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250 Fils

New Front Line of the Education Crisis



By Gordon Brown
Former PM of the United Kingdom,
is Chair of Education Cannot Wait's
High-Level Steering Group.



EXCLUSIVE to THE TIMES KUWAIT

“The worsening education crisis challenges us to develop more innovative strategies for ensuring that all children are in school and learning. We will need to devise better, more imaginative ways to deliver education to people on the move.”

increasingly displacing populations on a massive scale, with devastating knock-on effects in the form of school closures and other interruptions to education.

Even though developing countries have contributed very little to climate change, it is their children who will suffer the most from it. Almost half of the world's children live in the 33 countries classified as being at 'extremely high risk' of being severely affected by climate change. Entire generations face the threat of being uprooted by floods, droughts, or wildfires, all of which will result in a loss of learning and potentially a loss in their lifetime prospects.

In 2021, around 95 percent of all internal displacement occurred in countries on the front line of climate change. In Somalia, for example, drought and famine-like conditions have forced some 2.9 million people from their homes, triggering conflicts over access to food, water, and livelihoods, and adding to the critical need for psychosocial and mental-health support. Nor is Somalia alone. Millions more are being affected in similar ways elsewhere.

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MPs propose granting rights to children of Kuwaiti women



Five lawmakers proposed a law last week that sought to grant several rights and privileges to children of Kuwaiti women from her non-Kuwaiti spouse. Elaborating on their proposal, MPs Dr. Janan Bushehri, Alia Al-Khaled, Saleh Ashour, Mubarak Al-Tasha and Osama Al-Shaheen said that it included granting

these children the right to permanent residence and work, in addition to equality with citizens in government sector salaries. They added that the proposal aims to spread a spirit of stability in the family and to make the children of Kuwaiti women feel reassured, especially with regard to their residence in the country.

For her part, Dr. Bushehri stated that the latest statistics from the Public Authority for Civil Information issued in June 2022 revealed that there are 15,716 female citizens married to non-Kuwaitis, and that 14,258 (90%) of them were married to Arabs, and only 10 percent were married to non-Arabs. Pointing out that there were a total of 43,766 children born to this group of Kuwaiti women, she added that this statistics did not include Kuwaiti women married to bedouin, which would have

raised the total children to a far higher number.

Dr. Bushehri explained that the proposal, which comes in order to preserve the family entity of this segment of society, consists of 10 articles and is based on Article 9 of the constitution. She added that, if passed by parliament and approved by law, the proposal would give these children several privileges and facilities according to the controls included in the executive regulations, most notably the right to establish companies and commercial projects without the need for a Kuwaiti partner.

In addition, the proposal would help the children to obtain employment support in the event of working in the private sector, and also give them the right to be appointed in the government sector through the Civil

Service Commission, with equality in the wages granted to Kuwaitis, provided that they have priority in employment after citizens directly, and that the replacement policy is not applied to them.

MP Faisal Al-Kandari called for the speedy formation of the new government and not to disrupt state institutions and the interests of citizens. He blamed some of the deputies in parliament for the current impasse and called on them to move away from differences and disagreements, and to cooperate and coordinate in the interest of the people and citizens.

Al-Kandari stated, what is happening today in terms of the stagnation in the relationship of the legislative and executive authorities has reached the point of disrupting all issues that touch the Kuwaiti people and the interest of the homeland.



MNSS unveils all-new Toyota Veloz

Mohamed Naser Al Sayer & Sons (MNSS) and Toyota together launched the all-new Veloz 7-seater crossover. The spacious vehicle blends sleek design with comfort and functionality, and comes equipped with a host of advanced features that cater to the needs of the brand's most discerning customers.



A supremely practical vehicle, the new Toyota Veloz combines efficient fuel economy of 19.3km/l and maneuverability on narrow roads with ample interior space. Envisioned as a sub-compact group carrier, it features

three rows of seats that can comfortably accommodate seven passengers, while offering an exceptional ride quality.

Speaking on the occasion, Chief Representative, Middle East and Central Asia Representative Office, Toyota Motor Corporation, Kei Fujita, said: "We are excited to introduce the new Veloz to the Middle East. With its advanced features and spacious interior, our newest vehicle comes with a premium look that embodies Toyota's commitment to quality, durability, and reliability. The adaptable interior offers true versatility, enabling people from all walks of life to experience the joy of mobility while providing outstanding safety and comfort on every journey."

For his part, Eiji Fujibayashi, chief engineer in charge of development, commented: "The new Veloz was developed around the theme 'Easy to drive anywhere, anytime, and for anyone.' It provides exceptional maneuverability, allowing for stable and stress-free driving even on narrow roads. With 'Proud Active' as the key design concept, we aimed to deliver a spacious and dynamic vehicle suited to a wide range of uses and driving styles. We are happy to bring the benefits of Toyota's advanced technology to more drivers in the Middle East."

The new Toyota Veloz delivers smooth acceleration and a dynamic driving experience thanks to its four-cylinder 1.5-liter capacity engine with 16-valve DOHC and dual VVT-I, which produces 105 horsepower and 138 Nm of torque. The three rows of seats in the new vehicle can accommodate up to seven people, while the second and third rows can be folded together or individually for different layouts.

As with any Toyota model, the vehicle comes complete with a comprehensive array of safety features, including six SRS airbags, Vehicle Stability Control (VSC), Anti-lock Braking System (ABS), Electric Parking Brake (EPB) with Brake hold function, Emergency Stop Signal (ESS), Traction Control (TRC), Hill-start Assist Control (HAC), Tire Pressure Warning System (TPWS), and many more.

Kalyan Jewellers forays into Ras Al Khaimah

Kalyan Jewellers, one of the most-trusted and largest jewelry retailers in the region, recently opened their first showroom in Ras Al Khaimah, United Arab Emirates, offering a luxurious and distinctive shopping experience to patrons in this city.

Opening of the new showroom, located at Al Montaser Street in the suburb of Al Nakheel, brings the brand's presence to 18 showrooms in UAE, and 175 globally.

Speaking on the launch of the new showroom, Executive Director, Kalyan Jewellers, Ramesh Kalyanaraman, said, "We are extremely delighted to launch our first showroom in Ras Al Khaimah. We see tremendous growth potential in this new market, considering the exponential level at which this Emirate is developing. We aim to offer a best-in-class buying experience, by providing our patrons with the best of designs, valuable offers and a very personalized and unparalleled shopping environment."

He added, "The knowledgeable and multilingual customer service executives at Kalyan Jewellers will be on hand in assisting customers find their perfect jewelry choices that suit both their style and budget."

Celebrating the showroom opening in



its signature style, the jewelry brand has announced attractive launch offers including a discount of up to 25 percent on making charges for all gold jewelry products, and a discount of up to 60 percent on select diamond products. Customers can avail these exciting range of offers until the end of March 2023.

Furthermore, all the jewelry retailed at Kalyan Jewellers goes through multiple purity tests and patrons also receive the Kalyan Jewellers 4-Level Assurance Certificate which guarantees purity, free lifetime maintenance of ornaments, detailed product information and transparent exchange and buy-back policies. The certification is part of the brand's commitment to offer the very best to its loyal patrons.

The showroom will also stock Kalyan's popular house brands such as, Muhurat, the wedding jewelry line; Mudhra, handcrafted antique jewelry; Nimah, a line of temple jewelry; Glo, the dancing diamonds; Ziah, a range of solitaire-like diamond jewelry; Anokhi, uncut diamonds; Hera for daily-wear diamonds; and Rang, a variety of precious stones, as well as many more items.

For more information on the brand, its collections and offers, visit <https://www.kalyanjewellers.net/> T&C Apply*

South Africa participates in Kuwait HORECA 2023

Embassy of South Africa announced last week that a delegation from the country will be in Kuwait to participate in the annual HORECA exhibition, taking place from 5 to 8 March at the Mishref Fairgrounds.

In a communique the embassy said that the Eastern Cape Development Corporation (ECDC) will be leading a delegation from the Eastern Cape Province in South Africa to showcase their high quality products at the Kuwait HORECA 2023 Exhibition. The companies included in the delegation are: Al-Mawashi (PTY) Ltd (livestock) and PandaRoc (PTY) Ltd (Vitamin Energy Drinks).

The embassy added that the Kuwait HORECA 2023 Exhibition represents an opportunity for the Kuwaiti buyers/importers to know about the South African products



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and to meet their South African counterparts. The embassy extended an invitation to all relevant business people to visit the ECDC stand at the Mishref Fairgrounds, Hall 4A, from 11am to 8pm.



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Looking East: Future prospects of Asia

Staff Report

Reconnaissance Research, the only independent think tank in the country, organized a forum last week titled 'Looking East: Future Prospects of Asia', to discuss the challenges and opportunities that exist between Gulf Cooperation Council (GCC) states and Asia.

Yusuf Al Ghussain, the deputy CEO of Reconnaissance Research welcomed the exclusive gathering of thinkers, diplomats and businessmen who were privileged to witness live the panel of experts, specially flown in from Japan and India, to deliberate on the forum's theme topic.

The distinguished panel included Senior fellow at the Japanese Ministry of Defense and former Ambassador to Qatar and UAE, Ambassador Kazuo Sunaga, Prof Aftab Kamal Pasha, former director and chairman of Gulf Studies at Jawaharlal Nehru University in India, and Ms. Yamashita Yukari from the Institute of Energy Economics in Japan.

The panel was moderated by the CEO and Founder of Reconnaissance Research, Abdulaziz Al Anjari, who made the discussion lively and interesting with some pertinent questions to the panel. Among the topics discussed were the political challenges between Asia and the GCC, in particular with Kuwait; stability of the

Indo-Pacific Ocean region and East Asian seas; recent developments on economic cooperation between Asia and Kuwait; and multilateral frameworks and agreements on trade in the Indo-Pacific region.

Ambassador Sunaga began the discussions with a focus on the political ties that have held Japan and Kuwait together for decades and stated that the two friends "cultivated a productive and a friendly relation, which witnessed and withstood

various political crises and the fact that the country hosted a number of international forums that called for peaceful approaches to regional conflicts. This, he said, was another trait that Japan shares with Kuwait.

He also pointed out that the importance of the GCC region, including Kuwait, cannot be overstated as their share of the global energy market was substantial and thus the security of the region was of paramount importance.

“East rather than West because nobody can contain the explosive growth of some of the Asian countries”, and emphasized the need to continue the cooperation to supply the energy from the GCC to them.

multiple historical events that proved the solidarity and strength of mutual relations, including through events such as Iraq's invasion of Kuwait in 1990 and Japan's devastating earthquake in 2011.

"Kuwait and Japan showed the way countries should behave when facing such calamities," Sunaga added. He also mentioned Kuwait's role as a mediator in

In his remarks, Professor Pasha talked about Kuwait's early interest in democracy and how the country's late Amir Sheikh Abdullah Al Salem Al Sabah showed his interest in a constitutional and democratic form of government through multiple visits to India's parliament to witness the implementation of the Indian constitution.

Professor Pasha also lauded Kuwait's

Development Fund which funded over 80 infrastructure and energy related projects in India that further strengthened diplomatic relations between the two countries.

He added that if one looked at the security and peace issue in the GCC it was directly linked with the security of south and east Asia, as our economies and prosperities are interconnected. Professor Pasha said that there has been a shift in the past couple of decades toward the "East rather than West because nobody can contain the explosive growth of some of the Asian countries", and emphasized the need to continue the cooperation to supply the energy from the GCC to them.

For her part, Ms. Yamashita, talked about new challenges that the world has been facing when it comes to energy security, one major issue being climate change which was on the top agenda for many countries before the Russian-Ukrainian conflict ignited in 2022, which negatively impacted the world's supply of natural gas.

The audience were engaged in a lively question and answer session with the panel of experts who expressed frank views on all the issues. The guests expressed immense interest in understanding how to leverage the age-old relationship and how to enhance this contact through economic and military engagement.

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Over 2,000 new jobs in coops for Kuwaitis



Based on the recent decision by the Committee for Amending Demographics and Developing the Labor Market, a work team was formed to begin Kuwaitization of jobs in the country's cooperative societies.

The team is reportedly working now on setting controls and mechanisms for

implementing the second phase of replacing workers with nationals in cooperative jobs and when this is completed the process is expected to provide over 2,000 jobs to citizens in cooperative societies.

According to the Ministry of Social Affairs, there are 74 cooperatives in Kuwait, each of which has about 10 departments, which will be obligated to replace and employ at least 3 citizens in each department, thereby providing at least 30 jobs for Kuwaitis in each cooperative. The work team has addressed all cooperative societies to provide them with vacant supervisory positions at the level of general managers and their deputies (two deputies for each director) in addition to heads of departments, which amount to approximately 1,000 in all cooperatives. Coops were also requested to the total supervisory

positions occupied by retirees and their names to start the process of substituting them with young national cadres.

The team noted that the salary of the general manager be set at KD2,000, while each of the deputies for commercial, administrative, and financial affairs will receive KD1,500 dinars. In addition, department heads will be paid KD1,000 while citizens employed in cooperative departments in other categories will receive KD500 dinars, in addition to the employment support they will receive from the Public Authority of Manpower. The goal is to make working within the associations an attractive prospect and to develop an organizational structure and staff for the associations.

A statement issued on the occasion by the Union of Cooperative Societies stated

that out of its keenness to apply the policy of substitution and Kuwaitization, and to set an example for other coops to follow, the Union has decided to appoint nationals to the posts starting at the level of the Director General of the Union for commercial, administrative and financial affairs, and his two deputies.

The work team formed to oversee the Kuwaitization process at the coops is under the chairmanship of the Undersecretary of the Ministry of Social Affairs, the membership of the Assistant Undersecretary for Cooperation Sector Affairs, the Deputy Director General of the Public Authority of Manpower (PAM) for National Employment Sector Affairs, and the Chairman of the Board of Directors of the Union of Cooperative Societies, in addition to eight members from PAM and Ministry of Social Affairs.

PAM to check qualifications of 'accountants'

Public Authority of Manpower (PAM) plans to begin checking the academic qualifications of residents who hold the title of 'accountant', as well as those of several other positions in the finance field, to authenticate their professions.

The assessment is expected to start after approval of the plan from the relevant authorities, and will also include all valid and registered work permits issued between March and December 2023. The audit process will be automatic, and will include around 16,000 residents working in the accounting and finance professions.

Indicating that this audit process is the second step in adjusting the country's demographics, PAM said its Occupational

Safety Center would study the special educational qualifications for residents who hold titles in the field of accounting.

PAM also announced the completion of the 'Kuwait Visa' app for verifying visas issued to workers coming to Kuwait, and those obtaining 'commercial and tourist' visas that are issued through the electronic platform. The Authority also revealed that the issue of converting commercial visit visas into a work permit has been reactivated, in addition to allowing visits by people of different nationalities residing in the GCC countries to Kuwait.

The Authority clarified that nationals engaged in any of the 20 specified professions and currently holding valid residency in any of the six Gulf Cooperation Council (GCC) states can enter Kuwait, provided that their residency is valid for over six months and they hold a passport valid for the same period. These residents can enter the country with their families and domestic workers, provided that the person concerned (the applicant) is among those seeking entry.

Al Rashed Shipping celebrates National, Liberation Days



Celebrations marking the National and Liberation Days of Kuwait climaxed on the evening of 28 February with a dazzling fireworks show along the Gulf Street against the backdrop of the iconic Kuwait Towers. The month-long festivities and enthusiasm marking the historic days was celebrated by citizens and residents alike in their own unique ways.

Al Rashed International Shipping Company followed its annual tradition of organizing an inter-department office decoration competition. The various departments located over the 10 floors of the Al-Rashed Complex displayed their creativity and artistic skills through decorations that reflected the festive mood of the country. As part of the festivities, staff dressed in traditional Kuwaiti attire shared quality time together, while local music, sweets and food kept up the tempo of the celebrations.

Company Chairman, Bassim S. Al-Rashed and the company CFO, Pradeep Menon visited each department to witness the decorating creativity of staff and to judge this year's winners. Eventually, the winner chosen was the Accounts Department for their unique style of



decorating. This is the second year running that the Accounts Department ended up winning the cash prize for best decoration.

The awards were presented by Senior Shipping Manager, Valtor Gonsalvez, and Vice President Corporate Affairs, C.P. Rajiv Menon.

Kuwait's Top-20 entrepreneurs list to be announced

Al-Qabas Media Corporation and Forbes Middle-East magazine plan to announce the list of the 20 most powerful entrepreneurs in Kuwait at a gala event set for 15 March at the American University of the Middle-East (AUM). Announcing the upcoming event, Executive Director of Al-Qabas Media Corporation, Nasser Al-Moumen, said that the cooperation with Forbes Middle-East magazine was motivated by a sense of social responsibility towards Kuwaiti entrepreneurs who are considered one of the most important pillars of the national economy.



He added that the entrepreneurs list, which will include representatives from all commercial sectors of the country, including technology, e-commerce, hospitality and fashion, will help highlight the activities of Kuwaiti initiators and entrepreneurs in Kuwait and around the region. Al-Qabas and Forbes Middle East reportedly began a comprehensive study of the local

market to shortlist candidates for the top 20 entrepreneurs from July 2022. Al-Moamen further indicated that the purpose of this study is to enrich the environment for entrepreneurs and create competition and passion among them to excel, noting that obtaining the world-famous Forbes Award, which is acclaimed worldwide, would open opportunities for entrepreneurs to receive partnerships from local and regional investors.

For her part, Forbes Middle-East Events Director, Shannon Norris, stated that the organizers of Forbes Middle-East are very happy to hold this event with Al-Qabas to highlight the successes of startups and young entrepreneurs in Kuwait.

She pointed out that Kuwait has a long history of success as many Kuwaitis have had a place on the Forbes billionaires list for decades, explaining that the level of higher education and creative talents of youth with their easy access to technology and high purchasing power represent an advantage for Kuwaiti entrepreneurs. Hence in the next decade, Kuwaiti youth, entrepreneurs and startups, will have a fundamental role in the economic scene of Kuwait, with the state's efforts to diversify the economy and reduce dependence on oil income.

She concluded: "This partnership between Forbes and Al-Qabas comes from a common vision to support entrepreneurs in Kuwait, as we hope that this event will encourage many Kuwaiti youth to be interested in entrepreneurship and expand creative business ideas."



Over four million traffic violations in 2022

Latest figures from the General Traffic Department of the Ministry of Interior (Mol) show that there were a total of 4,237,454 traffic violations registered in 2022, a jump of nearly 6 percent from the violations recorded in 2021.

The highest number of violations recorded was for exceeding the speed limit (2,653,005), followed by jumping traffic signals (236,294), others included reckless driving, not wearing safety belts, driving while speaking on mobile phone, and other distracted driving practices.

In addition, the number of vehicles seized for various offenses reached 5,076 in 2022, while the number of those held for law infractions hit 798. The statistics also reveal that Mol netted KD73.5 million in fines during the last year.

The new 6G cameras installed initially in 200 patrol vehicles, as well as an increase in the number of fixed cameras and the hike in patrol vehicles to 800, are proving a boon to Mol as they help register distracted and unsafe driving practices quickly and in real time. A total of 3,393 belt violations, and

2,083 cases of speaking on mobile phones while driving were registered in just the first two months of 2023.

In 2021, the government proposed huge increases in penalties and fines for traffic offenses in a bid to combat rising violations. The law now allows fines of between 200 and 500 dinars for traffic violations, including reckless driving, running a red light, speeding, or driving without a license plate. The new law also allows for imposing a three-month jail term for specific traffic offenses. Earlier most traffic fines were limited to KD10



and going up to a maximum of KD50, which most traffic violators considered a small price to pay to continue their dangerous traffic practices.

IndiGo engages Kuwait travel agents in a Cricket Tournament in collaboration with Travelport

IndiGo, India's leading carrier, organised its first-ever cricket tournament in Kuwait, in partnership with Travelport. The knockout tournament took place at the Boulevard Cricket Ground, Salmiya on February 03, 2023. Ten teams from various travel agencies in Kuwait participated in the event.

The final match was won by Al

Rashid Riders (Al Rashed Intl Travel) after 07 exhilarating encounters and the grand finale with Caesars Invaders (Caesars Travels). Mr. Moiz Mustafa Bhai of Al Khaleej Travel, one of the travel agencies, won an IndiGo ticket in the raffle. Another event highlight was an exhibition game between Travelport + IndiGo players and Travel Agent Managers.

Commenting on the occasion, Mr. Vinay Malhotra, Head of Global Sales, IndiGo said, "IndiGo, in collaboration with Travelport, successfully organised a captivating cricket tournament in Salmiya, witnessing encouraging participation from a large number of travel agents from Kuwait. This tournament helped us in connecting with various travel agents



in Kuwait as well as strengthening our relationships with them. The attendees provided us with positive

feedback. We hope to be able to host more events like this for others in the industry."



Artists gather to paint 'Together in love with Kuwait' mural

On the occasion of the national holidays of Kuwait, the Embassy of Egypt in cooperation with the National Council for Culture, Arts and Letters (NCCAL), organized a cultural event where 40 artists from the Egyptian community, as well as Kuwaitis, Lebanese, Iraqis and Palestinian artists came together to paint a 20-meter long mural titled, 'Together in love with Kuwait', at the Free Atelier Studio on Gulf Street.

Speaking on the occasion, Egyptian Ambassador H.E. Osama Shaltout praised the artists for their impressive work and noted that this was the sixth in the series of events planned by the embassy to mark the national holidays of Kuwait. He pointed out that artists from different nationalities came together under one roof to express their happiness for Kuwait's holidays along with their pride in being a part of Kuwait's civilization.

He further stressed that the Kuwaiti-Egyptian relations are firmly rooted in the depths of history, as they are characterized by family ties, and there is also mutual support at all levels which continue through intensive mutual visits at the leadership and official level, the most important recent event being the visit of Egyptian President Abdel Fattah El-Sisi last year.

Ambassador Shaltout added that the joy of the Egyptian community on Kuwait's national holidays and Liberation Day is the truest

expression of the depth of the bonds that have united the two countries since ancient times. He added that the artists presented a joint collective artwork in one capacity that bears the originality and history of the two countries in a common artistic template.

For his part, Assistant Secretary-General for the Fine Arts Sector at NCCAL, Musaed Al-Zamil, expressed his happiness at the event and congratulated the Egyptian embassy's cohesion and participation for the idea and theme of the joint artistic work, in which the Egyptian-Kuwaiti culture was expressed in a joyful artistic form.

In the same context, the Consul General of the Arab Republic of Egypt, Dr. Heba Zaki, extended her congratulations to the State of Kuwait, the government and people and expressed her happiness in sharing the joy for the first time since her arrival in Kuwait, and praised the depth of bilateral relationships between people of the two countries.

She added that this relationship is evidenced by the artistic work that shows that the people of the community are proud of their second homeland, Kuwait, and that they make every effort with the rest of the foreign communities to achieve the development that Kuwait deserves. Dr. Zaki added that art is the truest expression of the feelings that the people of the two nations hold for each other.



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Thought for the week

“Your vision will inspire you to look beyond the false perceptions of fear and obstacles and help you focus on your life that waits ahead.

— Sheron Brown

How to handle menstrual cramps

Ask Mira: Eating Right to Live Happy & Healthy



Many women have to deal with menstrual pain that can range from mild to severe, but for some, the pain is really unbearable. Changing some food choices and introducing other healthier ones can help a lot to decrease or prevent this frustrating pain. The changes should be made before or during your menstrual cycle. Here are some tips to handle menstrual pain.

Eat healthy: Keep a healthy diet that includes more fruits and vegetables, 72 hours prior to your periods. You need to have fiber from fruits and veggies to clean your body of the excess of estrogen which has been linked to heavier and painful periods.

Increase your intake of calcium, vitamin D and magnesium: These minerals are known for proper muscle function. They will relax your muscle cramps, and in turn relax your body. So before the start of your cycle, increase the consumption of dairy products (milk, cheese, and yogurt), nuts, spinach and beans. Most

Leafy greens, in particular, are one of the best vegetables to eat on your period, specifically spinach, kale, collard greens and swiss chard. This is because they are filled with iron, which helps to replenish the iron lost when you are menstruating.

Eat bananas: This fruit is rich in potassium and vitamin B6, which reduces muscle cramps as well. It also helps to reduce your estrogen level during your cycle.

Avocados and olive oil: These are excellent for you due to the presence of vitamin E, which helps to minimize pain and anxiety.

Reduce your salt intake: Salt can likely cause water retention and bloating that may magnify your cramps.

Go for pumpkin seeds: They contain a natural relaxant. Start eating a cup of these seeds two days before your periods and you will be pain free.

Use pickle juice as a remedy: Drain the juice from the pickle bottle and drink it. This remedy works very well for women with menstrual cramps.

Omega-3 prevents cramps: It also contains natural anti-inflammatories that ease your pain. Include more fish, salmon, oysters and nuts in your diet before and during the menstrual cycle.

Some dietary changes can be really worth it to help you lead a more fulfilling life, and avoid discomfort. Another tip is to spend some time doing regular exercises which can be very helpful for you. Walking and swimming for 20 minutes during periods have shown to decrease pain in some women.

Hello Mam, I enjoy your column a lot. Could you tell me what are liquid calories, and how they can affect your diet? - Anonymous

Liquid calories are the calories you are taking from drinking liquids like protein shakes, juices, yogurt and so. Not only can liquid calories make you gain weight, just like calories from food, they do not make you feel full for long either. So, you end up eating more calories in addition to what you have already had to drink.

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

Tres Leches Khoya Gujiya



Gujiya, a sweet, crescent-shaped, deep fried pastry stuffed with milk solids and nuts, is a traditional sweet popular in many North Indian states. The recipe below, of gujiya stuffed with 'tres leches' khoya (milk solids) is an adaptation from the 'Tres Leches' (three milk) cake popular in Spain and elsewhere. Tres leches khoya gujiya not only looks enticing but is also simply delicious and a perfect sweet for any occasion.

Total time: 1 hour

Serving: 12 to 15 pieces

Ingredients:

To make Tres Leches milk mixture:

- 1 cup evaporated milk
- 1/2 cup sweet condensed milk
- 1/2 cup heavy cream
- 2 tbsp rose syrup
- For dough:
- 2 cup all purpose flour
- 1/4 tsp salt
- 4 tbsp ghee (clarified butter)
- 1/2 cup lukewarm water

For stuffing:

- 200g khoya (milk solids powder)
- 1/2 cup powdered sugar
- 2 tbsp cashew (chopped)
- 2 tbsp desiccated coconut
- 2 tbsp pistachios (chopped)
- 2 tbsp almonds (chopped)
- 1/4 tsp cardamom powder
- Ghee/oil for frying.

Instructions:

To make Tres Leches milk mixture:

- Whisk together evaporated milk, sweetened condensed milk and heavy cream until well blended. Set aside.

To make dough for gujiya:

- Sift all purpose flour into a mixing bowl, add ghee and mix well
- The mixture should have a crumbly texture
- Add lukewarm water to the mixture and knead well to a stiff dough
- Cover the dough with damp cloth and set aside for 15 minutes
- Meanwhile, gently roast khoya powder in a pan for 2 minutes
- Take pan off fire and set aside to cool
- Once cooled, transfer to a mixing bowl along with other stuffing ingredients
- Mix well so as to avoid any lumps

To make gujiya:

- Pinch a small ball sized dough portion and roll out in slightly thick circular shape; • Apply water on one side of rolled dough, and place another rolled dough on top; • Place a tablespoon of khoya mixture stuffing in center of rolled puri; • Fold the puri from all sides to enclose stuffing, and seal edges with water; • Shape the edges to a petal shape. Do the same with the rest of the dough; • Deep fry the gujiya in medium hot ghee or oil until it turns golden pink in color; • Remove gujiya and place over a kitchen towel to remove excess ghee or oil; • Serve in tres leches milk mixture, garnished with rose petals and pistachios; • Use immediately or do not store for more than two days, as the khoya could spoil.

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



Chef Chhaya Thakker



Media given tour of US Camp Buehring



Area Support Group of the US Army organized a day-visit by representatives of the media in Kuwait to Camp Buehring, to see and experience the lifestyle of the American soldiers present at the base.

The base which was established in 2003 operates mainly on training and maintaining a large fleet of tanks, trucks and military equipment related to facing future conflicts and to support relief efforts for humanitarian disasters.

This was the first such training held since 2019 due to the outbreak of the Corona pandemic. Lieutenant Austin May of the US Army, who accompanied the journalists on this tour confirmed that one of the goals of the air assault school at the future Buehring base was to train Kuwaiti soldiers on air assault operations.

The guided tour included visiting the various

facilities of the camp and understanding the day in the life of a US soldier at the base. The excellent arrangement and facilities at the camp showcased the US military might and training precision that soldiers underwent.

The highlight of the visit was watching the conclusion of a training held in Air Assault, which was considered an important skill to develop for soldiers in the US Army, as it provided soldiers with the basic skills necessary for air assault operations.

The Air Assault School at Camp Buehring, graduated a new batch of its trainees who successfully completed the air assault training considered one of the best military exercises. 223 soldiers were able to reach the third and final stage before going through rigorous testing.

Soldiers were trained and assessed during

the air assault course by the Mobile Training Team led by Staff Sergeant Skonaya Vumou. The training, which lasts for 10 days, includes several stages. The preliminary stage includes mastering the obstacle course and running for a distance of four miles.

The first stage then includes familiarizing with and mastering the knowledge of the ca-



pabilities of a group of helicopters in terms of weights and measures, preparing the landing area and mastering the aircraft's manual signals. The second stage trains soldiers in loading operations. The use of cranes and the transfer of cargo tanks in the air. The third and final stage provides training in mastering landing techniques with or without weapons.

Before announcing the official graduation from the training, the trainees must undergo an endurance test of marching quickly for a distance of 16 kilometers, carrying 20 kilos of equipment. After the end of the course, the trainees return to their units inside the camp.

Journalists were privileged to watch the training live as well as visit the various facilities available to soldiers including the recreation centre, the meditation and spiritual center and the dining facility where they were all treated to meals along with soldiers.

Survey reveals jobs, hiring patterns in GCC

Signs of an economic resurgence amid high oil prices have prompted many employers in the six-nation Gulf Cooperation Council (GCC) states to re-energize their business and hire more people in 2023.

The bi-annual 'Job Index' by Bayt.com, the leading job site in the region, and market research agency, YouGov, indicates that nearly 70 percent of employers in GCC plan to hire new employees. From an employee perspective, the survey also reveals that most of the employers (64%) were looking to hire people with good communication skills in Arabic and English,

followed by people with teamwork skills (42%) and ability to work under pressure (41%).

Speaking about the survey, which seeks to measure job availability and hiring patterns in the Middle East and North Africa (MENA), Ola Haddad, director of Human Resources at Bayt.com said: "The MENA region is fast becoming a hub for innovative companies and start-ups, offering diverse career paths for those looking to break into new markets. This has the potential to make the region one of the most sought-after destinations for job seekers from around the world.

Our bi-annual Job Index survey enables employers to connect with top talent from around the world, facilitating their growth and opening opportunities for thousands of job seekers in the MENA region."

Among other highlights, the 'Job Index' survey showed that the top positions employers were seeking to fill in 2023 were: Sales Manager (19%), Accountant (17%) and Project Manager (16%). Over one-third (35%) of survey respondents stated that they were looking for candidates with managerial experience, while 33 percent sought those with sales and marketing



experience and 31 percent wanted candidates with mid-level experience.

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Azerbaijan: Ideal destination for family tourism

Azerbaijan, one of the most beautiful countries in the Caucasus and Caspian Sea region, is European in nature and Asian in spirit. It is a land where the present harmonizes with the past, and the culture blends with nature and traditions.

CEO of the Azerbaijani Tourism Board, Florian Singschmid, in his meeting with The Times Kuwait recently, stressed that Azerbaijan invites Kuwaitis to experience the country's historical heritage, recreational, gastronomic and cultural attractions, in addition to its wonderful natural landscapes.

He confirmed that approximately 22,610 tourists from Kuwait visited Azerbaijan in 2018, ranking Kuwait third among Gulf tourists after Saudi Arabia and the United Arab Emirates in the number of visitors to his country.

To further enhance Azerbaijan's tourism development, strategies have been developed to diversify the tourism appeal of Azerbaijan's capital Baku and other regions, while creating business and employment opportunities as well as implementing sustainable solutions.

As a result of these strategies, companies operating international hotel chains have been reinvigorated. In December 2022,

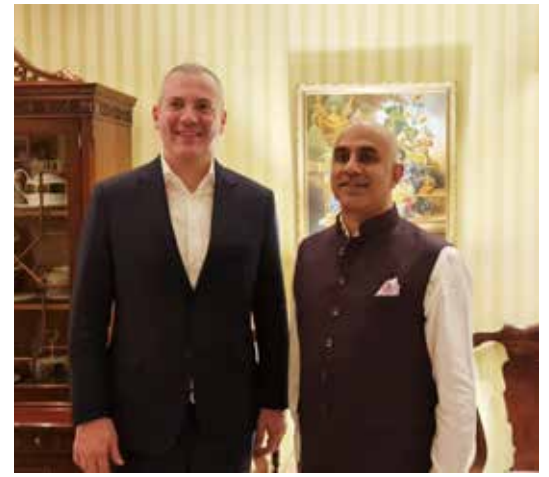


The Ritz-Carlton, known for its high-end facilities, opened in Baku. Located in the heart of the country's dynamic capital, The Ritz-Carlton features 190 spacious rooms and suites, luxury apartments and the city's largest presidential suite. The Bespoke Club Lounge, spa with two indoor pools, and fitness center, as well as the Ritz Kids program that cater to younger travelers are among the many highlights of this hotel.

Also in 2022, major national attractions in the field of protection and sustainable management of national heritage sites

were restored and preserved. Extensive infrastructure modernization works have also been carried out at heritage sites, such as the UNESCO-listed Sheki Heritage Site, Pasgal, Khinalij and Dibaba Complex.

With its availability of family-friendly activities in both cities and outdoors, Azerbaijan offers many attractions to family tourism from Kuwait. The capital, Baku, is a modern, cosmopolitan city that offers an endless list of entertainment, gastronomic, and cultural experiences for travelers of all ages.



Travel to Shahdag or Tufandag for scenic skiing, take a trip to Çamhaki to visit an alpaca's farm or safari park, or immerse yourself in the history of the Silk Road when heading to Sheki and Paşkal. What distinguishes Azerbaijan is that all the tourist sites are close to each other, allowing travelers to enjoy a variety of experiences simultaneously.

When traveling to Azerbaijan, Kuwaiti citizens can obtain a visa upon arrival. Kuwaiti citizens only need to present a valid passport and return ticket at the airport.



Metro Medical Group launches novel 'My Metro Pharmacy'

Metro Medical Group, a leading healthcare chain in Kuwait, has announced the opening of its fourth pharmacy, My Metro Pharmacy, located in the newly inaugurated Super Metro Specialized Medical Center in Fahaheel. The opening was celebrated on 24 February 2023, with a ribbon-cutting ceremony in the presence of several dignitaries, including ambassadors, ministers, and socio-cultural leaders.

My Metro Pharmacy offers a range of high-quality medicines and healthcare products to cater to the needs of patients and customers. It operates from 6 am to 2

am, providing round-the-clock service to patients in need. As part of the launch, the pharmacy is offering an exclusive discount of up to 10% on all medicines for the first three months. This offer is a testament to Metro Medical Group's commitment to providing affordable healthcare to the people of Kuwait.

Apart from providing pharmaceutical products, the new clinic also offers a unique feature that sets it apart from other clinics in Kuwait. It houses a "play station", the first of its kind in the country, which provides children accompanying patients an opportunity to indulge in a

little entertainment while waiting for their loved ones. The aim is to make optimal use of the extra time and provide a memorable experience for children, making it a fun and happy visit for everyone.

The opening of My Metro Pharmacy is part of Metro Medical Group's commitment to expanding its healthcare services and reach to patients in Kuwait. The Super Metro Specialized Medical Center, where the pharmacy is located, offers a range of medical services, including cardiology, neurology, urology, internal medicine, pediatrics, family medicine, and much more. It also offers specialized dental,

pediatric dental, ENT, eye specialist, opticals, hearing center, derma & cosmetology, laser procedures, MRI, CT & Dexa scans, digital x-rays, endoscopy, colonoscopy, radiology, 2D, 3D, and 4D ultrasound, MoH-approved PCR tests, laboratory, pharmacy, ambulance, and home care services.

The center accepts all insurance cards and provides other conveniences such as a cafeteria, auditorium, and ample car parking facilities for visitors. On top of this, it also offers discounted medical procedures, free doctor consultations, and a full body checkup for KD10 for the first three months from the inauguration date.

New Front Line of the Education Crisis

CONTINUED FROM PAGE 1

Official figures tell us that prior to the recent floods in Pakistan, weather-related events were already affecting ten million children around the world each year. But some estimates have painted an even bleaker picture, putting the number at nearly 40 million per year.

Children displaced because of climate change thus represent a growing share of the 222 million crisis-hit boys and girls who

require educational support. These children are increasingly missing out on a quality education, and thus are left without basic literacy or numeracy skills, let alone the additional qualifications they will need to enter the workforce.

The rapidly worsening education crisis challenges us to develop more innovative strategies for ensuring that all children are in school and learning. We will need to devise better, more imaginative ways to deliver education to people on the move. For example, curricula and other materials should be tailored more for a mix of online and in-person delivery, and school buildings should be used more efficiently by introducing double shifts. We also should encourage more safe-school initiatives like those pioneered in Nigeria after the kidnapping of hundreds of schoolgirls.

Once they are proven effective, these

creative solutions will then need to be replicated and scaled up to support refugees and displaced children everywhere.

To that end, we also will need to mobilize sufficient financing for vehicles like 'Education Cannot Wait' (ECW), the UN's global fund designed specifically to address the link between climate change, forced displacement, and education. ECW has successfully rolled out education programs in dozens of crisis-affected countries in recent years, and it remains fully committed to addressing the obstacles that have prevented humanitarian and development actors from delivering quality education in humanitarian crises.

ECW's replenishment summit on 16-17 February thus provides a timely opportunity not just to help children displaced by climate change and conflict,

but also to emphasize that progress on the global education agenda is central to achieving the Sustainable Development Goals. SDG4 calls on the international community to ensure, by 2030, that 'all girls and boys complete free, equitable, and quality primary and secondary education'.

To help reach the 222 million young people whose learning has been affected by conflicts and disasters, ECW aims to raise \$1.5 billion for the 2023-26 period — a mere rounding error compared to what governments spend on arms and fossil-fuel subsidies.

To have any hope of achieving SDG4, progress toward returning internally displaced and refugee children to school is essential. With millions of children's futures hanging in the balance, we must ensure access to education in emergencies and support a global fund that works.

International Women's Day 2023



Mercedes Vazquez
GM, ESK Holding, Chair, Banking and Finance at AmCham Kuwait

The theme for this year's International Women's Day (IWD) on 8 March is: DigitALL: Innovation and technology for gender equality. As a woman in technology who creates business value between continents on the intersection of business and technology, fostering inclusivity and sustaining equality for the greater common good, it gives me a great honor that this interconnected sector that I am



passionate about, has been the chosen theme for this year's International Women's Day.

According to a latest study published by PWC only 5 percent of leadership positions in the technology sector are held by women. According to another study by CitiBank closing the gender gap could boost global GDP by

US\$2 trillion. We know there is a direct inter-connection between inclusion and boosting the GDP through innovation, but there are still many barriers that attempt, and in certain experiences hold, women globally back from allowing them to compete effectively applying their hard-earned qualifications and knowledge, being included and thriving.

A level-playing field is good for everyone. Women are not a quota to be filled in, women are half of the population and we require 100 percent of the collaboration of our male counterparts in order to mutually succeed, for greater common good. World Economic Forum research shows that companies with above-average diversity scores drive 45 percent average revenue from innovation, as we venture into uncertain times where we are observing fragmentations, we need innovation from the whole world.

As I reflect on last year's IWD theme #breakthebias: we, unfortunately, did not break the bias yet. Women all over the world still experience bias, retaliation against them and harassment whether verbal or physical. Sometimes, simply for standing up for what's: fair, ethical and just. The world needs our uniqueness, not our similarities. Let us all collectively acknowledge the power of all of us coming together as one to act for change.

Women should take risks because every experience prepares us for where we are meant to be. Be fearless. Never allow anything or anyone to hamper and or attempt to limit your own education, growth and abilities. Seek diverse perspectives and broaden the pipeline of your experiences to shape who you want to be, as industries are becoming interconnected, have an always learning mindset to foster resilience and future-ready skills. Everything is possible if you work for it, set your mind to achieve it and execute it.

The Business Year to launch latest Kuwait research on March 8

The Business Year is gearing up to host Kuwait: Towards A Digital Economy, where it will launch its latest publication on the local economy; The Business Year: Kuwait 2023.

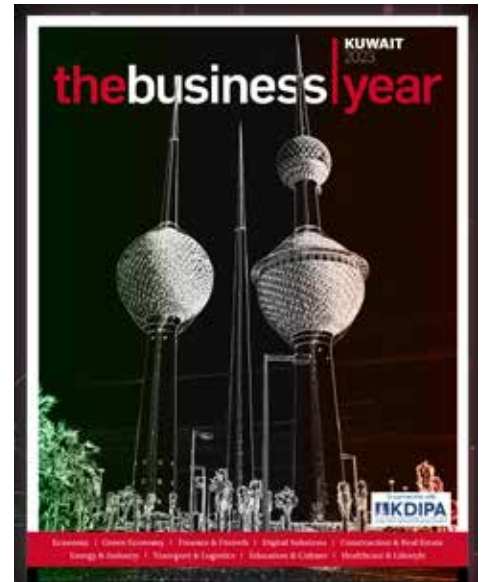
The Business Year: Kuwait 2023, the culmination of eight months of research on the local economy, is set to launch this March 8 at Kuwait: Towards A Digital Economy, an invitation-only event that will take place at the Four Seasons Hotel in Kuwait City.

The event, which will gather a range of figures from across the economy, will focus on the three major areas of development within the Kuwaiti economy: fintech, ESG, and innovation and SMEs. Featuring a number of high-level speakers, the conference will open the space for discussion and reflection regarding these important topics within the local business community. Among the headline speakers will be representatives KDIPA, the Central Bank of Kuwait, the Minister of Commerce & Industry & Minister of State for Communications and Information Technology.

A range of panelists will then deep dive on a range of issues, with speakers including representatives from, for example, the Kuwait Banking Association, and talabat Kuwait.

Throughout the event, participants will get the chance to network, exchange ideas, and address the importance of developing the strategies that will enable Kuwait to develop a more sustainable future.

The Business Year hopes to bring together



the representatives of the private and public sectors at this event, which will celebrate the launch of The Business Year: Kuwait 2023. Gathering leaders, innovators, and investors under one roof and providing a space for crucial topics to be contemplated, addressed, and built upon, The Business Year is putting the Kuwaiti economy in the spotlight of the wider global business community.

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EXCLUSIVE to THE TIMES KUWAIT

Big Con and the crisis of capitalism



Mariana Mazzucato and Rosie Collington

Mariana Mazzucato, Founding Director of the UCL Institute for Innovation and Public Purpose, is Chair of the World Health Organization's Council on the Economics of Health for All

Rosie Collington, a PhD candidate at UCL's Institute for Innovation and Public Purpose, is a co-author (with Mariana Mazzucato) of *The Big Con: How the Consulting Industry Weakens Our Businesses, Infantilizes Our Governments, and Warps Our Economies*.

In recent years, McKinsey & Company has become a household name – but for all the wrong reasons. One of the “Big Three” consulting firms, its work for major corporations and governments has increasingly become a source of scandal and intrigue around the world.

In the United States, for example, McKinsey agreed to pay nearly \$600 million for its role in the deadly opioid epidemic, following allegations that it had advised Purdue Pharma on how to “turbocharge” sales of OxyContin. In Australia, the firm’s work on the previous government’s national net-zero strategy was criticized as a flagrant attempt to protect the country’s fossil-fuel industry. And in Puerto Rico, a New York Times investigation found that McKinsey’s investment subsidiary, MIO Partners, was positioned to profit from the very same debt that its consultants were helping to restructure.

This list could go on and on. But as we show in our new book, *The Big Con: How the Consulting Industry Weakens Our Businesses, Infantilizes Our Governments, and Warps our Economies*, such scandals are only the tip of the iceberg. While there are a few bad apples in every company, the real problem lies with the consulting industry’s underlying business model.

In 2021, the global market for consulting services was estimated to be \$700-900 billion. Yet despite the industry’s growing role in economic and political life, its activities are hardly ever viewed as what they are: symptoms of deeper structural problems with contemporary capitalism. The consulting industry may not be wholly responsible for the financialization of the economy, corporate “short-termism,” or the gutting of the public sector, but it certainly thrives on them. Throughout the history of modern capitalism, the Big Con (as we call the industry) has been there to surf each new wave of dysfunction.

In government, big consultancies promoted and profited massively from the push toward



privatization, management reform, private financing, outsourcing, digitalization, and austerity. In business, they helped to entrench new models of governance, from the spread of cost accounting and multidivisional corporations in the decades after World War II, to the rise of King Shareholder in setting priorities and allocating resources.

Today, the consulting industry is promising

deeply involved in the country’s vaccination drive. Yet far from being an exemplar of efficiency, the French program was widely seen as a disaster. By early January 2021, a mere 5,000 doses had been administered, compared to 316,000 in Germany and 139,000 in Spain (all three countries started their programs around the same time).

Sometimes, governments hire consultants

“The consulting industry is promising to reverse the very problems it helped create by providing ‘environmental, social, and governance’ (ESG) advice. Not surprisingly, this new line of business has come with all kinds of conflicts of interest.”

to reverse the very problems it helped create – hence the boom in new contracts to provide ‘environmental, social, and governance’ (ESG) advice. Not surprisingly, this new line of business has come with all kinds of conflicts of interest. McKinsey, for example, has previously advised at least 43 of the 100 biggest polluters.

The role played by consultancies in the COVID-19 crisis was especially revealing. During the pandemic’s first two years, governments spent enormous sums on consulting contracts, but the results were dubious at best, and harmful at worst. In France, consultancies were

to fill gaps in their own capacity. Unfortunately, awarding consultancies with wide-ranging, lucrative contracts has simply become the default approach, even for areas that should obviously fall under the government’s remit. Thus, in 2020, one British Conservative peer complained that civil servants are routinely deprived “of opportunities to work on some of the most challenging, fulfilling, and crunchy issues,” and that the “unacceptable” reliance on private consultants was infantilizing the civil service.

When everything is outsourced, government

agencies cannot develop the internal skills and knowledge needed to manage new challenges. This should concern all of us. Epidemiologists warn that the next global pandemic is a matter of ‘when’, not ‘if’. We urgently need to invest in governments’ and public-health agencies’ ability to detect new outbreaks and contain them before they can spread.

After all, the big consultancies should not be trusted to have the expertise for which they are hired. As the New York Times found, citing a researcher from the French National Center for Scientific Research, the consultancies behind France’s shambolic vaccine rollout “tended to import operating models used in other industries that weren’t always effective in public health.”

The growing reliance on big consultancies with extractive business models stunts innovation and state capacity, undermines democratic accountability, and obfuscates the effects of political and corporate actions. In an age of climate breakdown, these consequences have become existential. We all pay the price when public funds and other resources are wasted, and when decisions in government and business are made with impunity and little transparency.

Making matters worse, well-intentioned, intelligent young professionals have increasingly been lured away from public service by the promise of purposeful (and higher-paid) work in the consulting industry. (Though, fortunately, there are indications that many young consultants are becoming disillusioned with the sector.)

Battling any addiction begins with acknowledging the problem. Only then can we reduce our dependency. At a time when more people than ever are questioning economic orthodoxies and searching for alternatives, unpacking the Big Con’s role in today’s economy can point the way to solutions. To build a better-functioning economy, we must invest in state capacity and know-how, bring public purpose back to the public sector, and rid the system of costly, unnecessary consulting-industry intermediation.

Around the world, governments are waking up to the dangers of an overreliance on consultancies – and of the form of capitalism that they have helped bring about. Reformers are developing innovative new governance models, from in-house public-sector consultancies to policy “labs” and local community-oriented procurement programs.

Transforming our economies in the public interest requires changing how we think and talk about the role of government. We must stop seeing the state as merely a market rescuer and de-risker, and recognize it as a critical economic actor. Private organizations and individuals with genuine knowledge and capacity can still be valuable sources of advice. But they should advise and “consult” transparently from the sidelines, rather than being put in charge and paid regardless of how they perform.



Valley of the Moon, Petra

A journey through sands of time



By Nourah Khan
Exclusive to
The Times Kuwait

Dreamy, fantasy atmosphere, pink sands, sparkling stars, a beautiful calm that clears your mind, a place where everything around you makes you feel that you are in an Arabian legendary tale from the Medieval Ages. This unbelievably magical experience of a journey through time, between Wadi Rum (Valley of the Moon) and Petra in Jordan, was made possible through a gracious invitation from the Jordan Tourism Authority.

Given that most of my holidays abroad are spent in luxury hotels and resorts, I have never had the experience of staying out in the open desert on any of my trips before; yes, despite being from a largely desert country like Kuwait. However, noticing my initial hesitation and fear in taking up the invitation, Khaled Al-Kilani from the Jordan Tourism Authority assured me that luxury accommodation is now available in Wadi Rum, right in the middle of a desert, if I prefer; but that the experience of staying out in the desert would be something special that I should not miss.

And, his words proved to be true.

Wadi Rum, a desert reserve located in the southern part of Jordan and often called the Valley of the Moon, is famous for its red and pink sands, stunning natural arches and mountains, and prehistoric rock carvings, in addition to being less than four hours drive from Amman, and less than two hours from Petra.

Wadi Rum is an incomparably charming destination, and it is still not crowded compared to Petra, which makes it a unique tourist destination for those looking for tranquility in the bosom of nature. There is no internet connection in most of the Wadi Rum desert camps. Also, there is no cell phone signal in some parts of the desert. But luxury camps can provide internet connection, so if this is really an issue for you, ask before booking.

Everything in Wadi Rum has its own character, starting with the taste of a cup of tea that is prepared on charcoal, and ending with the experience of the domes, whose designs simulate the future of humanity on Mars.

There are many accommodation options in Wadi Rum, from traditional bedouin tents to domes with a magical design consisting of glass walls with panoramic views of the desert and the surrounding mountains. I opted for the dome stay.

When you stay in this dome, you must wake up early with the sunrise so as not to miss the most beautiful scenes of photographing the valley at sunrise, as the wonderful colors of the desert are most impressive in the early morning and just before sunset. I can confirm that I captured the most beautiful scenes in Wadi Rum during sunrise and also during sunset.

I stayed for two nights at Wadi Rum, but it is possible to stay longer if you want to try all the activities and experiences the site offers. A must-try while at this place is the mountain climbing and visiting the strange rock formations that abound in the region. One of the most famous of these rocks is the Rock Bridge.

You can ride horses and camels, or take safari trips along the desert sands and dunes, on tours between the tall mountains through four-wheel drive vehicles, and you can coordinate all these trips from the convenience of your residence camp with ease and professionalism.

One of the most beautiful activities is watching the mountain ranges and desert sands from the



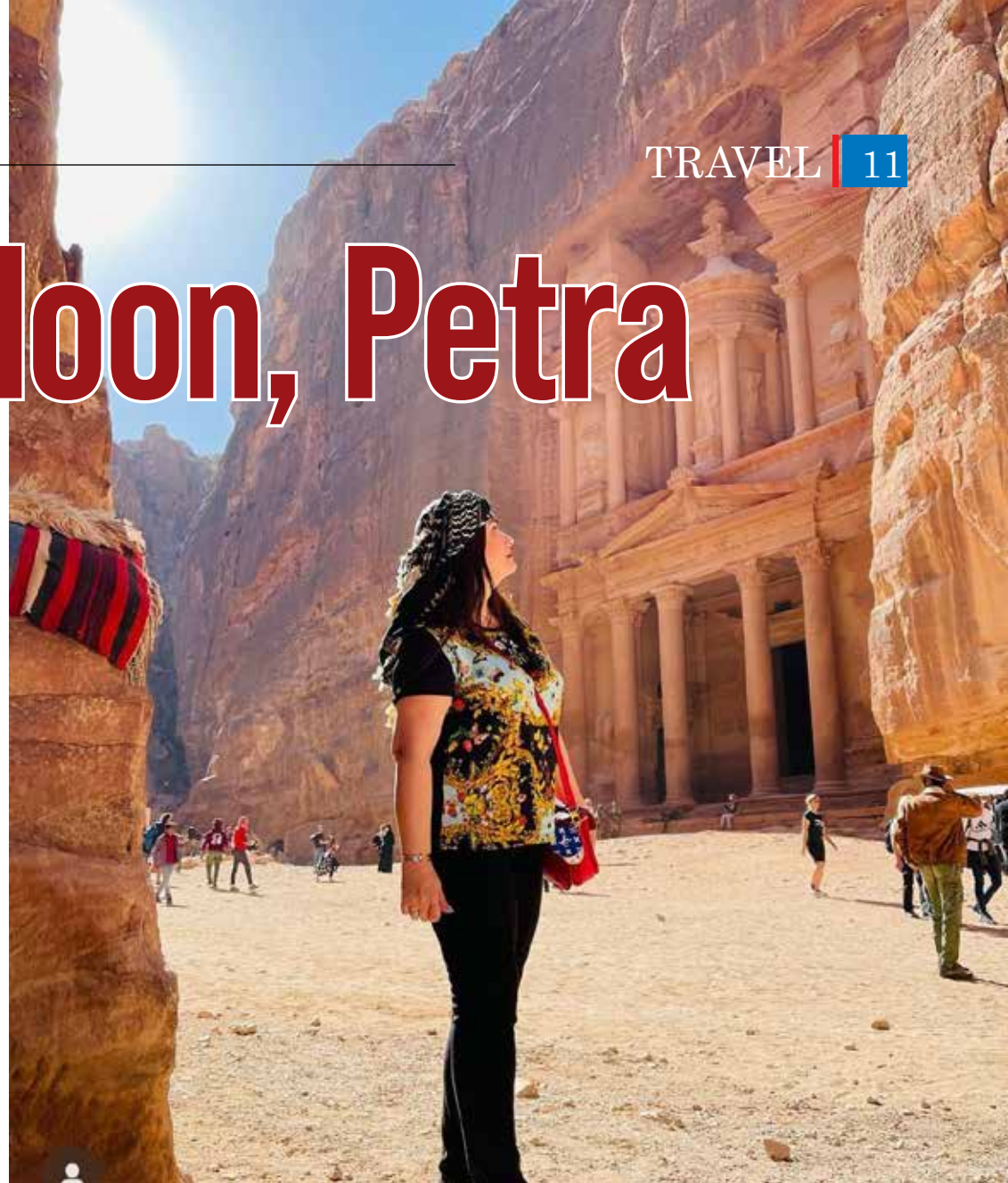
sky on a balloon flight. I could not try this activity because it depends on weather conditions, wind speed and direction, so this activity may not always be available throughout the year.

At sunset, you have other options in the valley. There are beautiful musical evenings that are held in which you enjoy bedouin songs and traditional food, or enjoy drinking traditional tea and smoking a hookah under the glitter of the stars. Did you know that this place has been the filming location of several films, including Lawrence of Arabia, and that it has been on the list of UNESCO World Heritage Sites since 1985?

A visit to Wadi Rum is considered one of the most beautiful experiences that combines the past and the present and takes people back to the roots of history and the authenticity of bedouin life. You have to try this experience one day.

After the end of my adventure in Wadi Rum, I apparently fell in love with the desert experience, so I next headed to Petra.

The city of Petra, the capital of the Nabataean Arabs, is one of the most famous archaeological



sites in the world. It is located 240 km south of the Jordanian capital Amman, and 120 km north of the city of Aqaba, on the Red Sea coast. Petra is undoubtedly Jordan's most valuable treasure and its top tourist attraction, and is also one of the new Seven Wonders of the World.

I recommend staying at least for one night in Petra as the atmosphere at night is something superb. An enjoyable experience is the Petra Night Show, which is an enchanting way to see a side of the rocky city by candlelight and discover the ancient city. This unique experience begins with a walk along the 'Siq' corridor to the facade of 'The Treasury', with the pathway lit by 1,500 candles.

I enjoyed visiting Petra during the day and I wore the bedouin traditional costume, and all thanks to the tour guide Rawan Sahawneh from the Jordan Tourism Authority for helping me choose the details of the bedouin costumes and wearing the Jordanian ghutra and climbing the rocks to sit in front of the Treasury facade to take memorial photos, an unforgettable experience.

The history of the Treasury building dates back to the Nabataean civilization, and is carved right out of the surrounding rock. The building is one of the most famous and important landmarks of the city and the bedouins gave it this name

because they believed that the jar at the top contained a treasure.

There are many attractions that you should visit in Petra, so it is necessary to stay for a night or two. Among sites to visit are the colonnaded street, considered one of the most beautiful monuments of Petra. Three Byzantine churches were built to the north of the street because of its commercial importance in ancient days. Another fun experience that I attended in Petra was a cooking course for preparing 'Mansaf', one of the most famous Jordanian dishes.

Petra is also known as the Pink City due to the distinctive color of its stone, and UNESCO describes the place as "one of the most precious cultural assets of humanity's cultural heritage."

Noura Khan, a travel influencer and content creator, is a Kuwaiti national, holds a degree in law from Kuwait University and has worked as a journalist prior to taking up a position in the government. In 2018 she started blogging on travel and has visited more than 57 countries since. She has more than 54K followers and her blog post @nourajtraveller is well appreciated for content and travel information. Noura writes exclusively for The Times Kuwait on her travel visits.



EXCLUSIVE to THE TIMES KUWAIT

Curbing unethical progress of AI



Robert Muggah, Gabriella Seiler, and Gordon LaForge

Robert Muggah, a co-founder of the Igarapé Institute and the SecDev Group, is a member of the World Economic Forum's Global Future Council on Cities of Tomorrow and an adviser to the Global Risks Report.

Gabriella Seiler is a consultant at the Igarapé Institute and a partner and director at Kunumi.

Gordon LaForge is a senior policy analyst at New America and a lecturer at the Thunderbird School of Global Management at Arizona State University.

Recent months may well be remembered as the moment when predictive artificial intelligence went mainstream. While prediction algorithms have been in use for decades, the release of applications such as OpenAI's ChatGPT3 — and its rapid integration with Microsoft's Bing search engine — may have unleashed the floodgates when it comes to user-friendly AI.

Within weeks of ChatGPT3's release, it had already attracted 100 million monthly users, many of whom have doubtless already experienced its dark side — from insults and threats to disinformation and a demonstrated ability to write malicious code.

The chatbots that are generating headlines are just the tip of the iceberg. AIs for creating text, speech, art, and video are progressing rapidly, with far-reaching implications for governance, commerce, and civic life. Not surprisingly, capital is flooding into the sector, with governments and companies alike investing in startups to develop and deploy the latest machine-learning tools. These new applications will combine historical data with machine learning, natural language processing, and deep learning to determine the probability of future events.

Crucially, adoption of the new natural language processing and generative AIs will not be confined to the wealthy countries and companies such as Google, Meta, and Microsoft that spearheaded their creation. These technologies are already spreading across low- and middle-income settings, where predictive analytics for everything from reducing urban inequality to addressing food security hold tremendous promise for cash-strapped governments, firms, and NGOs seeking to improve efficiency and unlock social and economic benefits.

The problem, however, is that there has been insufficient attention on the potential negative externalities and unintended effects of these technologies. The most obvious risk is that unprecedentedly powerful predictive tools will strengthen authoritarian regimes' surveillance capacity.

One widely cited example is China's 'social-credit system', which uses credit histories, criminal convictions, online behavior, and other data to assign a score to every person in the country. Those scores can then determine whether someone can secure a loan, access a good school, travel by rail or air, and so forth. Though China's system is billed as a



tool to improve transparency, it doubles as an instrument of social control.

Yet even when used by ostensibly well-intentioned democratic governments, companies focused on social impact, and progressive nonprofits, predictive tools can generate sub-optimal outcomes. Design flaws in the underlying algorithms and biased data sets can lead to privacy breaches and identity-based discrimination. This has already become a glaring issue in criminal justice, where predictive analytics routinely perpetuate racial and socio-economic disparities. For example, an AI system built to help US judges assess the likelihood of recidivism erroneously determined that Black defendants are at far

greater risk of re-offending than white ones. digitization tends to exacerbate, rather than ameliorate, pre-existing political, social, and economic problems.

The enthusiasm to adopt predictive tools must be balanced against informed and ethical consideration of their intended and unintended effects. Where the effects of powerful algorithms are disputed or unknown, the precautionary principle would counsel against deploying them.

We must not let AI become another domain where decision-makers ask for forgiveness rather than permission. That is why the United Nations High Commissioner for Human Rights and others have called for moratoriums on the adoption of AI systems until ethical and

universal standards for ethical AI since at least 2021. Moreover, the European Union has proposed an AI Act — the first such effort by a major regulator — which would block certain uses (such as those resembling China's social-credit system) and subject other high-risk applications to specific requirements and oversight. To date, this debate has been concentrated overwhelmingly in North America and Western Europe. But lower- and middle-income countries have their own baseline needs, concerns, and social inequities to consider. There is ample research showing that technologies developed by and for markets in advanced economies are often inappropriate for less-developed economies.

If the new AI tools are simply imported and put into wide use before the necessary governance structures are in place, they could easily do more harm than good. All these issues must be considered if we are going to devise truly universal principles for AI governance.

Recognizing these gaps, the Igarapé Institute and New America recently launched a new Global Task Force on Predictive Analytics for Security and Development. The task force will convene digital-rights advocates, public-sector partners, tech entrepreneurs, and social scientists from the Americas, Africa, Asia, and Europe, with the goal of defining first principles for the use of predictive technologies in public safety and sustainable development in the Global South.

Formulating these principles and standards is just the first step. The bigger challenge will be to marshal the international, national, and subnational collaboration and coordination needed to implement them in law and practice. In the global rush to develop and deploy new predictive AI tools, harm-prevention frameworks are essential to ensure a secure, prosperous, sustainable, and human-centered future.

“The United Nations High Commissioner for Human Rights and others have called for moratoriums on the adoption of AI systems until ethical and human-rights frameworks have been updated to account for their potential harms.”

greater risk of re-offending than white ones.

Concerns about how AI could deepen inequalities in the workplace are also growing. So far, predictive algorithms have been increasing efficiency and profits in ways that benefit managers and shareholders at the expense of rank-and-file workers (especially in the gig economy).

In all these examples, AI systems are holding up a funhouse mirror to society, reflecting and magnifying our biases and inequities. As technology researcher Nanjira Sambuli notes,

human-rights frameworks have been updated to account for their potential harms.

Crafting the appropriate frameworks will require forging a consensus on the basic principles that should inform the design and use of predictive AI tools. Fortunately, the race for AI has led to a parallel flurry of research, initiatives, institutes, and networks on ethics. And while civil society has taken the lead, intergovernmental entities such as the OECD and UNESCO have also gotten involved.

The UN has been working on building



Corporate world turns to Indian-origin leadership

YouTube's Neal Mohan has become the latest person to join the list of Indian-origin CEOs globally. The development comes after Susan Wojcicki stepped down as the CEO of the video-streaming platform. Mohan was the chief product officer at YouTube. A Stanford graduate, Mohan joined Google in 2008. He was the chief product officer at YouTube where he focused on building YouTube Shorts and Music. Mohan has also worked with Microsoft, and sits on the board of Stitch Fix and genomics and biotechnology company 23andMe. Here's the list of Indian-origin CEOs of multinational companies:

Adding to the growing list of Indian-origin leadership at the helm of corporate world, are such stalwarts as:

Google CEO: Sundar Pichai: Google is the most popular internet search engine. Sundar Pichai was appointed its CEO on 10 August, 2015.

Microsoft CEO: Satya Nadella: Microsoft is the largest vendor of computer software in the world. The US-based company also produces consumer electronics, personal computers, and related services. Satya Nadella was announced as the new CEO of Microsoft in February 2014. He is the third CEO in Microsoft's history, after Bill Gates and Steve Ballmer.

Adobe CEO Shantanu Narayen: Adobe is a US-based multinational computer software

company. Its flagship products are Adobe Photoshop image editing software, Adobe Illustrator vector-based illustration software, and Adobe Acrobat Reader, among others. Shantanu Narayen was appointed as Adobe CEO in December 2007. He is now chairman, president and CEO of the company.

IBM CEO Arvind Krishna: The US-based IBM produces and sells computer hardware and software, as well as cloud computing and data analytics. Arvind Krishna has been serving as CEO and chairman of IBM since April 2020 and January 2021, respectively.

Starbucks CEO Laxman Narasimhan: He joined the list of Indian-origin CEOs globally in September 2022. He was named as the new chief executive officer (CEO) of the world's biggest coffee chain Starbucks last year.

Chanel CEO Leena Nair: Chanel is a French luxury fashion house. Leena Nair was appointed as its Global Chief Executive in December 2021.

Bata CEO Sandeep Kataria: Bata is a Switzerland-based multinational footwear, apparel and fashion accessories maker. Its footwear is very popular in India. Sandeep Kataria was elevated as the company's group CEO in August 2021.

VMware CEO Raghu Raghuram: VMware is a US-based cloud computing and virtualisation technology company. Raghu Raghuram was named its CEO in May 2021.

Among other Indian CEOs are the world's leading food and drug retailer Albertsons CEO Vivek Sankaran, US-based cybersecurity company Palo Alto CEO Nikesh Arora, Switzerland-based global healthcare company Novartis CEO Vasant Narasimhan, and US-based computer networking company Arista CEO Jayshree Ullal.

Additionally, Hybrid cloud data services and data management company NetApp CEO George Kurian; Video hosting, sharing and services company, Vimeo's CEO Anjali Sood; multinational transportation, ecommerce and business services company FedEx President, Raj Subramaniam; and, since September 2022, global advertising, marketing, and public relations agency Ogilvy Group's Global CEO, Devika Bulchandani.



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EXCLUSIVE to THE TIMES KUWAIT

Global Migration Drives Global Democracy



Abel Escribà-Folch, Covadonga Meseguer, and Joseph Wright

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Joseph Wright is Professor of Political Science at Pennsylvania State University.



Remittances, the money migrants send to their communities and families back home, have long been recognized as a driver of development in poor countries. But while their economic benefits are better appreciated, their political effects are no less consequential: remittances are one of the most potent weapons against dictatorship. Bolstered by funding from abroad, citizens in closed societies grow less reliant on autocratic governments and more likely to call for reform. The money migrants send makes grassroots pressure possible, opening the door to democratic change.

Around the world, remittances reached a record high of \$548 billion in 2019. They have become the largest source of foreign financing in developing countries, outstripping international aid three times over. Even during the COVID-19 pandemic, these payments have proved resilient. The global total fell by only 1.6 percent in 2020, according to the most recent estimates — faring better through the crisis than either foreign direct investment or development assistance.

The role of remittances in linking migration to development is well established. When workers emigrate from low- and middle-income countries to high-income countries, many of them send part of their earnings directly to the family members they leave behind. The result is higher consumption and greater investment in human capital and public goods in these communities. Migration produces economic benefits for both those who move and those who stay.

There is less consensus when it comes to the political implications of migration. The conventional policy debate in high-income migrant hosting countries neglects the ways that migrants shape political outcomes in their home countries, and the democratizing effect of worker remittances. In politically closed societies, remittances are often the only source of foreign income that circumvents the government. Beyond the reach of the state, those funds facilitate protest and undermine authoritarian tactics, tipping the balance of power toward citizens who mobilize for democratic change. In short, global migration may be one of the most powerful drivers of global democracy — simply by letting people move, work, and share what they earn.

Other types of transnational financial flows have often failed to yield the democratizing effects their proponents promised. In the 1990s, many of those cheering on globalization predicted that foreign development assistance — particularly when conditioned on political reform — would be a boon to democracy. But the evidence of foreign assistance leading to democratic outcomes is

decidedly mixed. Today, most development aid flows through government channels, allowing autocrats to divert it to serve their own purposes. Even when it reaches civil society organizations as intended, the state often still controls which groups get what.

Many policymakers also championed the reform effects of global markets, claiming that free-flowing private capital would catalyze democratization in the global South. This thinking — embodied in the Washington consensus — held that foreign investment would spur economic modernization and loosen a nondemocratic government's grip on the national economy. Empowered private actors would, in turn, challenge the power of the state. Thus went the hopeful narrative that accompanied China's rise: World Trade Organization membership and international economic integration would create the conditions for democratic reform.

But despite China's rapid economic growth, its political system remains stubbornly

their own foreign policy goals — think US efforts to counter Soviet influence in the global South during the Cold War or the more recent campaign to buy foreign governments' counterterrorism cooperation. Increasingly, donor countries also wield the promise of funds to limit migration itself, outsourcing policy enforcement to the governments of sending and transit countries.

The exchange of ideas that occurs when migrants settle in advanced democracies can itself have democratizing effects in their countries of origin. Those who return bring newly acquired values with them, and even those who remain abroad transmit their political attitudes to family and friends. These 'social remittances' foster democratic values and participation even among citizens who never leave home. Our research shows that remittances directly empower the citizens who demand democracy in migrants' home countries. One way they do this is by making resources available to mobilize political opposition.

Analyzing Afrobarometer survey data

“ Our research shows that remittances directly empower the citizens who demand democracy in migrants' home countries. One way they do this is by making resources available to mobilize political opposition. ”

authoritarian, supported by mass surveillance and digital repression, under President Xi Jinping's increasingly personalistic rule. In other parts of the world, similarly optimistic predictions failed to account for autocratic governments' capacity to manipulate capital flows for their own benefit. Instead of lifting up citizens and businesses across the society, foreign funds are often rerouted to maintain the patronage networks that entrench the government's power.

Funding from foreign companies and aid agencies often comes with political agendas attached, too. Private investors' main interest lies in accessing emerging markets to exploit the advantages they offer; these investors will prioritize stable and favorable business environments rather than promote political liberalization. Similarly, donor countries often distribute aid with an aim not to advance democracy but to extract concessions tied to

from 17 African countries ruled by autocratic governments in the past two decades, we found that the likelihood of remittance recipients in opposition districts joining protests rose above 15 percent, compared with less than ten percent among citizens without this supplemental income. A skeptic might argue that a heavily opposition-leaning district could simultaneously attract more remittances and provide fertile ground for open dissent, without any causal link between the two. But we examined political behavior within the same district, and the pattern holds. And the benefits primarily accrue to opposition groups — remittances did not mobilize the public in regime strongholds.

Expanding our analysis globally reinforced these findings. We looked at 130 autocratic regimes in 84 countries over the past four decades, aggregating information from protest data sets from around the world. The increased frequency of anti-government protests as a result

of remittances was equivalent to the boost we observed in election years compared with non-election years. At the same time, remittances reduced the pro-government mobilization that can strengthen autocracies. In effect, global migration financed the types of political action that have been most likely to lead to peaceful democratization in the last quarter century.

Enabling protest is not the only way remittances chip away at authoritarian control. They also undermine the strategies non-democratic governments employ to retain power. In systems classified as electoral or competitive authoritarianism, incumbents win elections — even relatively fraud-free multiparty contests — by essentially buying votes. Their efforts target voters in swing districts to boost turnout in the government's favor. Clientelism of this kind is found in countries as diverse as Malaysia, Mexico, Senegal, and Zimbabwe.

Income from remittances reduces citizens' dependency on government patronage, severing the ties between electoral autocracies and the low-income voters they mobilize. Our study of African autocracies shows that remittances have little effect on voter turnout in opposition areas but reduce turnout by between four and six percent in contested districts, which can be enough to tip the scales in favor of a political challenger. In our global analysis, too, we found that remittances reduce electoral support for an incumbent autocrat. This happens despite the fact that higher remittance incomes around election time strengthen the national economy—a trend that favors incumbents, whom voters tend to reward for improvements in living standards.

This combination of better-resourced opponents and declining dependency on the government among supporters is destabilizing for autocracies. Around the world, a larger volume of remittances is associated with stronger civil society and more autonomous opposition. Together these processes map a global pattern connecting foreign income to democratization since the 1970s. Remittance-enabled political autonomy has helped shepherd democratic transitions such as the end of single-party rule in Senegal in 2000 and the surprise electoral defeat of Gambia's president of two decades in 2016.

Migration and remittances provide a new way to think about bridging the gap between globalization and democratization — one that does not rely on the dubious capacity of economic integration or Western foreign policy initiatives to change an autocratic government's behavior. Unlike other forms of cross-border financing, remittances are decentralized. Individuals ultimately control the resources. Citizens in low- and middle-income countries, financed in part by their migrant relatives, are the ones who resist dictatorship and bring about democratic change.

Autocracy is on the offensive across the world. But migration can play a critical role in slowing its march. Policymakers in countries that both accept migrants and advocate for democracy abroad must start treating the two issues as linked. The pressures driving people to move will only accelerate in the coming decades. The uneven distribution of projected population growth — the continued rise of Africa and parts of Asia, while populations in Europe and the Americas stagnate or fall — is likely to trigger mass migration. Climate change and armed conflicts will push even more people to leave their homes and start over in a new country. But as these new migrants send money back to their families, friends, and communities, they also make it possible for citizens to advocate for democracy in the places they leave behind.

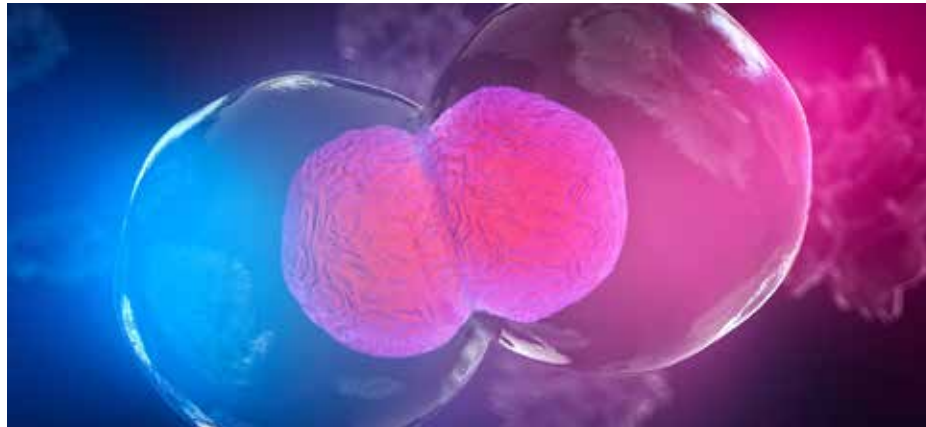
Forming sperm cells from blood cells

Different cell types in the body, such as cells of the heart, liver, blood, or sperm have unique characteristics that help them serve specific roles in the body. This specificity is in most cases hard-wired in the cell, or in other words, a heart or liver cell cannot on its own begin to function like a blood cell. All the specialized body cells are generated at the embryonic stage of development from primordial cells, referred to as stem cells.

In what is considered a breakthrough in predetermined cell specificity, researchers at the University of Pennsylvania, working with their counterparts at the University of Texas, in the United States have induced blood cells in marmosets (a relatively small monkey species) to revert back to their earlier stem cell status. They then coaxed those stem cells to take on the characteristics of sperm precursors.

In a recent publication that detailed their step-by-step process of rewiring cells, the researchers said the findings from the study on marmoset cells opens new possibilities for studying primate biology and developing novel assisted reproductive technologies like in vitro gametogenesis — a process of generating sperm or eggs (germ cells), in a laboratory dish — similar to how in vitro fertilization involves the generation of an embryo outside the human body.

Scientists have known how to generate functional sperm and egg from induced pluripotent stem cells in mice, but mouse germ cells are very different from human



germ cells. Now by studying marmosets, whose biology more closely resembles that of humans, scientists have better knowledge on germ cell generations in people.

For their research, the scientists first began by learning more about germ cell precursors in marmoset embryos. They found that these early-stage cells, known as primordial germ cells (PGCs), bore certain molecular markers that could be tracked over time. Performing single-cell RNA sequencing on these cells revealed that PGCs expressed genes characteristic of early-stage germ cells and those related to epigenetic modifications, which regulate gene expression. PGCs did not, however, express genes known to be turned on later in the process of germ cell development, when precursor cells migrate to the ovaries or testes to complete their maturation.

Their findings were consistent with the notion that marmoset germ cells undergo a reprogramming process that 'turns off' certain markers and allows PGCs to proceed through the stages of germ cell development. The patterns the researchers observed in marmoset cells closely resembled what has been found in both humans and other monkey species but were distinct from those of mice, providing researchers with another reason for using marmoset as a valuable model for reproductive biology studies.

The team then set about trying to reconstitute the process of development artificially, in the lab. The first step was to transform blood cells into induced pluripotent stem cells (iPSCs) — cells that retain the ability to give rise to a number of other cell types.

After much trial and error and applying

lessons learned from mouse, human, and other investigations, the team landed upon a strategy that enabled them to generate and sustain stable cultures of iPSCs. The next step involved moving from iPSCs to germ cell precursors. Once again, considerable experimentation went into developing the protocol for this transformation that eventually enabled them to induce nearly 40 percent of their culture material to take on characteristics of germ cell precursors.

In a final stage of the study, the research team coaxed these lab-grown cells to take on the characteristics of later-stage germ cells. Based on a method established through earlier trials on human cells, they cultured the cells with mouse testicular cells over the course of a month. The result was a successful growth with some cells beginning to turn on genes associated with later-stage sperm cell precursors.

Developing new approaches to study the marmoset has enabled the scientific community to make use of the species as an important research model in studies on development of the reproductive system, pursuing studies of normal and abnormal development, as well as fertility.

The team also pointed out that studies on marmosets were invaluable as any clinical application of assisted reproductive technology like in vitro gametogenesis raises a lot of ethical, legal, and safety concerns. Having a good preclinical model in the form of marmosets to explore is important before we move to human clinical translation.

Bullying can lead to depression, suicide among victims

Several reasons have been put forward for why children, in particular teenagers, become anxious, depressed or distressed and sometimes even end up taking their own lives as a result of mental stress. While the reasons for these behavior patterns are complex, a new study shows that some forms of bullying may increase the likelihood of such behaviors in teens.

Previous studies in the United States have shown that nearly one in three young people in the country experience bullying, and there have been several cases where bullying activity has led to suicide among the victims. Researchers say that bullying based on a person's sexual orientation, gender identity, or around hurtful sexual comments is consistently correlated with teens' feelings of depression, mental distress, and acts of attempted suicide.



Psychologists and psychiatrists say that youth who engage in self-harming behaviors often do so for what they believe to be 'a good reason'. Young people, especially those who are bullied for their sexual orientation or gender identity, can become anxious and depressed, both of which could lead them to take their lives.

Records show that suicide is the second-leading cause of death among people aged 15 to 24 in the US, with bullying having a role in this tragic outcomes.

Over 50 percent of students bullied for their sexual orientation in the US have seriously considered ending their lives, in contrast to only 14 percent of heterosexual students

contemplating such extreme recourse. On the other hand, teens and adolescents who were physically bullied or bullied based on their religion did not appear to report heightened feelings of sadness or hopelessness compared to teens who were not bullied.

Regarding bullying around religion, it is worth considering that a victim of this may have greater and easier support mechanisms to access than a person who is bullied for gender or sexual orientation. For example, a youth bullied for religion can turn to parents, siblings, other family, their faith community, for support, whereas those same resources may be sources of conflict or additional rejection for a youth bullied for gender or sexual identity.

The study included more than 70,000 responses from the 2018 Iowa Youth Survey of 6th, 8th, and 11th graders in the state. The study found that while bullying around gender and sexual orientation had the strongest connections to mental distress, cyberbullying, social bullying, and race-based bullying were also significantly correlated to suicide attempts and mental anguish.

"Being demeaned and put down impacts all aspects of well-being and results in kids questioning their worth, how they look, who they are, does anyone like them — every aspect of their identity can be challenged," explained one mental-health specialist. "When they internalize these attacks, depression, self-harm, and often reckless behavior can emerge. If they doubt themselves, sharing these worries with someone appears scary and challenging."

Other specialists add that bullying is intentional and usually a repetitive behavior. While victims might be able to shake off one off-handed comment, repeated attacks can have a serious detrimental impact on their psyches. Social media and the prevalence of cyberbullying have amplified the situation — as online bullying behaviors literally follow the kids everywhere they go.

These findings are an important learning that can be utilized in not only training medical professionals but also parents, teachers and other school personnel. There are several ways that parents can help reduce the chances of their children being bullied in school, including

nurturing a positive family climate and teaching your kids emotional and interpersonal skills.

Parents can also establish and build relationships with teachers and school authorities, as well as with parents of children at the same school.

Opening such a pathway of communication can ensure that problems are resolved amicably before they escalate. Psychologists recommend that the best things a parent can do are to provide compassionate listening, and provide a safe and loving environment that creates resilience and positivity in children.

Parents should also stay alert for signs of

depression and mental distress in their kids, although it can sometimes be hard to spot. Signs of depression can include any consistent break in routine — less sleep, less eating, not going out with friends, not talking to siblings or parents, or others. Creating a safe and uncritical environment, where children feel that they are not being judged is crucial to reassure them that the parent will listen to what they wish to share.

Parents should also give considerable thought to what the child is confiding in them and seek professional help in harmful circumstances that could spin out of control.

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UN Must Not Be Powerless



Takatoshi Ito

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The first anniversary of Russia's invasion of Ukraine has been a good opportunity to reflect on the war's global implications. In addition to untold human misery, Russia's aggression triggered a historic food and energy crisis and caused global inflation to spike, endangering the world's fragile economic recovery from COVID-19. But the war also highlighted the shaky foundations of the international security order that emerged after the end of World War II, sending shockwaves around the world and encouraging countries like Germany and Japan to rearm.

While some still try to justify Putin's actions by claiming that Russia was somehow provoked by the 'eastern expansion' of NATO, the fact is that Ukraine posed no threat to Russia when Putin invaded the country. Putin was not seeking to defend Russia's territorial integrity from Ukrainian or Western encroachments; he simply wanted to pursue his imperial ambitions.

The possibility of a Russian victory in Ukraine has caused panic among Russia's neighbors in Central and Eastern Europe, as well as governments across Central and East Asia. If Russia, a nuclear power, can invade its much-smaller neighbor and prevail, what is to stop Putin from going after Poland next, or China from invading Taiwan?

While the world desperately needs a unified



EXCLUSIVE to THE TIMES KUWAIT

strategy, the United Nations is splintered and dysfunctional. After Russia vetoed a Security Council resolution denouncing its invasion at the beginning of the war, the UN General Assembly has passed toothless resolutions, including one on 23 February calling for Russia's immediate withdrawal. Faced with the biggest threat to global stability in a generation, it seems that the body created to oversee and defend the international liberal order cannot stop it from unraveling.

The problem lies with the UN's governance structure. The Security Council was created to maintain global peace, but the veto power granted to its five permanent members — the United States, Russia, China, France, and the United Kingdom — has always been a major obstacle to achieving this goal. Now that one of its veto-holding permanent members is waging an aggressive war against a neighboring

country, in flagrant violation of international law and the UN Charter, the Security Council is virtually powerless to impose economic sanctions or bring about a peaceful resolution.

The Security Council's authority has been further undermined by North Korea's repeated violations of its resolutions. The North Korean regime launched an intercontinental ballistic missile that landed in Japan's exclusive economic zone on 18 February and is reportedly preparing for its seventh nuclear test. Last year, it fired more than 90 missiles over the East China Sea and the Sea of Japan. Yet the Security Council has remained silent since China and Russia vetoed a US-led bid to impose new sanctions on the country, leading to a US rebuke.

The UN's inability to address these growing threats to global stability has encouraged Germany and Japan to shed their decades-

long aversion to developing robust military capabilities.

With a land war raging in Europe, Germany has pledged to increase its defense budget by €100 billion (\$106 billion) and (reluctantly) agreed to send 14 Leopard 2 tanks to Ukraine. And Japan, deeply shocked by Russia's invasion, plans to double defense spending by 2027 (though Prime Minister Fumio Kishida must first figure out how to pay for it) and is revising its national-security strategy to enable the military to strike enemy targets abroad in the event of an actual, or imminent, attack.

Despite its newfound commitment to remilitarization, Japan has maintained its pacifist constitution and remains opposed to acquiring nuclear weapons, owing to the trauma of Hiroshima and Nagasaki.

While most of the Japanese public supports the boost in defense spending, many still believe that the US-imposed constitution was right to restrict the military's role to self-defense. But Russia's invasion of Ukraine, together with North Korea's provocations and China's increasingly aggressive posture, has highlighted the importance of building up the country's deterrence capabilities and accelerated its shift away from pacifist idealism.

At the same time, protecting liberal democracy against aggressors like Russia and North Korea requires a multilateral body capable of tackling threats to world peace. To fulfill its peacekeeping role, the UN Security Council must undertake significant reform. At the very least, Japan and Germany should be granted permanent seats and veto power. Alternatively, a permanent member's veto power should be suspended if, like Russia, it becomes an aggressor. With the world on the precipice of disaster, there is no alternative to overhauling the cornerstone of global governance.



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