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Nationality Law Ensures Kuwait Remains Kuwaiti

By Reaven D'Souza
Executive Managing Editor

Since becoming the 111th member of the United Nations in 1963, Kuwait has been an active and reliable partner of the world body in promoting peace and supporting development efforts worldwide, as well as in delivering humanitarian assistance to people in need everywhere. Over the years, the country has also positioned itself as a dynamic regional and global player in advocating for the UN goals of universal adherence to human rights and freedoms for all without distinction.

Through visionary leadership, an ambitious Vision 2035 development plan, and through implementation of various United Nations conventions, treaties, and principles based on the UN Charter and Universal Declaration of Human Rights, Kuwait is working towards creating a peaceful, inclusive, equitable, and sustainable society that fosters the well-

being and interests of its citizens, and ensures continued prosperity of the nation.

Kuwait's efforts to build an encompassing, equitable society has drawn praise from various quarters, including from the United Nations Office of the High Commissioner for Human Rights (UN Human Rights). During discussion on the Sixth Periodic Report of Kuwait last year, the UN Human Rights' Expert Committee on Elimination of Discrimination Against Women, praised the country for its initiatives in eliminating gender inequality and for empowering women.

However, the Committee also voiced concern on the plight of more than 20,000 Kuwaiti women who were married to foreigners, whose children did not enjoy citizenship rights. Responding to this concern, the Kuwaiti delegation headed by the Permanent Representative of Kuwait to the United Nations Office in Geneva, Nasser AlHayen, stated that there were no different procedures for Kuwaiti



men and women when it came to nationality and naturalisation.

Explaining that the main criteria for deciding nationality according to Kuwaiti law is that it

is transferred only from fathers, AlHayen said that children of Kuwaiti women from a foreign husband would keep their father's nationality. Relatedly, he added that foreign wives of Kuwaiti men were not entitled to citizenship under Kuwait's Nationality Law.

In the same vein, in response to comments by a Committee member that more than 92,000 stateless persons faced discrimination in Kuwait, AlHayen stated that the people who had entered Kuwait surreptitiously to gain citizenship were not considered stateless persons. He added that, despite their illegal status, the government had taken several measures to ameliorate their situation, including by creating a specialized agency to specifically address their issues.

Kuwait's principled stance on the nationality issue was reiterated recently by the First Deputy Prime Minister and Minister of Interior, Sheikh Fahad Yousef Saud Al-Sabah.

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Empowering Kuwaiti Women

Prominent Achievements Ensuring a Successful Journey



By Sheikha Suhaila Al-Sabah
Managing Editor

Kuwait is a pioneer in supporting and empowering women. Recent years have witnessed remarkable progress in enhancing the role of women in various fields. This progress reflects the state's significant efforts to bridge the gender gap and ensure women's active participation in building society. These achievements have been achieved thanks to supportive policies and legislation that enhance the status of women and open new horizons for them in various fields.

In the economic field, Kuwaiti women stand out as key partners in driving development. At the Central Bank of Kuwait, women constitute 54.8 percent of the workforce, confirming their ability to assume leadership and supervisory positions in major financial institutions. Women also occupy 54 percent of positions at the Kuwait National Petroleum Corporation, a vital sector on which the Kuwaiti economy relies heavily. These high percentages are not just numbers; they reflect the state's confidence in women's capabilities and its belief in their effective role in achieving economic growth.

In the judicial sector, 19 female Kuwaiti judges have been appointed, demonstrating the role of women in achieving justice and contributing to the development of the judicial

system. The presence of women in this field reflects an evolution in societal perceptions of their role. They have become essential partners in making judicial decisions that impact the lives of individuals and society. Kuwaiti women have been able to assume leadership positions, with many female judges serving in various courts, enhancing justice and reflecting societal confidence in their competence. This step not only strengthens the status of women but also contributes to the development of the judicial system as a whole, as diversity of opinions and experiences is an important factor in achieving justice.

Kuwaiti women have also emerged in the diplomatic field, holding 14 diplomatic positions, reflecting their ability to represent the country in international forums with competence and professionalism. This diplomatic representation enhances Kuwait's image as a country that supports equality and believes in the role of women in building international relations. Kuwaiti women have proven their ability to represent the country in international forums. They have successfully participated in formulating foreign policies and negotiating important agreements. The presence of women in the diplomatic corps enhances Kuwait's global image and supports its efforts to achieve peace and development.

The achievements of Kuwaiti women are not limited to civilian fields, but extend to the security and military sectors. Kuwait has also witnessed the entry of women into fields traditionally considered the exclusive domain of men. Women in the armed forces and police have proven their competence, reflecting that women can be effective partners in protecting the homeland and enhancing security. More than 900 women serve in the police force, in addition to 32 female soldiers in the fire



Kuwaiti women hold prominent leadership positions, with four female directors working at the National Library, reflecting their role in promoting culture and knowledge in society. Women also contribute significantly to the development of the educational system, holding numerous leadership positions in educational institutions. This active role of women in these fields contributes to building an informed and educated generation capable of facing future challenges.

The presence of Kuwaiti women in leadership positions in financial and cultural institutions also contributes to driving economic and developmental progress. The active participation of women in these fields enhances innovation and opens new horizons for sustainable development.

These achievements confirm that Kuwaiti women are key partners in building the future, and there is no doubt that these successes will be a catalyst for further progress and prosperity in the coming years. By supporting women, Kuwait demonstrates that it believes in equality and works to enhance the role of women in all fields, making it a role model for the region and the world.

The Kuwaiti government and civil society continue to support initiatives that enhance women's rights, including education and vocational training programs, which contribute to increasing the percentage of women in the labor market. These efforts are not merely individual steps, but rather part of a comprehensive vision aimed at achieving a balanced society where justice and equality prevail. The achievements of Kuwaiti women reflect society's commitment to empowering and supporting them, making Kuwait a role model in promoting women's rights and empowering them in all aspects of life.

department. These figures confirm that Kuwaiti women are capable of shouldering significant responsibilities in fields that require courage and sacrifice. Their participation in these fields therefore reflects an evolution in societal perceptions of the role of women, as they are now capable of working in fields traditionally considered the exclusive domain of men.

Globally, Kuwait has achieved remarkable progress in indicators of women's empowerment, ranking 62nd globally on the Women and Peace Index. Kuwait is also the first Gulf country to adopt women's empowerment initiatives in the private sector, confirming its leadership in this field. These achievements reflect the state's significant efforts to enhance the role of women in building society and position.

Kuwait as a model for the region

In the cultural and educational fields,

Mass held for good health of His Holiness Pope Francis



A solemn Thanksgiving Mass was celebrated on Sunday 9 March by His Grace Archbishop Eugene M. Nugent on the occasion of the 12th anniversary of the election of His Holiness Pope Francis at the Holy Family Cathedral in Kuwait City.

Prayers were also held for the complete recovery and good health of His Holiness Pope

Francis, and for a speedy return to his sacred and important duties.

A large gathering of diplomats, well wishers and faithful attended the prayer service.

Pope Francis, 88, who has been in hospital since 14 February with pneumonia in both lungs, has been gradually improving



Dr. Haila Al-Makimi hosts Ramadan gathering



Head of Kuwait University's Political Science Department, Dr. Haila Al-Makimi hosted a Ramadan gathering at the Al-Makimi Diwan in Shamiya last week, attended by Acting Prime Minister and Minister of Interior, Sheikh Fahad Yousef Saud Al-Sabah, along with several ministers from Kuwait and

abroad, as well as ambassadors, and heads of international organizations in Kuwait.

Expressing her joy at the large turnout, Prof. Al-Makimi said the gathering reflected

Kuwait's authenticity and strong diplomatic ties, and was a testament to the unity and camaraderie of the Kuwaiti people.

Companies urged to disclose actual beneficiaries or face penalties

Ministry of Commerce and Industry is advancing the enforcement of "beneficial owner" penalties to maximize disclosure compliance among commercial license holders or impose penalties on violators.

Sources informed, that the Ministry of Commerce aims for at least 60% of companies in the claimant database to disclose actual beneficiary data by April. Non-compliant entities will face penalties,

In alignment with the international 'Financial Action Task Force (FATF) recommendation, and to strengthen the fight against money-laundering and the financing of terrorism, the Ministry of Commerce and Industry has set a deadline of end March for companies holding a commercial license to disclose their actual beneficiaries, or face stringent penalties. Non-compliant entities, including unlisted joint-stock companies, sole proprietorships, and businesses with suspended or expired-licenses, will face fines starting at KD1,000 and increase every two to three weeks up to a maximum of KD10,000.

Additionally, violators may face penalties under Law 106 on anti-money laundering and terrorism financing, reaching up to KD500,000. The manager listed on the commercial license will be responsible for registering and disclosing the actual beneficiary's identity. However, listed companies, whether on domestic or foreign stock exchanges, and government-owned entities are exempt from this requirement.

In addition to license holders who fail to disclose actual beneficiary data, those who seek to cancel an expired license by the end of March will still face the penalties, as canceling a commercial license takes approximately two to three weeks, as it requires reviews from various entities, including the Public Authority for Manpower.

To avoid fines, those wishing to cancel should submit requests promptly. The Ministry of Commerce has recently received a surge of inquiries and cancellation requests from individuals with inactive licenses seeking to avoid financial penalties. Ministry of Commerce is intensifying administrative measures against



non-compliant companies; the percentage of companies that have disclosed their actual beneficiaries has risen to approximately 44 percent, while around 56 percent have yet to comply within the specified period. The ministry aims to achieve at least 60 percent of companies in the claimant database to reveal their actual beneficiaries before the start of April.

Reviews of actual beneficiary data by the ministry revealed a large segment of license holders in the commercial registry have forgotten about their licenses. Some believe

these licenses have already expired and see no need to visit the Ministry of Commerce to request their cancellation.

Ministry of Commerce currently lacks the authority to automatically cancel commercial licenses without a request from the license holder. This is due to the possibility of financial, legal, or labor-related obligations linked to the company, which the ministry cannot overlook. Therefore, license holders must personally submit a request for cancellation.

Meanwhile, new measures are being planned for forgotten licenses, granting the ministry the authority to cancel them if they have not been renewed for a certain number of years, with work currently underway to implement this.

Ministry of Commerce mandates the registration of all commercial licenses, including sole proprietorships and all types of companies, whether partnerships or joint-stock companies. Additionally, all legal entities engaged in commercial activities must disclose and register in the beneficial owner system, in compliance with Ministerial Resolution No. 16 of 2025.

Cabinet announces potential Eid Al-Fitr holidays

The cabinet during its weekly session chaired by Acting-Prime Minister and Minister of Interior Sheikh Fahad Yousef Saud Al-Sabah decided to suspend work at all ministries, governmental bodies, and public institutions for three days as an official holiday on the occasion of Eid Al-Fitr, if it falls on Sunday 30 March, with work resuming on Wednesday 2 April.

Should the first day of Eid Al-Fitr fall on Monday, 31 March, work will be suspended for five days starting Sunday, 30 March, and will resume on Sunday, 6 April.

State agencies with work of special nature will determine their Eid Al-Fitr holiday, with the public interest to be taken into consideration, noted the cabinet.

Council of Ministers approves draft law on financing and liquidity

Minister of Finance and Minister of State for Economic Affairs and Investment, Noura Al-Fassam presented to the cabinet, during its weekly session at Bayan Palace on 13 March, a draft law titled 'Financing and Liquidity', previously referred to as the 'Public Debt Law'. The cabinet discussed and approved the draft law and forwarded it to His Highness the Amir for ratification. The details of the law which were not detailed is said to set a maximum borrowing limit of KD30 billion over a 50-year period.

The cabinet session, which was chaired by Acting-Prime Minister and Minister of Interior Sheikh Fahad Yousef Saud Al-Sabah was also briefed on His Highness the Amir Sheikh Meshal Al-Ahmad Al-Jaber Al-Sabah; Commander-in-Chief of the Armed Forces, along with His Highness the Crown Prince Sheikh Sabah Khaled Al-Hamad Al-Sabah, visits to the Ministry of Defense, and the National Guard, Interior Ministry, as well as the Kuwait Fire Force on the occasion of the month of Ramadan.

In a statement following the meeting, Deputy Prime Minister and Minister of State for Cabinet Affairs Sherida Al-Maousherji, said the cabinet also noted His Highness the Amir's representative; His Highness the Crown Prince's speech at the extraordinary Arab summit, recently held in Cairo, as he reassured Kuwait's stance against displacement of Palestinians from their lands, and called on the international community, especially the UN Security Council, to shoulder its responsibility in this regard.

The cabinet then went on to approve the works of the higher committee formed ad hoc to investigate and resolve citizenship issues which entails cases of individuals whose citizenship had been revoked in line with relevant laws.



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IWG, Palestinian Embassy, host Ramadan Ghabga



International Women's Group (IWG), in collaboration with the Embassy of Palestine, hosted a Ramadan Ghabga themed 'Palestine, History and Civilization', at the Crowne Plaza Hotel, bringing together Kuwait's diplomatic community, officials, and IWG members.

In her address to the gathering, President of IWG Polina Dlamini, thanked the Embassy of Palestine and IWG member Rima Khalidi, wife of the Palestinian Ambassador, for organizing the Ramadan Ghabga, and highlighting the significance of Palestine's history and its deep-rooted connection with its indigenous people.

In his opening speech, Ambassador of Palestine, H.E. Rami Tahboub, extended his congratulations to the State of Kuwait, led by His Highness the Amir Sheikh Meshal Al-Ahmad Al-Jaber Al-Sabah, His Highness the Crown

Prince Sheikh Sabah Khaled Al-Hamad Al-Sabah, the Government and the Kuwaiti people on the occasion of the holy month of Ramadan.

He also congratulated IWG members on International Women's Day and expressed gratitude to IWG's executive board for the opportunity to host the Palestinian Ramadan Ghabga. Ambassador Tahboub then shared insights on the current situation in Palestine and its impact on the lives of the Palestinian people. Mrs. Rima Khalidi, who served as the master of ceremonies, then delivered a speech highlighting various aspects of Palestine's history, culture, and civilization.

A screening of paintings by Palestinian artist Suleiman Mansour preceded each segment of the program, which featured a variety of cultural presentations. These included a video on Ramadan customs in Jerusalem, a screening of

Welcome to Palestine showcasing the historical, religious, and cultural landmarks of Palestine, and a performance by Daughters of Jerusalem, an all-female group of young musicians and artists from Jerusalem.

Additionally, there was a presentation on three inspiring Palestinian women who have become experts and icons in their respective fields, followed by a documentary on Jericho—the world's oldest inhabited city and the lowest point below sea level—highlighting its rich agricultural heritage, which was then followed by a short video on the traditional making of Nabulsi soap.

The program also featured the song Haddi Ya Bahar, performed by IWG member Shireen Hattar, accompanied by Oud player Ra'fat Al Jada'. Attendees then enjoyed a Palestinian fashion demonstration set to the music of Palestinian composer Clarissa Bitar, showcasing the intricate

beauty of traditional Palestinian embroidery, which dates back to the Canaanite era. The event reached a high point with a lively performance by Shabab Falasteen Folklore Troupe, who captivated the audience with the Palestinian Dabkeh dance, including a reenactment of a traditional Palestinian wedding.

Mrs. Khalidi concluded the program with a presentation on Palestinian cuisine and its deep-rooted connection to the land and olive trees, highlighting how each Palestinian recipe carries a rich historical and cultural significance.

Interactive stations at the event showcased Palestinian culture through a henna corner, live Qatayef-making, a traditionally dressed carob vendor, and displays of Palestinian handicrafts.

To wrap up the evening, attendees enjoyed a spread of delicious Palestinian dishes prepared by the chefs of Crowne Plaza Hotel.

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British Embassy hosts Ghabga in honor of female business leaders



British Embassy hosted its annual Ramadan Ghabga on 11 March, celebrating the achievements of distinguished female business leaders. Held just days after International Women's Day, the event highlighted their contributions to local society and to the 250-year UK-Kuwait trade partnership.

Speaking at the Ghabga, the embassy's Country Director at the Department for Business and Trade, Naz Demir, said that "This evening, we celebrate past, present, and future female business leaders and their significant impact on the UK-Kuwait trade relationship, which is now worth a record £6.2 billion a year. Events like this reaffirm our shared commitment to empowering the next generation of female leaders and further strengthening the special bond between our two countries."

In her address to the gathering, British Ambassador H.E. Belinda Lewis, stated, "This year's Ghabga celebrates the holy month of Ramadan and, given the recent International Women's Day, the event also highlights the valuable contributions of female business leaders to the UK and Kuwait's 250-year-old trading partnership."

The UK is committed to working with its partners, including Kuwait, to create a business environment where innovation and hard work are rewarded, and people succeed irrespective of their gender, said the ambassador. She also revealed that the British Foreign Secretary, David Lammy, has appointed former Minister and Deputy Leader of the Labour Party, Baroness Harriet Harman KC, as the new UK Special Envoy for Women and Girls to champion this work."



Ministry launches donation campaign warns against illegal collections

Ministry of Social Affairs, through its Charitable Societies and Endowments Department, has urged registered charitable organizations to join the third national donation campaign, set to launch on 14 March during the holy month of Ramadan, to help pay off dues of debtors.

The ministry, in coordination with charitable societies and organizations, is reportedly finalizing the regulations and requirements for benefiting from the campaign. The payment method will be either through a unified automated link or a dedicated link for each participating charity.

The campaign aligns with the directives of His Highness the Amir, Sheikh Meshal Al-Ahmad Al-Jaber Al-Sabah, to localize charitable work and direct its proceeds primarily within the country.

Meanwhile, inspection teams from the ministry have since the start of Ramadan intensified the monitoring of illegal collection of donations, and have so far initiated actions against 10 unidentified individuals and entities soliciting donations without prior approval, violating laws and regulations governing charitable work.

The ministry said it remained committed to ensuring strict oversight of collected funds, limiting donations to legally recognized entities operating under state supervision. The ministry

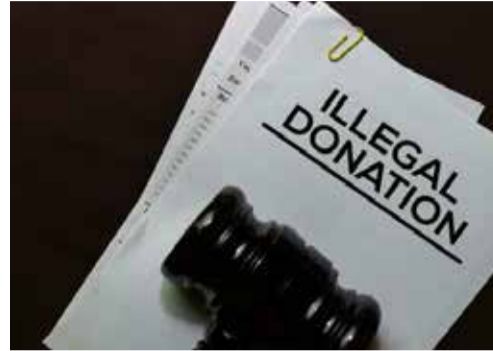
added that once the involved individuals are identified, they will be referred to the Public Prosecution for legal action, as it constitutes a violation of Article 1 of Law No.59 of 1959, which regulates licensing for fundraising for public purposes.

The law explicitly prohibits individuals or groups from collecting donations by any means, even for charitable causes, without obtaining prior approval from the Ministry of Social Affairs at least one month in advance. The license must specify the duration, method, purpose, and entity responsible for the collection.

Furthermore, Penal Code No. 16 of 1960 defines fraud as the use of deceptive methods to mislead people into believing falsehoods, concealing or distorting facts, misrepresenting projects, or unlawfully disposing of funds.

Based on these laws, the case has been referred to the Public Prosecution for appropriate action, emphasizing that this step aims to combat unauthorized individuals who interfere in charitable work and solicit donations illegally without prior government approval.

The ministry's field inspection teams are said to have conducted 451 inspections last week, including 430 at mosques across the country and 21 at charitable organizations participating



in the donation collection project, to ensure compliance with regulations. These inspections led to the discovery of 219 illegal kiosks collecting in-kind donations and worn-out clothes in violation of the law.

Coordination is underway with the municipality to remove these kiosks, particularly those of unknown origin, as they pose a threat to legitimate charitable work and open the door for fraudsters to collect in-kind and cash donations unlawfully, beyond the ministry's oversight.

The ministry stressed the importance of implementing Cabinet Resolution No. 914 of 2001, which mandates charitable organizations to remove all unlicensed donation collection

units (kiosks) from all areas. It also prohibits the collection of donations through makeshift 'tables' in mosques, cooperative societies, and commercial markets.

Additionally, the resolution restricts clothing collection kiosks to the main headquarters of charitable societies and their branches, bans unauthorized "piggy banks" in cooperative societies and commercial stores, and limits in-kind donations strictly to clothing collections within approved locations. Field inspection teams also identified 23 restaurants illegally soliciting donations for Iftar banquets without prior ministry approval. The Ministry of Commerce and Industry has been notified to take action.

Additionally, 40 unauthorized advertisements by charitable organizations were flagged, leading to immediate removal orders. Authorities also confiscated a medium-sized piggy bank containing cash, and necessary action was taken.

The ministry reaffirmed its zero-tolerance policy toward violations of Ramadan donation regulations, warning that legal action will be taken against offenders. It urged donors—both citizens and residents—to verify the legitimacy of collectors, avoid responding to unauthorized solicitations, and ensure their contributions go to officially recognized organizations in the country.

Filipino team from Kuwait to compete in GCC basket-ball tournament

By Ricky Laxa
Staff Writer

A twenty-member team of Filipino basketball players are preparing to compete in the Seventh All Filipino GCC Club Championship scheduled to take place in the Qatari capital Doha from 21 to 22 March. This year marks the first time that an all-Filipino team based in Kuwait will represent their community in the competition.

In a brief interview with the organizers, Maharlika League Kuwait, managed by the SBP Kuwait-Filipino Basketball Referees Club in Kuwait (Filbarck), mentioned that the players have been undergoing rigorous training to further enhance their sports skills.

The team trains at the Maharlika Basketball League Kuwait in KTEch University, Abu Halifa. The twenty-man team is the result of a series of try-outs held recently. The League is managed by Filbarck-SBP Kuwait, a member of SBP Technical. Previously known as the

Philippine Basketball Club in Kuwait, the Maharlika League Kuwait was established in 2008. The organization is the founding group of the 5'8" and 5'5" divisions in Filipino basketball history in Kuwait, and originally held weekly games in Qibla.

The 20-member team comprises of Semajj Nilknarff, BorjAlisbo, Mark Tadlas, Marlon Valderama, Jeff Salameda, Billie Lopez, Gab Balbuena, Aram Lapig, Joel Alesna, Hamad, Obaid, Mahdie Al Subaieh, April Importado, Mark Abejar, Exequiel Cayabyab, Chino Ibay, Harry Bargamento, Zyus Dasmarrinas, Lawrence I Luis, Joevert Aguirre, Joven Ubasa, Earish Alfaro, Bong Caballero, Levy Fajardo, and Ralph Rosales. The team officers are Franklin James, Jesnor Garcia, and Renato Niegas. Coaches include Jeffrey Reyes, Kenneth Dayoja, and Ralph Rosales, with team captains Mark Tadlas and BorjAlisbo. Various organizations in Kuwait have extended invitations to the team to attend their events and promote the upcoming competition.

The team currently competes in different local basketball



tournaments and has gained popularity not only within the Filipino sports community but also among Kuwait's basketball leagues. Ahead of their departure for Qatar, the team is expected to pay a courtesy-visit to the Philippines embassy and meet with the Philippines Ambassador to Kuwait.

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Making Ramadan Fasting a Success

The concept of Ramadan and healthy fasting during the holy month of Ramadan is often misunderstood by many people. They tend to binge on food from the minute they begin eating at Iftar until they stop after Suhoor. This is what makes them feel abdominal discomfort, constipation, headache, indigestion throughout the fasting period, and gain weight during the holy month.

Fasting during the month of Ramadan is both a physical and mental exercise in restraint. Besides providing a simple and effective way to detoxify our body and cleanse the digestive system, fasting during the holy month allows us time to rethink and recalibrate our priorities in life, practice compassion for others, and bring us closer to our inner-self.

While people differ in how they prepare their minds and bodies for the month of fasting, here are some tips that can help you adjust to the daily fast. Because you are fasting for more than 10 hours, you need to look at the food you consume. Consuming slow-digesting fiber-rich foods rather than fast-digesting foods like juices, white bread, sweets, sugary drinks, can be a good way to start. Fast digesting foods make you feel hungry again 2 to 3 hours after eating.

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

When we are fasting for more than 10 hours, our metabolism slows down. Introducing food after those fasting hours makes you gain weight easily. So, imagine what happens when you eat big quantities at one go. Your body is no longer burning enough calories as your metabolism went down and you tend to gain a lot of weight.

Below is a menu you could follow for healthy fasting during Ramadan

At Iftar, start with half a cup of low-fat yogurt and three dates. Among others, dates contain iron, magnesium and potassium that are perfect for preventing dehydration.

Remember that you were not drinking water for hours, so your body needs fluids, so start with a glass of water. Then eat a small plate of fattoush, or any plain green salad, followed by a small bowl of broth or non-creamy soup.

The above menu contains sufficient amounts of essential vitamins and minerals to compensate for the fluid loss and dehydration during the fasting. These food choices are also long-digesting foods, which give you satiety for a longer time.

An hour after Iftar, have a plate of the main meals: Tachriba, hariss, jerish, steamed rice with any lean proteins (beef meat, chicken or fish). Finish with a piece of sweet, but let it only be three or four times a week. Alternatively, you



could go with a piece of fruit or fruit salad rich in fiber and vitamins.

Though fasting can be physically exhausting, try not to be completely sedentary during Ramadan. If you typically work out during the morning, see how your body feels if you switch

your energy up during the day.

For Suhoor: Do not let your main dish be your suhoor meal as this meal is consumed very early in the morning, when the metabolism is even slower than before. Light food choices are essential at this time, especially those that



exercise to the evening after breaking your fast. Strenuous exercise is not a good idea during the day because you can quickly become dehydrated. Think small—short easy walks or a few stretches can go a long way in keeping

will not make you feel thirsty the whole day ahead. One example would be a small plate of steamed rice with yogurt.

Rice retains water in the body, so it will not make you feel thirsty during the day, and

you will also feel satiated for a longer period. Rice also provides you with energy to make it through the fasting period. Yogurt is especially refreshing, especially the low-sodium version. A bowl of fava bean broth with tomatoes is also a good option. Baked potatoes topped with low-fat labneh along with cucumbers and fresh lettuce is another great option.

Other options to explore for planning a balanced suhoor meal that helps your blood sugar remain stable, gives you energy, and keeps you feeling satiated throughout the fasting day, include:

- Whole grains—sources include whole grain cereal, whole grain bread, brown rice, and oatmeal.
- Fresh fruits and vegetables—check out the produce section for dozens of ideas!
- Protein—sources include milk, yogurt, eggs, nuts.
- Healthy fat—sources are nuts and olives.
- Try these easy combinations in addition to drinking water during sehri:
- Oatmeal made with low-fat milk and topped with fruit and nuts.
- A bowl of whole-grain cereal and low-fat milk, topped with fruit and nuts.
- A piece of whole-grain toast, a boiled egg, and a piece of fruit.
- A peanut butter sandwich on whole grain bread and a glass of low-fat milk.
- A banana or apple with peanut butter and a glass of low-fat milk.
- A bowl of vegetable soup, a piece of whole grain toast, and a glass of low-fat milk.
- Whole-wheat couscous salad with mixed vegetables, olive oil, and canned tuna.

Avoid having fruit juices at suhoor as it has a high sugar content, which is easily absorbed by the body and triggers thirst fast. Selecting from a fresh-fruit platter at suhoor is healthy, as fruits contain minerals which you need to prevent dehydration. Also avoid tea and coffee at night, as these are diuretics that flush the water out of your body, making you feel more dehydrated, besides their caffeine content, prevents sleeping. And of course, do not forget to drink a lot of water to compensate for the fluid loss.



EU Mission hosts Ghabga celebrating women's empowerment

European Union Mission in Kuwait hosted a Ramadan event on 11 March, in celebration of the International Women's Day, highlighting women's empowerment. The event brought together distinguished women from all sectors of Kuwaiti society, including women leaders from government, business, finance, academia, women's empowerment activists, civil society, arts, journalism, law and influential personalities.

Speaking at the event, the EU Ambassador, H. E. Anne Koistinen emphasized the EU's dedication to supporting women's empowerment in Kuwait, stating that inclusive societies are stronger, more prosperous, and more resilient.

Ambassador Koistinen expressed her satisfaction with the shared commitment

between the EU and Kuwait in advancing this cause. Since the establishment of the European Union Mission in 2019, she highlighted the excellent collaboration with the Kuwaiti

government, private sector, academia, and civil society, which has led to numerous impactful projects and initiatives, of which the EU feels proud.



Day	Ramadan	Date	Fajr	Sunrise	Dhur	Asr	Magrib	Isha
Sunday	16	March 16	4:38 AM	5:57 AM	11:57 AM	3:22 PM	5:57 PM	7:13 PM
Monday	17	March 17	4:37 AM	5:56 AM	11:57 AM	3:22 PM	5:57 PM	7:14 PM
Tuesday	18	March 18	4:36 AM	5:54 AM	11:56 AM	3:23 PM	5:58 PM	7:15 PM
Wednesday	19	March 19	4:34 AM	5:53 AM	11:56 AM	3:23 PM	5:59 PM	7:15 PM
Thursday	20	March 20	4:34 AM	5:52 AM	11:56 AM	3:23 PM	5:59 PM	7:16 PM
Friday	21	March 21	4:32 AM	5:51 AM	11:55 AM	3:23 PM	6:00 PM	7:17 PM
Saturday	22	March 22	4:30 AM	5:50 AM	11:55 AM	3:23 PM	6:01 PM	7:17 PM
Sunday	23	March 23	4:30 AM	5:48 AM	11:55 AM	3:23 PM	6:01 PM	7:18 PM
Monday	24	March 24	4:29 AM	5:47 AM	11:54 AM	3:23 PM	6:01 PM	7:19 PM
Tuesday	25	March 25	4:27 AM	5:46 AM	11:54 AM	3:23 PM	6:02 PM	7:19 PM
Wednesday	26	March 26	4:26 AM	5:45 AM	11:54 AM	3:23 PM	6:03 PM	7:20 PM
Thursday	27	March 27	4:25 AM	5:44 AM	11:54 AM	3:23 PM	6:03 PM	7:21 PM
Friday	28	March 28	4:23 AM	5:43 AM	11:53 AM	3:23 PM	6:04 PM	7:21 PM
Saturday	29	March 29	4:22 AM	5:41 AM	11:53 AM	3:23 PM	6:04 PM	7:22 PM
Sunday	30	March 30	4:21 AM	5:40 AM	11:53 AM	3:23 PM	6:05 PM	7:23 PM

Fasting tips for those with diabetes

Fasting is a significant feature that marks the holy month of Ramadan. Devout Muslims undertake fasting from dawn to dusk every day for the entire month of Ramadan. They are permitted to eat and drink only before and after sunrise.

Though fasting is not a difficult ritual for most healthy individuals, it can prove strenuous for those suffering from diabetes, whose sugar level fluctuates drastically every now and then, as well as for those who are not healthy and are suffering from complications of diabetes.

If you, or someone you know, is diabetic and would still like to fulfill the obligatory duty of fasting during the holy month of Ramadan, here are certain points you need to keep in mind to avoid any major health issue.

Inform your doctor about your fasting: Fasting affects blood sugar and blood pressure too. So, it is important to inform your physician



about your desire to fast, especially if you are on medication. This will help the physician to adjust your medicine timing and diet plan accordingly.

Stay hydrated: It is critical to keep your body hydrated at all times, but when you cannot

have water or other liquids for the entire day during Ramadan fasting, it makes it challenging to remain hydrated. Remember to have plenty of fluids after Iftar to make up for water lost during the day, and at Suhoor to stock up on fluid content in the body. Also, try to stay indoors or in cool areas to prevent dehydration.

Testing blood sugar level: Hypoglycemia can occur in diabetics when they are fasting. This means their blood sugar can drop drastically putting life in danger. So, it is advised to test your blood sugar level at least twice a day during fasting.

Do not skip your pre-dawn meal: Many people skip their Suhoor meal. But as a diabetic, you should not adopt this practice as it can be life threatening for you. Also, try to eat adequately in the early morning.

In case of complications, immediately stop fasting. Your health should be your priority in every situation. So, if you are experiencing symptoms including extremely low blood sugar level, sweating, feeling tremors, hunger, confusion, dizziness or palpitations, you must immediately stop your fast and have a sugary drink.



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Diwaniya Diplomacy: A time-honored Kuwaiti tradition



The Times Kuwait Report

Editor-in-Chief of The Times Kuwait, Tareq AlShumaimry held his diwaniya on 10 March to welcome friends and well wishers on the auspicious occasion of the holy month of Ramadan.

The diwaniya was an opportunity to bring families, friends, and communities closer together making the Ramadan Diwaniya a central hub for these connections. Several diplomats and businessmen attended the Diwaniya to exchange greetings and extend best wishes.



Banks considering charging fees for online transfers

Huge increases in the number and volume of online transfers between local banks is prompting commercial banks in Kuwait to consider imposing a fee on these transfers. The rationale provided by banks for the new fees is that it would help cover part of the ongoing costs of digital transformation.

Aside from the KD5 currently charged for inter-account transfers from branches, banks currently do not levy any fees for transfers made between banks. The new proposal calls for

retaining the KD5 for transfers from branches, while also levying a fee of KD1 or 2 on transfer of amounts between banks.

The sources pointed out that the proposal calls for keeping the transfer fee within branches unchanged, which applies to transfers from one account to another within the same bank. However, a fee would be applied to each "online" transfer, ranging from one to two dinars, with each bank determining its own rate within this range based on its strategy.

Banks justify their proposal by pointing out that online financial transfers have significantly increased in commercial payment transactions between customers, creating a high volume for which the banks currently collect no fees. Some bankers have suggested imposing a fee on transfers made via links or the 'WAMD' mobile money transfer service, as this handles a large portion of commercial payments, not just personal ones. These services benefit from a high daily transfer limit of KD3,000 giving them substantial financial value.

On the other hand, personal financial transfers are typically of limited value, but electronic payments from one local bank account to another have expanded significantly, encouraging all customers to use electronic payments due to the ease and security of the process. Transfers are often completed quickly, with some funds available within seconds, and transactions can be made at any time.

The increase in bank spending on digitization, and growing expectation among customers for their banks to provide the latest transfer technologies and services, has led to significant redesigning of internal operations to keep pace with the rapid changes in the financial technology sector. Banks said that the costs associated with the digitization process justified charging customers additional fees, which would also support improving the efficiency of online transfers and enhance security of online transactions.

Despite a banking consensus on the fairness of applying a fee on online financial transfers between banks, discussions with the regulatory authorities so far indicate that the Central Bank of Kuwait has reservations about making any upward changes to banking fee regulations,



particularly in the realm of technology payments. This is in line with the regulatory and banking strategy to promote financial inclusion and support digital transformation across all banking sector transactions.

Customers have also expressed dismay at the intention of banks to charge new fees for fund transfers. They emphasize that the KD5 currently charged by banks for transfers from branches is itself a travesty, and the additional fees being contemplated by banks is nothing short of outlandish.

Opponents of the new charges point out that online transfers of funds are highly automated and the cost to the banks for any such transaction is close to zero. Moreover, digitization of banking processes is not solely for the benefit of customers, it mainly helps banks in improving their efficiency and enables them to stay competitive in a dynamic market.

Customers say they are already paying for the services rendered to them by banks through bank charges for various services such as cards, business charges, and other fees. More importantly, banks are already making huge profits each year by using the cash deposits of their customers.



IDF Kuwait organizes cultural extravaganza, DocFest 2025

The Indian Doctors Forum (IDF) Kuwait, a leading socio-cultural association of Indian doctors in Kuwait, celebrated DocFest 2025, their annual cultural extravaganza, at Hotel Regency on 21 February. The event also witnessed the release of the Forum's popular health guide 'Smart Health'.

The event was honored by the presence of the Chief Guest, Kuwait's Minister of Health, Ahmed Al-Awadhi, along with the Guests of Honor, Ambassador of India, H.E. Dr. Adarsh Swaika, and the Vice-President of Kuwait Medical Association, Dr. Abdulla Al Banna.

guests, and highlighted the community health promotion activities regularly conducted by the IDF.

In his opening speech, President of IDF, Dr. Sameer Humad, welcomed the audience and emphasized the importance of raising health awareness. He expressed gratitude to all the guests, dignitaries, and doctors and their families for attending the event.

Vice President of IDF, Dr. Sushovana Sujit Nair, flawlessly anchored the program, while Dr. Mohan Ram, delivered the vote of thanks.

In his inaugural speech, the health minister conveyed his congratulations to the IDF, representing the diaspora of Indian doctors in Kuwait, and the Indian community at large. He highlighted the strong bond between India and Kuwait.

For his part, Ambassador Swaika praised the dedication and work ethic of Indian doctors, while Dr. Abdullah Al Banna emphasized the valuable contributions made by Indian doctors to healthcare in Kuwait.

Dr. Arijit Chattopadhyaya, the chief-editor of the Health Guide, along with his team of co-editors, discussed the topic of Smart Health and the implications of artificial intelligence and gene therapy in healthcare.

The official part of the program concluded with the release of the Health Guide by the minister of health, followed by the lighting of the traditional lamp by the president and distinguished ladies to mark the start of the cultural event.

The entire cultural program, conducted with perfection, innovation, thought-provoking content, and breathtaking performances, was orchestrated by Cultural Secretaries Dr. Anila Albert and Dr. Fibisha Nidal. The theme, Yeh Mera India, was depicted from various angles, showcasing India's cultural diversity, achievements in sports, science, and defense, as well as the glories of its past and present.

The audience was spellbound by the performances of doctors and their family members. The audiovisual and sound effects were well-coordinated and captivating. The choreography of the dances was outstanding.

The relentless effort of the president and office bearers made the event a complete success. IDF said it remains committed to human welfare and looks forward to organizing such cultural events in the future.



The program was also attended by a galaxy of dignitaries, including several royal family members, prominent doctors, Heads of Departments from the Ministry of Health, and several administrative heads from various governmental organizations.

IDF also welcomed senior businesspersons, presidents, representatives of various associations in Kuwait, and the sponsors of Health Guide 2025.

IDF General Secretary, Dr. Philipose George, welcomed the assembled dignitaries and



AmCham Kuwait hosts networking event with US universities

Carolina University

"We were thrilled to host such a valuable event for students and educational professionals in Kuwait, providing them with the opportunity to explore the academic offerings and opportunities available at these esteemed US universities," said Dr. Arezou Harraf, vice-chair of AmCham Kuwait.

"This evening served as an excellent platform for individuals to connect with US institutions and discover the transformative opportunities that studying in the US can offer. Our collaboration with the US Embassy and our partners has strengthened educational ties, ensuring the continued growth of education in both the US and Kuwait," he said. The event facilitated direct interaction between attendees and university representatives, enabling in-depth discussions on academic programs, admissions, scholarships, and other educational opportunities.

Attendees expressed enthusiasm for the chance to connect with prestigious US universities and explore the wide range of academic possibilities available. Many highlighted the significance of such events in enriching the global education experience and opening doors for Kuwaiti students to pursue their higher education goals in the United States. The reception underscored a shared commitment to academic excellence and the ongoing expansion of educational exchanges between the US and Kuwait.

AmCham Kuwait, in partnership with the US Embassy's Commercial Services section, recently hosted a successful networking reception, bringing together eight prestigious US universities and key education sector stakeholders.

The event took place at Crowne Plaza Al Thuraya City Hotel and provided a unique opportunity for local educators, students, and educational institutions to engage directly with representatives from leading US universities. The reception aimed to foster connections, promote educational exchanges, and strengthen ties between US institutions and the Kuwaiti education community.

The eight universities that participated in the event were University of Dayton, Embry-Riddle Aeronautical University, George Washington University, Temple University, University of Arizona, University of California, Riverside, Washington State University, and Western

KBA: advocating for interests, issues, concerns of banks in Kuwait

Sheikh Ahmed Duaij Al-Sabah
Chairman of Kuwait Banking Association (KBA)

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In an interview with Chairman of Kuwait Banking Association (KBA), Sheikh Ahmed Duaij Al-Sabah, The Business Year learned about KBA's role in fostering innovation and digital transformation of the banking sector in Kuwait. Sheikh Ahmed Duaij also revealed that the KBA was working in close collaboration with the Central Bank of Kuwait (CBK) to integrate financial technology solutions in local banks, so as to improve efficiency, customer service, and security, as well as enhance environmental, social, and governance principles.

How is KBA fostering innovation and digital transformation within the local banking sector?

The financial and banking industry has seen remarkable advancements, particularly in financial technology, making it one of the most promising sectors globally. These developments increase efficiency, accessibility of products and services, reduce costs, and enhance customer convenience and delivery channels and speed.

The Central Bank of Kuwait (CBK) actively fosters the growth of the banking and financial sector, encouraging creativity, innovation, and accelerating digital transformation to reinforce monetary and financial stability. CBK has established a framework for banks to develop their digital banking services and has launched initiatives to cultivate the fintech ecosystem, including a regulatory sandbox to foster collaboration between sector players and banks. CBK also prioritizes the enhancement of its regulatory framework, particularly in cybersecurity and electronic payments.

KBA is undergoing digital transformation to improve customer experiences and offer better services. As Kuwaiti banks

continue to adopt innovative technology solutions, partnerships between Kuwaiti banks and fintech companies are becoming increasingly common. In this landscape, KBA collaborates closely with CBK to stay abreast of global banking industry developments. KBA's specialized fintech committee, comprising representatives from local banks, monitors modern financial technologies, along with associated risks and challenges. Furthermore, KBA organizes workshops and seminars in collaboration with major regional and global institutions to ensure the banking sector stays informed about important developments and emerging technologies.

“
KBA prioritizes ongoing transparent dialogue to address topics and issues related to the banking industry
”

What role does KBA play in supporting Environmental, Social, and Governance (ESG) principles within its member institutions?

In alignment with Kuwait's sustainable development goals under the new Kuwait Vision 2035, Kuwaiti banks are capitalizing on sustainable business opportunities toward a more sustainable finance approach, through the increase of finance to environmental and social benefits. This includes the promotion of green finance instruments to support projects in areas such as renewable energy, sustainable transportation, eco-friendly buildings, as well as social financing for initiatives in healthcare, education, and many other areas.

At the same time, banks are trying to link climate strategies with new business opportunities, putting more focus on product innovations. Recognizing the significant influence that financial institutions wield on the environment and society, KBA was proactive in establishing a new specialized committee dedicated to enhancing environmental, social and governance practices in the country's banking sector. The strategic move underscores KBA's endeavors toward responsible and sustainable banking practices in Kuwait.

The establishment of the new committee was essential to ensure adherence to sustainability standards in banks' strategies and daily operations, with the aim of positively impacting society and driving sustainable growth in line with global best practices. The committee's strategic initiatives will undoubtedly contribute to enhancing the sector's overall reputation, attracting responsible investors, and fostering long-term sustainability in Kuwait's financial landscape.

How does KBA collaborate with regulatory authorities and other stakeholders to ensure a stable and secure banking environment?

As a key intermediary with the regulatory authorities, KBA prioritizes ongoing transparent dialogue to address topics and issues related to the banking industry and its operational landscape. Over the years, CBK has regularly sought input from KBA on regulatory circulars and emerging banking and financial technologies to ensure alignment with the development of this vital sector, in addition to its constant concern for financial stability, information security, and modern financial technologies.

Furthermore, KBA cooperates closely with the regulatory authorities and other relevant government agencies in cybersecurity and combating fraud areas, where KBA actively contributes to safeguarding banking sector customers and upholding the stability of the financial system. An example of this is the close cooperation between KBA, CBK, Ministry of Interior and Public prosecution, in the



centralized virtual room dealing with electronic fraud. KBA serves as a liaison between government regulatory and the legislative authorities to achieve the development of the banking sector and foster stability and economic growth, where KBA has represented banks in various discussions, and has been involved in signing agreements and MoUs that contribute directly and indirectly to facilitating banks businesses.

[Sheikh Ahmad Duaij Jaber Al Sabah assumed the role of Chairman of Commercial Bank of Kuwait in 2018. He was nominated as Chairman of KBA effective from 20 February 2022 and became a member of the World Union of Arab Bankers in May 2022. He has also been a board member of the Kuwait Institute of Banking Studies since 2018. Furthermore, he held the position of board member at Kuwait Clearing Company, representing the Commercial Bank of Kuwait, from 2018-2019. He was recommended once again on 11 May 2022 as a member of the board of directors of Kuwait Clearing Company. He previously held the position of Chairman of Al Tijari Financial Brokerage Company. Al Sabah graduated with an MBA from Maastricht School of Management after obtaining his bachelor's degree in science with a major in finance from Bentley College, US.]

Kuwait reiterates commitment to supporting, empowering women

Minister of Social Affairs, Family Affairs and Childhood Dr. Amthal Al-Huwailah reaffirmed Kuwait's commitment to supporting women and empowering them in all domains.

Representing Kuwait at the 69th session of the United Nations Commission on the Status of Women (CSW69) in New York on 13 March, Minister Al-Huwailah, said that gender equality was an integral part of Kuwait Vision 2035 for development.

She added that Kuwait believes strongly in the principles of equality and freedom of expression, which are enshrined in the constitution since 1962, that those principles are consistent with the international standards advocated by UN CSW.

“Kuwait has taken practical steps to empower females and give full play to their role in the sustainable development drive. These steps include the launching of a national commission on the implementation of the landmark UN Security Council Resolution 1325 on women, peace and security” said Dr. Al-Huwailah.

In addition, the Supreme Council for Planning and Development (SCPD) set up a committee on women in business in May 2024, which serves as a platform for qualifying females



to assume leading posts at the state institutions. The minister noted that Kuwaiti women were able to make numerous achievements on all levels, taking up 48 percent of jobs in the private sector and up to 60 percent in the public sector.

Dr. Al-Huwailah affirmed that women account for a growing percentage of nominations at leading posts in government, judiciary, security, economic, business, scientific and

technological, banking and sports fields. Additionally, Kuwait is reviewing and amending legislation related to women, with a view to creating a fairer legal environment that could better protect women's rights in education, occupation, social protection, and the political and economic participation as per the world's best practices.

Regarding protection against family violence, she said this protection is laid down in the executive statute of the legislation of 2023 which criminalizes any forms of abuse or mistreatment, and makes remedy for victims. She noted that a fund was founded to provide the necessary care and support to victims of family violence. The legislations related to housing were also amended to avoid any forms of gender discrimination.

Kuwait also encourages civil society organizations to promote women's causes and back their role in decision-making and in socio-economic development, said the minister. She concluded her address at the UN by reaffirming Kuwait's resolve to continue working on women empowerment, bridging any gender gaps and promoting international cooperation while pressing ahead for comprehensive sustainable development.

EU considers Kuwait a close and reliable friend

EU Ambassador hosts Ghabga for media

The Times Kuwait Report

Ambassador of the European Union H.E. Anne Koistinen hosted a casual yet elegant Ghabga at her residence for local journalists on the occasion of the holy month of Ramadan. The event was marked by a vibrant expression of hospitality, warmth and traditional ambience.

Speaking on the occasion Ambassador Koistinen said that the European Union considers Kuwait a close and reliable friend. "The EU message to the Kuwaiti leadership is very clear, you can rely on the European Union." Congratulating Kuwait on assuming the rotating presidency of the GCC in 2025, the EU Ambassador pointed out that the EU was eager to work with Kuwait in advancing EU-GCC relations during the Kuwaiti presidency. She added that this year was significantly important in bilateral relations, as Kuwait would be hosting the next EU-GCC Ministerial meeting later in the year.

Ambassador Koistinen further pointed out that EU and Kuwait have a strong friendship based on shared interests, including Kuwait's genuine support to multilateralism and the principles of good international cooperation. Indicating that the EU appreciates Kuwait's voice of common sense and moderation, she added, "I see a positive potential in our relations, there is much more we can do together bilaterally, regionally and at the global level."

She noted that the European Union and Kuwait were both strong humanitarian actors and shared a strong interest in supporting vulnerable populations around the world, in support and cooperation with the UN system and multilateral organizations. The ambassador added that Kuwait is a key partner for the European Union in the humanitarian and development fields. "Last month, the European Commission's Director General for Civil



Protection and Humanitarian Aid Operations, Maciej Popowski visited Kuwait. During his meetings with Kuwaiti officials, both the EU and Kuwait agreed to continue working together in humanitarian crisis contexts and promote multilateralism," said the ambassador.

Elaborating on bilateral trade, she said the EU was also Kuwait's second-largest trade partner, which reflects their strong economic ties. There are ongoing dialogues and initiatives aimed at enhancing trade and investment opportunities. "For instance, the EU just launched the second phase of the EU-GCC Economic Diversification Project, which aims to consolidate the EU's status as a partner of choice for GCC countries including Kuwait for economic, trade and investment cooperation. Moreover, the next edition of the annual EU-GCC Business Forum will be taking place in Kuwait towards the end of 2025.

Further elaborating on areas of cooperation, the ambassador said that EU and Kuwait were

cooperating on intercultural cooperation, student exchanges, higher education cooperation, women's empowerment and people-to-people contacts, which improve mutual understanding and trust between our peoples. "In that sense, facilitating Schengen visa requirements for Kuwaiti nationals was also one of my priorities."

Reflecting on the EU experience, the ambassador noted, "Some global powers are putting forward competing visions and agendas about the global order, which challenge established multilateral rules and organisations. For us at the European Union, we know very well from our own history where this leads. We have suffered from centuries of competition between powers, which have led to two world wars and some of the most horrific acts ever committed by humankind.

"The Europeans realised that cooperation and mutual trust were the only way forward. This belief led to the formation of the European

Union, which is a peace project deeply rooted in multilateralism and adherence to the UN Charter, and this earned it the Nobel Peace Prize in 2012. "Sadly, Gaza and Ukraine still remind us these days how much the international community needs an efficient multilateral system, founded on universal rules and values that are respected by all."

Respect for the UN Charter, the rules-based international order and international law has never been so much at stake as in current times. Ambassador Koistinen said that the President of the European Council, Antonio Costa, had said last week at the Arab League Summit in Cairo, that the EU firmly rejected any attempt at demographic and territorial changes in Gaza. "The European Union also welcomed the Arab plan on Gaza. We believe that it is important that it covers all strands—reconstruction, governance and security. The European Union is ready to provide concrete support for the plan," she noted.

She also emphasized that the EU supported a political path that builds on the Arab Peace Initiative, and that they have been working together with the League of Arab States, the OIC and some Arab countries in the framework of the Global Alliance for the Implementation of the Two-State solution.

Regarding Ukraine she noted that International law and rules-based order was also under threat in Ukraine. Russia violated Ukraine's sovereignty and territorial integrity by annexing Crimea in 2014 and launching a full-scale invasion in 2022. "This unprovoked aggression threatens not only Ukraine, but sets a delicate precedent that could make this changing world a more dangerous place. Kuwait, she said, had also been the victim of a war of aggression in 1990 and therefore it has always expressed its unwavering support to Ukraine's independence and territorial integrity.



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Kuwait issued 20,855 new business licenses in 2024

The Ministry of Commerce and Industry announced that it issued 20,855 new company licenses in 2024, with a total of 1,934 approved company establishment applications. Additionally, 4,600 applications were rejected, bringing the total number of transactions processed through the Single Window Administration to 27,389.

The Ministry of Commerce data revealed that 13,361 licenses were issued for personal companies, representing 64% of the total licenses issued in 2024. The total number of approved incorporation applications reached 870, all concentrated in March, while no approvals were recorded for personal companies in other months.

Additionally, 1,934 incorporation applications were rejected, all in March, bringing the total number of personal company transactions to 16,165.

The Ministry of Commerce issued 3,757 licenses for micro-enterprises, representing 18% of the total licenses. The total number of approved establishment applications reached 44 companies, all concentrated in March, while 123 applications were rejected, bringing the total number of micro-enterprise transactions



to 3,924. As for private companies, 3,737 licenses were issued until the end of the third quarter of 2024, before their issuance was halted. The Ministry of Commerce issued a decision last October to merge very small licenses and licenses of a private nature under the name of freelance business licenses. The total number

of approved establishment requests for private companies reached 1,020 companies, compared to 2,548 rejected requests, bringing the total number of transactions to 7,305.

Last August, the Ministry of Commerce issued a decision to regulate self-employment activities for companies (micro-enterprises

and activities of a special nature), covering 175 activities. These businesses can operate without the need for a commercial store, as an exception to the requirements stipulated in Ministerial Resolution No. 411 of 2013. The decision also facilitates the application process for these licenses, granting them a validity period of 4 years.

The suspension of applications for the mobile vehicle companies sector remains in effect, with no new establishment operations since its temporary halt in 2021. This pause continues until the sector is fully regulated and new locations for these vehicles are designated in cooperation with the Kuwait Municipality. The Ministry of Commerce had previously identified 400 locations for mobile vehicle owners in coordination with the Municipality's Organization Sector, the General Traffic Department, and other relevant authorities.

Last year, Minister of Commerce Khalifa Al-Ajil issued a decision to halt the transfer of food truck licenses, prohibiting their sale or reassignment. Additionally, the decision mandated the cancellation of licenses for mobile trucks that fail to comply with designated locations or licensing requirements.

Friends International organizes a Gargee'an party for diplomats

Members of the 'International Friends' club, with the participation of Sheikha Hala and Hana Badr Al-Mohammad Al-Ahmad Al-Sabah, organized a Ramadan evening on the occasion of Al-Gargee'an. The event, held near the Day of the Sea Village on Al Khaleej Street, which is part of the ancient Kuwaiti heritage, was attended by several ambassadors, their spouses and children to introduce them to this traditional Kuwaiti heritage.

Sheikha Hala explained that Al-Gargee'an is an old custom in Kuwait and in various Gulf countries, which is celebrated in the middle of Ramadan every year, where children in a neighborhood gather after Iftar wearing special traditional clothes. They then walk between the houses in the area and sing folk songs and knock on the doors of neighbors, calling out the names of family members of the house according to what the people of the house ask



of them. After this, sweets are distributed to the children and they leave the house repeating the prayers to the people of the house. She pointed out that "Kuwait is always an incubator for everyone, and therefore the ambassadors were invited with their children to share our

traditions and customs and to bring joy to the souls of their children."

She pointed out that this occasion coincided with International Women's Day, congratulating all women in the country and the world on the achievements they have



achieved in various levels and forums, wishing them all success and prosperity.

Kenya's Ambassador to the country, Halima Mahmoud, participated with a group of Kenyan girls who revived the ceremony with Kuwaiti and Kenyan folk songs.

Nationality Law Ensures Kuwait Remains Kuwaiti

CONTINUED FROM PAGE 1

Speaking on the first episode of the 'Masrah Al-Hayat' program, broadcast on Al-Rai TV, Sheikh Fahad Al-Yousef stressed that the ongoing nationality review was prompted by concerns that Kuwaiti nationality was being 'hijacked' by foreign nationals.

Pointing out that fraudulent activities, including forgery, political influence, connections, and cash payments, were employed to integrate foreign nationals into Kuwaiti society, the minister said that this had led to foreigners, unfamiliar with Kuwaiti society in terms of social life, language, culture, and social relations, becoming part of society.

The minister stressed that without the ongoing intervention, the demographic makeup of Kuwait would have shifted, not just in terms of citizenship, but in its Kuwaiti nature, which has been maintained since the 1920s and 1930s when Kuwait was solely for its people. He added that attempts to amend the Nationality Law over the past 40 years were repeatedly blocked by legislators in the National Assembly.

Noting that the Supreme Committee for Nationality Investigation, chaired by him, has been assigned the responsibility of correcting flaws in the Nationality Law, Sheikh Fahad Al-Yousef emphasized that he was committed to handling this issue "with integrity and sincerity,

being accountable before God, His Highness the Amir, and the Kuwaiti people who are the true sons of this land".

Discussing recent amendments to the Nationality Law, Sheikh Fahad Al-Yousef said that several articles were canceled or amended, including Article 8, which previously allowed the wife of a Kuwaiti man to acquire citizenship. "About three months ago, the law was revised, and now, a Kuwaiti man can no longer marry a foreign woman and later naturalize her," said the minister.

With regard to Article 5, which applied to the children of Kuwaiti women married to a foreigner, the minister said that although the mother is Kuwaiti, the children of a foreign father are not eligible for citizenship under the Nationality Law. He explained that under the new Foreign Residency Law, children of Kuwaiti women who lose citizenship if their father's citizenship is revoked, will be granted a 10-year residency, which can be renewed.

The interior minister also stressed that the previous practice of granting Kuwaiti citizenship based on 'noble deeds' has effectively ended. Pointing out that earlier Kuwait had granted citizenship to people for their noble deeds, the minister said, but these were people who helped to build the country's healthcare, education and other sectors without expectation of any personal gains.

Saying that these were true noble deeds

worthy of citizenship, he expressed skepticism about more recent claims of noble deeds. He asked, "If someone has only worked in Kuwait for a few years for a salary in the private sector, what have they really done for Kuwait to deserve citizenship? The minister was forthright about his belief that money, political influence, and connections were behind granting citizenship to most of these people for their so-called noble deeds,

"All the people granted citizenship based on noble deeds were individuals with existing citizenships elsewhere. Many also paid sums of money to obtain Kuwaiti citizenship, using influence to transform their status," said the minister. He also disclosed that discussions were ongoing with various countries from where people, whose Kuwaiti citizenship were recently revoked, originally came.

He added that during his visits to various countries, he had inquired about the possibility of restoring citizenship to individuals whose Kuwaiti citizenship were revoked, if they could prove their original nationality. "This matter is complex as Kuwaitis have ties to nearly every country around the world through marriages," said the minister.

One of the more troubling discoveries during these discussions, said Sheikh Fahad Al-Yousef, was the extent of fraudulent activities involved in some nationality cases. Referring to instances of individuals manipulating their nationality

status for personal gain, he said, "We found that some individuals had forged the citizenship of their home country in order to make it easier to obtain Kuwaiti citizenship."

He added that in an effort to streamline and increase transparency in the citizenship process, the government plans to create an independent Nationality Authority for Citizenship. "This authority, which is still being designed in consultation with the Fatwa and Legislation Department, will be an independent entity with significant powers," said the minister.

With more 35,000 cases being investigated so far, Sheikh Fahad Al-Yousef emphasized that no one is exempt from accountability. Pointing out that the law applies equally to everyone, the minister noted that many people, who previously held the highest positions such as former ministers, judges, parliamentarians, and directors, are currently imprisoned for their involvement in fraudulent nationality activities.

The Interior Minister concluded by underlining the enormity of the situation, "Before the Iraqi invasion, Kuwait's population was just numbers, but after liberation, it grew significantly due to the ease of obtaining citizenship in exchange for money. This led to an increase in population, from around 600,000 Kuwaitis before invasion to over 1.5 million today. While population growth is natural, this surge was abnormal, but God willing, it will soon return to its normal state."

Canada stands firm on values of La Francophonie, gender-equality

The Times Kuwait Report

Ambassador of Canada H.E. Aliya Mawani, reaffirmed Canada's strong commitment to La Francophonie and gender-equality, emphasizing the nation's pride in being bilingual, with French and English as official languages. She highlighted that linguistic and cultural diversity are integral to Canada's national identity, reflecting its vision for a more inclusive and diverse society.

Ambassador Mawani, in her speech at the Francophone Diwaniya organized by the Canadian Embassy on the occasion of International Francophonie Day and International Women's Day, expressed her happiness in hosting the event. She highlighted the special significance of this year's Francophone Diwaniya, as it coincides with the 60th anniversary of diplomatic relations between Canada and Kuwait.

"We are proud to be part of La Francophonie, a global community of some 320 million French speakers across five continents. We are also committed to supporting the goals of the International Organization of La Francophonie,



which promotes cooperation among member states, advances the French language, upholds democracy and human rights, supports education and scientific research, and fosters sustainable development," she said.

Regarding the event's alignment with International Women's Day, Ambassador Mawani emphasized its importance in fostering dialogue on gender-equality and women's empowerment. She stressed that La Francophonie is fundamentally rooted

in the values of inclusiveness and diversity, ensuring the full and equal participation of all, including women.

"Studies show that investing in women strengthens societies and economies. Experience has also shown that the most diverse companies achieve greater success, and that the presence of women in leadership and negotiation positions leads to more sustainable and effective outcomes. When women succeed, society as a whole prospers, because equality is

not just a matter of justice but also a key driver of development and prosperity," the Canadian ambassador said.

Concluding her speech, Ambassador Mawani emphasized that La Francophonie is not just a shared language but a space for values and solidarity. She noted that "the diversity of Francophone cultures represents immense wealth, but it can only fully thrive when everyone enjoys the same rights, opportunities, and recognition."



Swiss ambassador praises Kuwait's vibrant Ramadan traditions



His Excellency Dr. Tiziano Balmelli emphasized the importance of strengthening bilateral relations between Switzerland and Kuwait and hailed the unique Diwaniya tradition, which fosters family bonds and reinforces social ties.

His Excellency Dr. Tiziano Balmelli, the Swiss ambassador to Kuwait, hopes to host the Swiss President in Kuwait and welcomes a visit by His Highness the Amir Sheikh Meshal Al-Ahmed Al-Jaber Al-Sabah to Switzerland, emphasizing ongoing efforts to strengthen ties and enhance cooperation, especially in humanitarian and development sectors.

The Swiss ambassador to Kuwait highlighted the role of Ramadan in fostering brotherhood and praised Kuwait's Diwaniya tradition for preserving social and family bonds.

His Excellency Dr. Tiziano Balmelli, the Swiss ambassador to Kuwait, praised the country's rich Ramadan traditions and emphasized the importance of strengthening bilateral relations.

Speaking at the Swiss-Kuwaiti Diwan, which he hosted at his residence and attended by a large gathering of citizens offering Ramadan greetings, Ambassador Balmelli highlighted the significance of Kuwait's Ramadan customs. He particularly commended the unique diwaniya experience, which fosters family connections and strengthens social ties.

He said, "This is my third Ramadan in Kuwait, and I have been very impressed by the Diwaniya tradition, which I find truly special. Since my arrival, I have loved this beautiful custom. Last year, we decided to organize a Swiss Diwaniya at the residence, and it was a great success."

He added, "The success of the Swiss-Kuwaiti

Diwaniya last year encouraged us to host it again this year," highlighting the large attendance and the growing number of Swiss friends in Kuwait. The atmosphere here is wonderful, and we are proud and happy to be part of this beautiful community, especially among Switzerland's friends in Kuwait."

He emphasized that the spirit of Ramadan fosters values of brotherhood and togetherness, explaining, "This month carries a unique spiritual dimension, where people exchange visits and gather—something that has become rare in many countries experiencing family disintegration and increasing individualism. But in Kuwait, the Diwaniya tradition helps preserve social strength and family cohesion, which is truly wonderful."

Regarding bilateral relations between Switzerland and Kuwait, he emphasized that ties are at their strongest, highlighting preparations for high-level visits to mark the 60th anniversary of diplomatic relations between the two countries next year.

He explained, "We are currently working to deepen cooperation across multiple sectors, particularly in humanitarian assistance and development, as we are close to signing a memorandum of understanding to strengthen joint efforts in this field."

On the topic of official visits, the Swiss ambassador expressed his hope to welcome the President of the Swiss Confederation to Kuwait for the 60th anniversary celebrations, as well as a visit by His Highness the Amir Sheikh Meshal Al-Ahmed Al-Jaber Al-Sabah to Switzerland. "We are still in the discussion phase, and we hope these visits will take place soon, along with other high-level meetings in preparation," he added.



ALSAYER Group Supports Environmental Sustainability by Participating in the Rehabilitation of the Desert Ecosystem in Al-Liyah

As part of its commitment to environmental sustainability and social responsibility, ALSAYER Group, in collaboration with the Kuwait Institute for Scientific Research (KISR), participated in the Environmental Day initiative to rehabilitate the desert ecosystem at the Wildlife Development Center in Al-Liyah on February 13, 2025, attended by Eng. Ibrahim Al-Fouzan, Senior Business Director of Toyota and Eng. Nehad, Group Manager of Corporate Excellence Department.

sustainable development. The group's participation in this event reflects its deep commitment to social responsibility and its dedication to educating future generations. ALSAYER Group firmly believes that students are the future leaders and the heartbeat of the nation and it is our duty to enhance their environmental awareness and sense of responsibility toward their surroundings.

Eng. Nehad Al-Haj Ali, Group Manager of Corporate Excellence, emphasized that planting in the desert environment and protecting wildlife habitats are fundamental pillars in our efforts to maintain ecological balance and combat desertification. Despite its harsh conditions, the desert ecosystem is full of life that requires care and protection. Planting trees and native vegetation not only enhances green cover but also contributes to supporting wildlife and ensuring the sustainability of natural resources. From this perspective, we encourage everyone to adopt afforestation initiatives and preserve biodiversity, as our desert environment is an integral part of our identity and heritage, and it is our responsibility to safeguard it for future generations.

The private sector, represented by ALSAYER Group, values this meaningful initiative to rehabilitate the Al-Liyah area, which highlights the fruitful cooperation between the public sector, represented by the Environment Public Authority and the research sector, represented by KISR. This synergy among various entities strengthens efforts to achieve a sustainable environment and a brighter future for Kuwait.



ALSAYER Group places environmental sustainability at the heart of its responsibilities, focusing on four key dimensions: Environmental conservation, Social responsibility, Employee and customer happiness and Financial performance. These dimensions work in harmony to achieve

Unhealthy diets linked to faster biological aging

Elaborating on their findings, the researchers said that in general, diets emphasizing higher consumption of fruits and vegetables and lower intakes of meat, fast food, and sugar-sweetened beverages were associated with slower biological aging.

Results of a new study at the University of Jyväskylä in Finland, which involved over 800 young adults, suggest that diets high in fast food, processed red meat, and soda, but low in fruits and vegetables may be linked to faster biological aging. In contrast, diets that include abundant fruits and vegetables, little processed red meat and sodas, may be associated with slower biological aging.

All of us are familiar with chronological age, which is the one that counts the number of years since our birth, but biological age is a different concept. It measures how well a person's body is aging with respect to their chronological age.

While there is no single test to assess biological aging, the two measures currently widely used are the GrimAge, which estimates the difference between chronological and biological age to estimate the acceleration of aging and predict life span. The second is DunedinPAC, which provides the pace of aging by estimating how many biological years pass per year of chronological age.

Previous research has shown that both the acceleration and pace of biological aging might help predict health outcomes and mortality. Both measures rely on so-called epigenetic clocks to estimate biological age by analyzing DNA methylation, which affects gene activity. A quick primer on epigenetics and DNA methylation is perhaps warranted here.

Our genetic code does not change throughout life, but segments of our DNA (genes) can get turned 'off' or 'on' for a short while or permanently. In other words, while the genetic code does not change, the function performed by the affected genes can alter. These are called epigenetic changes, and they accumulate throughout an individual's life due to many factors, including diet.

Methylation is the most common type of epigenetic change. Methylation generally



switches genes 'off'. By closely examining the methylation in specific cells or tissues, epigenetic clocks can estimate biological age. It is now well-established that following a healthy diet reduces the risk of disease and death. These benefits are likely due to a wide range of mechanisms, one of which is epigenetics. As it stands, we know little about this relationship.

Researchers at University of Jyväskylä in Finland noted that while previous studies have investigated diet and epigenetic markers of biological age, they were mostly focused on middle-aged or older adults. In contrast, their research focused on young adults between ages 21–25, a critical age group for onset of chronic diet-associated conditions, like type 2 diabetes or obesity, which often take decades to develop, but usually start in young adulthood.

With diet quality generally decreasing as people move from adolescence to young adulthood, it is important for disease prevention to investigate the link between diet and health from an early age before clinical signs of age-related diseases appear.

Elaborating on their findings, the researchers said that in general, diets emphasizing higher consumption of fruits and vegetables and lower intakes of meat, fast food, and sugar-sweetened beverages were associated with slower biological aging. Conversely, diets low in fruits and vegetables and high in meat, fast food, and sugar-sweetened beverages were linked to faster biological aging.

Although the effects of these diets on health do not seem out of the ordinary, it seems surprising that increased biological aging was already measurable in people in their early 20s. The findings are consistent with studies conducted in middle-aged and older populations, as well as with the few studies that have been carried out in younger individuals.

In additional analyses, the scientists added more variables, including body mass index (BMI), total energy intake, level of physical activity, alcohol intake, and smoking. Once these factors were in place, the relationship between dietary patterns and biological aging was less clear. This hints that regular exercise, for instance, might

partially compensate for a poorer diet.

These results build on previous studies showing that "alterations in diet can alter epigenetic modifications of the genome, and subsequently alter gene expression.

The correlation between poor diet quality and advanced epigenetic aging agrees with the current understanding of the importance of dietary choices, and that these choices can have enduring effects.

Epigenetic clocks show great promise, but, as with any new technology, they may not be fully reliable yet. Most of these clocks rely on data from specific groups of people, in this case, the Finnish people, but methylation patterns may differ by ethnic background. While epigenetic clocks can provide useful estimates of biological age, their ability to predict individual aging trajectories or health outcomes remains relatively modest. Nevertheless, current epigenetic clocks are valuable tools for identifying biological aging, at least at the population level.

Previous studies have linked diet with biological aging outcomes, with several interventional studies showing that diet modification can slow down epigenetic aging, at least in older individuals. Recent research in mice and human cells suggests that obesity may cause epigenetic changes in fat cells, and continue to influence metabolic processes even after weight loss. This suggests that obesity induces an 'epigenetic memory' and future research into the alteration of these persistent epigenetic changes will be important for developing next-generation obesity treatments.

While the new research and other studies have provided fascinating insights into the links between epigenetics and diet, it could further aid research into obesity by examining how genetic risk factors, such as those related to obesity, are associated with various lifestyle factors, including nutrition and exposure to environmental factors.

Japanese scientists report breakthrough in clean energy

Hydrogen power is emerging as a front-runner in providing clean energy for a sustainable future, by offering a zero-emission alternative to fossil fuels. Although it is promising, the large-scale production of hydrogen relies heavily on expensive platinum-based catalysts, and hence its affordability remains a major challenge.

To overcome this obstacle, researchers from the Tokyo University of Science (TUS) have developed a novel hydrogen evolution catalyst, bis(diimino)palladium nanosheets (PdDI), that offers platinum-like efficiency at a fraction of the cost. The breakthrough discovery, announced in late January, was made by the team at TUS working alongside scientists at the University of Tokyo and other Japanese research institutions.

The discovery marks an innovative approach to the hydrogen evolution reaction (HER) technology, which is a key process in green hydrogen energy generation. HER occurs in the process of electrolytic splitting of water for the generation of hydrogen, using catalyst electrodes traditionally made of platinum, which



facilitate the conversion of nascent hydrogen (H₁)—generated at the electrode surface during water splitting—into hydrogen gas (H₂). While platinum (Pt) as a HER catalyst is highly effective, its scarcity and high cost significantly increase manufacturing expenses, limiting its large-scale application.

Using a simple synthesis process and limited amounts of precious metals, the research team offered a highly efficient alternative for Pt catalysts. The team fabricated palladium-based nanosheets that could maximize catalytic activity while minimizing metal usage, drastically lowering the costs associated with H₂ production. The palladium-based nanosheets, with their high conductivity, large surface area,

and efficient electron transfer, is a promising candidate to replace platinum as a catalyst. Additionally, their sparse metal arrangement reduces material usage. The team developed PdDI nanosheets (C-PdDI and E-PdDI) using two different methods: gas-liquid interfacial synthesis and electrochemical oxidation respectively.

After undergoing the activation, the E-PdDI sheets exhibited a low overpotential, which meant that very little extra energy was required to drive the hydrogen production. The exchange current density also matched the platinum's catalytic performance. The results therefore place E-PdDI among the most efficient HER catalysts developed to date, making it a promising low-cost alternative to platinum.

One of the critical aspects of any catalyst is its long-term stability. The PdDI nanosheets demonstrated excellent durability, remaining intact after 12 hours in acidic conditions, confirming their suitability for real-world hydrogen production systems. The research brings the world one step closer to achieving a clean energy future by making H₂ production more affordable and sustainable.

The implications of this study extend beyond laboratory experiments. The scalability, enhanced activity, and cost-effectiveness of PdDI nanosheets make them highly attractive for industrial hydrogen production, hydrogen fuel cells, and large-scale energy storage systems.

Additionally, replacing platinum-based catalysts with PdDI could reduce mining-related emissions, accelerating the transition to a sustainable hydrogen economy. Also, the density of palladium atoms is ten times lesser than Pt atoms, reducing the dependency on precious Pt metal, and approaching for a cost-effective production of electrodes.

The replacement of Pt with PdDI nanosheets is expected to produce great outcomes in automobiles, hydrogen production, and electrode-supplying industries. The team at TUS aims to further optimize PdDI nanosheets for commercialization, contributing to the development of an environmentally friendly hydrogen society.



The Peninsula New York: A Landmark of Luxury in the Heart of Manhattan



By Nourah Khan
Travel Writer
The Times Kuwait

When searching for a hotel that seamlessly blends luxury, prime location, and top-tier service, The Peninsula New York stood out as my ultimate choice. More than just a hotel, it offers a holistic experience of elegance and modern sophistication, complete with a breathtaking direct view of Fifth Avenue's iconic luxury boutiques, including the renowned Louis Vuitton store.

Situated on Fifth Avenue, one of the world's most prestigious addresses, The Peninsula New York is the perfect gateway to a high-end shopping experience. From my suite, I enjoyed an unobstructed view of the beautifully designed Louis Vuitton flagship store, along with other prestigious brands like Chanel and Cartier, adding an undeniable sense of glamor to my stay.

Beyond shopping, the hotel's central location made it effortless to explore some of New York's most celebrated landmarks, including Central Park, Rockefeller Center, Times Square, and the Museum of Modern Art (MoMA).

Staying in a suite at The Peninsula New York was an invitation to experience refined luxury. The expansive windows overlooking Fifth Avenue's designer boutiques gave my stay an exclusive charm. Inside, the suite was adorned with plush furnishings,



luxurious bedding, and a marble bathroom equipped with state-of-the-art technology, ensuring an experience of unparalleled comfort and sophistication.

Dining at The Peninsula New York is more than just a meal—it is an experience. With multiple exquisite dining venues, each offering a unique ambiance and culinary excellence, every moment felt special.

My mornings began in an elegant and serene setting, where the truffle eggs Benedict quickly became a personal favorite. The combination of rich hollandaise, velvety poached eggs, and aromatic truffle was an absolute delight, making for a truly unforgettable start to the day.

And in the afternoon, I indulged in a luxurious afternoon tea experience that felt like a timeless tradition. The selection of premium teas was exceptional, each blend offering a distinct character. Accompanied by delicate pastries and flaky scones that crumbled perfectly, every bite was a harmonious balance of flavors and textures. The ambiance, with impeccable service and elegant fine china, elevated the experience to pure sophistication.



One of the most enchanting moments of my stay took place at Salon de Ning, the hotel's chic rooftop, which offers the best breathtaking panoramic views of Manhattan. The city shimmered beneath me, with its iconic skyline glowing against



the night sky, creating an atmosphere that was both exhilarating and intimate—a perfect way to conclude an extraordinary day in New York.

Adding another layer of exclusivity to the experience, The Peninsula New York offers complimentary luxury transportation, ensuring both comfort and style while exploring the city.

For guests seeking the ultimate in luxury and convenience, the hotel provides a chauffeur-driven Rolls-Royce Phantom for short rides within a designated radius. Whether heading to a Broadway show or an upscale restaurant, this service guarantees a smooth and refined journey.

For a more flexible and adventurous way to explore the city, guests staying in suites have access to a complimentary Mini Cooper. This unique offering is ideal for those who wish to navigate New York's bustling streets at their own pace, adding a fun and dynamic element to the stay.

I selected this hotel for its unparalleled location, breathtaking views, exceptional service, and refined dining experience. I was looking for a place that offered both a luxurious retreat and easy access to the city's vibrant energy—and The Peninsula New York delivered beyond my expectations.

Noura Khan, a travel influencer and content creator, is a Kuwaiti national, holds a degree in law from Kuwait University and has worked as a journalist prior to taking up a position in the government. In 2018 she started blogging on travel and visited more than 57 countries since. She has more than 105k followers on her blog post @nourajtraveller is well appreciated for content and travel information. Noura writes exclusively for The Times Kuwait on her travel visits.



Responsibility for our Choices



Peter Singer

Emeritus Professor of Bioethics at Princeton University and Visiting Professor at the Centre for Biomedical Ethics at the National University of Singapore, his books include 'Animal Liberation', 'Practical Ethics', 'The Life You Can Save', and 'Ethics in the Real World'. He is also the co-host of the podcast 'Lives Well-Lived'

Since ancient times, thinkers have asked whether we freely choose what we do or if our actions are determined by forces beyond our control. That debate has been given new impetus by scientific discoveries that have advanced our understanding of the causes of our behavior. Robert Sapolsky, a Stanford University neuroscientist and recent guest on the podcast 'Lives Well Lived', which I co-host with the Polish philosopher Katarzyna de Lazari-Radek, is one of these science-based determinists.

In his book *Determined: A Science of Life Without Free Will*, Sapolsky argues that free will is an illusion. Consider Joe, who decides that he should eat a healthy diet. He meets a friend at a café, and the friend orders a particularly tempting slice of cake, and urges Joe to order one, too. But Joe resists. He may think he exercised his free will and deserves some credit. No, Sapolsky would say: he was able to choose not to order the cake because of his genes, or perhaps because of the way he was brought up—in any case, because of factors over which he had no control.

Because our actions are determined, Sapolsky says, we are not morally responsible for them, and do not deserve praise or blame for what we do. He deplores the fact that all over the world, in everyday life, from courtrooms to classrooms, at award ceremonies and in eulogies, we cling, with 'ferocious tenacity' to our belief in free will.

What is wrong with this argument is not the claim that everything has a cause, nor the belief that everything in the universe, including our behavior, is determined. We can grant that



EXCLUSIVE to THE TIMES KUWAIT

“The flaw in Sapolsky’s argument, and that of many others before him, is that he fails to recognize the distinction between behavior that results from a choice we make, and behavior that does not.”

if someone knew everything there is to know about our genes and our environment, they could predict our behavior. The flaw in Sapolsky’s argument, and that of many others before him, is that he fails to recognize the distinction between behavior that results from a choice we make, and behavior that does not.

Consider George and Mary. George develops a grudge against his neighbor, who often ignores him when they pass each other on the street. George knows that every morning the unfriendly neighbor goes to a nearby station to catch a train to work, and George decides that this creates an opportunity to get rid of him.

George follows his neighbor to the platform, waiting for an opportunity to push him in front of the train as it arrives. For several days, the neighbor stands too far back from the edge, and George cannot carry out his plan. But he persists, until one day the neighbor stands close enough to the edge for George to give him a hard push. The neighbor falls in front of the train and is killed.

Mary takes the same train to work. One morning she is rushing to catch it as it pulls in, and does not notice that someone has left a bag on the platform. She trips over it, falling into the back of her neighbor, who is standing near the edge of the platform. He falls in front of the train and is killed.

It is reasonable to say that George freely chose to kill his neighbor and is morally responsible for that person’s death. It is not reasonable to say that about Mary.

Would it be better if we did not think that George should be held responsible, blamed, and punished, for the death of his neighbor? Or if we somehow thought that George and Mary were equally responsible for the deaths of their neighbors?

Surely not. People everywhere make such distinctions. Sapolsky himself even notes that some animals do it. He describes a study showing that monkeys and chimpanzees respond differently to a person who is unable to give them food, as compared with someone who could give

them food, but does not. They prefer to be close to the former.

Sapolsky’s response to this is: “Heck, even chimps believe in free will.” But the study does not show that chimps believe in the kind of free will that is incompatible with the truth of determinism. If they believe in free will at all, it is a kind that is compatible with our actions being determined, just as the difference in our responses to George and Mary are compatible with their behavior being determined.

When it comes to crime, Sapolsky rejects retributive theories of punishment, and believes that we should seek to reduce the social inequities that make it more likely that some people will engage in antisocial behavior. I share those attitudes. Punishment, in my view, should aim at preventing crime, rather than punishing people for their wickedness. Determinism may be true, but that does not alter the fact that people make choices, and need to be held responsible for the choices they make.



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