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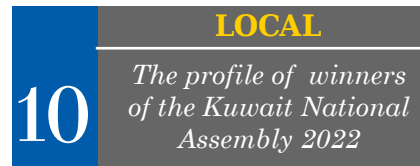
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The profile of winners
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Assembly 2022

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250 Fils

Parliamentary Elections 2022

A triumph of democracy

- Democracy and Development should go side by side -



THE TIMES KUWAIT REPORT

In a world where democracy is being buffeted from all sides by geopolitical developments, and where governments are increasingly espousing authoritarian tactics, it is refreshing to witness that democracy despite its warts and wrinkles still continues to flourish in Kuwait. Last week, the country once again affirmed its commitment to the principles of representative democracy, with elections to the 17th legislative session of Parliament being held on Thursday, 29 September.

Final results to the 50-seat National Assembly were announced on Friday.

His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah in his cable of congratulations to the newly elected members of Parliament, expressed his happiness in the trust vested in them by citizens, and wished the new lawmakers the best in their new responsibilities in serving the country. His Highness the Crown Prince Sheikh Mishal Al-Ahmad Al-Jaber Al-Sabah also sent similar congratulatory cables to the newly elected members of Parliament.

As polling drew to a close at 8pm on Thursday there was a collective sigh of relief among everyone involved in the electoral process. Organizers and supervisors of the elections, including representatives from the Ministries of Interior and Justice,



were understandably proud that the election process had gone through without any major glitches. Election results from the five constituencies that began trickling out from early hours on Friday morning, were announced in full by mid-afternoon.

Opposition supporters were elated with the election outcome; with 19 of the 21 former opposition lawmakers who competed in the 2022 election being reelected. Also, giving a further boost to the opposition was the return of veteran

politician and former speaker of the National Assembly, Ahmad Al-Saadoun, to the National Assembly. The 87-year old, multiple-time parliamentarian and House Speaker won with a thumping majority from the Third Constituency.

In contrast, there was gloom and a sense of foreboding among supporters of the government, with many of the 'pro-government' faction in the outgoing parliament being rejected by voters, or deciding not to contest the 2022 elections. The new assembly now has 16 new faces, with 23 members of the dissolved assembly and 11 former lawmakers from previous assemblies making their way back to parliament.

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Scientific Center opens doors to backstage operations

Last week The Scientific Center announced a new 45-minute guided tour for visitors to learn more about backstage operations at the Center, especially its aquariums. The experimental project will allow visitors to view and directly interact with the fishes and other animals, and learn how to care and feed them.

The Scientific Center, which is affiliated to the Kuwait Foundation for Advancement of Sciences, will also provide visitors on the

guided tour with the opportunity to see the veterinary clinic, fish hospital, algae laboratory, food preparation kitchen, and the main aquarium, which contains hundreds of species of marine life. The highlight of this tour is the experience of feeding the fish from the top of the main aquarium, which even children from the age of five can experience.

Elaborating on the new guided tour, Acting Director-General, and member of the Center's Board of Directors, Dr. Hamad



Yassin said: "We have redesigned and used the spaces behind the scenes to be more attractive and safer for children. We want everyone to see our high-quality facilities and world-class life support systems, which is truly a matter of pride, as the Scientific Center has continued to develop over the course of 22 years, which qualifies it to continue to obtain international accreditation, including from the European Association of Zoos and Aquariums."

Despite surplus, government to rationalize spending

Given the current international oil price scenario, and since the start of the current fiscal year on 1 April 2022, sale of each barrel of oil is expected to net a profit of KD35 to the state treasury. The windfall in revenues will allow the state budget for 2022-23 to notch a surplus after eight consecutive years of fiscal deficits that began with fiscal 2014/2015.

Official figures indicate that from 1 April to mid-September of this year, the average price of a barrel of Kuwaiti oil amounted to \$110. In view of the fact that Kuwait needs oil price of \$75 per barrel to break-even — the price of a barrel of oil needed to achieve parity between expenditures and revenues — the prevailing average price of \$110 could lead to billions of dollars in surplus by end of current fiscal year on 31 March 2023.



Amid the current wave of high oil prices and despite projected budget surplus by end of fiscal year, the government is reportedly determined to reduce and rationalize spending. This was made abundantly clear in a recent cabinet decision assigning the Minister of Finance to take appropriate decisions on setting expenditure ceilings and issuing instructions to regulate spending.

Kuwait retains 10th spot in world oil production

Kuwait retained the tenth position among the largest oil producing countries in the world in 2021, and fourth largest among the Organization of Petroleum Exporting Countries (OPEC) with an average production of 2.72 million barrels per day (mbpd).

In the latest report by the Oil and Gas Investing News, Kuwait's production in 2021 decreased for the third time since 2018. In 2016, production reached 3.072 million barrels per day, and then decreased in 2017 to 3.025 million barrels per day. In 2018, production recorded a slight recovery to 3.059 million barrels per day, but it soon declined again in 2019 to 3.017 million barrels per day. The report noted that the oil and gas sector in Kuwait contributes about 60 percent of the country's GDP, and accounts for the lion's share of export earnings, at 95 percent.

Global oil production has in recent years witnessed several headwinds, including from repercussions of COVID-19 that dampened production worldwide, and from the consequent response by OPEC and several non-OPEC allies to throttle their production through voluntary output cuts. Continued sanctions on Iran's oil production, and the new export restrictions imposed on Russian outputs following its invasion of Ukraine, have led to further falls in global exports of oil and gas.

The resurgence in global oil demand following recovery from the pandemic, has led to sharp increase in oil prices and attempts by oil producers to ramp up production. The production control agreement between OPEC and 11 of the world's



largest oil producers, which expired in 2020, has also led to sharp increase in production. In light of these and other recent market events, it is interesting to look at which countries produce the most oil so that they may be able to fill the supply gap if Western countries continue to impose more sanctions on Russia.

The following is a list of the top 10 oil-producing countries and their average daily production in 2021, according to statistics from the US Energy Information Administration, and it includes the total production of petroleum and other liquids.

In top position was the United States with 18.88mbpd, followed by Saudi Arabia in second spot with 10.84mbpd and Russia in third position globally with 10.78mbpd. In fourth place was Canada with 5.56mbpd and China in fifth spot with 4.99mbpd. Iraq was in sixth position producing 4.42mbpd, followed by the UAE in seventh place with 3.79mbpd and Brazil taking the eighth spot with 3.69mbpd. Iran came in ninth place with 3.46mbpd and bringing up the rear in the list of top-ten producers was Kuwait with its 2.72mbpd production.

ABCK-AmCham Kuwait, BNK Automotive, hold seminar on EV

ABCK-AmCham Kuwait, in collaboration with BNK Automotive, held a conference for its members from different industries, as well as for representatives from several embassies, to learn more about electric vehicles (EV), the many benefits that come with driving EV. The attendees also learned about the future of EV globally and in Kuwait for automotive brands and users.

Mohammed AlGharaballi, brand experience professional at BNK, opened the event by introducing participants to Volvo's history, achievements, and collaborations, as well as its impact on the EV industry. AlGharaballi also explored the current status of electric vehicles in Kuwait, and how the perception of electric vehicles and their longevity has shifted over the past few years. He stated, "The world of automotive is shifting towards electrification, and BNK Automotive is honored to be in a position to help catalyze this change in Kuwait towards a brighter and greener future."

For his part, Nils Mösko, head of Strategy & Business Development at Polestar introduced his company and its history, while underlining that Polestar is the first ever purely electric vehicle brand introduced in the Kuwait market, and this is a milestone that will pave the way for

other manufacturers to introduce a fully electric vehicle option in the future.

Mösko spoke about Polestar's technological and engineering synergies with Volvo Cars and benefits from significant economies of scale as a result. He also stated that the success of the brand has been enabled by collaborations and partnerships that focus on decarbonization and sustainability. The goal of Polestar is to produce a climate-neutral car by 2030 without any offset.

The event provided an opportunity for participants to learn more about electric vehicles and their impact on the environment. As Kuwait explores a new era of electric vehicles, the hope is to increase road safety as electric vehicles have several automated features that enhance user's safety, and point to the future of EV not just in Kuwait but also globally.

Participants were able to schedule test drives at the Volvo Studios for the Polestar 2 model EV.



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Nepal and Kuwait 50 years of fruitful friendship

H.E. Durga Prasad Bhandari

By Reaven D'Souza
Managing Editor

Ambassador Bhandari began by telling us about his early interest in pursuing a career in the diplomatic field. "From my school days I had the habit of taking interest in matters related to international affairs, in addition to the events and circumstances taking place in and around Nepali society. To be acquainted with international affairs was my hobby in those days that ultimately prompted me to choose a career path related to the outside world. I appeared in the examination conducted by the Public Service Commission of Nepal for Nepal Administrative Service (Diplomatic Group) and passed all examinations in my first attempt before joining the Ministry of Foreign Affairs in 1996 as Section Officer.

"In the last more than 26 years of my services in the field of diplomacy, I served both in Nepal and in my country's diplomatic missions abroad. I participated in several meetings, seminars, workshops and conferences, both in Nepal and abroad on matters of bilateral, regional and multilateral affairs. I served in the Consulate General of Nepal in Kolkata (India), Embassy of Nepal in Brussels (For the countries of BENELUX and the Mission of Nepal to the European Union), and at the Embassy of Nepal in Islamabad, Pakistan (With concurrent accreditations to Iran, Afghanistan, Turkey and Iraq) in various capacities.

"Since 2019 April, I have been serving in Kuwait as Ambassador Extraordinary and Plenipotentiary of my country. Through this career I received a good exposure, obtained opportunities to serve my country and people both from inside and outside Nepal. My job has also helped me a lot in broadening my knowledge horizon and enriching my experiences in relevant fields."

Asked about any specific challenges he faced in his career over his extensive years in the diplomatic field, the Nepali envoy said: "I do not remember any specific challenge that I encountered during my previous postings. But serving abroad safeguarding the interest of your citizens; accomplishment of all tasks given by the

country in a distinct environment different from that of your own country; enhancing relations with the host country in diverse fields, including trade, tourism, investment, employment and such other fields; protection, rescue and repatriation of own nationals in case of any emergency situation like sudden eruption of conflicts or war, natural calamities, spread of disease and others are definitely some of the common challenges faced by all diplomats, and I am not an exception in that. Looking from that perspective, I feel a sense of accomplishment and satisfaction from my work so far. In my three-and-half years' time in Kuwait, almost two years were spent dealing with adverse effects of COVID-19 pandemic. Conducting rescue operations, supplying essential food and medical items to the needy Nepali workers, and coordinating repatriation flights for the affected Nepali migrant workers, as well as arranging medical equipment and supplies to fight against COVID-19 pandemic were some of the major accomplishments during that period."

Speaking about his experience since taking charge at the Nepali Embassy in Kuwait,

authorities here are very cooperative and friendly to the diplomatic community. I have also enjoyed good respect from the local people wherever I went in this country.

"The year 2022 marks the 50th anniversary of the establishment of diplomatic relations between Nepal and Kuwait. The formal diplomatic relations between the two countries were established in 1972. A number of activities are being organized to mark this important milestone year. The Embassy has been receiving excellent cooperation from the Ministry of Foreign Affairs and other institutions, in all its activities aimed at enhancing the relations between Nepal and Kuwait.

"A good number of Nepali nationals have been working in various sectors in Kuwait. They have been helping in further strengthening the relations between the two countries and peoples. Kuwait Fund for Arab Economic Development (KFAED) has also been associated with some notable development projects of Nepal for years."

Turning to bilateral relations in other fields and his endeavors to improve these ties further,

the envoy said: "We are engaged in further expanding the relations between Nepal and Kuwait in the areas of trade, tourism, investment, employment and several other fields. We are also working together to have more employment opportunities for Nepali semi-skilled and skilled human resources.

"Additionally, Nepal and Kuwait have been working together on multilateral forums on issues of global and regional importance together with other member states. I do appreciate the cooperation and solidarity extended by the government and people of Kuwait in our fight against COVID-19 pandemic. Both countries in association with other member states are also exerting all efforts to enhance the effectiveness of Asia Cooperation Dialogue (ACD), which has its Secretariat in Kuwait City, so as to promote economic interdependence among Asian countries."

Expanding on bilateral economic relations, mutual investments, and sectors of the economy that would be especially appealing to investors



Ambassador Bhandari stated: "I presented my Letters of Credence as Ambassador of Nepal to the State of Kuwait on 15 April, 2019. Nepal and Kuwait have cordial and friendly relations both at Government and people's level. These relations and cooperation are growing steadily to the mutual satisfaction of both sides. Kuwait and Nepal have remained good friends both at good and bad times. I found that all the government



from Kuwait, the ambassador noted: "Nepal is considered as an attractive destination for international investors. In terms of having the most favorable business climate, we are second in South Asia (2020 ranking). We are also continuously improving our business climate in the country.

"Nepal has an abundance of labor force with low cost of labor compared to other peer countries. We are situated between two large economies of China and India. We have optimized our legal instruments in line with international conventions and laws. In addition, our domestic laws and policies are private-sector friendly. Almost all sectors, barring a few, have been opened for foreign investment. Energy, particularly hydropower generation, irrigation, infrastructure development, Information and Communication Technology (ICT) development, Agriculture, Education, Health, Manufacturing, Mines and Minerals are some of the major areas where we have been welcoming foreigners to make investment in Nepal at the moment. In Kuwait too, we have informed the same to the potential investors and individuals regarding the lucrative business and investment opportunities available in Nepal. The potential is high.

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Grand farewell held for Indian and Slovakian ambassadors

On 28 September, the Dean of the Diplomatic Corps and Ambassador of the Republic of Tajikistan to Kuwait H.E. Zubaydullo Zubaydzoda, with participation of representatives of diplomatic missions and international organizations accredited to the State of Kuwait, held an event to bid farewell to the Ambassadors of Slovakia H.E. Igor Hajdusek and India H.E. Sibi George, on completion of their tenure in Kuwait.

On behalf of the Diplomatic Corps Ambassador Zubaydzoda presented the two outgoing ambassadors with memorable gifts and wished them success and good luck in their future career.



Kuwait second wealthiest in the region

A new report titled 'Global Wealth Report' by Credit Suisse Bank, the Swiss-based global investment bank and financial services firm, shows that Qatar occupies the first place in the Arab world in terms of individual wealth, with a per capita share of about US\$183,000.

Kuwait came in second place, with an average per capita wealth of \$171,300, followed by the UAE in third spot with an average per capita



wealth of \$122,800 person. Bahrain was in fourth place in the Arab world with \$98,000 per person, followed by Saudi Arabia in fifth position with an average per capita worth of \$84,400, and Oman, Jordan, Egypt, Tunisia and Iraq occupying the sixth to tenth positions respectively.

Holiday declared on Prophet's birthday

Civil Service Commission has declared that Sunday, 9 October, will be an official rest day instead of Saturday, to celebrate the Prophet's birthday. Work will resume in all ministries, authorities and institutions on the morning of Monday, 10 October. However, concerned authorities will be free to determine the holidays for agencies and entities that are undertaking specialized work.



LuLu Hypermarket holds LuLu World Food Fest 2022

LuLu Hypermarket, the premier destination for discerning shoppers in the region, organized the LuLu World Food Fest 2022 promotion, a mega celebration of global foods, from 28 September to 4 October at all outlets of the brand.

The event was inaugurated on 28 September at the AlRai outlet of LuLu Hypermarket by renowned Indian actor, TV host, global traveler and chef, Raj Kalesh, & the famous chef & influencer Jameela Allenquawi in the presence of top management of LuLu Hypermarket in Kuwait and the representatives of sponsors of the event.

Adding to the excitement of the inauguration event were a series of activities, including a live-demo by leading chefs; street-food counters at all outlets of the hypermarket; a Desi Dhaba, which featured the best of North Indian cuisine, a Malabar Chayakada and Thattukada, where one could taste the authentic flavors of Kerala; and, a Bakery Bread House selling oven-fresh



bread and other baked specialities.

The LuLu World Food Fest promotion was inaugurated at the other outlets of the brand with a cake cutting ceremony, and with a variety of incredible events. Some of the crowd-attracting activities lined up at the various outlets, included the cutting of the largest pizza; the biggest shawarma, and the biggest

burger, as well as the largest sandwich.

Amazing discounts and special offers on a wide range of food products from around the world was the highlight of the week-long promotion. Several side events were held as part of the LuLu World Food Fest promotion, including a cake mixing ceremony that was held on 29 September at the AlDajeej branch.

The ceremony saw the chief guest Mr. Kalesh joining LuLu chefs to mix-in the exotic fresh fruits, dried fruits, juices and flavors that go into LuLu's famous Xmas and New Year plum cakes each year.

Other contests and competitions that were held during the week-long LuLu World Food Fest promotion included a 'Wow the Master Chefs' contest that was held on 28 September at the AlRai outlet. On the occasion, the chief guest Mr. Kalesh interacted with the contestants and judged the competition to pick the winner.

A Junior Chef contest, a 'Taste and Win' competition, a 'Health Food' competition, and a 'Cake Challenge' contest was also held at LuLu outlets during the promotion period. The food festival competitions continued until 4 October with exciting prizes provided to the winners of the competitions and contests.

The main sponsors and supporters of the week-long LuLu World Fest 2022 were Al Wazan, Country, IFFCO, KITCO, Seara and Americana.



Kuwait restricts visit visas, neighbors open up to visitors

In stark contrast to most of its neighbors in the Gulf Cooperation Council (GCC) bloc that have implemented policies aimed at attracting people from around the world, Kuwait has steadfastly remained reluctant to welcome visitors. While many of the other GCC states are facilitating the procedures for obtaining entry visas to their lands, Kuwait appears determined to remain the outlier and swim against the current.

Besides reluctance to enact laws that welcome international travelers, recently the government announced that it would implement measures to stop all kinds of tourist and commercial visas, even visas to join a family, so as to develop a comprehensive mechanism related to visit visas.

Obtaining a tourist entry visa to Kuwait

entails long and complicated procedures, and obtaining it online is limited to only a few specific nationalities. Meanwhile, in Saudi Arabia, following the recent opening up of the travel and tourism sector to attract visitors from around the world, the authorities announced the launch of what it refers to as a 'digital embassy', which is specialized in granting the visa online, without the need for the applicant to personally visit the Saudi embassies in their country. In addition, the kingdom now grants a one-year visa for multiple trips, unlike Kuwait, which limits the duration of the visa to three months.

While expatriates in Kuwait are currently unable to obtain visas for their children who were born outside the country and enable them to return with their mothers, the new procedures in Saudi Arabia allow obtaining

a visa within minutes, whether for tourism or Umrah purposes.

The same applies to tourist visas, which are very few in Kuwait for a variety of reasons, including the absence of any efforts to attract tourists through any coherent or cohesive strategies or plan of actions. On the other hand in Saudi Arabia it is now possible to visit the Kingdom for tourism and perform Umrah at the same time.

The new procedures in Saudi Arabia allow the applicant to request for a visa online through the official visa platform approved on the website of the Saudi Ministry of Foreign Affairs (the digital embassy).

In the UAE, which has been long known to attract visitors worldwide, steps are being taken to further facilitate visa and residency procedures. The authorities recently allowed



foreigners of all nationalities to apply for a multi-entry tourist visa valid for five years from the date of issuance, without requiring a guarantor or host in the state, provided that he or she stays in the state for a period not exceeding 90 days in one year.

Sponsor to pay for workers who fail PAM tests



As part of the 'Smart Recruitment of Skilled Labor' project the Public Authority of Manpower (PAM), has reportedly obtained approvals to include the project in the Kuwait development plan and to implement it in cooperation with other relevant government agencies.

In a statement describing the project, PAM noted that theory tests for professional expatriates seeking work in Kuwait, or recruited to work in Kuwait, will take place in the countries of origin while the practical tests will happen once the workers arrive in Kuwait. The results from these tests will be taken into consideration before the worker is eligible for a work permit.

Media reports indicate that more than 20 professions that are in high demand in the labor market have been identified for practical and theory testing and that this will gradually be expanded to other professions.

The goal of the project is to ensure the recruitment of skilled labor that contributes to upgrading the labor market, in addition to preventing, as much as possible, the entry of the untrained marginal workers, who have actively contributed to the imbalance that affected the population structure in the country. In case the worker fails the practical tests, the sponsor will be obliged to pay the return fare to the point of departure.

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– Charles Kettering

American inventor, engineer, businessman, and the holder of 186 patents



Overcome your soft drink addiction

Ask Mira: Eating Right to Live Happy & Healthy

I can't help but notice that an alarming number of young people are drinking sodas excessively especially at universities; many students are addicted to different types of sodas. Unfortunately some are even substituting water for their favorite sodas. This can have lasting consequences on their health, as we shall see.

Here are all the facts about soft drinks:

- They are one of the main reasons for obesity, because your weight gain is directly related to the amount of calories you intake. So with every single can, you add extra calories to their body weight, especially from sugar, and extra sugar is directly converted to body fat.
- Can lead to diabetes. With every can of soft drink, people introduce large amounts of sugar into their body that overtaxes the body's insulin-producing machinery, which is responsible for regulating blood glucose levels. Consequently, people either stop responding to insulin as easily, or the pancreas stop producing insulin altogether, which can result in diabetes.
- Increase the risk of tooth decay. The acidic content of soft drinks can dissolve the tooth enamel and weaken them. Avoid taking soft drinks before sleeping to prevent tooth decay.
- Contains sodium that may lead to bloating and water retention. Water retention can cause bloating and puffiness, and the water levels can cause a person's weight to fluctuate. In order to treat water retention, you need to reduce your caffeine and sodium intake, and be sure to drink plenty of hydrating fluids.
- Are high in caffeine content. Caffeine increases your heart rate, causing irritability, tension, and other side effects. Soft drinks also increase blood pressure, due to their content of sodium bicarbonate and sodium benzoate.
- Caffeine is addictive, and causes people to overindulge on them.
- Can also lead to osteoporosis (bone loss). This is because the phosphoric acid in the soda causes calcium in your bloodstream to be excreted through urine. Your bones will lose calcium which leads to osteoporosis.

What about diet ones?

Although diet soft drinks do not contain calories, they

do increase your appetite and enlarge your stomach and are also a cause of weight gain.

The sweetener used in diet versions of soft drinks is Aspartame, and studies are found that this is linked to an increased chance of brain tumors, cancer, premature birth, liver damage and allergies. Moreover, diet drinks have no effect on the risk of developing obesity-related conditions, and some experts warn they may even encourage weight gain by causing drinkers to eat more by stimulating their sweet tooth. My advice is to replace diet sodas with healthier drinks such as juices, smoothies and lemonade as a better decision towards improving your health.

Hello Mira, I appreciate your advice. The weather is getting kind of chilly, and I would like your opinion on the best healthy drinks to keep warm.

Here are some choices:

- Milk and cinnamon: regulates insulin levels, and lowers sugar cravings.
- Cappuccino: low in calories, yet high in calcium and vitamin D.
- Camomil: prevents bloating and aids in releasing body cramps.
- Anise: Great for rheumatism, aids in digestion and prevents constipation.
- Tea with ginger, lemon and honey: prevents flu and cold in winter and improves blood circulation.

Eat like Mira
Create healthy habits, not restrictions

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



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

RECIPE

Hariyali Pav Bhaji



Hariyali Pav Bhaji is a variation of the popular Indian street food, pav bhaji, and is made using green veggies such as green tomatoes, green onions and green spinach. The green vegetables used in this recipe are generally available throughout winter and thus this snack is a nutritious and perfect winter warmer. Serve hariyali pav bhaji hot with pav or bread and enjoy when family and friends get together.

Total time : 30 to 45 minutes

Serving: 4 people

Ingredients:

- 1 cup potatoes (peeled and diced)
- 1 cup bottle gourd (peeled and diced)
- 1/2 cup cauliflower florets
- 1/2 cup cabbage
- 1/2 cup green peas (fresh or frozen)
- 1 cup green capsicum (finely chopped)
- 1 cup green tomatoes (finely chopped)
- 1 cup green-part of spring onions (finely chopped)
- 1/2 cup white-part of onion (finely chopped)
- 2 tbsp ginger-garlic paste
- 3 green chilies
- 1/2 cup spinach puree
- 1/2 tsp Kasoori methi fenugreek
- Water as required
- Salt to taste
- 1 tbsp pav bhaji masala
- 1/4 tsp coriander powder
- 1/4 tsp turmeric powder
- 1/2 lemon juice
- 2 tbsp butter
- 1 tbsp oil
- 1/4 cup coriander + for garnishing
- Fresh coriander leaves
- 4 to 6 Pav bread rolls
- Lime wedge
- Finely chopped onion
- Butter



Chef Chhaya Thakker

Preparation:

- Boil the veggies and peas together in 1/2 cup water and a tsp of salt for four whistles on a pressure cooker. Allow the cooker to cool.
- Using a pav bhaji masher, mash the boiled veggies thoroughly, and set aside
- Add butter and oil to a pan and bring to heat, toss in the finely chopped green onions. Green chilies and ginger garlic paste.
- Saute for a minute mixing well
- Add the finely chopped capsicum and green tomatoes
- Cook for 2-3 minutes mixing till oil begins to separate
- Add the spinach puree, pav bhaji masala, kasoori methi, coriander powder and salt to taste. Mix well
- If gravy appears too thick add water as required
- Once gravy starts to boil add boiled vegetables and mix well
- Add the finely chopped green-part of onion
- Cover the pan and cook for 10 minutes on low flame
- Switch off flame and squeeze the juice of one lemon over the bhaji
- Mix well and then place a ladle of hot bhaji on a plate, sprinkle onion and coriander, and add a dollop of butter, before serving with toasted pav bread along with a slice of lemon wedge.

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

Kuwait UFC Gym to be biggest venue in Middle East



Abdullah Alaskari
Chief Development Officer
UFC GYM

Abdullah Alaskari has been involved in the fitness industry since 1998, and has studied business marketing at Virginia Commonwealth University and sports management at the Cruyff Institute of Sports in Barcelona. He has a PhD in sport business from the Paris School of Business. He established Clubfit Gym Co. in 2009, Evolve Supplements Co. in 2012, and was the managing partner of C Club Kuwait. He also established Life Beam for Gym Establishment and Management in 2015, and the 70/30 meal delivery service in 2018. Throughout the years, he has initiated numerous health and wellness facilities, such as Bidaya Athletic Academy for Children, Riaya Physiotherapy Clinic, Albidea Health Club Resort, and many more. In May 2021 he was appointed as Chief Development Officer (CDO) for UFC Gym Middle East.

In a recent media interview, Abdullah Alaskari spoke about the strength of the business in Kuwait, the popularity of sport in general, and plans for the future.

"Today, UFC is one of the world's most popular sports and fastest growing. As far as gyms are concerned, UFC is present in around 21 countries globally," said Alaskari, who is tasked with developing business for UFC GYM in the Middle East.

Asked about his expectations on UFC Gym opening the brand's biggest venue in the Middle East in Kuwait, Alaskari said: "It is a truly exciting time for UFC GYM and the Ultimate Fighting Championship (UFC) globally. Today, UFC is one of the world's most popular sports and fastest growing. As far as gyms are concerned, UFC is present in around 21 countries globally. We are extremely driven at UFC GYM, which is why we aim to open one gym per week worldwide going forward. It is in the company's DNA to excel and succeed. Regarding Kuwait, we are certain the operation will become the flagship UFC GYM in the Middle East. It will be the second-largest UFC facility in the world and certainly the most luxurious."

Elaborating on his perspective of the sporting industry in Kuwait, and UFC's strategy to leverage its success, the CDO explained: "Sport has always played an important role in Kuwaiti society. Kuwaiti athletes have been successful in many fields, and the sports industry in Kuwait has been popular and highly appreciated for a long time. Martial arts, in particular, have been a popular discipline, with many Kuwaitis having had a chance to try it at some point in their life. UFC's goal in Kuwait is to bring these disciplines to the surface and normalize them. The benefits of martial arts training are



vast and can certainly help people take care of their bodies and minds more efficiently than a regular gym session. Besides, we believe in raising people's self-esteem and confidence, as martial arts enable individuals to feel safer and protect themselves."

Pointing to developments and achievements of the brand on the digital front, Alaskari said: "UFC has its own app. In Kuwait, we are currently working on an application called ALLUP that will bring together the entire fitness industry in the region. The project has been in the works for over two years. We are close to a launch date and expect to include 3,000 gyms. It is a project that I have been working on alongside my team and the gym's owner."

Turning to his expectations and plans for the coming years, the CDO added: "At present, we have 15 facilities in operation throughout the region which includes UAE, Qatar, Bahrain, Oman, and Egypt. We also have eight that are currently under development and are expected to open

by the end of 2022 or early 2023. Our short-term goal is to have 25 fully functional facilities by the beginning of 2023, with the medium-term goal of having more than 65 facilities in the region by 2028. We also have plans to expand into Turkey and Iraq. In addition, one of our main goals is to see mixed martial arts in the Olympic Games in Los Angeles in 2028. The president of the UFC has been lobbying for this with the Olympic committee in the US, and we are eagerly awaiting the result."

Detailing the recent partnership deal signed with the Ministry of Youth in Kuwait and the scope for further collaboration, Alaskari noted: "UFC GYM has partnered with the Ministry of Youth to create a training program through which we provide opportunities for young Kuwaitis to become certified trainers with the UFC. They will do an eight-12-week certification program and, once certified, we will either hire them or help find them a job in the sector. Many people approach us wishing to set up their own gyms, and our company looks to help them achieve their dreams of business ownership. Our team is supportive throughout the initial stages of their careers. It is a program that the Ministry of Youth has delivered in partnership with international brands before — Google, Boeing, and Amazon have already taken part. This is the first year of the program for the UFC, and we will continue in this direction for as long as we can. Moreover, we recently signed an agreement with the armed forces, the police, and the fire department to train their staff in self-defense, replicating similar UFC initiatives in other countries."

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LuLuFin MD Adeeb Ahamed receives long-term residence visa in Oman



Adeeb Ahamed, Managing Director of Lulu Financial Holdings, has been granted Oman's long-term residency card for expat investors.

Adeeb Ahamed received the investor residency card from H.E. Qais Mohammed Moosa Al Yousef, Minister of Commerce, Industry & Investment Promotion, Government of Oman.

"I am humbled and delighted to receive this honor today. I thank His Majesty Sultan Haitham bin Tariq Al Said, the government and people of Oman, for bestowing this recognition on me," Adeeb said, after receiving his residency card, adding, "Oman

is blessed with a robust economy, and it has been a privilege to invest in its growth."

Launched in late 2021, the Investor Residency Visa is part of the country's economic recovery plan to attract global talent and boost investment to Oman, in line with the Oman Vision 2040.

Adeeb is a prominent entrepreneur whose investments have immensely contributed to the sultanate's financial services and cross-border payments sector. Abu Dhabi based LuLu Financial Holdings - which has a presence in 11 countries globally, operates a slew of LuLu Exchange branches apart from digital payment solutions, in Oman.

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Qatar National Library Gears up for World Cup 2022 by Offering Artistic, Cultural and Tech Events in October

29 September 2022 – Qatar National Library is gearing up for the FIFA World Cup Qatar 2022™ by offering a variety of events and workshops in October focusing on football, art, music, technology, literature and culture.

On 2 October, the Library and Qatar Cancer Society will host a reading session presented by cancer survivor patients. The session will highlight their experiences with cancer, to be a source of support and inspiration for those fighting the disease.

On 3 October, the Library, in collaboration with the World Innovation Summit for Health 2022, will host an inclusive live cooking event for people with disabilities with chefs Nour Al Mazroei and Giles Duley to promote skills, happiness and wellbeing, as well as provide a pathway to living independently.

The Library will launch the second scientific research forum for young adults on 9 October. In cooperation with the Ministry of Education and Higher Education and Qatar Science and Technology Secondary School for Boys, the forum aims to develop and improve students' capabilities in the field of scientific research.

On 11 October, to celebrate the 50th anniversary of the establishment of diplomatic relations between France and Qatar, the Library together with the French Embassy in Qatar, will host an exhibition showcasing an exclusive selection of photographs taken during key moments, which forged the well-established tradition of cooperation between France and Qatar.

The Library will host the art exhibition,

"Reesha" from 13 October to 31 December 2022. Under the slogan "We Welcome the World to Qatar 2022," the exhibition will showcase children's artwork, inspired by Qatar's 2022 World Cup™ stadiums, with audio-descriptive guides and high-contrast raised images also making it accessible for visitors with impaired vision.

On 16 October, join the Library for the third community read and book discussion on the novel that won the 2016 Katara Prize for Arabic Novel, Kilimanjaro Spirit. Written by Ibrahim Nasrallah, the novel was inspired by real-life events when Nasrallah climbed Mount Kilimanjaro with a group of volunteers, including two Palestinian adolescents who had lost their legs.

On 17 October, the Library invites visitors to attend a lecture on "The Emergence and Development of Public and Private Libraries in Qatar." The lecture will be presented by Professor Abdul Rahman Al-Sunaidi, a researcher specializing in the modern history of Qatar who will talk about the development of major knowledge platforms and the expansion of the cultural scene in Qatar. Dr. Moez Al-Duraidi, Senior Archives Specialist at Qatar National Library, will introduce the lecture and highlight the contents of the Heritage Library that depict the history of the cultural scene in Qatar.

On 19 October, CineMoon Ensemble, a member of the Qatar Philharmonic Orchestra, will be back at the Library for a new project. Titled "The Sound of the Books and the Seventh Art," The CineMoon Ensemble will play music from well-



known movies such as Cinema Paradiso, The Godfather and many more.

The Library's "Manuscript Studies Lecture Series" is also back for its monthly lecture on 20 October. Dr. Mohamed Hasan Ismail, a Senior Researcher at the Writing and Scripts Research Center of Bibliotheca Alexandrina and Lecturer at the Institute of Arabic Manuscripts in Cairo will talk about "Paleography and Scripts in Arabic Manuscripts".

On 21 October, the Library invites visitors to learn about the cultural traditions of Palestine such as the dabkeh, an important traditional dance and the mawal, an Arabic genre of music.

On 24 October, the Library will host a workshop with Qatari artist, Fatima Al Nuaimi to work with participants on creating their own football fan's hat with the theme of the Qatar World Cup 2022™.

On 26 October, the Library will host an introductory lecture that comes within the

framework of a series of seminars on the archival and document collections preserved in the Heritage Library at Qatar National Library. Dr. Moez Al-Duraidi, Senior Archives Specialist at Qatar National Library, will present a rare collection of documents and letters presented for the first time as individual copies preserved in the Library.

On 27 October, the Library celebrates World Day for Audiovisual Heritage with a webinar that will highlight the collaboration between Qatar National Library and the International Association of Sound and Audiovisual Archives.

On 30 October, as a part of welcoming the World Cup 2022™ to Qatar, the Library will host a FIFA 22 PlayStation tournament to unite community members with a shared passion for football and video games.

Finally, join the Library along with Dorothy C. Ogdon, Head of Emerging Technology and System Development at the University of Alabama at Birmingham (UAB) Libraries, to discuss topics on artificial intelligence (AI) and extended reality. The workshops will take place on 30 and 31 October and 1 November.

The Library will continue to host a variety of fun and engaging events online throughout October. As the Library will host several in-person events, participants are reminded to adhere to the latest COVID-19 guidelines set by the Ministry of Public Health to ensure the well-being and safety of the community. For a complete list of events, please visit the Events page on the Library's website (www.qnl.qa/en/events).

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Last-minute ticket sale kicks off online



“ Qatar will become the first Arab country to host the World Cup, the biggest sporting spectacle on the planet. The 2022 FIFA World Cup is slated to take place from 20 November to 18 December with hosts Qatar taking on Ecuador in the opening game. ”

As the 50-day countdown to the start of the global showpiece, the FIFA World Cup 2022 in Qatar on 20 November begins, fans who have not yet secured their seats — or who want to add even more fantastic contests to their schedule — now have another opportunity to do so with the start of the last-minute sales phase on Tuesday, 27 September.

Tickets, which can be purchased at FIFA.com/tickets, are available on a first-come, first-served basis and will be subject to availability. This sales phase will run until the end of the tournament. While demand has been high and the initial inventory is expected to sell out quickly, fans should check FIFA.com/tickets on a regular basis as additional batches of tickets will be made available through further releases and resales, which will re-launch in due course.

Individual match tickets will be available in all four price categories, with category 4 tickets reserved for residents of Qatar. Customers can purchase a maximum of six tickets per match and 60 across the entire tournament. Disabled people and people with limited mobility are encouraged to browse the options online and select from a range of dedicated Accessibility Tickets.

With exciting match-ups taking place around Qatar on the same day, fans will be able to take advantage of the unique opportunity to watch up to two showdowns on certain group-stage match days.

FIFA has announced that all tickets for the general public will be fulfilled as mobile tickets. No earlier than the second half of October, FIFA will release a dedicated ticketing app that customers will need to download. Purchased tickets will then be uploaded to this app and will be activated when fans access the stadium.

In addition to the ticketing app, and at the request of the Qatari authorities, all local and international fans must apply for a digital Hayya (Fan ID). This is an entry permit for the State of Qatar and, in addition to a match ticket, required for stadium access.

To apply for a digital Hayya, and to book

accommodation, visit www.Qatar2022.qa or download the Hayya to Qatar 2022 app, which is available on iOS and Android. Hayya is operated by the Government of Qatar.

For their part, authorities at the Ministry of Interior in Qatar have announced new entry and exit regulations to and from the country during the FIFA World Cup. The ministry has stated that it would be suspending normal entry visas for all visitors, effective from 1 November, 2022.

Revealing this new directive, Executive Director, Office of the Commander of Tournament Security Operations, Col. Jassim Al Sayed, explained that only Hayya Card holders will be allowed to enter the country during this period. They can also stay in the country till 23 January, 2023.

Director of the Public Relations Department and head of Media Unit, Security Committee, Brig. Abdulla Khalifa Al-Muftah, said entry for anyone without the Hayya Card to the country through its air, land and marine borders will be suspended until 23 December of this year.

The decision, however, will not affect exempted categories such as Qatari citizens, residents and GCC citizens holding a Qatari ID card, holders of personal visas and work entry

permits, as well as approved humanitarian cases.

The Ministry of Interior called on all to abide by the laws and regulations issued in this regard and not to violate them in order to ensure the successful organization of the upcoming World Cup event.

Qatar will become the first Arab country to host the World Cup, the biggest sporting spectacle on the planet. The 2022 FIFA World Cup is slated to take place from 20 November to 18 December with hosts Qatar taking on Ecuador in the opening game.

FIFA president Gianni Infantino has said it will be the “best-ever” World Cup and that foreign fans will have an experience like a “child going to Disneyland for the first time and seeing the attractions and the toys”. FIFA claimed that so far over 2.45 million of the three million tickets have been sold and that the final round of online sales will be held later this month.

Meanwhile, the \$675 million Lusail Stadium that Qatar will use for this year’s World Cup final has been put through its first sellout test earlier in September with a match between the Egyptian team Zamalek and Saudi champions Al Hilal.

The game was a test run for security, the



border immigration system and the multi-billion dollar driverless train metro that will take the strain, ferrying more than one million fans around Doha during the World Cup. To take pressure off the main international airport, Qatar also recently reopened an old airport that had been kept for use by the ruling family and other VIPs.

Lusail was the last stadium to be officially inaugurated and Head of the Qatari organizing committee Hassan Al-Thawadi, said the opening of Lusail Stadium was “an emotional moment”. “It is the culmination of a 13-year journey,” The stadium, shaped like a traditional Arabic bowl, is at the heart of a new city being built north of Qatar’s capital Doha. It will host 10 World Cup matches, including the final.

Hundreds of football fans from Saudi Arabia and Egypt crossed the Abu Samra frontier in buses, after leaving their cars on the Saudi side, to see the inaugural match at the ultra-modern Lusail Stadium. All had to apply for the special fan ID, the Hayya Card. “We entered with just our passport and the Hayya Card,” said an Egyptian fan living in Saudi Arabia. “It was simple and well-organized.” Another Zamalek supporter added, “We hope that this is a promising start for a good World Cup for all the Arab world.”



The profile of winners of the Kuwait National Assembly 2022



Official results from the 2022 National Assembly elections with profile of winners

1st Constituency



1- Abdullah Al-Mudhaf: Born in 1983 – holds a Bachelors of Business Administration from Gulf University of Science and Technology in Kuwait – worked in the banking and investment sectors – Member of Kuwait Economic Society – 2020 National Assembly member.

2- Hasan Johar: Born in 1960 – PhD in Political Science – Professor of Political Science at Kuwait University (199-1996) – Member of National Assembly (1996, 1999, 2003, 2006, 2008-2020) – Member of the Association of Journalists – Amnesty International and the Arab Sports Club.

3- Osama Al-Zaid: worked in the Petrochemical sector.

4- Ahmad Lari: Born in 1955 – Bachelor degree in Statistics

– Free Trade and Business expert – former President of Kuwait Association for Protecting Public Funds – Kuwait Association for Democratic Development – Member of Municipal Council (1993, 2008, 2013) – Member of National Assembly (2006, 2008, 2013).

5- Issa Al-Kanderi: Born in 1963 – Served as Minister of Transport, Minister of Municipal Affairs, Minister of Awqaf and Islamic Affairs – Specialized in bank affairs – Member of the Association of Journalists – Member of Human Rights Association – Member of the Kuwait Chamber of Commerce and Industry – Member of 6- Adel Al-Damkhi: Born in 1965 – Member of National Assembly (2012 invalidated, 2016) – PhD in Islamic Law.

7- Osama Al-Shaheen: Master of Law, Member of the National Assembly (2012 invalidated – 2016-2020) -Member of the Bar Association – Member of the Association of Parliamentarians for Jerusalem.

8- Saleh Ashour: Born in 1953 – Served in Kuwaiti Air Force – Members of National Assembly (1999, 2003, 2006, 2008, 2009, 2013, 2016).

9- Hamad Al-Medlej: Born in 1984 – Bachelor's degree in Military Sciences – Served as Officer in Defense Ministry – Member of Board of Directors of Mishref Co-op (2010-2013).

10- Khaled Al-Amairah: Bachelor's degree in Security and Intelligence Studies – Served as Officer in MOI.

2nd Constituency



1- Bader Al-Mulla: Born in 1971 – PhD Law and Legal studies – Lawyer and Member at Saad Al-Abdullah Academy for Security Sciences – Head of Internal Investigation (MOI) – Member of National Assembly (2016, 2020).

2- Mohammad Al-Mutair: Born in 1969 – Bachelor's of Business Administration – Member of National Assembly (2003, 2006, 2008, 2016, 2020).

3- Shuaib Shabaan: born in 1984 – Bachelor degree in Police Academy from Saad Al-Abdullah Security and Science College, Officer in Interior Ministry, Deputy Director of Sulaibkhat Sporting Club in 2012, Member of Kuwait Association for Protecting Public Funds.

4- Hamed Al-Bathali: Bachelor degree in Law from Kuwait University, Professor of the Public Authority for Applied Education and Training Law.

5- Khalil Al-Shalih: Born in 1958 – Diploma in Civil Aviation – Member of Society of Pilots and Flight Engineers – Member of Kuwait Airways Workers Association – Former Head of the Amiri Fleet Department- Member of National Assembly (2012, 2013, 2016, 2020).

6- Falah Al-Hajri: Director of Al-Atrujah Holy Quran recitation Center, Board Member of the Public Authority for Applied Education and Training.

7- Aliya Al-Khaled: Born in 1974- Bachelor of Communication

from Kuwait University, Bachelor degree in Business Administration from Kuwait Uni

8- Hamad Al-Mutar: Born in 1970 – PhD in Industrial Chemistry – Member at College of Graduate Studies -Ex-President of Kuwait Chemical Society (KCS) – Ex-President of Union of Arab Chemists (UAC) -Member of National Assembly (2012, 2020).

9- Abdulwahab Al-Issa: Born in 1988 – Bachelors in Political Science – Worked in field of Media and Commerce – Member of Kuwait Journalists Association (KJA).

10- Abdullah Al-Anbaie: Born in 1983 – Kuwait University Graduate – Certified Commercial Arbitrator -Member of British Chartered Insurance Institute (CII).

3rd Constituency



Ahmad Al-Saadon: born in 1934, former National Assembly Speaker in 1985, 1992, 1996, and 2012. Also Deputy Speaker in 1975 and 1981. Worked as Assistant Undersecretary for the Post and Telephone Affairs until 1974. Founder of the Al-Nahda Sport and Kathma Sporting Club. In 1968 became Head of the Kuwaiti Football Association. Co-founder Member of Khaldiya Society Cooperation.

Mahalhal Al-Mudhaf: Born in 1971, Member of Parliament in 2020, Diploma in Mechanical Engineering, Board Member of the Industry Institute at the Public Authority for Applied Education and Training, Board Member of Kuwait Environment Protection Society, and Member of Kuwait Association for Protecting Public Funds.

Abdulkarim Al-Kanderi: Born in 1981 Doctorate in Law and Inter-

national Trade, Lawyer and Professor at Kuwait University, Board Member of Kuwait Society of Lawyers.

Mohamad Al-Sayer: Born in 1981, Member of Parliament in 2020, Master degree in Law, Lawyer, and Member of Kuwait Lawyer Society.

Abdulaziz Al-Saqbei: Born in 1986, Member of Parliament in 2020, Bachelor degree in Architect Engineer in Kuwait University 2008, Master degree in Architect from US University of Cincinnati, Faculty Member in Kuwait University.

Jenan Bushehri: Born in 1973, Bachelor degree in Chemical Engineering from Kuwait University, Master in Chemical Engineering, and Doctorate from Ain Shams University in Egypt, 2009 Municipal Council Former Member, Advisor in National Assem-

bly, Minister of Public Works and Minister of State for Housing Affairs in 2018.

Ammar Al-Ajmi: Born in 1962, Bachelor degree in Commercial Aviation, pilot in Kuwait Airways, and former Member of Parliament in 2012.

Hamad Al-Obaid: Born in 1982, Bachelor degree from Kuwait University, Master Degree in Islamic Economics from Cairo University.

Faris Al-Otaibi: Born in 1974, Bachelor in Business Administration, General Supervisor in Kuwait Municipality, Former Member of Parliament in 2013-2020, Khaitan Cooperation Society Member.

Khalil Abul: Born in 1965, Doctorate in Program Engineering, Faculty Member of Kuwait University, former Member of Parliament in 2012-13.

4th Constituency



1- Shuwaib Al-Muwaizri: Born in 1959 – Bachelor's Degree in Police Science – Served Colonel in MOI – Ex. Minister of Housing Affairs – Ex. Minister of National Assembly Affairs – Member of National Assembly (2009, 2012, 2016, 2020).

2- Mubarak Al-Tasha: PhD in Sharia Law – Professor at Kuwait University, Commercial Institute – Arbitrator to Arab Chamber of Conciliation and Arbitration, Kuwait Bar Association – Member of Kuwait Society for Human Rights (KSHR) – Ex. Vice President of Arbitration Center at the Kuwait Bar Association.

3- Mohammad Hayef: Born in 1964 – Bachelors of Islamic Studies – Masters Degree in Islamic Studies – Imam and Preacher at Ministry of Endowment and Islamic Affairs – Ex. Chairman of Al-Firdaws Committee Charities – Member of Islamic Heritage Revival Society – Member of National Assembly (2008, 2009, 2012, 2016).

4- Mubarak Al-Hajraf: Born in 1970 – Bachelor's in Law – Master's degree in Law – Served as Secretary-General of GCC – Member of Kuwait Journalist Association (KJA) – Member of National Assembly (2016, 2022).

5- Thamer Al-Suwait: Born in 1976 – Bachelors in Architectural Engineering – worked for Ministry of Justice, Ministry of Public Works – Member of Kuwait Society of Engineers – Member of National Assembly (2016, 2020).

6- Saad Al-Khanfour: Born in 1965, Served in MOI – Member of National Assembly (2008, 2009, 2012, 2013, 2016, 2020).

7- Marzouq Al-Khalifa: Born in 1961 – Masters in Military Sciences – Served as Officer in Military – Member of National Assembly 2020.

8- Obaid Al-Wasmi: Born in 1971, Doctorate in Law, Faculty Member in Law College at Kuwait University, former Member of Parliament in 2012-2020.

9- Abdullah Fahad Al-Enezi: Born in 1976, Bachelor in Mechanical Engineer from Kuwait University, Engineer at Islamic Affairs Ministry, Former Member of Parliament in 2009.

10 - Yosif Al-Bathali: Bachelor degree in Civil Engineer from United Kingdom, Master degree Engineer Management from Jordan, Employee in Municipal Council.

5th Constituency



1 - Hamdan Al-Azmi: Born in 1968 – Masters in Civil Law – Lawyer and Legal Researcher for MOI – Member of Lawyers Association – Member of Al-Omariya and Rabia Co-op – Member of National Assembly (2013, 2016, 2020).

2 - Saud Al-Hajri: Bachelor degree mechanical Engineer from the US, Master degree in mechanical engineer from the US, worked in media and press, member of Kuwait Civil Engineer Society.

3 - Khalid Al-Otaibi: Born in 1966 – Bachelors of Police Science – Member of National Assembly (2016, 2020).

4 - Al-Saifi Mubarak Al-Saifi: Born in 1961, member of Kuwait Municipality, Former Member of Parliament 2009, 2012, 2020.

5 - Mohammad Al-Huwailah: Born in 1971 – Master's Degree in Political Science – Professor at Political Science Department – Member at Saad Al-Abdullah Academy for Security Sciences – Member of International Institute for Strategic Studies (IISS) – Member of Royal Institute for International Studies (Chatham

House) – Member of National Assembly (2008, 2009, 2013, 2016, 2020).

6 - Hani Shams: Born in 1970, Bachelor degree in Business Accounting from Kuwait University, Board Member of Social And Culture Society, Board Member of Al-Rumathiya Cooperation Society 2000.

7- Majed Al-Mutairi: Born in 1972, Bachelor degree in Business Administration, worked in Kuwait Oil Company, former Member of Parliament 2016.

8- Mohammad Al-Mahan: Diploma in Information Technology from Cambridge College in the United Kingdom, Bachelor degree in Mass Communication from Egypt, Master and Doctorate from Egypt, Lecturer in Saad Abdullah Security Science College.

9- Marzouq Al-Hubaini: Born 1952, Bachelor degree in Business Administration, Former Member of Parliament in 1996, 1999, 2003, 2006, and 2008.

10- Faisal Al-Kandari: Born in 1970 – Masters in Business Administration – Member of National Assembly (2013, 2016).

Indian community invited to attend PBD 2023 in Indore



Indian Embassy organized the 'Next Destination Indore' event last week at the embassy premises, to announce Pravasi Bharatiya Divas (PBD) 2023, which is scheduled to be held in Indore on 9 January, 2023.

Pravasi Bharatiya Divas is celebrated every year on the 9 January to mark the contribution of the overseas Indian community to the development of India. It commemorates the return of the greatest Indian pravasi of all times, Mahatma Gandhi from South Africa to India on 9th January 1915. Since 2015, its format has been revised to celebrate PBD once every two years and to hold theme-based Pravasi Bhartiya Divas Conferences during the intervening period with participation from overseas diaspora experts, policymakers, and stakeholders.

Representatives of Indian diaspora across the globe are expected to gather at Indore, in the Indian state of Madhya Pradesh for PBD 2023, which is being held under the theme of 'Diaspora: Reliable Partners for India's Progress in Amrit Kaal'. Addressing the gathering at the embassy, Indian Ambassador H.E. Sibi George invited the Indian community to attend and



participate in the upcoming PBD 2023. A State Facilitation event on Madhya Pradesh, to promote engagement in the 3Ts of Trade, Technology and Tourism was also held on the occasion in collaboration with Invest India.

Meanwhile, on another note, Indian Ministry of External Affairs announced last week that as part of measures to improve citizen's experience while availing passport related services, and to address the unanticipated surge in demand for Police Clearance Certificates (PCCs), the Ministry has decided to include the facility to apply for PCC services at all online Post Office Passport Seva Kendras (POPSKs) across India. The decision will come into effect from 28 September, 2022.

The communique from the External Affairs Ministry noted that the step would significantly add to the availability of PCC appointments slots, and at an earlier date.

The ministry pointed out that in extending the PCC application facility to POPSKs, it would not only help Indian citizens seeking employment abroad, but also meet the demand for other PCC requirements, such as in the case of education, long term visa, emigration and others.



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Spanish Business Council launched in Kuwait



Describing his country's diplomatic relations with the State of Kuwait as exceptionally good and historical, the Spanish Ambassador to Kuwait, H.E. Miguel Aguilar, expressed regret that these relations have not yet attained their full potential in the economic field.

The Spanish ambassador made these remarks last week while launching the Spanish Business Council in Kuwait, in the presence of a large number of businessmen and representatives of foreign companies.

Addressing the gathering, Ambassador Aguilar said: "We have to be serious, and we seek to develop these relations in all fields, especially the economic, to raise the level of the political and diplomatic relations between our two countries; we can do better, and we are striving to do so."

He spoke of the two important events that unfolded last week which reflect positively on the economic relations, the first of which was the announcement of direct flights to Madrid from Kuwait by the country's national carrier, Kuwait Airways after a hiatus of almost 40 years. The second positive outcome was the entry of Spain in the healthcare sector of Kuwait. This follows after a Spanish company signed a cooperation agreement with the Ministry of Health and the Dhaman Hospitals Company to provide health services in the area of health insurance.

For his part, Yahya Al-Shaibani, head of the Spanish Business Council in Kuwait, said that the Spanish contribution is part of projects in the Kuwait Vision 2035, and that Spanish companies



have a vision to make great contributions in this area, and "our role as a business council is to show that Spain has an important role to play in Kuwait Vision 2035."

Elaborating on the aims of the Spanish Business Council in Kuwait, Al-Shaibani explained that the main objective of the Council is to "provide a platform for Spanish companies to exchange experiences and information with Kuwaiti companies and businessmen wishing to invest in Spain, to help them, guide them and share our experiences with them." He added that to promote this objective the council has set up five members who will each represent one of the five different Spanish sectors, and help with boosting relations between these sectors and their counterparts in Kuwait.

"This is in addition to helping increase trade exchanges between the two countries, and our role will always be supportive of the role of the embassy and the commercial office in the



embassy." For his part, the commercial attaché at the Spanish embassy, Miguel Paesteros Lopez, said the Spanish-Kuwaiti trade relations have been characterized in the past five years by a favorable trade balance for Spain, and Spanish exports have diversified, compared to imports concentrated in oil, plastics, chemical products and clothing.

He added that economic and trade relations intensified in recent years, due to several factors, including the greater presence of the Spanish commercial declaration, as well as the continuous increase in Spanish exports.

He stressed that bilateral investment figures are still very modest given the current capabilities and potentialities of investments in Spain. He attributed the decline in Kuwaiti investment share to the sale of 40 percent of the Spanish electricity company, Eléctrica del Viesgo, to the Macquarie Fund in 2020 by Wren House Infrastructure Management, owned by the Kuwait Investment Au-

thority. The commercial attaché also provided figures that sketched the latest status of Spanish exports and Kuwaiti imports. The data showed that total Spanish exports to Kuwait of €149 million in 2009 jumped to €367 million in 2019, and €397 million in 2021, which marked a 26 percent hike in exports to Kuwait relative to 2020.

Meanwhile, imports from Kuwait to Spain in 2021 were anemic and dropped by 2 percent compared to 2020 to reach a total €54 million. Exports stabilized at €184 million in the first half of 2022, which marked a 24 percent jump in Kuwaiti imports, of €44 million, relative to the same period in 2021. In the mutual investments sector, Spanish companies were awarded projects in Kuwait with a total value of €430 million, and in recent years there has been an increased influx of Kuwaiti investors into Spain.

On the other hand, Spanish direct investments in Kuwait amounted to €64 million at the end of 2020. Also, the balance of Spanish investment in Kuwait amounted to €64 million, as of 31 December, 2020, while the Kuwaiti investment stock in Spain on the last day of 2020 amounted to €436 million (ranking 44th), while it amounted to €897 million on 31 December, 2021.

In the energy and telecommunications sectors, the contribution of several Spanish companies was notable, including in the construction of Al-Zour Refinery; in the solar energy project in Shaqaya; and in the Air Navigation Management System for Civil Aviation and Communications System in Kuwait, as well as in preparing the new control Tower for Kuwait Airport.

Kuwait & Nepal 50 years of fruitful friendship

CONTINUED FROM PAGE 3

'Although at present the volume of bilateral trade is not very significant, there is a huge potential for increasing it in the days to come. Nepali readymade garments, woolen carpets, pashmina products, handicraft items, Nepali agro-products like tea, coffee, large cardamom, ginger, garlic, spices, medicinal herbs, food products, and essential oils are some of the major exportable products of Nepal. The prospect of mineral water is also very high. With the improved connectivity between Nepal and Kuwait, as well as with other countries in the region, we hope that Nepali products will find a good market in Kuwait, as well as in other Gulf countries in the coming days.'

Moving on to the tourism potential of his country, Ambassador Bhandari elaborated: "Nepal is one of the best tourist destinations in the world. Nepal also has comparative and competitive advantage in the field of tourism in South-Asia region. It is a round-the-year tourist destination. The country is famous for its nature, culture and adventure. Out of 10 highest peaks in the world eight are in Nepal, including Mount Everest, the highest peak in the world. Nepal is one of the richest countries in the world in terms of biodiversity. Every year people from various countries come to visit Nepal for adventurous activities like mountaineering, trekking, jungle safari, rafting, boating, paragliding, Zip-line, bungee jumping, canyoning, Kayaking, hot air ballooning, ultra-light aircraft, and mountain flights among others. National Parks, wildlife conservation areas, serene lakes, perennial rivers, cascades, green hills, and beautiful valleys are some of the other attractions available in Nepal for nature lovers.

"Nepal is the land of diverse culture and

geography. With historical monuments, ancient palaces, museums, Nepali arts and paintings, traditional music and dances, and festivals. The Kathmandu valley is also one of the best attractions for the outside visitors from the socio-cultural point of view. Pokhara, the city of lakes, is famous for diverse tourism products and activities including for its natural beauty. Chitwan is famous for jungle safari, boating, elephant riding, Tharu culture, village tour, One-horned Rhino, and for watching birds and crocodiles. Ilam and Bhedetar in the eastern part of Nepal and Bardia and Rara Lake in western Nepal are becoming centers of attraction for the visitors. For tourists, there are myriads of places to visit and things to do in Nepal.

"After the improvement of COVID-19 pandemic situation, we have been making all efforts to promote tourism of Nepal with the local population in Kuwait through different means and have been in touch with the local tourism entrepreneurs, media as well as the airline companies. Now, the air connectivity between Nepal and Kuwait has increased. We have direct flights between Kuwait City and two important cities of Nepal, namely Kathmandu (The Capital City) and Bhairahawa, a city located in the mid-south region of Nepal. A Nepali airline has also started its direct flights between Kathmandu and Kuwait City. Almost all major cities of the Gulf region are connected with Kathmandu by direct flights. For tourists, we issue the visa within 24 hours of their application from the embassy. Visa process is very simple.

"Nepal is a destination for all categories of tourists ranging from low to higher income class. We have accommodation arrangements of varied kinds from 5-star hotels to non-star hotels, motels, lodges and home stay arrangements. Hotels in hill stations located in and outside

Kathmandu valley are very popular among visitors. All major destinations in the country are connected by air and road transportation network from Kathmandu. I urge Kuwaiti citizens and residents to pay a visit to Nepal and take in a life-time experience. You must visit Nepal at least once in your lifetime."

Asked about the issues he faced while dealing with the Nepali diaspora in Kuwait, the ambassador noted: "Local companies in Kuwait have been bringing Nepali workers to this country in different sectors, but not domestic workers. In the private sector, the demand for Nepali workers has increased significantly particularly after the improvement of COVID-19 pandemic situation. But the number of arrivals are not that much in comparison to the demand.

"The embassy is committed to promoting the welfare of the Nepali diaspora and has been providing necessary consular services to them such as renewing their passports, attestation of various documents related to their job, their stay and for other necessary purposes. It is better for the workers if they come with a certain level of experience in their work, knowledge about local language, culture and environment in the destination country, as well as the nature of the job and some information about the laws of the destination country. Hard work, integrity and discipline are necessary in all jobs. One should think about one's own health and that of their family as well. The sponsor and workers should have very good mutual understanding and cooperative relations for the benefit of both sides.

"Currently, Nepal has banned domestic workers to Kuwait despite a constant demand for these workers among sponsors in Kuwait. It is not only Kuwait where Nepal is not allowing its nationals to go as domestic workers. For more than half a decade, Nepal has not been allowing

its nationals to go to Gulf countries and some countries in South-East Asia to work as domestic workers. But those who had arrived in the destination countries taking work permits from the concerned authorities of the government of Nepal, prior to the imposition of restriction, have been going to Nepal and coming back to the destination countries to resume their duty. The embassy has been facilitating them in this process.

Concluding the interview with his thoughts on Kuwait and its future, Ambassador Bhandari said: "Kuwait has a very bright future under the visionary political leadership. His Highness the Amir, His Highness the Crown Prince as well as the Government of Kuwait has kept the interest of Kuwaiti nationals at the center of the country's political dispensation. The country is exerting all efforts to realize the 'Kuwait Vision 2035' plan on time.

"Kuwait has already made significant achievements in various fields, including in economic development of the country and promoting the welfare of its people. The ongoing development projects in various fields could contribute to further modernizing its economy and provide continuity to the prosperity of its people.

"Kuwait has also been maintaining a balanced and pragmatic foreign policy maintaining very good relations with all neighbors and other countries in the region and beyond. It has been developing its image as a humanitarian center and has remained active in multilateral and regional forums, and is working hand in hand with the international community. It has been providing support and cooperation to various efforts for the welfare of humanity and I wish all the best to its high political leadership, the Government and people of Kuwait.

High Stakes of Climate-Risk Accounting



Gernot Wagner and Tom Brookes

Gernot Wagner, a climate economist at Columbia Business School, is the author, most recently, of *Geoeconomics: The Gamble*

Tom Brookes is Executive Director of Strategic Communications at the European Climate Foundation.

Economists are supposed to be good at understanding risk. Decision-making in the face of uncertainty, after all, is the discipline's bread and butter. Yet at a time when real-world risks — geopolitical, macroeconomic, financial, public-health, and environmental — are piling up, many economists seem to be at a loss.

Although businesses and investors stand to make a lot of money if they can properly assess and navigate the current risk environment, no one seems to have a good explanation for why we are where we are. This is especially true in the case of climate change: It is now clear that the risks have been systematically underestimated, and thus mispriced, all along.

One explanation for this is that market participants have failed to understand the size and the probability of the risk, because they have been thinking about the issue in the wrong way. The climate system is not like a casino with well-defined outcomes and probabilities. As a 1987 comment in *Nature* put it, changes within our planet's systems may bring all kinds of 'unpleasant surprises'. It is as if we were playing with decks of cards that include some unknown number of jokers. Moreover, one also

“Quantifying climate-related damage is hard work; and in an academic environment that prizes new ideas over what might seem like a mere ‘accounting’ exercise, it is not the kind of work that brings much reward or recognition.”

must account for the inherent conservatism of science. Climate researchers, especially, tend to err on the side of caution.

A classic case is the quantification of sea-level rise. Broadly speaking, sea levels rise for three reasons: melting polar ice caps, melting inland glaciers, and the fact that warmer water takes up more space. But in the Intergovernmental Panel on Climate Change's reports in the early 2000s, the headline figures fully accounted only for melting glaciers and thermal expansion. Scientists of course knew that global warming would melt polar ice, and that this effect might be the most consequential of the three. But because the estimates for how much faster the poles would melt differed by so much at the time, they were excluded from the headline figures.

That omission has long since been corrected.

But it is now economists who are lagging behind in quantifying the economic damages associated with rising seas and the many other interlinked risks and uncertainties accompanying climate change. Quantifying climate-related damage is painstaking work; and in an academic environment that prizes new ideas over what might seem like a mere ‘accounting’ exercise, it is not the kind of work that brings much reward or recognition.

Nonetheless, economists going back to Simon Kuznets, the ‘father’ of the gross domestic product, have been some of the leading critics of economic metrics that purport to represent overall well-being. GDP is central to macroeconomic analysis, but it leaves out many other important indicators, such as those measuring human and planetary health. Standing forests and clean air and water have no value in national-income accounting unless they enter the economy directly as factors of production.

Fortunately, an initiative by US President Joe Biden's administration aims to correct this shortcoming by developing a new set of ‘statistics for environmental-economic decisions’. While this effort is not the first of its kind in the world, it is among the most ambitious. The goal is to supplement GDP with a far more comprehensive set of accounts, and then to use this new metric to guide policy decisions.

Such a change is long overdue. Climate change might not have grown into the problem that it has become if its damages had been incorporated into national accounts all along.

This points to a second, equally important reason why climate and other risks have been mispriced. It is one thing for scientists, economists, and informed members of the public to recognize that many risks and uncertainties are not priced; it is quite another to adopt policies that discourage businesses from pushing those risks onto society.

For business leaders, the top climate risk, according to a recent Federal Reserve Bank of San Francisco survey, is that climate change will influence ‘rules and regulations related to our business’. Executives correctly anticipate that policymakers will want them to pay for greenhouse-gas emissions and other negative externalities instead of being permitted to socialize those costs.

Such measures inevitably will fall into the realm of politics, but economists must not confuse their political preferences with sound policy. Those who are ideologically inclined to look to the ‘free’ market as a guiding principle for organizing society must recognize that a market can function well only when no externality is left unaccounted, and unpaid, for.

Another Biden administration accounting initiative could help here. The US Securities and Exchange Commission's proposed rules for climate-related disclosures would compel

companies to standardize and report both the impact of their operations on the climate and the risks that climate change poses to those operations. The SEC's effort stops short of asking all polluters to pay for their own pollution; instead, it leaves it up to investors to decide what to do with the new information.

Economists must defend the pivotal role their advice plays in policymaking. The political forces and special interests that bear on this issue will skew their advice and skewer the

advisers. But that must not become an excuse for inaction. Intellectual honesty demands that economists and policymakers grapple with how new risks and uncertainties can and will affect outcomes.

Tallying what is known is hard enough. Accounting for hard-to-price risks and uncertainties like climatic tipping points is harder still. But recognizing those risks and uncertainties makes clear that political action must come sooner rather than later.



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Committee discusses port bottlenecks hindering food entry



Deputy Prime Minister, Minister of Oil, State Minister of Cabinet Affairs and Acting Minister of State for National Assembly Affairs, Dr. Muhammad Al-Faris, said that the Supreme National Committee for Strengthening the Food and

Water Security System discussed various procedures to facilitate the entry of food imports through ports.

In a press statement, issued following the high-level food committee meeting held at Seif Palace last week, Minister Al-Fares stated that the committee focused on the challenges associated with importing foodstuff through the country's ports at Shuwaikh, Doha and Shuaiba. In particular, the committee discussed ways to reform the policies and procedures involved in regulating the entry of foodstuffs through the country's ports.

In this regard, the committee summoned representatives of the concerned government agencies, such as Kuwait Ports Authority, the General Administration of Customs, and the General Authority for Food and Nutrition, to understand the specific

hindrances that each entity encounters in the process of foodstuff imports.

Representatives of the three public sector entities cited several obstacles that hinder the smooth flow of food imports into the country, including the lack of places to store goods in the port, the unavailability of specialized and refrigerated spaces to store and preserve food stuff, as well as the time taken by the regulatory authorities to inspect the imported merchandise.

The ministerial statement added that a special team had been formed to work on finding solutions to the problems, and that the team would soon begin conducting field visits to the three ports and summon all those involved and interact with them directly to evaluate the right measures that need to be taken in order to address the issue from an administrative, financial and

technical perspective.

Minister Al-Fares stressed that following the visit by the field team, a detailed report would be submitted to the Supreme Committee so as to introduce and implement the necessary decisions and executive procedures after finalizing them with relevant government agencies. Accordingly an integrated plan would be developed to solve all problems, including infrastructure shortcomings, associated with importing food stuff to the country.

The statement added that the discussions on bottlenecks in ports was only the beginning, and that in the coming days and weeks more meetings would be held to tackle challenges faced by other entities concerned with import of foodstuff so as to strengthen the food and water security system in Kuwait.

Parliamentary Elections 2022: A triumph of democracy

CONTINUED FROM PAGE 1

While as many as 27 members of the dissolved house are no longer in the new parliament, with 20 of them losing their bid for re-election and seven opting not to contest the polls, including the previous parliament speaker Marzouq Al Ghanim.

Notwithstanding the emotions expressed or unexpressed at the election outcome by citizens and residents, there is no denying that the 2022 elections once again demonstrated the triumph of democracy in Kuwait. The polls reiterated the vibrancy and resilience of democracy in the country, and how, despite the shaky democratic shoots visible to all, the roots of democracy appear to have taken hold and now run deep in society.

The 2022 elections also underlined that the polity in Kuwait has ample space for inclusiveness and divergent discourses. Voters cast their ballot in favor of politicians who encompass diametrically opposing views, including Islamists, liberals, conservatives, progressives and other flavors. Also, despite the country's reputation as a patriarchal society that favors traditional views on gender parity, the electorate chose to send in two women representatives.

However, despite women making up over 51 percent of the registered electorate and many women entering the election fray in previous elections, only a handful have made their way into parliament. The change in attitude of voters demonstrated by electing two women this time around is certainly laudatory. To put the women's representation in the 2022 elections in perspective, it is worth noting that while 15 percent of the men who contested the elections won a seat, 10 percent of the 22 women who entered the poll-fray also made it to parliament.

The holding of yet another successful election in Kuwait is certainly a welcome development, especially as the latest report on the global state of democracies shows that the number of backsliding democracies has doubled in the past decade and now account for a quarter of the world's population. More than two-thirds of the world's population now live in backsliding democracies or autocratic regimes. Not a very comforting thought for those who believe in democracy and the principles that it espouses.

Voting in the 2022 parliamentary elections was high, with many candidates who had decided to sit-out elections in the past deciding to compete, assured by promises of the Crown Prince that the authorities would not interfere in the election process. Crown Prince Sheikh Mishal reiterated this commitment in his official announcement of the Amiri decree dissolving parliament in early August.

The Crown Prince had stated that there would be no interference by the authorities in elections to the new parliament. "We will not interfere in the people's choices for their representatives, nor will we interfere with the choices

of the next National Assembly in electing its speaker or its committees," said the Crown Prince. He added, "Parliament will be the master of its decisions, and we will not support one faction at the expense of another. We will stand at equi-distance from everyone."

On Thursday, following the end of polling, His Highness the Crown Prince had termed the successful holding of elections in a proficient and transparent manner as a "celebration of Kuwait's democratic spirit, and its citizen's devotion to the principles of democracy and the spirit of responsibility and cooperation to exercise their constitutional right that characterizes our society." He beseeched God Almighty to bestow the hands of grace on all who serve this country under the leadership of His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah.

The snap polls to the 17th legislative term of the National Assembly were necessitated after the Crown Prince accepted the resignation of the previous cabinet and announced the dissolution of parliament in June. This followed political infighting and disputes between legislators and the government, which Sheikh Mishal described as being contrary to the interest of national security. The political instability has also led to many economic reforms being shelved due to the lack of consensus among lawmakers and the government.

Announcing the official dissolution of parliament on state TV in early August, His Highness the Crown Prince stated: "To rectify the political scene involving a lack of harmony and cooperation, in addition to differences, conflicts, personal interests, failure to accept others, practices and behaviors that undermine national unity, it had become necessary to resort to the people who represent the destiny, extension, survival and existence of the state, so that they could rectify the path in a way that serves their supreme interests."

The deadlock with the previous cabinet had also delayed the approval of the state budget for the fiscal year 2022-23. The budget, which has to be voted on before November, had set spending at KD23.65 billion compared with KD23.48 billion for the 2021/2022 budget. The negligible hike in spending despite the windfall revenues for soaring global oil prices is indicative that the government is to remain committed to cutting spending and rationalizing expenditure. Implementing this constriction on spending could prove difficult in the coming days, with the opposition in parliament making a strong showing and desiring to thank their electorate with yet another dollop of government largesse.

Kuwait has held 18 elections to the National Assembly since the first parliamentary elections were held in 1962. Many of the elections held in the past were snap polls prompted by dissolutions of a sitting government due to dissonance between the elected representatives and the appointed government. While the frequent elections could be construed by some people as a weakness of democracy as practiced in Kuwait, it could also be interpreted by others as indicative of the

dynamism of democracy in the country.

Voting in the 2022 elections, which was limited to only around 796,000 eligible voters out of a total population of over 4.5 million, would fall short of a widely accepted definition of democratic elections as being competitive, periodic, inclusive, definitive elections in which the chief decision-makers in a government are selected by citizens.

With participation limited to only eligible voters, the cornerstone of democracy in Kuwait is seen by many as being wobbly. Moreover, even this limited representation is skewed by voting that often takes place along sectarian and tribal lines, with little consideration if any given to the merits or demerits of a candidate.

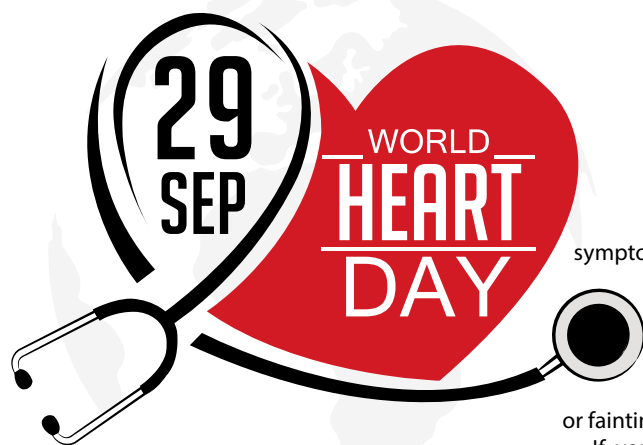
This sectarian or tribal allegiances has over the years diluted the effectiveness of parliament in implementing urgently needed reforms and solutions to other economic and social challenges. Nevertheless, as exemplified by the latest election results, ballots continue to be cast largely on familial, tribal, sectarian, and friendships, without any attention given to the electoral agendas of the candidates.

According to the United Nations Office of the High Commissioner for Human Rights (OHCHR), participation and inclusiveness in political and public life are important in the promotion of democratic governance, and essential to eliminate marginalization and discrimination in society. Additionally, universal suffrage is inseparably linked to other human rights, including freedom of opinion and expression, the rule of law, social inclusion and economic development, and, in general, the advancement of all human rights.

Notwithstanding the obvious democratic shortcomings, the electoral process in Kuwait, when held up against the dearth of such democratic practices in the region, and in the wider Arab world, is certainly cause for celebration. But these democratic underpinnings are also cause for careful deliberation. No matter how the recurring general elections and democratic practices in the country are viewed by the public in Kuwait and by outside observers, there is no doubt that this political instability has shackled Kuwait's ability to attract foreign investments or to realize its full economic and social potential.

Given its relatively small population and stupendous wealth from hydrocarbon revenues, it is certainly disconcerting that the country's enviable democratic underpinnings have hampered Kuwait from mirroring the same economic dynamism exhibited by its neighbors in the Gulf Cooperation Council (GCC) states. Apparently, when faced with a choice between democracy and development, Kuwait has opted for the former at the expense of the latter. But this does not necessarily have to be framed as a dilemma, Kuwait could have both, democracy and development, if lawmakers are willing to put aside their differences and parochialism and work for the good of the country and all its people.





Use ♥ for every ♥

Cardiovascular diseases (CVD), including heart disease and stroke, are the leading cause of death in the world. According to the World Health Organization (WHO), nearly 18 million people die from heart disease every year, accounting for more than 31 percent of annual global deaths. One-third of these deaths are premature deaths (below 70 years of age).

Heart is the main organ that supports the human body 24 hours a day. Even when we are sleeping, the heart continues to work for us without rest. Unhealthy diet, physical inactivity, tobacco use, and excessive alcohol consumption are the most important risk factors for heart disease and stroke. High blood pressure, high blood glucose, high blood cholesterol, overweight and obesity increase the risk of heart disease in individuals. When the global COVID-19 pandemic erupted, the WHO issued a warning that people with heart disease should be extremely careful and get vaccinated against COVID-19 as soon as possible.

In 2022, the World Heart Day message of 'Use Heart for every Heart', provides an opportunity for everyone to stop and consider how best to use the heart for humanity, for nature, and for you. Beating CVD is something that matters to every beating heart.

A heart attack or stroke may be the first

symptom of an underlying disease. Symptoms of CVD include pain or discomfort in the center of the chest; pain or discomfort in arms, left shoulder, elbows, jaw and back; shortness of breath; nausea or vomiting; dizziness or fainting; excessive sweating.

If you, or anyone you know, experiences these symptoms, you should immediately contact the nearest available doctor or medical facility.

Preventive measures include lowering the risk factors of CVD by avoiding the use of tobacco or alcohol consumption, reducing salt in diet, eating more fruits and vegetables, getting regular physical exercise and adequate sleep. A healthy diet can also help reduce your risk of heart disease, help with weight loss, diabetes and high blood pressure.

Everyone must eat a balanced diet that includes fruits and vegetables, whole grains such as wheat, brown rice, oats, millets and quinoa; low fat milk, yogurt and other dairy products; white meat, fish and eggs (yellow part of eggs can be used, 1 daily).

Fast foods, red meat, fried foods, highly starchy foods, carbonated beverages, bakery foods, and maida-based foods should be strictly avoided.

Aim to limit the use of saturated fats as much as possible and consume small amounts of mono- and polyunsaturated fats, and avoid foods high in trans fat.

It is important to remember that all fats and oils are high in calories, so even unsaturated fats should be consumed only in small amounts.

Also remember that not all cooking oils are the same. As you walk down the aisles



of your grocery store, you have probably noticed many different varieties of oils. When considering which oil is best for heart patients, olive oil is one of the healthiest. It is packed with antioxidants that can improve circulation, promote healthy digestion, boost your immune system, and reduce inflammation.

Consuming more than 7 grams (less than 1/2 tablespoon) of olive oil per day is associated with lower cardiovascular disease mortality, cancer mortality, neurodegenerative disease mortality, and respiratory disease mortality. According to a recent study report by the American College of Cardiology, replacing the equivalent of 10 grams of butter, mayonnaise and dairy products with olive oil per day could help reduce the risk of cardiovascular death.

Do not reuse cooking oils that have been used once, as they increase trans-fatty acids which is very dangerous for your health. Vegetable oils such as mustard oil, rice bran oil, and canola oil should always be used only once.

Heart attacks were previously reported mainly among people over the age of 40, but today they occur in people under the age of 18 as well. Young people today have a lot of stress — from work pressure, urbanization and

lifestyle changes, such as smoking, excessive use of alcohol, unhealthy eating habits — excessive use of mobile and computer screen time, which often leads to lack of sleep. All of these lifestyle changes affect the heart, which then leads to heart attack, cardiac arrest or arrhythmia.

The most important thing is to have a regular cardiac checkup. If a person has a strong family history of heart disease, you must visit your nearest internist much earlier before any symptoms set in.

A thorough health check-up, ECG, blood tests, and above all, the doctor can check your heart rate, rhythm, or listen to abnormal heart sounds to make sure that you do not have heart disease.

You may think that the heart is just an organ that pumps blood, but if you think with your heart, you will understand that the heart is the core of human existence. It is the organ that controls our various emotions.

Let us protect the heart to experience with the heart...



- Dr. Jibin John Thomas MD
Registrar Internal Medicine & Diabetologist
International Clinic, Farwaniya, Kuwait



Artificial sweeteners increase risk of heart diseases

A new web-based study by French researchers and nutritionists found that people who consumed higher amounts of artificial sweeteners had an increased risk of cardiovascular disease overall, and also stroke and other types of cerebrovascular disease.

Artificial sweeteners negatively impact your health, especially when consumed in higher amounts. The study found that people who ate more artificial sweetener had an 18 percent higher risk of stroke or other types of cerebrovascular disease compared to non-consumers.

For their study, the researchers looked at a detailed estimate of people's consumption of artificial sweeteners from all sources, as well as their intake of fruits, vegetables, dairy products, red meat and other types of foods.

Artificial sweeteners are not only present in what you knowingly add to your tea or coffee in place of sugar, they are also found in soft drinks and other beverages, as well as in snack foods, dairy products, ready-to-go meals, and in all those little packets of condiments you find at restaurants. Beverages have been found to be an especially significant source of artificial sweeteners, with soft drinks that claimed 'no added sugars' accounting for 53 percent of

artificial sweetener consumption, but people also consumed artificial sweeteners in tabletop sweeteners (30%) and yogurts and cottage cheese (8%).

The French study included over 103,000 adults with the average age of participants being 42 years and a significant portion of the respondents were women. At the start of the study, people filled out questionnaires about their diet, health, physical activity, and personal information such as education, smoking status, and occupation.

The participants also completed multiple dietary assessments at the beginning of the study and every six months afterward. During these dietary recalls, they were asked to report every food and beverage they consumed over a 24-hour period. This provided researchers with a detailed estimate of people's consumption of artificial sweeteners from all sources, as well as their intake of fruits, vegetables, dairy products, red meat, and other types of foods or nutrients.

Overall, 37 percent of participants consumed artificial sweeteners in some form. On average, these people consumed about 42 milligrams per day, equivalent to one individual packet of tabletop sweetener or 100 milliliters of diet soda.

People who consumed higher amounts of artificial sweeteners tended to be younger, have a higher body mass index (BMI), and were more likely to smoke, be less physically active and follow a weight-loss diet.

They also consumed fewer calories overall, and less polyunsaturated fats, fiber, carbohydrates and fruits and vegetables; and consumed higher amounts of sodium, red and processed meats and dairy products.

Researchers took into account these differences, as well as other factors such as age, sex, physical activity, education, smoking status, and family history of cardiovascular disease.

After adjustment for these risk factors, the researcher still found an increased incidence of cardiovascular events in those reporting increased use of artificial sweeteners. After following the participants for over nine years on average, researchers found that intake of artificial sweeteners was associated with an increased risk of cardiovascular disease overall.

لا توجد شريحة عمرية لمرض (النوبة القلبية)
NO AGE BRACKET FOR (HEART ATTACK)
Stress, Post-covid effect, Smoking, Genetic, Lifestyle stress

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CARDIAC PACKAGE

5KD

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- FBS
- Cholesterol
- ECG
- Free GP Doctor Consultation
- On TROPONIN -I test 50% Discount

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- السكر صائم
- الكوليسترول الكلي
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- 50% خصم على فحص تروبونين -I

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Pain in the arms | Jaw restlessness | Heaviness in chest
Feeling uneasy

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Amazon's Satanic Mills



Antara Haldar

Associate Professor of Empirical Legal Studies at the University of Cambridge.

With Britain suffering through its worst cost-of-living crisis in decades — owing to high inflation and soaring energy prices — hundreds of workers at an Amazon warehouse in Coventry this month demanded a wage hike. If the demand is not met, they say they will go on strike in November, just ahead of Black Friday and the holiday shopping season. As with other recent labor actions by US rail workers and British Royal Mail employees, the Amazon workers' move has kicked off a debate about who is to blame for the threatened disruption: the elves in the workshop or Father Christmas?

Amazon owes its success to a variety of factors, including a sophisticated data-driven approach. But its real genius lies in its logistics breakthroughs — including route optimization, fleet planning, and metadata management — that allow it to minimize 'click-to-ship' time and provide customers with unprecedentedly fast and reliable on-time deliveries. Amazon Prime-branded planes and trucks shuttle packages around the world, operating like clockwork even through a pandemic that grounded much of the rest of the economy.

The mastermind behind the operation is a man named Jeff Wilke, who combined Taylorism (dividing production into narrow, closely monitored and measured repetitive tasks) and Fordism (assembly-line techniques) to create a warehouse model capable of processing more than a million units per day. With the help of robots and close surveillance, human 'pickers' and 'stowers' now process several times as much merchandise per hour as they once did.

But the system has become notorious



EXCLUSIVE to THE TIMES KUWAIT

for testing human employees' limits. Recent investigations have shown that much of the convenience that Amazon customers enjoy comes at the expense of Amazon's lowest-paid workers.

For example, last year the New York Times found working conditions at Amazon's New York 'fulfillment center' to be utterly Dickensian. After passing through airport-style security gates, workers say they are subjected to hard physical labor, long shifts (10.5-12 hours), and a high incidence of injuries and accidents (double the rate of non-Amazon warehouses). Compounding the indignity, all are closely monitored by a dystopian surveillance system that punishes infractions like talking to co-workers or missing productivity targets (which are often as high as processing 30 packages per minute or requiring a minute in total to unshelve, box, and ship an item).

The threat of being fired — or what the company calls being 'released' — looms large, and workers who seek recourse through human resources run into a Kafkaesque system that specializes in stonewalling, especially when it comes to requesting disability leave or pay. Horror

stories include Amazon drivers having to urinate into plastic bottles or defecate into plastic bags to stay on schedule. There have been reports of workers selling their wedding rings or relying on food stamps to make ends meet. In response to these accounts, the company has offered ham-handed corporate responses like 'meditation rooms' that resemble large coffins.

No wonder unionization efforts at Amazon facilities have been growing. Despite the company's systematic efforts to suppress organizing, a union drive at an Amazon warehouse in Staten Island succeeded earlier this year, following a narrow loss for a similar effort in Alabama. In 2018, US Senator Bernie Sanders introduced the Stop Bad Employers by Zeroing Out Subsidies ('Stop BEZOS') Act, which would tax companies for 100 percent of the public government benefits they receive. And now, the US Occupational Safety and Health Administration has opened investigations into working conditions at Amazon.

These skirmishes have fatally undermined the narrative that Big Tech tells about itself. Amazon may be a logistics pioneer, but it is no less reliant on worker exploitation as the 'satanic mills' of

the First Industrial Revolution. According to Amazon's origin story, it all started with Jeff Bezos selling books from his garage and ringing a bell every time an order came in. Yet even in the early days, there was an incipient culture of overwork (employees were expected to put in at least 60 hours per week), rule-bending, hazardous workplace conditions (unpacked knives falling off conveyor belts), and Orwellian performance monitoring.

Amazon is now one of the world's biggest companies. But, as I have argued elsewhere, bigger is not always better. While some of its practices could be framed as innovative and adaptive when it was much smaller, today it systematically reduces employees to data points. Before stepping down as CEO last year, Bezos viewed employee churn as more of a feature than a bug of Amazon's model. To have an entrenched workforce, he reportedly said, was to "march to mediocrity." Hence, the company reports an employee turnover of roughly 150 percent per year, which is twice the industry average, meaning that its entire workforce is replaced every eight months.

This model is not only unethical and inhumane; it is also probably unsustainable. Studies show that happy workers are more productive. And, as an internal company memo warned earlier this year, "If we continue business as usual, Amazon will deplete the available labor supply in the US network by 2024."

With an estimated net worth of around \$140 billion, Bezos was the world's richest man from 2017 to 2021. He has clearly become as disconnected from the ordinary Amazon employee as the scale of his wealth would suggest. As one worker put it in 2020, "I'm sure Mr. Bezos couldn't do a full shift at [the New York City warehouse] as an undercover boss."

The Coventry workers who are demanding a cost-of-living adjustment would doubtless concur. Amazon's executives need to think hard about the human costs of their business model. If they need a quiet place to consider the issue, they can always try one of the meditation coffins.





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