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Remembering a painful legacy



THE TIMES KUWAIT REPORT

On the 33rd anniversary of the vicious invasion of Kuwait by Iraqi forces on 2 August 1990, the country remembers with overwhelming pride and utmost gratitude the efforts and sacrifices made by the blessed martyrs who paid the ultimate price with their lives to defend Kuwait and resist the aggression. On this painful occasion, the country also reminisces with esteem the righteous stance of Kuwaiti people in rallying behind the country's legitimate government and leadership, and in the honorable position of countries around the world in support of Kuwait and its just cause.

As yet another invasion anniversary comes to pass, we flip back through the pages of history and reminisce with gratitude the efforts of Kuwait's sagacious leadership and government to garner support of the international community to help end the occupation, liberate the country, and to have its legitimacy and territorial integrity reinstated. We also look

the country demonstrated against the aggression through acts of civil disobedience, protests, and other displays of defiance to the occupation.

Although the grassroots resistance movement that grew within the country had no clearly defined structure, organization or leadership, the members were driven by a yearning to have their freedom and liberty restored, and they were guided in this by their staunch belief in the justice of their cause. Though they possessed only limited resources, the resistance proved quite effective in deploying tactics that thwarted attempts by the Iraqi forces to move personnel and supplies undeterred around the country. The resistance also undermined many of the nefarious schemes and policies launched by the occupying forces.

At a time when there were no mobile phones or social media platforms, and the landline telephone conversations were believed to be closely monitored by the occupation forces, the only means of communication among groups of activists and

with offices located abroad, along with human rights organizations and proponents of freedom everywhere made their voices heard through demonstrations and public events organized in world capitals and cities around the globe. The late amir, Sheikh Sabah Al-Ahmad Al-Sabah, who was then the country's deputy prime minister and foreign minister played a pivotal role during the occupation by mobilizing Arab and

international support to Kuwait's legitimacy.

As Kuwait's chief diplomat since 1963, Sheikh Sabah had managed to establish strong ties within the UN, its affiliate organizations, and among member states. His efforts on behalf of the nation proved fruitful, as he managed to gain the world's support for ousting the aggressors, liberating Kuwait and restoring the nation's legitimacy and sovereignty.

Last week, while elaborating on the role of the Kuwait Fund for Arab Economic Development (KFAED) in garnering global support for Kuwait during the harrowing months of occupation, the current acting Director-General of KFAED Walid Al-Bahar said that the unprecedented global consensus in support of Kuwait's just demand to reinstate its sovereignty and territorial

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back with immense pride at how, during the dark days and months of the heinous occupation, a handful of ordinary people rose to extraordinary heights through their compassion and the selfless services they rendered to ensure the safety, security, and welfare of their compatriots.

The steadfast support of Kuwaiti people to the legitimate leadership, and their resolute efforts to resist and repeal the occupation, and to restore the country's sovereignty and its independence, is a history etched in the collective consciousness of the nation. Despite the disproportionate strength of forces arrayed against them, and the surety of instant reprisals, arrests and torture, as well as the very real risk of being maimed or killed by the occupiers, citizens and their supporters within

resistance fighters was to meet clandestinely in mosques or other predetermined sites to plot strategies and tactics to resist the occupation.

Additionally, with local dailies compelled to stop publication, the main source of information about the atrocities committed by the occupation forces were through audio cassettes and pamphlets photocopied or printed on home computers and distributed secretly by activists. These pamphlets also provided people with guidelines on protecting themselves and their families from potential chemical or biological attacks, while communication with the outside world was largely limited to ham radio signals.

Meanwhile, citizens living outside the country and Kuwaiti institutions

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Issuance of civil ID returns to 'normal'



The long delays experienced by citizens and residents in receiving new civil ID cards from the Public Authority of Civil Information (PACI) is expected to soon be a thing of the past, as the Authority has successfully resolved the issue and the waiting time has returned to previous 'normal'.

PACI officials said that under the watchful guidance of the new PACI Director General, Dr. Mansour Al-Muthin, a new and efficient mechanism has been implemented in collaboration with relevant departments to expedite the process of issuing civil cards for

both citizens and residents, regardless of the type of residence.

Thanks to these improvements, it is now possible to issue more than 13,000 new cards daily through the automated machines located at the card delivery halls at the PACI headquarters in South Surra.

The Authority noted that with the new mechanism in place, the turnaround time for issuing a new card has been significantly reduced to between two to three working days.

Additionally, the service is now integrated with the Sahel application and the My Identity application, ensuring that cardholders receive timely notifications about their ready-to-receive civil cards from the assigned devices.

Moreover, the Authority is reportedly contemplating the application of fines on anyone who fails to collect their ID cards from the designated vending machines within a specified period. Cards that remain unclaimed after the specified period will be automatically destroyed.

In a bid to further enhance efficiency, PACI has also upgraded its automated devices, incorporating the ability to read barcodes to process certain types of transactions quickly, especially for first-time issuances and lost cards.

Meanwhile, the project to issue and

deliver cards directly to homes is to be restarted after the Authority signs a fresh contract with a new delivery vendor.

While the majority of transactions for citizens and residents are handled efficiently

through the electronic system for services, a few specific transactions still require prior appointments during official work hours to facilitate the process smoothly, said PACI officials.

Parliament approves bill for electing election commission members

Last week the National Assembly overwhelmingly approved a bill for electing members of the supreme election commission, with 59 MPs voting in favor and three against out of the 62 present legislators.

The commission, which will be under the jurisdiction of the Ministry of Justice, will be mandated to oversee and organize general elections, in coordination with government and non-government entities. Among the tasks assigned to the commission will be that of preparing electoral lists, receiving and examining nominations, setting rules for electoral campaigns, funding and specifying time in the media for the campaigners, as well as setting regulations and issuing permits for conducting public opinion polls.

The commission will also supervise the elections and specify venues of electoral stations, examine adherence to electoral rules, transparency, neutrality and integrity. It will be empowered to present recommendations regarding problems that may take place during the electoral process,



receive complaints from voters, nominees and involved organizations and notify the public prosecution in suspected crime cases.

Moreover, the commission will be responsible for declaring the final and detailed results of the elections, preparing the final report about the polls including proposals to overhaul the process. The report should be submitted to the parliament speaker, the minister of justice and the head of the supreme judicial council.

Fishermen's union bewails decision to remove trawlers

Kuwaiti Federation of Fishermen expressed deep concern over the recent decision by a government committee to remove fishing trawlers from the Naqat Al-Shamlan area.

They pointed out that the decision was taken despite the existence of a prior resolution by the Services Committee in the Council of Ministers, which had called for the trawlers to be retained in the current location until a suitable alternative location was provided.

The Federation condemned the new decision and considered it as yet another direct assault on the local fishing industry. Earlier, a decision was taken to dismantle the fishermen's village to make room for another project.

The union noted that although the government promised to provide an alternative site to relocate the village, this has so far not been fulfilled, despite the passage of more than 23 years. Instead, the authorities have now taken away the only place where fishing boats and vessels could be moored safely, without making any alternative arrangements.

The Federation appealed to His Highness the Prime Minister for support, urging him to intervene on behalf of the fishermen. They also called for an



end to hasty decisions made without thorough consideration, and pointed out that although the Kuwait Municipality had been tasked to provide an alternative place within three years, so far no such alternative has been offered.

They further noted that instead of being a joyous celebratory occasion, the restart of the shrimp fishing season after a hiatus of six months, is turning out to be a harrowing experience for fishermen, as they continue to face innumerable obstacles and challenges that affect their livelihood and their morale.

Salmiya Clinic launches 'Comprehensive Health Card'

Salmiya Clinic Kuwait, a leading healthcare provider in the country, announced the launch of their 'Comprehensive Health Card' at an event held on 30 July at the clinic's main facility in Salmiya. The event, which was held in the presence of chief guest and CEO of Al Hilal Hospitals & Polyclinic, Bahrain, Dr. Sharath Chandran, was presided over by Salmiya Clinic's Administrative Manager Abdul Razak. The event also witnessed a briefing on the features of the new health card by the clinic's Medical Director Dr. Latifa Al-Duwaisan.

Launch of the health card represents a significant milestone in Salmiya Clinic's commitment to enhancing healthcare services for the community. This all-in-one health card is designed to streamline and improve the patient experience by providing easy access and special discounts for various medical services.

"We are delighted to introduce the Comprehensive Health Card, which is a significant step towards elevating the quality of healthcare services we offer to our valued patients. This card reflects our commitment to their well-being and convenience," said Mr. Razak.

The chief guest Dr. Chandran then shared insights into the clinic's vision for the future and how the Comprehensive Health Card aligns with their commitment to patient-centric healthcare. The launch event took



place at Salmiya Clinic's main facility.

For her part, Dr. Al-Duwaisan provided a comprehensive overview of the benefits and features of the card, and the coverage and discounts offered to patients. The Comprehensive Health Card offers a 20 percent discount on GP Doctor Consultation, lab tests, and medical procedures of dental and dermatology. The card also provides holders with a 10 percent discount on obstetrics, gynecology, and urology consultation and on injections, as well as a 5 percent discount on medications at Jawharat Al Salmiya Pharmacy.

The event was coordinated by Marketing coordinator, Preema, Marketing Executive, Sana Khalfe, and Marketing Executive Sherin. For more information please contact 25727004/25728004 or 60689323

MoC provides new services through Sahel app

Ministry of Communication has launched three new services for the public through the government's Sahel app.

Speaking about the services, the acting Undersecretary of the Ministry of Communications, Dr. Ahmed Al-Majren, said that these services were part of the ministry's plan to develop its electronic services, which is an essential stage towards accelerating

the country's digital transformation. He added that these new services will enhance the efficiency and speed of completing government transactions, allowing the public to conduct their business electronically.

He said that the first service sends a notification to subscribers as soon as any payment for any service provided by the ministry is due. The second service sends a notification to subscribers after the successful completion of the payment process, and the subscriber is issued a payment receipt through the app. The third service allows subscribers to obtain an electronic clearance certificate from the ministry, provided there are no outstanding dues to be paid for services provided by the ministry.



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ASEAN Matters: Epicenter of Growth

By Alauddin Mohd Nor

Ambassador of Malaysia to Kuwait
Chairman of the ASEAN Committee in Kuwait
(March 2023 – August 2023)

Fifty-six years ago on 8 August 1967, the five founding nations of the Association of Southeast Asian Nations (ASEAN) — Indonesia, Malaysia, the Philippines, Singapore, and Thailand — signed the Bangkok Declaration. That historic occasion took place against the backdrop of geopolitical rivalry and during a tumultuous period in the region. The newly founded countries in Southeast Asia believed that in order to navigate through the unsteady waters of international politics, it would be best to do it together.

The founding nations also believed that peace and stability was absolutely essential in order for the region and its people to prosper and progress. It was due to this belief and the collective efforts of all ASEAN Member States that the region has remained relatively peaceful and stable. It has continued to grow and prosper and the peoples are better off now than they were almost six decades ago.

However, the journey has certainly not been



easy. In fact, on many occasions we faced many challenges. To mention a few; territorial and border disputes, instability in individual Member States, the rise of extremism and terrorism, as well as economic and financial crises are just a few of the challenges that ASEAN has had to deal with. There are many more. But we have managed to overcome them due to our resolve in accomplishing what our founding five had laid

out. As concluded under the Bangkok Declaration, "the Association represents the collective will of the nations of Southeast Asia to bind themselves together in friendship and cooperation and, through joint efforts and sacrifices, secure for their peoples and for posterity the blessings of peace, freedom and prosperity".

Having established the ASEAN Community in 2015, we are now developing the ASEAN Community's Post-2025 Vision which will be adopted in two years' time. This new framework will outline ASEAN's future strategic course for the next two decades. In order to achieve its long-term strategic objectives, ASEAN must show more assurance and willingness to seize opportunities that will benefit our people and the region.

Despite facing a number of difficulties, the region's ongoing growth gives us hope. ASEAN's economy is expected to expand by 4.7 percent in 2023 and 5 percent in 2024 driven by healthy domestic demand, net exports, and a quicker rebound in the services sector. We are determined to make Southeast Asia the center of regional economic growth and a driving force for global growth by ensuring that ASEAN remains relevant, competitive, forward-

thinking, resilient, and responsive to future regional and global challenges, as well as to strengthen the region's capacity as a growth engine.

Closer to home, being a member state of the Gulf Cooperation Council (GCC), we welcome Kuwait's continued interest to further bolster its engagement with ASEAN. We also look forward to bringing GCC-ASEAN relations to greater heights as well as to building concrete cooperation at the inaugural GCC-ASEAN Summit scheduled to be held in October 2023 in Riyadh, Kingdom of Saudi Arabia. This initiative represents a significant step towards strengthening strategic collaboration between the two organizations.

Reflecting the progress made over the years, we certainly have much to celebrate, which resonates well with the theme for this year's 56th ASEAN Day, 'ASEAN Matters: Epicenter of Growth' under the able chairmanship of Indonesia. The future of ASEAN looks more promising as it will bring about new opportunities not just for the people of ASEAN but also the broader global community. On this note, I would like to wish all of you a "Happy ASEAN Day".



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UK and Kuwait share a friendship that has been time-tested

In her comments on the 33rd anniversary of the invasion of Kuwait, the British Ambassador H.E. Belinda Lewis stated that although 32 years have passed since the liberation of Kuwait in 1991, the UK continues to work in close partnership with Kuwait on defense and security, including on joint military exercises, military education and cybersecurity.

The ambassador added, "The UK has long been and will remain a true friend to Kuwait. Although the UK and Kuwait signed the

Treaty of Friendship almost 125 years ago in 1899, our bilateral relations date back to the 17th Century. The Treaty was signed to preserve Kuwaiti independence through British protection. The UK has been at Kuwait's side numerous times since then, from the days of the protectorate when it was facing the prospect of close rule by the Ottoman Empire, to the threat from Abdul Qasim's regime soon after Kuwait's independence on 19 June 1961. The threat was immediate and significant, and Britain sent a sizable task force known as operation VANTAGE to deter the threat successfully.

Following the Iraqi invasion of Kuwait on 2 August 1990, the UK responded quickly with our then Prime Minister, Margaret Thatcher, leading the way. Mrs. Thatcher stated "Iraq's Invasion defies every principle for which the United Nations stands. If we let it succeed, no small country can ever feel safe again. The law of the jungle would take over from the rule of law." She immediately took action and the UK played a crucial role both at the



United Nations, where the UK and US led the Security Council in passing Resolution 661, resulting in economic sanctions on Iraq and authorizing the use of force should Iraq not retreat from Kuwait. Mrs. Thatcher used her excellent relationship with then President George H.W. Bush to secure his commitment to the defense of Kuwait and the region.

"Our diplomatic service also played a key role in mobilizing international opinion immediately following the invasion. Most memorably, the British Ambassador to Kuwait, Sir Michael Weston, held out against the Iraqi dictator Saddam Hussein's forces for four months, surviving on little more than canned food and water. In a symbolic rejection of Iraq's claim to Kuwait, our

Ambassador refused to budge. Saddam Hussein had given diplomats three weeks to transfer their operations to Baghdad but the British, along with some other Embassies, refused to leave. The British Embassy held out until 16 December when no drinking water was left. This act of fortitude and courage was just one of the political actions undertaken by the United Kingdom to engage and convince the international community to take action in response to the invasion.

"The UK was the driving force behind many of the political, economic and military actions to put pressure on Saddam Hussain's regime. Our military contribution to operations in the Gulf was significant,

setting an example to others to use all means available to defend Kuwait's freedom and independence. The UK supported the Liberation of Kuwait by deploying 53,462 personnel on Land, Sea and Air during Operation GRABBY (also known as Operation Desert Storm) – the largest single deployment of UK personnel since the 2nd World War.

"Shortly after Kuwait's Liberation on 26 February 1991, the UK Prime Minister Mr John Major visited Kuwait on 5 March. During his visit, he stated that, "I want to see Kuwait, I want to see the city, I want to talk to the Ambassador, I want to see what damage has been done and what needs to be done to repair it."



Oncost distributes prizes to winners of Shop & Win Campaign



Oncost Supermarket, one of the leading retail chains in the region, held an exciting event on 31 July at the Salmiya outlet of the supermarket, to congratulate and award prizes to winners of the brand's recent Shop & Win campaign.

The event was held in the presence of the Oncost's Chief Operations Officer, Remesh Ananda Das, who congratulated the winners of the month-long campaign, which ran throughout July across all outlets of Oncost.

The Shop & Win campaign, which was aimed at rewarding loyal customers and attracting new shoppers, proved to be a resounding success, drawing in a substantial surge in enthusiastic participants. Shoppers eagerly flocked to the supermarket, making purchases with the hope of being among the lucky winners.

MoH launches blood donation drive

The Blood Transfusion Services Department at the Ministry of Health (MoH) launched its annual blood donation campaign under the banner, "Together Forever, a Wall of the Homeland 8" on Wednesday, in conjunction with the 33rd anniversary of the Iraqi invasion of Kuwait.

Speaking at the launch of the campaign, which is being held under the auspices of the Minister of Health, Dr. Ahmed Al-Awadi, the medical director of the Blood Transfusion Department, Dr. Hanan Al-Awadi said that the campaign, which is being held for the eighth year in a row, will be launched at the Central Blood Bank in Jabriya, and in all donation centers of the administration from 8 am to 8 pm. She added that souvenirs will be distributed to the donors, as a token of the department's appreciation for their voluntary service.

The Central Blood Bank, is partnering with private sector entities with social responsibility, civil society institutions, and the government sector to consolidate the concept of humanitarian and voluntary work, enhance social solidarity, and spread the culture of volunteering. The previous campaigns have seen a large turnout of donors. Dr. Al-Awadi called



on the public to donate blood to express their love for Kuwait and recollect the heroics of the righteous martyrs, stressing that the continuous need for blood is uninterrupted.



Kuwait's rice stocks sufficient to meet annual requirements

Minister of Commerce and Industry and Minister of State for Youth Affairs, Muhammad Othman Al-Aiban, reassured citizens and residents that Kuwait has sufficient rice stocks to meet the country's requirements for over a year.

The minister's assurance follows the recent decision by India to ban the export of non-basmati white rice due to fears of shortage in the country. The ban on exports by India, the largest supplier of rice in the world, has led to panic buying of this staple in some countries. The decision by India to ban rice exports will not have any adverse effects on

the citizens, nor will it disrupt the additional rice shipments contracted by Kuwait Catering Company, which are scheduled to be supplied, explained Al-Aiban.

He emphasized that the Ministry of Commerce and Industry is closely monitoring global market changes and developments that may impact the supply of essential commodities, particularly rice and wheat, as they are among Kuwait's vital food staples.

To ensure food security locally, the Kuwait Catering Company has received direct instructions to bolster the country's rice stock



and establish a substantial reserve of food commodities. This strategic measure is aimed at maintaining stability in food security within the country and enhancing Kuwait's ability to cope with any unforeseen emergencies.

Al-Aiban stressed that the government places significant importance on the food security file and is actively working to strengthen and upgrade the infrastructure to guarantee the state's sustainable food security. This endeavor aims to fulfill the aspirations of all citizens, aligning with the vision and priorities set forth by the leadership and the people, added the minister.



Sharp increase in Kuwaitization in local banks

Latest figures from the Central Bank of Kuwait (CBK) reveal that the percentage of national workers in local Kuwaiti banks recorded a remarkable increase over the past five years, going from 69 percent at the end of 2019 to over 78 percent of workers on 31 March 2023.

Explaining that the percentage of national workers in banks at the end of the last fiscal year was 8 percent higher than the rate stipulated by the Cabinet Resolution No.1868 of 2018, which was 70 percent, the Central Bank said this reflected the keenness of the banking sector, led by the Central Bank, to keep pace with the state's plans regarding Kuwaitization through calibrated

steps and procedures.

As for the Kuwaitization percentage at the senior management level in banks, CBK said this reached 73 percent as on March 31, an increase of 3 percent against the prescribed rate and 2 percent at the end of March 2022, while it increased by 28 percent compared to the end of 2018, when it was just 45 percent.

This comes within the framework of instructions circulated by the CBK to local banks to give priority to nationals and to intensify efforts to qualify citizens and raise their percentage in executive positions and senior management, and not only at the level of the banking operations but also in other areas.

US-Kuwait partnership stronger than ever

In a statement on the 33rd anniversary of the invasion of Kuwait in 1990, the Chargé d'Affaires at the US Embassy, James Holtsnider, noted: "On August 2nd, we mark 33 years since the United States led a coalition of 35 nations to launch Operation Desert Shield and stand against the occupation of Kuwait."

When President George H.W. Bush learned of the invasion of Kuwait on 2 August 1990, he quickly announced that the United States considered Saddam Hussein's aggression and violation of internationally recognized borders unacceptable, saying the unjustified invasion 'would not stand'.

"Nearly 700,000 American service members deployed to the region to help liberate Kuwait and 299 service members lost their lives. We remember and honor our American, Kuwait, and coalition service members who died and were wounded fighting for freedom."

"As President Bush said, 'Let no one doubt our staying power. We will stand by our friends'. More than 30 years later, we continue



to stand together with Kuwait. The US-Kuwaiti partnership has never been stronger, and our work together is helping shape a more peaceful and prosperous Middle East. The liberation of Kuwait is a reminder to all around the world today of the importance of standing up for our values and defending nations against aggression. The United States continues to uphold these values and support our friends and allies around the world."

MoH to regulate practice of traditional medicine

Ministry of Health is reportedly in the process of preparing regulations to govern the practice of traditional medicine in Kuwait, so as to establish modern standards and controls for the practitioners in this field.

This initiative stems from Article 24 of Law No. 70/2020 on Practicing the Medical Profession and Auxiliary Professions, which mandates the Ministry of Health to regulate the licensing and practice of traditional and complementary medicine in the country.

The ministry will ensure that these practices



adhere to specified requirements and controls as defined by the relevant regulatory guidelines. These guidelines will also outline the criteria and foundations for treatment facilities that are allowed to engage in this type of healthcare activity.

A statement in this regard from the ministry made clear that it is committed to collaborate with the World Health Organization (WHO) and coordinate with health ministries in other Gulf countries where the profession of traditional and complementary medicine is authorized.

The World Health Organization actively supports the development of national policies related to guidelines for traditional medicine. In Kuwait the Law on Practicing the Medical Profession and Auxiliary Professions permits the practice of traditional medicine.

However, since these practices are under the oversight of the MoH, the ministry is keen to implement precautionary measures to safeguard society from practices that fall outside the permissible scope of each specialty.



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IOM and national partners mark the World Trafficking Day in Kuwait

In celebration of the 'World Day Against Trafficking in Persons' (WDATIP) marked each year on the 30th of July, the International Organization for Migration (IOM) in Kuwait held two awareness raising campaigns in collaboration with the Permanent National Committee concerned with Implementing the National Strategy to Prevent Trafficking in Persons and Smuggling of Migrants.

The first campaign took place on the 30th of July at Al Assima mall, while the second took place on the 31st of July at the Ministries complex building in Kuwait City, which holds approximately 60,000 employees and serves 13,000 daily visitors.

Both campaigns aimed at raising awareness on the crime of trafficking, and had representatives from IOM, the Ministry of Foreign Affairs, Ministry of Interior, Ministry of Justice and the Public Authority for Manpower present at the campaign's booths that were available to answer questions. The campaign also provided information about the State of Kuwait's commitment in combatting trafficking in persons including the Kuwait Law No. 91 of 2013 on Combating Trafficking in Persons and Smuggling of Migrants, and the National Referral Mechanism (NRM) which is a framework for identifying and referring potential victims of modern slavery and ensuring they receive the appropriate support, as well as IOM efforts in that regard.

"This year, IOM is marking the 'World Day Against Trafficking in Persons' under the theme 'Reach every victim of trafficking'. Human trafficking is a violation of human rights and a crime



against humanity, and it is borderless where no region is spared from human trafficking" remarked Mazen AboulHosn, IOM Kuwait's Chief of Mission. "In Kuwait and worldwide, IOM works with governments and partners on prevention, protection, prosecution, policy, and partnerships towards its goal to combat human trafficking, and leaving no one behind".

A representative from The Permanent National Committee concerned with Implementing the National Strategy to Prevent Trafficking in Persons and Smuggling of Migrants, said "The State of Kuwait is keen to enhance its international co-operation in the field of combating trafficking in persons, a crime that is transnational in its nature. The Permanent National Committee concerned with Implementing the National Strategy to Prevent Trafficking in Persons and Smuggling of

Migrants participated in this celebration to join efforts with the international community to combat this crime. The State of Kuwait has also made pioneering efforts in the field of combating trafficking in persons, including the issuance of Law No. (91) 2 / 4 of 2013 related to Combating Trafficking in Persons and Smuggling of Migrants, the adoption of Law No. (6) of 2010 concerning Labour in the Private Sector and Law No. (68) of 2015 on Employment of Domestic Workers, as well as the establishment of a shelter for expatriate workers, whose services have benefited more than 5,000 people from 2018 till date".

In conjunction with the two awareness raising campaigns, IOM in partnership with a private sector partner sent out broadcast SMS text messages to its customers to highlight the World Day Against Trafficking in Persons (WDATIP) and an-

nounce the campaign, while the Avenues mall highlighted the day on its electronic screens.

Since 2015, IOM in Kuwait with governmental entities and partners have been collaborating to raise awareness on the heinous crime of trafficking. While this year marks its 9th awareness raising campaign, throughout the years various activities have been organized including trainings and workshops, distribution of guidance booklets, consultations, and face-to-face discussions.

Worldwide, more than 155,000 victims of trafficking have been identified by IOM and partners between 2002 and 2021. Human trafficking thrives in situations of vulnerabilities and the current global, political, economic, and environmental crises make people at risk more vulnerable to human trafficking. We all have a role in ending human trafficking.

Alsayer Group honors winners of 16th Toyota Dream Car Art contest



The 16th iteration of the annual Toyota Dream Car Art Contest (TDCAC), organized by Mohamed Naser Al Sayer & Sons (MNSS) Est and ALSAYER Corporate Excellence Department, resulted in nine young talented artists being selected as winners of the national art contest, from a pool of more than 750 contestants.

An eminent panel of judges that included renowned Kuwaiti artists Jawaher Al-Muhanna and Hanouf Al-Morjan selected the nine winners, who will now represent Kuwait in the world contest scheduled for July-August 2023 in Japan.

A ceremony held to felicitate the winners was attended by CEO of MNSS, Mubarak Naser Al-Sayer, and the COO of ALSAYER Holding, Bengt Schultz, along with the top management team of Toyota Sales & Service

and Corporate Excellence.

ALSAYER Management appreciated the involvement of parents, teachers, schools, and like-minded partners who worked tirelessly to ensure the success of the 16th annual TDCAC. Their dedication and commitment to fostering the artistic growth and imagination of the young artists have been instrumental in making the 16th TDCAC an exceptional event.

One of the largest global art competitions for young children, the annual contest inspires them to be an inventor and design master while also showcasing their empathy with people, nature, and the environment, as well as their innovative solutions to future mobility.

Group Manager of Corporate Excellence, Nehad AlHajAli, expressed heartfelt appreciation to all participants for their extraordinary skills

and contributions. He added, "Everyone is a winner in this competition, as the participants showed an outstanding display of artistic skill and imaginative designs, which left the judges struggling to pick just nine finalists to represent Kuwait in the global contest to be held in Japan. Their artwork not only demonstrated their artistic talent but also showcased their vision for the future of mobility."

- The nine national winners of the 16th TDCAC were selected from three categories based on their age group.
- In the A category, the winners were respectively: Aden Prince (Gold), Jax Middleton (Silver), Jia Osama Besada (Bronze).
- The winners in the B category were Mansa Mahesh (Gold), Shakha Wagle

(Silver), and Tannisha Ray (Bronze)

- The three top places in the C category went to Aisha Al-Salehi (Gold), Aiza Shadab (Silver), and Sally Jaber (Bronze).

In a further recognition of Kuwait's artistic abilities, out of 24,282 drawings submitted for the TDCAC MECA (Middle East & Central Asia). Award, three winners are from Kuwait. Moreover, two of the three Kuwaiti winners were in the new category titled "Mobility For All". The winners were selected by judge Ibrahim Al Hussein (Paralympian), while keeping in mind the United Nations Sustainable Development Goals (SDG) and Toyota's mobility for all concept.

In a statement on the competition, MNSS said: "We are honored to organize this annual art competition, and encourage more young artists to join and win through Toyota DCAC."

Greece welcomes Golden Visa applicants from Kuwait

By Rabih Kallas

Ambassador of Greece H.E. Konstantinos Piperigos, called on citizens and residents in Kuwait to consider investing in his booming country and to take advantage of the 'Golden Visa' program in Greece.

He noted that the minimum amount of investment has been raised for Wealthy Foreign Nationals intending to invest in Greece and obtain residency through the Golden Visa Program, pointing out that these new changes mean that effective 1 August foreign investors would have to invest a total of 500,000 euros instead of the previous amount of 250,000 euros in most parts of Athens, Mykonos, Santorini and Thessaloniki.

In an exclusive interview to local Arabic daily Al Jarida, Ambassador Piperigos said: "I have been sharing the great benefits of investing in real estate and other business in my country with

our Kuwaiti friends and now that we have five direct flights per week to Athens and Mykonos it will greatly help in facilitating investments and tourism.

The Greek ambassador added that in his meeting with the CEO of Kuwait Airways, Maen Razzouqi, the CEO assured him that the airline will also promote winter trips to Greece from the month of September making Greece a year round destination.

Elaborating on this, the ambassador said "I think it is a unique opportunity for our Kuwaiti friends, investors and non-investors, given that Greece is one of the closest European countries to Kuwait and they can visit Greece in just four hours because of the direct flights.

The decision to implement these changes was announced earlier this year by the Greek Prime Minister, Kyriakos Mitsotakis, initially to come into effect from 1 May, the decision was postponed by three months to be implemented



the Prime Minister had stated.

And local media reports confirmed that new amendments will be applied to the central and southern sector in Athens, in the Attica region, the islands of Mykonos and Santorini, and the municipality of Thessaloniki.

Authorities in the Hellenic Republic have seen a rise in the number of applications for the golden visa scheme this year after the country's authorities announced an increase in the minimum investment required for this program and Portugal's decision to suspend the program

It is worth noting that foreigners can obtain residency in Greece through the residency-by-investment program, provided that they contribute financially to this country and that they meet certain conditions.

According to figures provided by Greece's Ministry of Immigration and Asylum, the program boosted the country's economy by about €1 billion in the first five months of this year.

now from 1 August. "In order to increase the affordability of real estate for Greeks, we are now increasing the minimum investment required to issue a golden visa from 250,000 euros to 500,000 euros in some parts of Greece"

Doctor's Brew podcast holds inaugural event



The Doctor's Brew, a coffee themed medical podcast team successfully held their first-ever in-person event. A small exclusive group of people of mixed backgrounds gathered at The Hub Cafe to listen and engage in conversation with Dr. Abdulaziz Al Khayyat, Dr. Mohammad Jamal, and Dr. Hala Allafi.

The event served as a platform for intellectual discussion for many young Kuwaitis who have expressed their great desire to attend similar events in the future, which provide an engaging intellectual discourse for the youth of Kuwait.

The founder of Doctor's Brew, Dr. Abdulaziz Alkhayyat, who has already made significant strides in the medical field at the young age of 25, initiated the podcast following his

experiences as an intern, when he was able to learn a lot from his junior doctors. The realization that junior doctors can often be an underutilized resource fueled the motivation to start the podcast.

By leveraging the insights and experiences of junior doctors, the podcast aims to create a paradigm shift in medical education and resource utilization.

The Doctor's Brew will be hosting similar events in the future, and all those interested can follow their instagram account @thedoctorsbrew.kw, The Hub has a commendable history of endorsing local Kuwaiti brands, thereby making it an extraordinarily significant location for 'The Doctor's Brew' to hold its inaugural event.



Ambassador of Mexico visits The Times Kuwait

Ambassador of Mexico H.E. Miguel Ángel Isidro along with his new Deputy Head of Mission Juan Roberto Ramirez visited The Times Kuwait and met with Managing Editor Reaven D'Souza. Ambassador Isidro thanked

The Times Kuwait for the continued support and cooperation extended to the Embassy during his tenure. They also discussed developments in the country and region and further areas of cooperation between them.

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Kuwait a forgiving victim of aggression



THE TIMES KUWAIT REPORT

Over the past six decades since the country's independence in 1961, Kuwait has been a consistent supporter and well-wisher of the Iraqi people. Though, over the years, differences with different dispensations of Iraqi regimes have led to unfeasible demands and threats of aggression by the Iraqi side, Kuwait's brotherly relations and assistance to the people of Iraq have remained steadfast. Even the full-fledged invasion of Kuwait by Iraqi forces under Saddam Hussein in 1990, and the seven-month-long occupation, failed to permanently damage the people-to-people ties between Kuwaitis and Iraqis.

Despite the aggressors inflicting unimaginable atrocities on the people and damaging the infrastructure, as well as plundering and pillaging the country's wealth, and severely wrecking the environment through setting ablaze over 700 oil wells and discharging oil into the marine waters off Kuwait, the country remained committed to its friendship with the Iraqi people, commiserating with them during their crises and celebrating their successes.

In the decade that followed the liberation of Kuwait in 1991, Kuwait's foreign policy towards Iraq was limited by certain constraints that were influenced by the need to comply with various United Nations Security Council resolutions issued against Iraq. The resolutions by the world body came in response to Iraq's invasion and occupation of Kuwait, and in the aftermath of the war that liberated Kuwait. The main features of this foreign policy were that Saddam Hussein's regime could not be trusted or dealt with; the Iraqis were victims of a dictatorial regime and needed support of the international community; and that Kuwait would stand by the side of the Iraqis, as Arabs and Muslims.

On 4 August 1998, in response to allegations by the Iraqi regime that Kuwait was behind the international sanctions on the government of Baghdad, the late amir, Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah, famously proclaimed: "We are not a super power to force the (UN) Security Council to lift, or to keep sanctions on Iraq."

He added, "We distinguish between the Iraqi regime and the Iraqi people,

and we are outraged that the people of our neighboring country must endure poverty and starvation."

Noting that Iraqis residing in Kuwaiti live with dignity and respect, he stressed that Kuwait would carry on with helping the Iraqi people, especially the refugees in the north and south of Iraq. Additionally, on 23 November 1998, during a visit by Egypt's former minister of foreign affairs Amr Moussa, Sheikh Sabah said: "Kuwait does not plan inflicting any harm on Iraq or its people, and retaining or overthrowing the Iraqi President Saddam Hussein is an internal affair that Kuwait will not interfere with."

Thanks to the humanitarian principles that Kuwait and the people have adhered to, and despite the anti-Kuwait rhetoric emanating from the Iraqi leadership, Kuwaiti relief aid has flowed into Iraq right from 1993. Under directives of Sheikh Sabah, the Kuwait Red Crescent Society (KRCS) provided assistance to the refugees in Iraq and in Iran in April, 1995. Following the liberation war of Iraq in 2003, Kuwait hurried with relief and humanitarian aid to the refugees there, and became a major donor to Iraq's rebuilding.

In April 2008, Kuwait donated US\$1 million to the UN refugee agency to support its operations for alleviating the suffering of the Iraqi people who lacked basic needs, food, water and health care. In November 2010, Kuwait announced providing a further one million dinars to the refugee agency in order to aid homeless Iraqi people who were forced to seek safer venues.

Moreover, during the 65th session of the Social, Humanitarian and Cultural and Social Committee of the UN General Assembly, Kuwait stressed the importance of the humanitarian side in the issue of the Iraq refugees, and noted that providing refugees with protection so as to ensure their safety and security was a shared responsibility of the international community.

Amid the rise of the number of displaced Iraqis and the deterioration in their living conditions, Kuwait on 11 July 2014, donated US\$3 million to the UN refugee agency in humanitarian aid for Iraq, and in 2015 presented a further \$200 million for the same purpose. In 2016, and ahead of the Muslim fasting month of Ramadan, Kuwait distributed 12,000 food packages through its charity organizations in Iraq's Kurdistan region. The same year, the KRCS

also offered 40,000 rations of food to the displaced Iraqis in the Kurdistan region. Additionally, during a conference for Iraq's donors in Washington, in July 2016, Kuwait pledged US\$176 million to support the Iraqi people.

The UN Security Council highly appreciated Kuwait's continued support to achieve stability in Iraq. Moreover, after the Iraqi government announced the liberation of Iraq's city of Mosul from the so-called Islamic State (IS) in July 2017, Kuwait expressed readiness to host an international conference for the reconstruction of the liberated regions, in line with the country's long-established principles of supporting 'Arab brothers'.

In February 2018, Kuwait hosted a conference that raised up to US\$30 billion of aid pledges by donor countries and multilateral development institutions. In June 2019, the late amir, Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah, headed a high-level delegation to Iraq in a historical visit that allowed the two countries to boost their relations on all levels. Since then visits between senior officials at the highest level between the two countries have been held under the framework of mutual efforts to cement and expand political, economic and commercial relations, and with plans to carve out a free trade zone and facilitate cross-border commodities' transport and businesses.

In the latest such visit, at the tail-end of July, Kuwaiti Foreign Minister Sheikh Salem Abdullah Al-Jaber Al-Sabah visited Baghdad and held discussions with the Iraqi leadership, in a bid to resolve border demarcation and joint oil field issues. After meeting with Sheikh Salem Al-Sabah, the Iraqi Foreign Minister Fuad Hussein revealed they had agreed to carry forward discussions on border demarcation, with a higher joint committee supervising the works of subcommittees.

For his part Al-Sabah termed the discussions as "very fruitful," emphasizing the need to resolve the maritime border demarcation. Additionally, plans were announced to open a commercial attaché at the Kuwaiti Consulate in Basra, Iraq. Al-Sabah also met with Iraqi President Abdul Latif Rashid and Prime Minister Mohammed Shia' al-Sudani. The Iraqi leaders expressed their commitment to joint efforts to resolve the issues between the two countries while safeguarding common interests.

Remembering a

CONTINUED FROM PAGE 1

integrity owes a lot to the farsighted foreign policies enacted by Kuwait since the country's independence in 1961.

He noted that the KFAED, more widely known simply as Kuwait Fund, which was established in the same year that the country gained independence, has since its inception served as the foreign ministry's financial arm by providing grants and low-interest loans to developing countries around the world. He added that a main objective of establishing the Kuwait Fund was to consolidate the bonds of friendship and cooperation between Kuwait and the rest of world countries.

Al-Bahar pointed out that the goodwill generated over the decades through the Kuwait Fund's support for development projects in countries across Africa, Asia, Latin America, the Caribbean and Oceania was manifested during the occupation, through the widespread support that Kuwait gained in international fora, and at the United Nations. Every resolution passed at the United Nations Security Council on the invasion and occupation of Kuwait by Iraq, starting with UN Resolution 660 and ending with Resolution 678 passed by the Security Council over a period from 2 August to 29 November 1990, received overwhelming support from the international community.

The widespread support for Resolution 660 — which condemned the Iraqi invasion and demanded the immediate and unconditional withdrawal of all Iraqi forces from Kuwait — and the unanimous support for Resolution 678 — which gave Iraq until 15 January 1991 to withdraw from Kuwait, besides empowering states to use "all necessary means" to force Iraq out of Kuwait after the deadline — were testaments to the successful foreign policies of Kuwait and the astuteness of its diplomats in world capitals over the years. The collective message and unequivocal message of Kuwaitis everywhere, whether in the country or abroad, was one of no compromise, no negotiations, and no cession of the country's sovereignty, independence and territorial sanctity. The heinous aggression on Kuwait was brought to an end only on 26 February 1991, when an UN-sanctioned and US-led international coalition force threw out the occupiers and restored Kuwait's freedom and its sovereignty.

In the days following the invasion, and confronted by the ruthless power of the occupying forces, Kuwait's leadership and people from all sections of society came together as one to thwart the aggression and roll back the occupation. They demonstrated a remarkable display of unity in their opposition to the invasion and occupation, and to the existential threat this posed to the survival of their nation, and to their very identity as Kuwaitis.

The then Amir Sheikh Jaber Al-Ahmad Al-Jaber Al-Sabah, his Crown Prince and Prime Minister Sheikh Saad Al-Abdullah Al-Salem Al-Sabah, and the Deputy Prime Minister and Foreign Minister Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah embarked on tireless diplomatic campaigns to rally Arab and international support and solidarity for Kuwait's just cause for freedom and sovereignty. The Iraqi occupation of Kuwait was condemned from day one by the majority of Arab states, who also contributed significant military personnel and resources to the formation of the international military coalition to liberate Kuwait. Fellow members of the Gulf Cooperation Council (GCC) states also opened their doors to welcome Kuwaitis displaced by the occupation and extended all support to them.

The GCC states also consolidated their response to the invasion under the banner of 'attacking and occupying any GCC nation was tantamount to an attack on all six members of the Council'.

The GCC states also provided the springboard for the ensuing political and diplomatic efforts against the unlawful occupation, and as the staging ground for the subsequent military operations to counter and rollback the Iraqi aggression and remove its

An unforgettable



THE TIMES KUWAIT REPORT

Following the invasion of Kuwait on 2 August 1990 and the ensuing months of occupation of the country, many distressed Indian expatriates looked to the Indian Citizens Committee (ICC), a grouping of volunteers and Indian community leaders, for assistance, security and protection.

In the absence of any semblance of law and order, and limited presence of Indian embassy officials, the ICC was formed with the aim of assisting the vast Indian community to cope with the crisis by providing food, shelter, and means of communication, as well as organizing the daunting task of helping evacuate over a hundred thousand Indians back to India. It was a mammoth responsibility that the members of ICC took on, often at risk to their own lives.

The ICC originally comprised 51 members, of whom five were selected to form the executive committee, with the late H.S. VEDI being designated as convenor and coordination-secretary of the

painful legacy

mechanisms to inflict harm on neighboring countries. Operation Desert Storm, which was launched to liberate Kuwait under UN mandate, followed Iraq's refusal to comply with UN Resolution 678.

While Iraq had promised a 'mother of all battles' if foreign forces attempted to dislodge it from Kuwait, in reality the entire Iraqi army crumpled in the face of the devastating firepower and advanced tactics employed by the international coalition led by the United States, and comprising forces from more than 30 countries. The ground operations that began on 17 February 1991 culminated in the routing of the Iraqi forces and the liberation of Kuwait on 26 February in a span of less than 10 days.

The vanquished Iraqi forces in an act of spiteful malice set ablaze around 725 oil wells and spewed oil into the pristine waters of the Arabian Gulf, contaminating the air, land and marine environment in and around Kuwait.

Last week, Kuwait marked yet another anniversary of the brutal invasion and ensuing seven-month-long occupation by the Iraqi forces with several commemorative events held around the country. Speaking on the occasion, the Director-General of the Martyr's Office, Salah Al-Awfan, underscored the importance of commemorating the Iraqi aggression to reiterate and honor the sacrifices made by the martyrs in defending the homeland and resisting the occupation.



August 2 is also of great significance as it reawakens memories among people who lived-through the horrors and atrocities of the seven-month long occupation, and reminds them of the need to be on eternal vigil against any threats to the country's integrity in future. In addition, the day helps raise awareness among the new generation of Kuwaitis that the freedom and liberty that they enjoy and take for granted today, was achieved at a great cost and sacrifice by their forebears. The day serves as a reminder of the martyrs who paid the ultimate price with their lives to preserve the country's cherished values and principles, and to ensure that its freedom and its status as an independent nation flourished undeterred. It is quite laudatory that several exhibitions organized by the Martyr's Office to mark the distressful occasion witnessed a large turnout by citizens, residents and visitors. The exhibitions, which were held in shopping malls and public spaces, including at the Avenues Mall, 360 Mall, Al-Kout, Al-Assima, Al-Hamra and Al-Khairan complexes, as well as at Al-Shaheed Park and Terminal 1 of Kuwait International Airport, commemorated the sacrifices made by 1,317 martyrs from Kuwait and 14 other nations.

The images of martyrs displayed at the exhibitions recalled with pride their heroic efforts to defend Kuwait, resist the occupation, and ensure the freedom of the country flourished unfettered.. The exhibitions also depicted the courageous role of the 92 Kuwaiti women martyrs in resisting the aggressors and the sacrifices they made during the invasion and occupation. The invasion anniversary and events held to commemorate it each year help to preserve and spread the memory of the invasion and the heroic role of the martyrs in countering the occupation, as well as inculcate the values of citizenship and loyalty among Kuwaitis everywhere.

le experience

committee. Although many of the organization's members left Kuwait within months of the invasion, eight members, Narinder Singh Sethi, N.V.K. Warriar, Roy Abraham, Thomas Chandy, K.K. Nair, Ali Hussain, M. Matthews and H.S. Vedi stayed on until substantial numbers of the Indian community were evacuated over the next several months.

The ICC's major success was in safely evacuating the stranded Indians from Kuwait back to India. Working in close coordination and cooperation with the Indian Embassy officials, the ICC was able to safely repatriate more than 143,000 Indians by the middle of November 1990 using land, air and sea transport to ferry the evacuees from Kuwait to India.

The logistics of such an operation was staggering, and India's national airline, Air India, in particular, did a sterling job, especially considering that they did not have an office or agent in Jordan, the closest 'safe' country to stage such a massive evacuation process. Air India set a global record in humanitarian flights by evacuating more than 150,000 people free of charge from Amman in Jordan to Mumbai, India, and completing this operation in a record time of little over two months from August to October 1990,



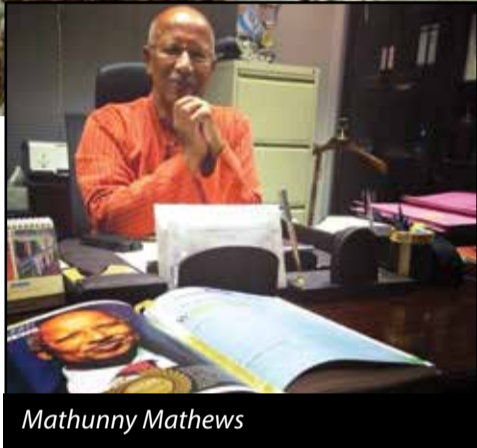
THE TIMES KUWAIT REPORT

At 5am on 2 August, 1990, Mathunny Mathews, a prominent businessman and Indian community leader, was shaken from his slumber by the shrill insistent peals of the doorbell and loud banging on his front door. Still bleary with sleep, Mathews answered the door and was faced with men in military uniforms asking him for water. Taken aback, he asked them who they were. The answer was a jarring shock, as he heard of the invasion of Kuwait directly, so to speak, from the horse's mouth.

The day before, he had seen images on Kuwait TV of a grim looking Crown Prince and Prime Minister Sheikh Saad Al-Abdullah Al-Sabah returning from the futile talks he held with Iraqi leaders in Saudi Arabia. Mathews knew that the situation was serious, but he had no inkling that it would take such a nasty turn. At the time, his residence was close to the American Embassy, which was then adjacent to Dasman Palace, the official residence of the Amir, which was being bombed by the Iraqi air forces. It brought home to him the full extent of the danger and the perilousness of the situation...

Mathews, a respected and eminent member of the Indian community and a long-time resident in Kuwait, felt a strong sense of responsibility to the community. He considered it his duty to assist fellow Indian expatriates during the crisis. A few days after the invasion he moved into a friend's home in Salmiya, and until his departure in mid October of 1990, played a leading role in the Indian Citizens Committee (ICC) that had been formed to provide succor and shelter to Indians in need of assistance.

The role of ICC in helping Indians during the invasion has been appreciated widely. Besides providing food and shelter to the hundreds of Indians impacted by the invasion, including accommodating those displaced from border camps in the homes of volunteers, the committee played a stellar role in organizing the mass evacuation of Indians. out of Kuwait. In an interview provided to The Times Kuwait several years ago, Mathews, who sadly passed away in 2017, in poignantly recalled those dark days and months of the invasion. People drove down to the food warehouses of leading Indian trading-house, Zahem and Malhotra, to collect food distributed by the company. The national bakeries, which remarkably still functioned, were also a vital source of 'kuboos', the Arabic staple bread.



Mathunny Mathews

However, the most emotionally taxing task that the committee had to perform was to bury the dead bodies of Indian expatriates or arrange for their bodies to be repatriated home. Pensively, Mathews noted that in those days of panic, tragedy was an inevitable consequence. He recalled a particularly poignant story of an entire family killed in an accident on their way to safety in India.

Those were tense times. People were panicking, many insisted on leaving only by sea. This was impossible as the demand far outweighed the capacities of the vessels permitted to ship people back to India. Communications were a major problem. The ICC showed great ingenuity and courage to circumvent that particular obstacle. A ham radio was acquired, and moved around in order to avoid detection by the Iraqi army. Through this radio, people maintained contact with the authorities in India. Mathews had his own troubles too. A group of Iraqi soldiers robbed him at gunpoint of all his personal belongings, and he also suffered financial losses to his business, but those incidents only left him all the more grateful for the most precious thing he still possessed, his life.

On 18 October, after a substantial number of Indians had been evacuated, Mathews decided to leave Kuwait. He had no second thoughts on his decision, he was one of only eight among the original 51 members of the ICC still in the country.

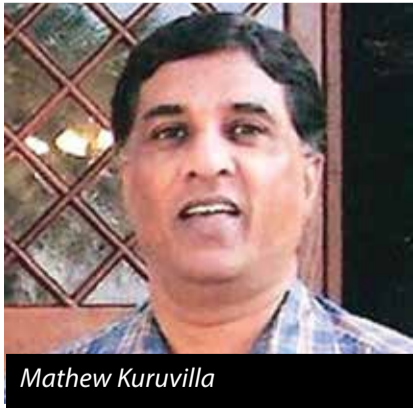
Once back in India, Mathews focused his energies on his business interests in Dubai. Fortunately, he was financially well off, and the losses sustained in Kuwait did not affect him as hard as it did most other people. He returned to Kuwait in June 1991, three months after the liberation. That visit was only a short stay of three days, but before long he was back to stay.

The Iraqi invasion was, for Mathews, ample proof of life's unpredictability, and to never take it for granted. While he has no fond memories of the invasion, Mathews said he did have fond memories of the valiant stand taken by the Indian community in the face of adversity, and in particular the unity shown between all the sections of the Indian population in Kuwait.

While he regretted some of the knee-jerk decisions taken during that time, and added that if he had to do it over again, he would strive to be more organized. Mathew's fervent hope was that the Indian community retains that sense of unity, the belief that in a foreign country regional differences mean nothing and all Indians are the same.

In the meantime, the Salmiya Indian School served as a base, providing food, shelter, and medical assistance to needy community members, as well as to citizens of other countries. Matthews, Abraham, and Nair left on 18 October. Exactly one month later, Chandy, Hussain, and Warriar departed Kuwait. Only two members, Sethi and Vedi, remained of the original 51 ICC members. To help them, five new members, Indira Sharma, N.V. Madhavan, Mathew Kuruvilla, Damodaran Sharma, and Prakash Shaw were inducted into the ICC, keeping the organization going during the particularly arduous months just prior to and post Kuwait's liberation.

Indira Sharma, the then headmistress of Indian School, transformed the basement of the Salmiya Indian School into a hideout, and prepared food for the many homeless and destitute who relied on the school for shelter. Madhavan, the then head



Mathew Kuruvilla

of the microbiology department at Jahra Hospital, treated Indians suffering from various ailments to the best of his ability. He even monitored patients admitted into Iraqi controlled hospitals in Kuwait, fearing they would not receive adequate treatment from the occupation forces.

A ham radio operator named Shaji, assisted by Kuruvilla, ignored the grave dangers involved in such a venture and used the Indian ambassador's car to smuggle his radio equipment into the school. The radio was vital as now committee members could contact Delhi to keep them abreast of events in Kuwait and to receive instructions. The equipment

also helped Indians, who either chose to stay in the country or were simply unable to leave, with a means to communicate with their worried families back in India.

CONTINUED ON PAGE 10

EXCLUSIVE to THE TIMES KUWAIT

Corporate Responsibility in the Age of AI



Maria Eitel

Served as Nike's founding Vice President of Corporate Responsibility before founding the Nike Foundation and Girl Effect.

In the past year, a cacophony of conversations about artificial intelligence has erupted. Depending on whom you listen to, AI is either carrying us into a shiny new world of endless possibilities or propelling us toward a grim dystopia. Call them the Barbie and Oppenheimer scenarios — as attention-grabbing and different as the Hollywood blockbusters of the summer. But one conversation is getting far too little attention: the one about corporate responsibility.

I joined Nike as its first Vice President of Corporate Responsibility in 1998, landing right in the middle of the hyper-globalization era's biggest corporate crisis: the iconic sports and fitness company had become the face of labor exploitation in developing countries. In dealing with that crisis and setting up corporate responsibility for Nike, we learned hard-earned lessons, which can now help guide our efforts to navigate the AI revolution.

There is a key difference today. Taking place in the late 1990s, the Nike drama played out relatively slowly. When it comes to AI, however, we do not have the luxury of time. This time last year, most people had not heard about generative AI. The technology entered our collective awareness like a lightning strike in late 2022, and we have been trying to make sense of it ever since.

As it stands, generative AI companies have no externally imposed guardrails. That makes guinea pigs of all of us. There is nothing normal about this. If Boeing or Airbus introduced an airplane that promised to be cheaper and faster, but was potentially very dangerous, we would not accept the risk. A pharmaceutical company that launched an untested product, while warning that it might be toxic, would be found criminally liable for the sickness or death they caused. Why, then, is it okay for technology companies to bring to market AI products that they themselves warn pose the risk of extinction?

Even before generative AI burst onto the scene, Big Tech and the attention economy were facing growing criticism for their harmful effects. Products like Snapchat, Instagram, and TikTok



are designed to trigger dopamine surges in the brain, making them as addictive as cigarettes. A scientific consensus has emerged that digital media are harming the mental health of users, especially children.

AI has turbocharged the attention economy and unleashed a new set of risks, the scope of which are far from clear. And while calls for regulation are growing louder, when they come from the very people behind the technology, they come across largely as public-relations campaigns and corporate stall tactics. After all, regu-

nology like AI.

If Purdue Pharma's owners, the Sackler family, had acted responsibly once they realized the danger OxyContin posed, taking steps to stop the drug from being overprescribed, the opioid crisis that has gripped the United States in recent years could have been avoided. By the time the government got involved, countless lives had been lost and communities ruined. No lawsuit or fine can undo that.

When it comes to AI, companies can and must do better. But they must act fast, before AI-driven

House secured voluntary commitments from seven top AI companies to develop safe and trustworthy products, in line with the Blueprint for an AI Bill of Rights that was introduced last year. But vague voluntary guidelines leave far too much wiggle room.

Our collective future now hinges on whether companies — in the privacy of their board rooms, executive meetings, and closed-door strategy sessions — decide to do what is right. Companies need a clear North Star to which they can always refer as they pursue innovation. Google had it right in its early days, when its corporate credo was, 'Don't Be Evil'. No corporation should knowingly harm people in the pursuit of profit.

It will not be enough for companies simply to say that they have hired former regulators and propose possible solutions. Companies must devise credible and effective AI action plans that answer five key questions:

The AI challenge needs to be treated like any other corporate sprint. Requiring companies to commit to an action plan in 90 days is reasonable and realistic. No excuses. Missed deadlines should result in painful fines. The plan does not have to be perfect — and it will likely need to be adapted as we continue to learn — but committing to it is essential.

Big Tech must be as committed to protecting humans as it is to maximizing profits. If the only finish line is the bottom line, we are all in trouble.

“When it comes to AI, companies can and must do better. But they must act fast, before AI-driven tools are so entrenched in daily activities that their dangers are normalized and whatever they unleash cannot be contained.”

lators and governments do not fully understand how AI-based products work or the risks they create; only companies do.

It is a company's responsibility to ensure that it does not knowingly cause harm, and to fix any problems it creates. It is the government's job to hold companies accountable. But accountability tends to come after the fact — too late for a tech-

en tools are so entrenched in daily activities that their dangers are normalized and whatever they unleash cannot be contained.

At Nike, it was a combination of outside pressure and an internal commitment to do the right thing that led to a fundamental overhaul of its business model. The nascent AI industry is clearly feeling external pressure: on July 21, the White

An unforgettable experience

CONTINUED FROM PAGE 9

On several occasions, ICC members, at the risk of being thrown in prison, beaten up, or even shot, intervened when Iraqi soldiers looted apartments still inhabited by Indians. The bravery of these committee members was indeed remarkable, considering that they were ordinary civilians, and the situation of being confronted by soldiers wielding Kalashnikov rifles was as foreign and terrifying to them as it was to the people whom they were helping.

ICC members also successfully resisted attempts by Iraqi officers and soldiers to confiscate buses and cars at gunpoint from the Indian School premises that were being used to ferry Indians from Kuwait as part of the evacuation process. Myriad other more prosaic, yet equally important tasks had to be performed by the ICC members, including helping with the collection,

storage and distribution of food sent by the Indian government under the aegis of the International Red Cross (IRC), which was then provided to members of the Indian, Sri Lankan, Vietnamese, Filipino, Russian and Bulgarian communities still remaining in Kuwait.

The ICC also kept tabs on Indians arrested by Iraqi authorities, and whisked off to prisons in Basra and elsewhere in Iraq, by coordinating with the Indian Ambassador in Baghdad, H.E. Kamal Bakshi. ICC members offered the prisoners legal support and whatever personal assistance they could. An example is the actions of Ali Shabeer who risked arrest to plead with Iraqi courts for the release of two Indian nationals, illegally arrested and imprisoned in Iraqi jail.

Despite the ICC's stellar work during the crisis their responsibilities did not end with the liberation of Kuwait in February 1991 by the UN Coalition forces. In conjunction with

the Kuwait Red Crescent and the US Task Force for Civil Affairs, the ICC ensured Indians did not go without food. George Z. Padar, a US Army colonel, in a congratulatory letter to the committee commended the ICC for their "caring, selfless attitude," and "the efficient distribution of donated food to numerous needy members of the community."

Another major ICC humanitarian effort was the allocation of buses and drivers to the International Organization for Migration (IOM) to transport almost 3,000 refugees from the Abdaly border to the Kuwait International Airport. The committee also provided transport for volunteer medical personnel to the Handicapped Children's Hospital.

In a letter to the Indian Ambassador to Kuwait, the IOM expressed their gratitude to the ICC "for their altruistic efforts without which this humanitarian resettlement of refugees would not have been possible. Similarly,

the continuing support to the Handicapped Children's Hospital has been of inestimable value in providing timely and critical care for the hundreds of malnourished and neglected children at the hospital".

In a personal note of gratitude to Mr. Vedi, the then Chief of the IOM Division for Asia and Oceania, D.G. Whittlesey wrote: "I want to thank you and all the members of your committee for everything you did to make possible the first IOM flights from Kuwait City. It was quite an effort and a great success!" More than three decades on, the actions of the Indian Citizens Committee, in the months during and after the Iraqi annexation of Kuwait, remain inspirational. The committee member's response to the crisis is a reflection of their courage, integrity and unquenchable reserves of dignity and spirit. Their service to the Indian community is deeply appreciated and gratefully acknowledged.

A New Slice of Paradise in the Maldives



By Hermoine Macura-Noble
Special to The Times Kuwait

Nestled in the azure waters of the Indian Ocean, the Maldives is a tropical paradise renowned for its pristine white-sand beaches, crystal-clear turquoise lagoons, and unparalleled luxury. Made up of various coral atolls, this exotic archipelago offers an exclusive escape for discerning travelers seeking the ultimate luxury vacation. With its opulent resorts, world-class amenities, and breathtaking natural beauty, the Maldives has earned its reputation as one of the most sought-after luxury tourist destinations on the planet.

With a variety of luxury properties to choose from, the demand for something more laid back is what led to the opening of the Avani+ Fares resort. The property opened its doors this Summer, offering a new atmosphere on the western edge of the Baa Atoll.

"The ideal Avani+ guest is a millennial-minded traveller whose priorities are style, comfort, and good value. Avani is a brand that caters to the preferences of these travellers, offering an upbeat and contemporary experience...Avani is particularly appealing to digital nomads, bleisure travellers (those who combine business and leisure), fitness and wellness enthusiasts, and those seeking unique and immersive travel experiences. We aim to create an environment where guests arrive as strangers and leave as friends," explains Avani+ Fares Maldives Resort, General Manager, Riaan Sinclair-Drever.



Avani+ Fares Maldives Resort, General Manager, Riaan Sinclair-Drever



Located just 35 minutes away from Velana International Airport, the resort features ten stunning overwater pool villas as well as a variety of other accommodation choices, overlooking the two lagoons of Dolphin Bay. Gulf travellers will be impressed by islands picturesque sanctuary as well as the privacy and connectivity offered at the resort.

"Avani+ Fares caters specifically to GCC residents through a range of features including halal-friendly facilities and halal food options...

The resort has Arabic-speaking staff to facilitate easy communication with GCC guests. Arabic-inspired dishes are included in the menus, providing a taste of home. Private villas with exclusive pools offer privacy and tranquility," shares Sinclair-Drever.

The highlight of the resort is that guests can experience the fascinating marine life of the Baa Atoll's UNESCO Biosphere Reserve. As one of only 61 islands situated in the marine protected waters of the reserve, guests have easy access to two of the area's top attractions: Hanifaru Bay, a protected marine area where at certain times of year, over a hundred mantas can be seen feeding and performing mesmerising acrobatic displays, and the awe-inspiring five



islands landmark featuring a chain of perfectly formed ring-shaped islands.

There are also fourteen dive sites right off the beach, a 220-metre house reef bursting with life, and an additional Fares reef that is just 600 metres away from the shore. Complimentary snorkel gear comes as standard and guests can expect to encounter reef sharks, whale sharks, stingrays, eagle rays, green sea turtles, spinner dolphins and a wide variety of marine life during their stay. Night-time snorkelling provides a captivating experience, allowing guests to witness the nocturnal habits of parrotfish, groupers, snappers, lionfish, garden eels, and crustaceans illuminated by torchlight. They can immerse themselves in a mesmerising environment surrounded by blankets of bioluminescent plankton.

When it comes to gastronomy – The resort boasts a diverse range of world-class restaurants helmed by acclaimed chefs, serving a fusion of international and local cuisine. From private candlelit beach dinners to Michelin-starred dining, Avani+ offers a gastronomic journey that tantalizes the taste buds of even the most discerning food connoisseurs. With a focus on fresh seafood and locally sourced ingredients, every meal becomes a memorable culinary affair, with seven trendy restaurants to choose from.

"The resort has a mini farm that provides organic produce, and locally caught catch of the day is also used. This ensures that guests can enjoy fresh and high-quality culinary

experiences during their stay. The resort offers a diverse selection of dining options, with seven trendy restaurants to choose from, including local and international cuisine, grilled dishes, grab-and-go snacks, molecular cocktails, and even a kids-only restaurant called Petit Bistro," adds Sinclair-Drever.

Guest favourites include the local and international cuisine at Ocean Terrace and at the poolside café Skipjack, which has amazing seafood dishes such as fresh Tuna ceviche and gigantic grilled prawns with pasta – amazing dishes to be enjoyed while enjoying breathtaking views of the Indian Ocean without almost no plastic in site. The property is refreshingly, almost 100% plastic free.

individual islands, with around 200 of them inhabited by locals and dedicated to tourism.

2) The Lowest Country on Earth: The Maldives holds the distinction of being the lowest country on Earth in terms of average ground level. Its highest natural point is only about 2.4 meters (8 feet) above sea level. As a result, the Maldives faces the real threat of rising sea levels due to climate change, making it an even more precious and time-sensitive destination to visit.

3) Underwater Cabinet Meeting: In 2009, the Maldives made international headlines when the government held an underwater cabinet meeting to raise awareness about climate change and the rising sea levels threatening the country. The president and his cabinet members donned scuba gear and held a meeting at a depth of about 6 meters off the coast of the capital city.

4) Island with a Manta Ray Cleaning Station: Hanifaru Bay, located in the UNESCO Biosphere Reserve of Baa Atoll, is a renowned manta ray cleaning station. During certain months of the year, this area attracts large groups of manta rays that gather to be cleaned by smaller fish.

5) The Maldives' Own Time Zone: The Maldives operates on its unique time zone, which is GMT+5.

The Maldives stands as an unrivaled destination for luxury travelers, where paradise meets opulence. Its pristine beauty, luxurious accommodations, world-class spas, underwater wonders, and culinary delights combine to create an unforgettable experience. Whether you seek relaxation, adventure, or a combination of both, the Maldives promises to deliver an extraordinary luxury vacation that exceeds all expectations.

—Hermoine Macura-Noble

The first Australian English speaking News Anchor in the Middle East. She is also the Author of Faces of the Middle East and Founder of US-based 501c3 charity – The House of Rest which helps to ease the suffering of victims of war.



EXCLUSIVE to THE TIMES KUWAIT



Right Way to Intervene in Clean Tech



Armond Cohen, Andreas Goldthau, and Simone Tagliapietra

Armond Cohen is Executive Director of the Clean Air Task Force.

Andreas Goldthau is Director of the School of Public Policy at the University of Erfurt.

Simone Tagliapietra is a senior fellow at Bruegel.

As Western governments face the increasingly urgent task of accelerating the transition to a low-carbon economy, the pendulum has swung away from a heavy reliance on markets to drive innovation toward state intervention. Fearing China's dominance in clean-tech supply chains, and recognizing the potential for job creation, the United States has put in place a wide range of industrial policies that support the development and deployment of green solutions.

For example, the US Inflation Reduction Act openly encourages reshoring by offering generous government support for firms building green-manufacturing capacity in the country. Following suit, the European Union's Net-Zero Industry Act introduces a domestic clean-tech manufacturing target, marking a paradigm shift in Europe's approach to economic governance.

But striking the right balance between the public and private sectors will be crucial to managing the clean-energy transition in an efficient and timely manner and avoiding any backlash against climate goals.

Energy markets, in their current form, have clearly failed to accelerate the deployment

of green technologies with sufficient scale and speed. In the absence of reforms or supplemental policies, they will continue to promote the cheapest power available, which until recently meant fossil fuels in most places. Given this, it is not surprising that governments are revisiting industrial policy, which has proven successful in the past, to spur investment in clean technologies. Moreover, the massive amount of new infrastructure required for clean-energy generation, storage, and distribution may compel the state to implement better permitting processes and to take a more proactive planning role.

environment, and other related measures).

The specter of 'nationalist' climate bills fragmenting global clean-tech supply chains also looms. It was the spontaneous and uncoordinated international division of labor between the United States (innovation), Europe (subsidies and grants for installation), and China (manufacturing efficiencies through economies of scale) that rapidly drove down the price of solar panels and led to their global deployment. Forceful reshoring may therefore slow the pace of the energy transition worldwide.

Striking the right balance between public intervention and reliance on market forces

energy standards, technology-specific tax incentives, government-directed procurement, and carbon pricing. At the same time, public support is crucial for lowering the cost of capital for clean-energy projects, ensuring their social acceptance, and providing the so-called 'enabling investments' that are a prerequisite for private-sector participation. Direct public involvement in the development, ownership, or operation of mature technologies such as electricity transmission could also be appropriate in some cases to speed up development and drive down costs.

Finally, governments design markets, as well as their underlying institutional framework, which means that the state must plan energy systems in such a way that they help create the conditions needed to achieve climate goals. Ambitious and reliable pathways to net-zero emissions should be combined with flexible energy-market regulations aimed at establishing effective incentives to mobilize private capital and to deploy clean-energy technologies at scale.

The transition from unabated fossil fuels to zero-carbon energy amounts to an industrial revolution, albeit with the pressure of a firm deadline. Not only is time running out, but policy decisions will need to be taken against a backdrop of volatile global energy markets, lingering public concerns about certain green technologies, and intensifying geopolitical tensions, most notably between China and the West.

Given these uncertainties, policymakers must be willing to take risks in creating incentives for clean-tech innovation, in promoting investment in the development and deployment of these technologies, and in designing energy markets. But they should also remember that the state and market need to be partners, and the green transition will inevitably, and increasingly, create complex trade-offs that must be navigated carefully; otherwise, the clean-energy future will remain out of reach.

“ Ambitious and reliable pathways to net-zero emissions should be combined with flexible energy-market regulations that establish effective incentives to mobilize private capital and to deploy clean-energy technologies at scale. ”

But government intervention in the clean-energy transition also carries risks. Picking winners in green technologies or projects may lead to investment decisions that are costly or economically ineffective — outcomes that partly drove the pro-market energy-sector reforms of recent decades.

Moreover, the risk of state capture — a serious problem with fossil-fuel industries — also exists in the renewables domain. Pervasive lobbying efforts, coupled with a lack of accountability and transparency, could result in suboptimal resource allocation. Through green industrial policies, governments essentially create rent-seeking opportunities, which tend to be more pronounced in systems with low institutional quality (as indicated by government effectiveness, legal security, bureaucratic quality, corruption, the regulatory

is crucial to move forward. To ensure that the state and market are partners in developing and deploying green solutions, policymakers must take three steps. For starters, governments should focus on boosting breakthrough innovations for decarbonization. That means providing public funding for fundamental research and creating stronger incentives for firm-level innovation through carbon pricing, tax credits, and environmental regulations. The state should also support the piloting, demonstration, and early deployment of emerging clean technologies to demonstrate technical performance and reduce costs to the point of competitiveness with fossil fuels.

Second, the state has an important role to play in nudging and steering large-scale private investment in green solutions through a range of policy interventions, including clean-





EXCLUSIVE to THE TIMES KUWAIT

AI Fight Is Everyone's Fight



Daron Acemoglu, Simon Johnson, and Austin Lentsch

Daron Acemoglu, Institute Professor of Economics at MIT, is a co-author (with Simon Johnson) of *Power and Progress: Our Thousand-Year Struggle Over Technology and Prosperity*.

Simon Johnson, a former chief economist at the International Monetary Fund, is a professor at MIT's Sloan School of Management.

Austin Lentsch is a policy fellow at MIT's Blueprint Labs.

a pioneer in applying these technologies, estimated that motor-enabled machinery "alone has probably doubled the efficiency of industry," while also making it possible to build much larger factories. But workers did not automatically share in these gains. On the contrary, that did not happen until new tasks had been created, and until workers had acquired enough bargaining power to demand higher wages. These are the two pillars of shared prosperity.

While Ford and his contemporaries certainly did automate some processes, their improved factories also introduced a lot of new activities that required human labor — from material preparation and machine maintenance to coordinating operations. These tasks expanded workers' contribution to production and translated into a big increase in the demand for labor. In 1899, the US car industry employed a

was an emphasis on continually training and upskilling workers to handle new tasks. Both employers and employees benefited from the productivity gains.

By the 1960s, US auto production had doubled since the 1920s, with the four largest manufacturers employing 1.3 million workers — more than three times the industry's employment four decades earlier. Moreover, inflation-adjusted profits for the dominant firms, GM and Ford, were around five times higher than in previous decades.

The rise of organized labor in the auto industry also established a model of capital-labor negotiations for other industries to follow. Imagine what would have happened if manufacturing companies attempted to adopt 'worker-less factories' in the 1950s, as some had started advocating. Productivity growth (not to mention shared prosperity) would have

become a tool to boost worker productivity and creativity? Much will depend on whether workers have a voice, and on how such choices affect productivity and product quality.

There are grounds for thinking that the WGA strike could be more important even than the struggles for union recognition at Ford and GM's factories a century ago. For starters, Hollywood's creative workers are uniquely well-organized and powerful compared to workers in other industries. If they fail, other knowledge workers will stand even less of a chance of shaping the future of work and technology.

The choices ahead of us are epochal, because there is an obvious temptation for movie producers to choose the low road of "just automate everything you can." This approach may be profitable in the short term if it allows for more shows to be cheaply produced, with fewer screenwriters, actors, and other staff. But studio profits and high-quality output are not the same thing. There still is no substitution for human ingenuity and creativity. Look past the hype, and it should be clear that predicting the next word in a sentence and aggregating the "wisdom" available on the internet are unlikely to generate superior artistic output — even if large language models could produce mediocre sitcoms.

The low road is especially costly because of what it misses. Generative AI could become a tremendously beneficial tool in the hands of creative artists, by helping with research and the development of new ideas. If we can find our way to this high road, AI could drive further technological progress and bolster the returns from human ingenuity.

Much is riding on the writers' strike. Obviously, it would be a disaster for workers if they are sidelined by movie studios. Knowledge workers — and, indeed, all workers — should hope that the WGA and its members succeed in showing not only how unions can raise wages in the short term, but also how technology can be used to support creativity, rather than simply displacing it.

“Should AI be used to sideline workers, or could it become a tool to boost worker productivity and creativity? Much will depend on whether workers have a voice, and how such choices affect productivity and product quality.”

few thousand workers, producing around 2,500 vehicles per year. By 1929, Ford and GM were each making 1.5 million cars annually (with total US auto production around 4.5 million), and the industry employed more than 400,000 people.

The second pillar is bargaining power. The famous sit-down strike at GM in 1936-37 was a key step in achieving union recognition, improved working conditions, and higher compensation for workers. Over several decades, the new balance that developed between management and workers in automobile manufacturing contributed to rapid wage growth. Part of what made this possible

suffered greatly as the human contributions to technical work, design, maintenance, inspection, and creative problem-solving were undermined or lost.

Today, we are confronting equally revolutionary changes, now that executives are considering how to apply generative AI to all components of knowledge production and distribution. Leading tech-focused companies face many of the same choices that car manufacturers had to make at the beginning of the twentieth century. Should powerful new technologies be used to automate knowledge work and sideline workers? Or could AI

Artificial intelligence is big business's new flavor of the month. Companies are rushing to showcase how they will be using new generative AI models, and the media is full of stories about the technology's transformative potential. There is no denying that it could significantly increase productivity. But who stands to benefit? The ongoing Writers Guild of America (WGA) strike may offer an answer.

Hollywood screenwriters are confronting a future that all knowledge workers will soon face — and without the benefit of union representation. At issue is how AI will be used, and by whom. Will TV and movie producers see AI as a way to replace writers and cut costs, or will they use it to create higher-quality content, empowering creative workers to be more productive and earn higher incomes?

We have been down a similar road before. In the early twentieth century, rapid improvements in manufacturing technologies such as moving assembly lines and electrical machinery led to a sharp increase in productivity. Henry Ford,

Thought for the week

“ Only when the last tree has died and the last river been poisoned and the last fish been caught will we realise we cannot eat money'.

- Anonymous



Grilled cod fish with sweet potato mash

Cod is a highly nutritious fish that also tastes great no matter how it is prepared. The fish is a rich source of low-fat protein, making it an excellent choice for people who would like to reduce their fat intake and improve heart health. Codfish also contains iodine, which is an important mineral for thyroid function, besides having a significant amount of omega-3 fatty acids, vitamins, and minerals. In addition, the fish is low in calories and contains only very small



amounts of fat. Codfishes are omnivorous and have a cylindrical form with a greenish to brown belly and dense, flaky flesh. Its mild flavors and sturdy, flaky texture make it a go-to choice for fish and chips, fish tacos, and fish stews, among other foods. Here we look at preparing grilled cod fish served with sweet potato mash.

Serves: 4 people

Ingredients:

- Cod fish filet 720g
- Sweet potato 250g

- Asparagus 100g
- Potato 200g
- Salt 10g
- Pepper 10g
- Olive oil 30ml
- Cream 20ml
- Rosemary 5g
- Garlic 10g
- For lemon butter sauce
- Lemon juice 30ml
- Butter-40g
- Salt-5g
- Pepper 5g
- Garlic 5g

Instructions:

- Wash, debone and slice the cod fish to four filets
- Marinate the filets with salt, pepper, rosemary, and garlic
- Place a pan on heat, add olive oil, place the filets on the pan and sear both sides
- Flip the filets until the two sides become golden brown and is juicy and tender
- Wash and cut the potatoes, asparagus, and sweet potatoes
- Blanch the asparagus and sweet potatoes
- Roast the potato and asparagus, with butter, salt and pepper, and set aside
- For lemon butter sauce
- Heat a pan, add a tablespoon of butter and cook the garlic in it
- Add the remaining butter and the lemon juice. Add seasoning for added flavor
- For sweet potato mash
- Peel and cut the blanched sweet potatoes and mash with potato masher
- Place a pan on heat, add olive oil and chopped garlic, sauté well and strain through a sieve

To serve: Place the cod filet to one side of the plate and pipe your sweet potato mash around it. Arrange the roasted potato and asparagus to one side. Drizzle the butter lemon sauce over the filets and vegetables.



Creative, enthusiastic and with a passion for food, Chef Binu Joseph is currently Chef at The Regency Hotel Kuwait. With over 17 years of experience serving in luxury five-star properties in the region, Chef Joseph has an in-depth knowledge in preparing multiple cuisines, including Arabic, Asian, American, Continental and Indian dishes. In addition, his culinary skills in putting his own

stamp on traditional dishes to create new combinations of flavors, textures and tastes allows him to prepare dishes that meet the tastes of the most discerning patrons. Chef Joseph now brings his versatility and 5-star culinary creativity to the pages of The Times Kuwait, with simple recipes that anyone can prepare using ingredients that are readily available in Kuwait.

IYM 2023

We continue our series of recipes using millets to prepare healthy dishes, as part of celebrations marking the International Year of Millets (IYM) in 2023, and to highlight the versatility of this grain in preparing everything, from appetizers, to main dishes and desserts

RECIPE

Millet Apple Pie Pudding



Ingredients:

- For the millet layer:
- 3/4 cup millet
- 2 cup water or milk
- 1 ripe banana
- 1 tbsp dates paste
- For the 'apple pie' layer:
- 2 apples
- 2 tbsp. water
- 1/4 cup sugar
- 1 tsp butter
- 1 tbsp cornflour slurry
- 1/2 tsp cinnamon powder

Instructions:

For the millet layer:

- Toast dry millet in a pan over medium flame
- Stir regularly until the millets begin to exude a nutty aroma
- Add two cups of water or milk and cook over medium low heat until the liquid is fully absorbed (usually in 15-20 minutes).

- Once the millet is cooked and cooled, transfer it to a blender, add the banana and dates paste and blend to the thick creamy consistency.

For the apple pie layer:

- Wash, peel and dice the apples
- In a saucepan add the diced apples along with sugar, butter, cinnamon powder and cook over low heat until soft (around 10 minutes)
- Add the cornstarch slurry to the pan while stirring and continue to cook until the apples turn more soft and the mixture thickens. Take care to ensure that the apples do not become too soft and mushy.

To serve, use a small glass and spread a little millet cream as a layer at the bottom, top this with a layer of apple pie. Continue the process until complete, ending with one final layer of apple pie.



Chef Chhaya Thakker

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

New guidelines for chronic coronary diseases

For the first time in over a decade, the American Heart Association (AHA) and the American College of Cardiology have released an update to their guidelines on chronic coronary diseases. The publication, released on 20 July reiterates the importance of regular physical activity and a healthy diet, while offering new recommendations about medications, dietary supplements, screenings, and participation by patients in their care decisions.

Chronic heart disease is a condition that occurs when arteries become narrowed by a buildup of fatty material within their walls. The first comprehensive update on the treatment of this disease was made necessary by advancements in therapies and treatments for heart disease, and the evolution of knowledge on these conditions over the past decade.

Chronic coronary disease is no longer considered a death sentence and has now become a very treatable condition. Health experts now say that they are quite confident that if patients and clinicians are able to institute the lifestyle changes and therapies as recommended by the new guidelines, patients can hope to enjoy a quality of life and lifespan that are very close to normal.

The new guideline stresses that dietary habits, regular exercise, not smoking, and proper sleep continue to form the core of managing chronic heart disease, and that there are no major changes in these recommendations. For instance, when it comes to diet, the AHA advice is to stick with a Mediterranean-type eating plan with high intake of healthy plant-based foods and lean protein, as well as lower quantities of saturated fat (for example, red meat) and salt.

Similarly, previous AHA guideline on regular

exercise for chronic heart disease had called for getting at least 150 minutes per week of moderate-intensity aerobic activity (such as brisk walking, hiking, and dancing) or at least 75 minutes per week of higher-intensity aerobic activity (such as running, swimming, and walking up stairs). They should also engage in activities that build muscle strength two or more days a week. The updated guideline also strongly advises against smoking and on ensuring a good night's sleep.

The new guidelines stresses on patient participation in treatments and suggests that after completing a risk assessment, doctors should educate patients on symptom management and treatment options so they can actively participate in decisions about their care.

Shared decision-making between patient and physician is important as patients often have different priorities about their health and ultimately they are the ones who should make the decision about their care. The newly updated guideline with its latest recommendations can help patients make informed choices when it comes to heart disease treatments.

For instance, for years a blocked artery was commonly treated with bypass surgery or insertion of a stent to open the artery. While these operations can still provide good results, research in recent years has shown that some patients may do just as well taking medications and do not need an invasive procedure to live longer. The guideline advocates that patients should be informed so they can make the best decisions for themselves in close consultation with their healthcare providers.

The new recommendations also spotlight



how chronic heart disease management is a 'team activity' that involves a range of healthcare professionals, including physicians, nurses, dietitians, exercise physiologists, physical and occupational therapists, psychologists, and social workers.

Over the past decade scientists have also improved their understanding of how medications can best serve a patient. Researchers have found, for example, that two classes of medications traditionally used to treat type 2 diabetes — SGLT-2 inhibitors and GLP-1 receptor agonists like Ozempic and Mounjaro — have potential cardiovascular benefits in addition to blood sugar management.

Even in heart patients who do not have type 2 diabetes, diabetic medications that are used to inhibit or initiate a physiological response in a receptor, have been shown to help with weight loss, reduce the progression of kidney disease, and lower the risk of cardiovascular crises. Other drug developments include the possible use of new cholesterol medications for people who may not be able to manage cholesterol levels with statins.

Another recommendation is with regard to

beta-blockers — medications that lower blood pressure by decreasing the heart rate and forcing the heart's contractions. Routine use of beta-blockers for longer than one year is not advised in chronic heart disease patients who have not had a heart attack within the past year, or those patients whose hearts are pumping blood effectively to meet the body's needs as per AHA specification.

When it comes to using popular dietary supplements to manage heart diseases, the guideline notes that there is not enough evidence to show that nonprescription nutrition or dietary supplements — including omega-3 fatty acids, vitamins C, D, or E, beta-carotene or calcium — were beneficial for people with a chronic heart condition. The guideline indicates that while these nutrients are important, it is better to get them through a healthy diet, rather than from any supplements.

Another misconception put to rest by the new guideline concerns patients who believe that taking a stress test on a regular basis could help them even if they are having no symptoms. The guideline suggests undergoing stress tests only when people have a change in their symptoms. A stress test when somebody feels different (chest discomfort, shortness of breath) definitely has a role, but doing one before any symptoms are manifested, does not help with diagnoses.

While the updated guideline is directed mainly at healthcare professionals, patients can also benefit greatly from reading and becoming aware of the recommendations in the new publication, as well as having an open conversation about treatments with their healthcare provider.



Misdiagnosis claims thousands of lives every year

Many of us have heard about, or experienced, doctors in Kuwait's public health services who prescribe medications and treatments without fully examining or listening to symptoms described by the patient. Often this occurs because of language difficulties between doctor and patient, or the heavy workload on the medical practitioner.

However, this cursory examination and prescription often leads to misdiagnosis of diseases and erroneous prescriptions and treatment modes that could be serious, if not fatal, to the patient. In this regard it is interesting to learn of a new study on medical misdiagnosis in the United States, which revealed that diagnosis error leads to death or permanent disability for nearly 800,000 people every year.

The research, which aimed to find the true impact of misdiagnosis from across various medical settings, examined records from hundreds of hospitals, outpatient clinics, doctors offices, and other medical venues. The study found that each year an estimated 371,000 people die and another 424,000 patients are permanently disabled

because they were diagnosed with the wrong condition. Interestingly, more than half the misdiagnoses were attributed to just 15 diseases, while five specific conditions were found to have caused nearly 40 percent of the most frequent serious harm — Stroke, sepsis, pneumonia, lung cancer, and pulmonary thromboembolism, which is a condition that involves life-threatening blood clots in the lungs.

The study was the first such comprehensive tally of devastation caused by medical error across medical settings. Much of the previous research into medical errors and diagnosis mistakes had focused on specific settings like outpatient clinics, intensive care units, or emergency rooms, as a result, earlier studies produced wildly varied, and often inaccurate, snapshots of the true human toll of diagnostic errors.

The researchers admit that their study was not designed to assess how diagnostic errors happen, how to prevent them, or how much quality of life or length of life could be reclaimed by reducing these diagnostic errors. Nevertheless, reports by medical misdiagnosis examiners show that many people get incorrectly diagnosed because they have atypical symptoms.

Having 'non-classic' or otherwise subtle clinical symptoms of a dangerous underlying disease, has been found to be one of the biggest risk factors for diagnostic errors. For instance, doctors do not fail to diagnose strokes when people have paralysis on one side of the body and inability to speak; they fail to diagnose it when it is manifested by atypical symptoms such as isolated dizziness, vertigo, or headaches that look like more common but non-life-threatening diseases.

Another big driver of medical diagnosis mistakes is miscommunication between patients and doctors. Patients should speak up about what concerns them most and any new symptoms they have noticed — and insist that doctors use plain, jargon-free language and provide translators for every conversation if they need information in a language other than English.



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EXCLUSIVE to THE TIMES KUWAIT

Which Is the Real Europe?



Antara Haldar

Associate Professor of Empirical Legal Studies at the University of Cambridge, is a visiting faculty member at Harvard University and the principal investigator on a European Research Council grant on law and cognition.

This year marks the 30th anniversary of the European Union. When the Maastricht Treaty took effect in 1993, Europeans embarked on a historically unique experiment in supranational governance and shared sovereignty. The EU's single market allows for the free movement of goods, services, and capital among 27 member states; and, critically, its Schengen Area means open borders between member states (and free movement rights even in non-Schengen member states), granting more than 400 million people an unprecedented form of citizenship that transcends national territories. While free trade is an old idea, the free movement of people on this scale is entirely novel.

But to what extent is the EU more than just a glorified trade bloc? It is instructive to consider two recent occasions when Europeans confronted divorce: the Greek debt crisis and Brexit, each of which illuminated the conflicting forces struggling for control of the continent. In the Greek case, the EU played the role of the villainous oppressor, wielding the threat of a break-up to exact concessions from a member state. In the United Kingdom's case, Brussels was the hero, stoically enduring an act of betrayal as it stood up for the principles of multilateralism and openness. Which of these episodes comes closer to capturing the EU's core character?

At times, Europe's guiding philosophy seems to be based on 'home economics'. German Chancellor



for Angela Merkel invoked the image of the thrifty Swabian housewife to justify her hardline position during the Greek crisis, and the policy the EU ended up adopting on that occasion had about as much of a scientific basis as an old wives' tale.

Recall that Greece's debt troubles were part of a series of rapidly falling dominoes. Following the 2008 global financial crisis, Greece could no longer paper over its mountain of debt, so it sought assistance from the EU and the International Monetary Fund, the world's lender of last resort. While no one denies that Greece's finances were a mess, many believe that the 'troika' (the European Commission, the European Central Bank, and the IMF) erred by demanding penance for past mistakes, rather than laying the groundwork for a better economic future.

Greece, they insisted, would receive bailouts only if it adopted severe austerity measures, including budget cuts, tax increases, forced privatizations, and a slew of pro-business reforms. As Yanis Varoufakis, Greece's finance minister at the

time, noted, the troika's fixation on atonement, rather than recovery, had led it to subject Greece to "fiscal waterboarding." The EU came across as a vindictive bully, eager to inflict unnecessary pain and suffering on a hapless population. By refusing to forgive some of Greece's debt, it seemed to have embraced the Darwinian argument that Europe would be strengthened if its weakest economic links were eliminated (an outcome that was only narrowly averted).

Chief among those advocating this harsh approach was Germany, which should have been acutely aware of what can happen when a country is made to suffer national humiliation. Echoing German talking points, the EU insisted that rigid fiscal discipline must be upheld, regardless of 'soft' considerations like the foreseeable immiseration of the Greek people.

In the case of Brexit, the UK's status as the EU's second-largest economy led it to succumb to hubris. A narrow majority of Britons rejected the eco-

nomie logic of remaining in the EU, and focused instead on all the problems supposedly caused by immigration (such as shortages of primary-school places and available doctors). For those supporting Leave, the benefits of barrier-free trade did not justify the perceived costs of barrier-free migration within the EU.

When the UK invoked Article 50 of the Treaty on European Union and initiated the divorce proceedings, the EU came together as a community. In other words, the EU's stance was an inversion of its position during the Greek crisis. After 2016, it stayed true to its original mandate of securing peace and prosperity among former enemies, vindicating its selection for the 2012 Nobel Peace Prize.

But the alacrity with which Europe was willing to inflict suffering on Greece and ignore its people's voice had been a fillip to opportunistic Eurosceptics in Britain. Why should the UK care about a project that allows the strong to bully the weak? After 2009-10, Greece and other southern member states became — on the basis of the flimsiest of economic theories — what Paul Krugman of the New York Times called "Austeria." The UK's own woeful experience with austerity after 2010 arguably played a large role in the success of the Brexit referendum.

The European project's uniqueness lies in its ambition to forge a new type of bond between people and place, based on the 'idea of Europe'. In their own way, the Greek and British experiences each show that this idea cannot be based on transactional logic alone. Previous experiments with austerity in the 1930s ultimately tore the continent apart. If the EU intends to stick around for another 30 years, it will have to decide once and for all whether it wants austerity or solidarity — a choice reflected in the intensifying debate over the European Commission's proposed reform of the bloc's fiscal rules. If it chooses the former, it will vindicate those who believe that the European project has only ever been a marriage of convenience.



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