not limited to the summer season only, as Bulgaria is an ideal destination for tourism, recreation and physiotherapy, whether in the mountains or on the sea.

In turn, Sheikh Abdullah Al-Mishal confirmed the existence of medical cooperation with Bulgaria in light of the agreements concluded between the two countries and valued the depth of friendship between the authority and the Bulgarian community, which contributed greatly to overcoming the "Corona" crisis, as there are doctors, nurses and technicians working in Jaber Al-Ahmad Hospital for the Armed Forces and units affiliated with the authority.

# Kuwait lead donor in erecting US Gulf War Memorial

Kuwait's Ambassador to the United States Sheikh Salem Abdullah Al-Jaber Al-Sabah announced last Saturday that Kuwait will be the lead financial donor for the construction of the National Desert Storm and Desert Shield Memorial in the heart of the US capital.

In a speech delivered at the launch of the project, Ambassador Sheikh Salem stated: "As we commemorate the 31st anniversary of the liberation of Kuwait, we are here today to celebrate the launch of the long-awaited and very special project to all of us, the National Desert Storm and Desert Shield Memorial." He went on to add, "Kuwait is very proud to be the major donor to the construction of this memorial. Our contribution stems from our strong

desire to recognize and honor the men and women who stood firmly and justly on the right side of history and paid the ultimate price to free Kuwait from the aggression of Saddam Hussein."

He affirmed that "these men and women from Kuwait, the US and other coalition countries, deserve to have a place to be honored and remembered by generations to come. Their stories need to be told over and over again and this is precisely what this memorial is for," he remarked.

He went on to note that "this very important memorial will forever stand as a testament to America's values in upholding liberty and freedom and also as a testament to the true friendship and alliance that exist between Kuwait and the US, an



alliance that was forged by blood, sweat and tears."

He indicated that the memorial is expected to be completed in 2023, where it will "take its

rightful place among all the other magnificent memorials" in the nation's capital. For his part, CEO and President of the National Desert Storm and Desert Shield Memorial Scott Stump said "this kind and extremely generous pledge ensures that the historical significance of Operations Desert Shield and Desert Storm will be forever and prominently etched into world history." "I would like to express my sincere gratitude to His Highness the Amir of Kuwait Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah, the State of Kuwait leadership as well as Ambassador Al-Sabah for their steadfast support of this memorial and for remembering the events, people and enduring legacy for which this memorial will commemorate."

## Rampant food wastage mars self-sufficiency

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But is this policy sustainable over a prolonged period of food scarcity that could be brought on by climate change related radical weather patterns that could deplete global food output, or from shipping and transport bottlenecks in food supply chains from another pandemic or geopolitical upheaval? The authorities need to find answers to these and other related questions, as their relevance for the country could only increase in the years ahead.

The current high oil and gas prices are no doubt a boon to Kuwait's economy, but this windfall could be offset to an extent by the hike in inflation from the higher and longer global food price scenario, as well as increased shipping and insurance costs. There is also the ever-lurking prospect of oil taking a tumble or of a correction in prices, that many experts now say could be expected as early as the last quarter of this year. According to latest projections from the UN Food and Agriculture Organization's (FAO), food and animal feed prices could increase by 8-22 percent over the course of this year and next.

Global food prices that were already high are being exacerbated by the ongoing conflict between Russia and Ukraine. Prices that were high even before the war in Europe — due to the confluence of several geopolitical factors, including changing weather patterns that impacted food production, and the COVID-19 crisis that led to breakdowns in food supply chains — are now likely to remain higher for longer as Russia and Ukraine are both among the leading producers and major exporters of staples such as wheat, maize, and sunflower oil, as well as other products.

Destruction of Ukraine's production, storage, and transport facilities as a result of the war, along with disruptions to Russia's grain and fertilizer exports due to sanctions imposed by the United States and its allies, could lead to further steep rises in global food prices that could last longer than what many predict. In this context it is worth remembering that food price increases in 2007, and again in 2010 led to widespread social instability in several countries.

The current situation is equally if not more dire. Many low- and middle-income countries, already saddled by inflationary pressures, high debt levels, and exposed to fallout from climate change related extreme weather conditions, are unlikely to withstand the effects of further spike in food prices, and the social and political upheavals that could ensue. High food prices would also push another 8 to 13 million into the pool of undernourished people worldwide, estimated by the Food and Agriculture Organization (FAO) at 770 million in 2020 — 118 million people falling into this category in 2020 due to global pandemic.

Notwithstanding the possible repercussions from global food price hikes and availability, the Minister of Commerce and Industry Fahad Al-Shuraian asserted last Thursday that, food security in Kuwait is "strong", and that food prices are currently "stable and will not be affected by any changes". He also stressed that the government is "fully committed" on this matter, and expressed confidence in the country's strategic reserve of essential food supplies.

Meanwhile, Acting Director of Kuwait Port Authority Bader Al-Enezi, pointed out that port traffic is "flowing as usual" with ships docking and smoothly unloading in accordance with

international standards. For his part, the Chairman of the Union of Consumer Cooperative Societies Abdulaziz Asad said that the conflict in Ukraine was neither affecting availability of products nor prices, emphasizing the strategic storage was enough and there were many alternative products from other countries other than Ukraine and Russia.

It is true that the country had enough food reserves to see it through the supply chain breakdowns witnessed during the COVID-19 pandemic, and Kuwait probably has sufficient stocks to tide over the present hostilities that have erupted in Eastern Europe.

However, building bigger silos and stocking up on food is not a viable long-term food strategy, especially given the lack of food security and vulnerability of the country's economy to fluctuations in international oil prices. Clearly, we need to find pragmatic solutions to our dependence on food imports, beginning with curbing food wastage.

The World Food Waste Index 2021 published annually by the United Nations Environment Programme (UNEP) shows that annual food waste from households, retail establishments and the food service industry totaled 931 million tonnes. Of this total, 569 million tonnes (61%) occurred at the household level, 244 million tonnes (26%) from food service and 118 million tonnes (13%) from retail. The anomaly of this humongous waste is driven home by the fact that in a world where nearly two billion people are overweight or obese, there are more than two billion people who go hungry to bed each night.

In the Middle East, the average annual household food waste per capita was estimated at 110kg in the index by UNEP. However, the report acknowledges that only the estimate by Saudi Arabia, of food wastage at 105kg per capita per annum, had a high level of confidence. Bahrain, which reported an estimated 132kg of waste per person, had a medium level of confidence. The figure of 95kg of wastage per capita estimated for the remaining four countries of the six-nation Gulf Cooperation Council (GCC) bloc, Kuwait, Oman, Qatar and the United Arab Emirates, had only a low level of confidence in the index.

Even based on these low confidence estimates, the annual food wastage by the 4.6 million population in Kuwait last year was nearly half a billion kilos. In Kuwait, the Municipality is responsible for the collection and disposal of all Municipal Solid Waste (MSW) generated in the country. However, this entity lacks any clear-cut strategies for waste prevention, reduction, recycling, or reuse and nearly all of the MSW collected ends up in landfills. Available figures from the Central Statistical Bureau show that a total of 893,044 tonnes of MSW generated in 2018 ended up in landfills. Other studies on MSW in Kuwait reveal that over 50 percent of MSW generated or around 446,552 tonnes was from food waste.

The UN Sustainable Development Goal (SDG) 12, which calls for ensuring sustainable consumption and production patterns in goods and resources, has set 11 separate targets to be achieved. Target 12.3 aims to halve per capita global food waste at the retail and consumer levels and reduce food losses along production and supply chains, including post-harvest losses, by 2030.

The UNEP report highlights the importance of SDG12 by noting that the average annual food waste per capita in 2020 was 76kg in high-income

countries, 79kg in upper middle income countries and 91kg in lower middle income countries, while there was no sufficient data to measure food waste in low-income countries. The report also discloses that the global average of 82 kg per capita of food wasted each year is remarkably similar from lower-middle income to high-income countries, which suggests that most countries have room to improve on their wastage of food.

In this regard it is important to draw a distinction between food waste and food loss. Food waste happens at the consumer and retail level, food loss occurs in the production and transportation stage. The UNEP report only measures food waste. A recent study on food loss and waste in food supply chains in 2019, showed that nearly 45 percent of total global food production of 9.4 billion tonnes was lost in the production and transportation stage, leaving behind only around 5.3 billion tonnes of food for consumption. This suggests that nearly 18 percent of total global consumable food production is currently being wasted.

Additionally, the report noted that food waste has substantial environmental, social, and economic impacts, and that wasting food was in effect throwing away the resources that went into its production — both natural and financial resources. Also, 8 to 10 percent of global greenhouse gas (GHG) emissions are associated with food that is produced but never eaten. The UN agency urged countries to integrate the reduction of food waste into their national climate strategies, as it reflected the massive impact it has on the environment.

Reducing food wastage is critical to mitigating Kuwait's lack of food security, however, this alone will not help increase food solvency. Achieving food security through traditional farming methods, or even using advanced technological breakthroughs in food production, are not a viable option given that farming is not a profession in Kuwait. What we have in the country are 'hobbyist farmers' who own farmland that are largely unproductive tracts of land used to grow a few fresh produce using unsustainable irrigation practices and imported laborers. These farms mainly serve as entertainment locations for their owners during weekends and holidays.

Growing crops to feed the entire population in Kuwait is impractical and infeasible, especially in light of the country's mega-arid desert climate. Studies conducted earlier show that less than 9 percent of the country's total land area of around 18,000 square kilometers (km<sup>2</sup>) is considered arable. Of this 1,540km<sup>2</sup>, only around 120km<sup>2</sup> is under cultivation, with the remaining arable land used largely as pasture for livestock that are insufficient to meet the country's demand for meat.

Despite the agriculture sector accounting for only a small segment of the economy, it uses nearly 60 percent of groundwater withdrawals in Kuwait, as this water is provided free of charge to the so called 'farmers'. The steady withdrawal of groundwater for agriculture depletes this already scarce resource, while further increasing soil salinity and decreasing land productivity. The unethical use of expensive, energy-intensive desalinated water for agriculture is also on the increase in some places. Water scarcity adds to the challenges of achieving a sustainable and economically viable agricultural industry.

Attempting to realize food security through domestic food production or attain limited self-sufficiency also remains untenable, at least under

prevailing circumstances. The country's miniscule amount of arable land, a sandy soil that does not retain the available scant annual rainfall, the lack of any natural surface water sources and depleting groundwater resources that ranks the country among the world's extremely high water stressed nations, render the country inhospitable to agriculture.

Using oil wealth to buy farming land abroad to ensure food supplies is also not reliable, as it is dependent on continued geopolitical stability. Under various exigencies the land owned overseas could be expropriated by that nation, especially when it comes to ensuring food supplies for its own citizens. In addition, the country remains vulnerable to threats of supply disruptions caused by regional and international conflicts. Apparently, relying on sourcing and importing food from abroad, and stocking up on essential items, although not a long-term viable strategy, is currently the only option before Kuwait.

Kuwait also strive to achieve self-sufficiency in a few selected items, such as in fruits and vegetables using technology that relies on less water and land usage, as well as increasing the domestic production of poultry and eggs. One interesting study that came up recently was one conducted at Tohoku University in Japan by Kuwaiti researcher Meshal J. Abdullah and others. The study, published in November 2021 and titled, 'Potential for Food Self-Sufficiency Improvements through Indoor and Vertical Farming in the Gulf Cooperation Council: Challenges and Opportunities from the Case of Kuwait', looks at using advanced technologies to increase self-sufficiency in some food items in Kuwait.

The paper notes that advanced 'Controlled Environment Agriculture' (CEA) technology has the potential to improve food self-sufficiency by multiplying vegetable crop yields while optimizing efficiency of agricultural inputs and minimizing land requirements. The authors demonstrate that using the CEA systems configured either as indoor farms spread across 15km<sup>2</sup>, or vertical farms of less than 0.1 km<sup>2</sup>, could reduce or eliminate the need to import six important vegetable crops in Kuwait. Additionally, these farms are irrigated using hydroponic or aeroponic systems, which have been shown to use 90 percent less water than traditional field agriculture.

The researchers say that if properly contextualized and supported by clear legislation and well-managed regulatory bodies, indoor agriculture initiatives may provide a pathway for Kuwait and other GCC countries to reduce their dependence on imported foods and increase resilience to food supply disruption during disasters or conflict.

Given the prevailing political instability in Kuwait, and the constant bickering in parliament between the executive and legislative arms of government, implementing any such advanced food production technologies, even if it means achieving limited food sufficiency, looks at best a pipedream.

In the meantime, the best that the country can hope for is to reduce vulnerabilities and improve food security, by curbing wastage and rationalizing consumption. In her foreword to the UN Food Waste Index 2021, Executive Director of UNEP Inger Andersen notes, "Let us all shop carefully, cook creatively and make wasting food anywhere socially unacceptable while we strive to provide healthy, sustainable diets to all." No doubt this is sound advice to everyone in Kuwait.

# Kuwait receives third and fourth Eurofighter Typhoons



The third and fourth Eurofighter Typhoons for the Kuwait Air Force landed in the country last week. The delivery of the fighter jets is part of the framework of a wider order for a total

of 28 aircraft that will be made available to the Kuwait Air Force over a phased delivery period by Leonardo, the Italian multinational company specializing in aerospace, defense and security.

The ferry flight for the new Eurofighters from Italy to Kuwait was made possible thanks to the Italian Air Force's essential support, which guaranteed the 'Air to Air Refueling trail'. This was achieved through a complex operational activity involving one KC-767A tanker from Italian Air Force's 14th Wing, Pratica di Mare.

Vice President of Leonardo's Eurofighter Program, Guido Sibona, speaking on the landing of the new consignment of fighter jets said: "I was very proud last month seeing Eurofighters fly over Kuwait City during the National Day celebration. I am equally proud today to see the fleet of the Kuwait Air Force increased as planned.

"The Eurofighter Typhoons we have developed and produced for the Kuwait Air Force are the most advanced in the whole of the European program. In cooperation with the Italian Air Force we are providing Kuwait with an impressive air defense capability and we built state-of-the-art infrastructures to support and maintain the full fleet of 28 Eurofighter Typhoon aircraft."

The Eurofighter Kuwait Program is part of a wider and deeper collaboration between the Italian Air Force and the Kuwait Air Force, spanning operations, pilot training and support. The Italian Air Force is also ensuring, in Italy, the initial training of the engineers and technicians who will support the Typhoon fleet activity in Kuwait.

Leonardo also plays a key role in the evolution of the Eurofighter, thanks to the new AESA (Active Electronically

Scanned Array) radar that is equipped on the Eurofighter Typhoons for Kuwait. This advanced radar increases the aircraft's performance and competitiveness. In addition, the Eurofighter aircraft benefits from a well-defined program of technological updating and improvement that guarantees its competitiveness throughout its entire lifecycle.

Constantly evolving technologies, both on board the aircraft and in the context of logistical support, increases the operational effectiveness, survivability, and efficient management of these aircraft. The Eurofighter program is a cornerstone in the development of European aerospace and defense technologies and provides the industries involved with technological leadership that will guarantee competitiveness for many next generation programs.



## KCST, Huawei open first 5G Lab in Kuwait

Kuwait College of Science and Technology (KCST) will host the first Huawei 5G Lab and 5G Star simulation training system in Kuwait as part of the newly launched Huawei ICT Academy at KCST. The collaboration will boost ICT talent development in the country and facilitate new digital business models, supporting economic transformation in line with Kuwait's Vision 2035.

Students participating in the 5G Lab will

gain insights into the latest developments in 5G and also benefit from links with industry and knowledge-sharing in real-world ICT scenarios. On the other hand, the 5G Star platform delivers an industry-standard simulation training program based on Huawei 5G base stations. Students will learn in an immersive environment, using virtual reality (VR) to facilitate complex technology while learning in a classroom setting.

The Huawei ICT Academy is a global school-enterprise partnership program led by Huawei to empower college and university students worldwide to pursue careers in the ICT realm. Combined with career certifications, the ICT Academy provides resources and skills for local talent to contribute to the ICT industry's advancement and the broader digital society.

The launch ceremony was held at the KCST campus in Kuwait City in the presence of President of KCST, Dr. Khaled Al Begain, Head of Department and Associate Professor at KCST, Dr. Abolfazl Niya, Vice President of Huawei Middle East, Shunli Wang, CEO of Huawei Kuwait, Rico Lin, and other senior officials from both entities.

Speaking on the occasion, Dr. Al-Begain said: "As educators, we must strive to produce all-rounded graduates, immersed in both theoretical and practical capabilities to thrive in a highly dynamic labor market. Therefore, in recent years, KCST has prioritized deepening links with the industry. The partnership with Huawei exposes students to some of the most innovative technologies in 5G, in preparation for their absorption into the digital economy."

For his part, Mr. Wang noted: "Huawei is committed to partnerships that nurture a highly-skilled and experienced workforce that can help Kuwait realize the goals of its Vision 2035. By leveraging collaborations between the public and private sectors, we can foster the future digital leaders of 'New Kuwait'.

We will continue to engage with KCST at the 5G Lab, 5G Star, and Huawei ICT Academy to guarantee a rich digital talent pipeline for Kuwait

and the wider Middle East." The Academy's training will be delivered through master classes, seminars, industry trips, and ICT competitions. Students will receive special discounts for Huawei certification exams and are issued certifications upon graduation. The industry-standard ICT training and certification will ultimately boost career opportunities for the students, while Huawei has pledged to support graduates with work placement.

## Daily routine amidst spiritual obligations of Ramadan

CONTINUED FROM PAGE 7

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

**Keep your family in the loop:** Sitting down with your family to discuss plans for preparing and participating in Ramadan is a great exercise

to help everyone. Are there specific areas you hope to work on improving during Ramadan such as controlling your tongue and temper or not gossiping and backbiting? This is a good time to assess our character and consider any improvements to our character.

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

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

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# COVID-19's Lessons for Democracies



**YVES LETERME**  
*A former prime minister of Belgium, is Chair of the Global Commission on Democracy and Emergencies and a member of Club de Madrid.*

For more than two years, COVID-19 has taken lives, destroyed livelihoods, disrupted daily routines, and dominated political discussion around the world. As the acute phase of the pandemic comes to an end, we must evaluate what COVID-19 has revealed about the ability of democratic systems to respond to such emergencies.

There are several lessons to be learned from a crisis that has caused the death of over six million people and produced the deepest recession since World War II. Over the past year, Club de Madrid's Global Commission on Democracy and Emergencies brought together former heads of state and government, eminent experts, and civil-society leaders from around the world to discuss what COVID-19 has taught us, and how our countries can plan for future crises.

Just as no one ever steps into the same river twice, for it is not the same river and they are not the same person, no country ever experiences the same disaster twice. But learning from one emergency is essential to preparing for the next. Although pandemics are rare, epidemics, natural disasters, financial crises, and industrial accidents are regular occurrences.

Governments, legislative bodies, judicial institutions, civil society, and international organizations must be equipped to promote resilience in the face of crisis.

For starters, governments must elevate the status of emergency preparedness and work with their peers to embrace radical transparency, support responsible journalism and media, promote digital literacy, and work with civil-society organizations to debunk disinformation, especially online. They should engage with technology companies to solve problems arising from the digital environment and increase access to digital resources. And, with COVID-19 having

evaluate their governments' COVID-19 response and recommend measures to improve performance in future emergencies. They should review their country's legal framework to ensure that how emergencies are defined adequately reflects current risks, and that constitutional provisions for declaring a state of emergency provide sufficient safeguards to mitigate the risk of abuse of power.

Legislatures also must ensure that their plans for emergency preparedness are robust enough to allow for effective oversight during future crises. These plans should include flexible rules of

must make sure that their emergency-preparedness plans allow for swift judicial oversight during times of crisis.

Civil society and the media bear most of the responsibility in a democracy for preventing the spread of disinformation. They also have the power to bring issues into the spotlight and act as a catalyst for emergency policies that better engage and meet the needs of underrepresented groups. In preparing for future emergencies, civil-society organizations should advocate for more public dialogue about critical risks and preventive action.

Lastly, multilateral organizations have a critical role to play, by coordinating lessons learned from member countries and strengthening shared values. International human-rights monitoring mechanisms can serve as a framework for upholding fundamental rights in countries' emergency response. Regional bodies that have instruments in place to protect democracy and the rule of law among their member states should reflect on how these tools might be used for regional oversight in emergencies. And global institutions like the International Labor Organization, the United Nations Development Programme, the World Bank, and regional development banks should continue to aid efforts to build resilience through social inclusion.

Every democracy is different, and every emergency is different. But the most important lesson to be learned from the COVID-19 pandemic is that all democratic states have a responsibility, as they prepare for the next crisis, to safeguard their core values.

“ Governments' emergency preparedness should embrace radical transparency, support responsible journalism and media, promote digital literacy, and work with civil-society organizations to negate disinformation, especially online. ”

revealed serious gaps in social security systems, they also must advocate for better protections for vulnerable minorities, women, and young people.

In fact, government leaders should mobilize all available tools of fiscal policy to strengthen democratic resilience and improve equity. This includes not only broadening the tax base and combating tax evasion, but also redoubling efforts to fight corruption.

At the same time, legislatures should

legislative procedure and embrace digital technologies to promote resilience and encourage citizen participation.

Judicial institutions, for their part, must ensure that the rule of law guides democracies' response to future emergencies. When the pandemic ends, courts will be called upon, as some already have, to scrutinize governments' actions against the criteria of necessity, proportionality, procedural fairness, and respect for fundamental rights. Courts



# Negative impact of electric light on sleep

An international team of scientists led by researchers at the University of Manchester in the United Kingdom, and the University of Colorado in the United States, have shown that exposure to electric light throughout the day has a negative impact on sleep patterns.

In their newly published study the scientists show that the light humans experience in daily life heavily influences body rhythms, with around-the-clock access to electric lights combined with reduced exposure to natural sunlight leading to disruptions in sleep. The combination of these factors have also been found to negatively impact overall human health, well-being, and productivity.

In what is considered the first-ever, evidence-based, consensus recommendations for healthy daytime, evening, and nighttime light exposure, the scientists also suggest light-exposure patterns during daytime and in the evening that people could adopt in order to ensure healthy body rhythms, restful sleep and daytime alertness.

The study now provides a framework to inform how interior space, ranging from workplaces,

educational establishments, and healthcare facilities to our own homes, should be lit during daytime and in the evening. The guidelines provided by the study will also assist lighting and electronics industries design healthier environments and improve how we light various interior spaces.

The study showed that light affects our daily patterns of sleep and alertness through a specialized cell in the eye using a light-sensitive protein called melanopsin, which is different from proteins in the eye's rods and cones supporting vision. The proteins in rods and cones are currently used to measure 'brightness' of a light source.

Melanopsin is found in photoreceptor cells in the retina that are particularly sensitive to the absorption of short-wavelength (blue-cyan) visible light and communicate information directly to the area of the brain called the suprachiasmatic nucleus (SCN).

Previous studies on mice have shown that melanopsin aids in controlling sleep cycles and wakefulness. Using controlled pulses of blue light the scientists were able to successfully transition the mice from slow-wave sleep (SWS), which is commonly known

as 'deep sleep', to long-lasting wakefulness. The study underlines the potential to use melanopsin as a therapeutic target for controlling the sleep-wake cycle.

In mammals, including humans, the SCN area, also known as the central 'body clock', plays an important non-image-forming role in the photoentrainment of circadian rhythms in mammals. An organism that is photoentrained aligns its activity to an approximately 24-hour cycle, corresponding to the solar cycle on Earth.

The research team behind the study developed a new light measurement standard tailored to this unique property called melanopic equivalent daylight illuminance. By analyzing data across a range of laboratory and field studies, the scientists were able to form widely applicable and meaningful recommendations as to how we should use, and should not use, light in our daily lives.

The scientists say their new measurement approach can reliably predict the effects of light on human physiology and body rhythms. The researchers now plan to integrate the study's recommendations into official lighting guidelines, which currently focus on visual requirements, rather than light's effects on health and well-being. They expect increasing sophistication in LED lighting technology and the availability of low cost light sensors



to increase the ease with which people can optimize their personal light exposure to best support their own body rhythms.

In a related but different study that focuses on the negative effects of light on sleep and human health, researchers at the Northwestern University in the United States found that sleeping even just one night with a dim light, such as a TV set with the sound off, raised the heart rate and blood sugar levels of healthy young people. The dim light from the TV entered the eyelids and disrupted sleep despite the subjects being asleep with their eyes closed.

Heart rate typically drops at night, slowing down as the brain repairs and rejuvenates the body. Numerous studies have shown that an elevated heart rate at night can be a risk factor for future heart disease and early death.

The results from the new study demonstrate that just a single night of exposure to moderate

room lighting during sleep can impair glucose and cardiovascular regulation, which are risk factors for heart disease, diabetes, and metabolic syndrome. The study highlights the importance for people to avoid or minimize the amount of light exposure during sleep. The Northwestern team recommended not turning any lights on while sleeping. But if you need to have a light on for safety reasons, then make sure it is a dim light that is closer to the floor.

The study also found that the color of the light was also important in the impact it had on the human body. Amber or a red-orange light is less stimulating for the brain. Do not use white or blue light, and keep light far away from the sleeping person.

It is also recommended to use eye masks or blackout shades in case you cannot control the amount of light coming from outdoors, and move your bed so the outdoor light is not shining on your face.

## Climate change impacts crop growing regions

Countries that have traditionally been associated with growing and exporting crops such as coffee beans, cashew nuts, or fruits such as avocado, could in future become inhospitable to the growth of these products due to changes caused in weather patterns from climate change. Meanwhile, other regions that currently produce very little, if any, of these food items could soon become the main source for these cash crops.

The latest comprehensive report on climate change by the Intergovernmental Panel on Climate Change (IPCC) notes that climate change is already affecting food security through increasing temperatures, changing precipitation patterns, and causing greater frequency of some extreme events. Studies that separate out climate change from other factors affecting crop yields have shown that yields of some crops, such as maize and wheat, in many lower-latitude regions have been affected negatively by observed climate changes, while in many higher-latitude regions, yields of the same crops such as maize, wheat, and sugar beets) have been affected positively over recent decades.



A new analysis by researchers at Zurich University of Applied Sciences in Switzerland reinforces some of the findings by the IPCC. The study predicts that, as climate change progresses, the most suitable regions for growing several cash crops, including coffee arabica, cashews, and avocados will decline in some of the main countries that produce these crops. Coffee arabica, cashews, and avocados are not

only of critical importance to the viability of tropical small-scale farming of these crops around the world, they are important to consumers too.

Extensive research suggests that climate change will reduce suitability for growing coffee arabica — the dominant coffee species responsible for 60 percent of coffee produced and sold worldwide — in most regions where it is currently grown. However, such studies have not considered land and soil characteristics that could also impact suitability. Meanwhile, no studies have addressed how climate change will impact avocado and cashew suitability at a global scale.

To address these knowledge gaps, researchers at Zurich University combined climate change projections and soil factors to computationally model and predict how suitable different regions worldwide will be for growing coffee, cashews, and avocados in 2050. They used projections from 14 global climate models under three different future emission scenarios and incorporated land and soil requirements for the crops, such as pH, texture, and slope.

The analysis predicts that some regions will become more suitable and some less suitable for each crop. Coffee is the most susceptible of the three, with predicted declines in suitability in all major producing regions, including Brazil, Vietnam, Indonesia, and Colombia.

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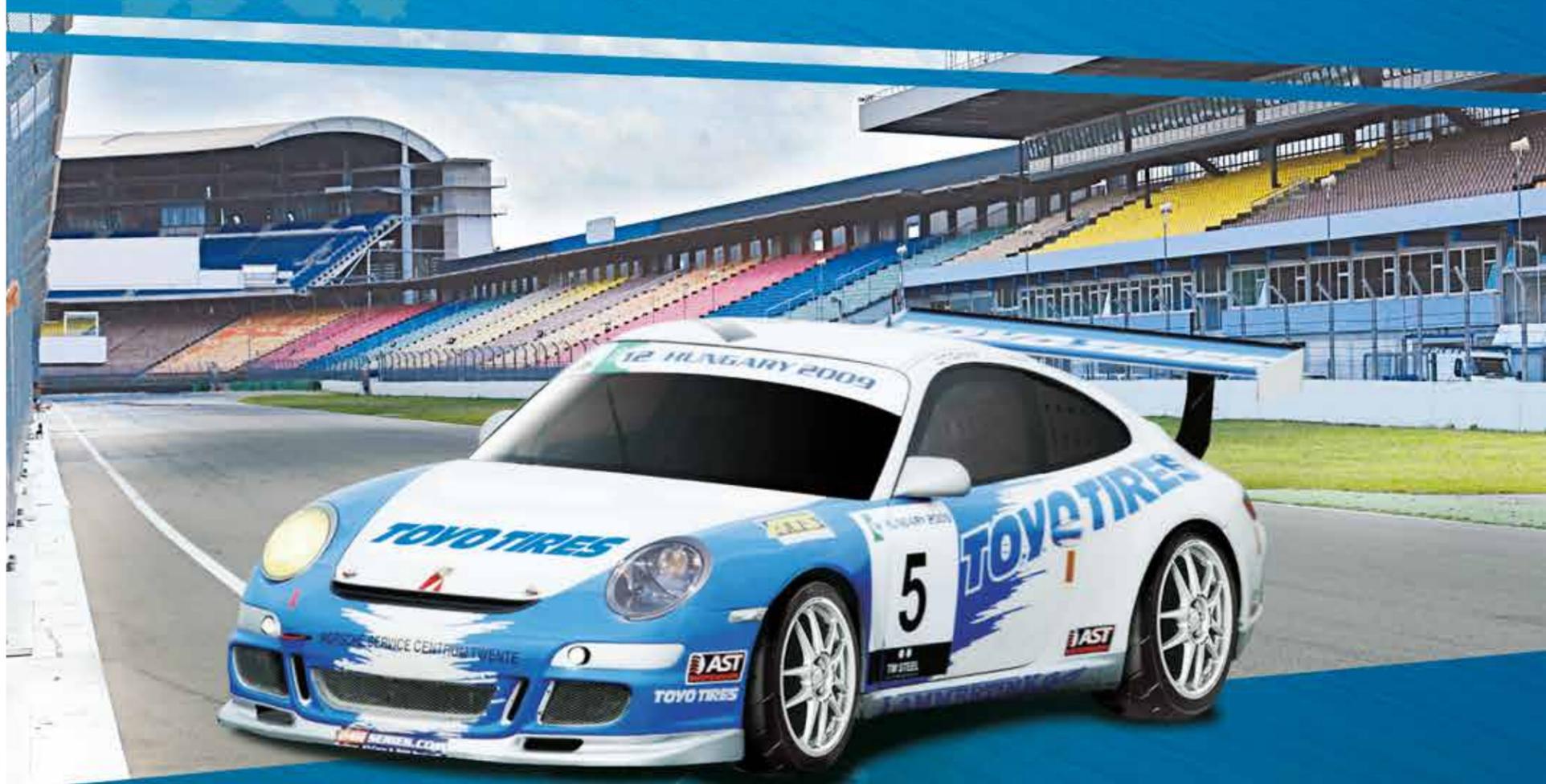
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