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# Trade, Tariffs, and Trump, a Trifecta for Turmoil

## THE TIMES KUWAIT REPORT

From the ancient Spice and Silk Routes to modern day, global trade has facilitated the exchange of goods, ideas, and cultures, connecting civilizations and shaping human history. Trade and foreign policy of nations have also been intertwined throughout history, with foreign policies often tailored to promote trade and political interests. In addition, trade has been linked to national economies, with tariffs often serving to raise revenues or protect competitive advantages in trade.

Today's open multilateral rules-based trading system supported by the World Trade Organization (WTO) has fostered global economic growth and enhanced the well-being of people worldwide. It has provided the framework for fair, equitable, and predictable



global trade practices, expanded market access, encouraged innovation, increased productivity, and supported countries to adapt to changing

economic conditions, and to amicably resolve disputes.

Although the multilateral trading system

has played an influential role in promoting development, increasing prosperity and raising living standards of millions of people worldwide, as well as supporting peaceful relations among nations, it is not without shortcomings, of which arguably there are many. But these flaws need to be addressed at the WTO and other global forums through discussions and cooperation, not by implementing global tariffs and trade barriers as the US has now chosen to do.

The recent trade protectionism policies rolled out by President Trump, is not the first time that the US has introduced trade barriers with catastrophic results for the global economy. Back in 1930, at the onset of the decade-long global economic depression, often referred to as the 'Great Depression', US President Herbert Hoover signed into law the now infamous Smoot-Hawley Tariff Act.

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# Reimagining Economic Diversification Through Environmental Leadership



By Sarah Al Sabah  
Special to The Times Kuwait

Kuwait stands at a defining moment in its economic journey. As global momentum toward sustainability accelerates, the question is not whether Kuwait should diversify its economy. The question is how? The answer lies in aligning Kuwait's diversification ambitions under Vision 2035 with a bold new engine: environmental leadership.

Across the Gulf, regional peers have demonstrated that investing in sustainability is not just good for the planet. It is smart economics. The United Arab Emirates' Green Economy Strategy and Saudi Arabia's NEOM project showcase how integrating clean energy, smart cities, and sustainable industries can reposition a nation globally. Kuwait must now act decisively, linking economic growth with environmental innovation to ensure long-term resilience, social well-being, and prosperity.

**Infrastructure for a Sustainable Future:** Vision 2035 places sustainable infrastructure at the heart of Kuwait's transformation. Investing in green, future-ready infrastructure is not merely about compliance: it is about competitiveness and community well-being.

Renewable energy plants, eco-smart cities, water recycling systems, and low-emission transport networks are more than technical achievements. They are foundations for healthier, safer, and more vibrant societies. Reducing air pollution, improving urban livability, and expanding access to sustainable public spaces enhance both environmental health and human health, leading to higher life expectancy, greater productivity, and stronger societal cohesion.



Kuwait's Shagaya Renewable Energy Park is a promising start. Scaling these efforts will not only build economic resilience but also dramatically improve quality of life for current and future generations.

**Governance:** Strong governance is the backbone of successful economic and social transformation. Kuwait must embed sustainability into public decision-making frameworks to ensure accountability, transparency, and inclusive growth.

Clear environmental regulations, AI-driven monitoring systems, and Environmental, Social and Governance (ESG) mandates for public projects will drive responsible business practices and sustainable investment. But governance is also about trust: when citizens see real progress on air quality, green spaces, and environmental stewardship, it fosters pride, engagement, and national unity.

Smart governance connects national ambitions to everyday experiences. Ensuring that Vision 2035 is not just a policy agenda, but a lived reality for all Kuwaitis.

**Human Capital:** Kuwait's most valuable resource is its people. The future lies in Generation Z (those born between 1997–2012) the first true digital natives, who will carry Vision 2035 into reality.

Approximately 25 percent of Kuwait's population is under the



Kuwait Vision 2035 outlines seven strategic pillars including infrastructure, human capital, and environmental sustainability.

age of 25, offering a powerful demographic dividend if properly harnessed. Understanding Gen Z's expectations, values, and behaviors is essential to human capital development and future workforce strategies.

Gen Z demands purpose-driven workplaces, social responsibility from employers, and career pathways that align with sustainability, technology, and innovation. Their influence is reshaping the landscape of economic and social opportunity:

**Human Capital Development:** Their career priorities require flexible learning, digital literacy, and leadership programs rooted in real-world environmental and social challenges.

**Sustainable Economy Growth:** Their spending patterns favor ethical consumption and green innovation, signaling emerging markets for Kuwait's diversification efforts.

**Financial Sustainability:** Their adoption of digital payments and fintech accelerates Kuwait's financial modernization, aligning with Vision 2035's digitalization pillar.

Moreover, empowering Gen Z will not only prepare a future-ready workforce but will also strengthen societal well-being. A generation that feels heard, valued, and mobilized will drive social stability, reduce unemployment, and unleash waves of innovation and civic engagement.

**Global Positioning:** Leading by Example: Environmental leadership is a powerful tool for national influence and resilience. Kuwait's diplomatic legacy can be amplified by positioning itself as a global leader in sustainable innovation and climate resilience.

Active participation in international climate dialogues, leading regional green initiatives, and championing environmental diplomacy can strengthen Kuwait's global reputation, attracting investment, partnerships, and talent.

Moreover, aligning Kuwait with global sustainability and ESG standards will position the nation to thrive in a future where environmental responsibility is increasingly a prerequisite for economic collaboration and credibility.

**Societal Well-Being:** The Heart of Transformation: At its core, the transformation envisioned by Vision 2035 is not solely economic: it is human-centered.



A diversified, sustainable economy will mean higher employment, better public health outcomes, enhanced education systems, vibrant cultural life, and greater opportunities for all citizens. Clean energy initiatives reduce respiratory illnesses. Green urban spaces lower stress and build community. Ethical business practices promote societal trust.



Sustainability is not simply about mitigating climate risks. Sustainability is about building a Kuwait where every individual can thrive with dignity, opportunity, and hope.

By focusing on infrastructure, governance, human capital, and global leadership, all through the lens of sustainability, Kuwait will create not only a stronger economy but a healthier, more resilient society for generations to come.

**A Call to Action:** Vision 2035 provides the blueprint. Environmental leadership provides the catalyst. Generation Z provides the energy. Societal well-being provides the true measure of success.

By investing in sustainable infrastructure, embedding smart governance, empowering a digitally savvy and socially conscious workforce, prioritizing citizen well-being, and positioning Kuwait globally as an environmental innovator, we can build an economy, and a society, that is prosperous, inclusive, and admired.

The window for decisive action is now. Kuwait's environmental leadership is not merely an opportunity. Kuwait's environmental leadership is a national imperative. Let us embrace this path with courage, clarity, and commitment.

The future that Kuwait deserves is within our reach, if we choose to lead it.

*Editor's Note: This op-ed explores how aligning Kuwait's Vision 2035 with environmental leadership offers a strategic pathway for economic diversification, societal well-being, and global competitiveness. It emphasizes the critical role of Generation Z (Kuwait's largest youth cohort) in shaping a sustainable, digital, and diversified economy. By connecting infrastructure, governance, human capital, and global positioning with environmental innovation, the article provides a call to action for policymakers, private sector leaders, and citizens to build a Kuwait that is prosperous, resilient, and future-ready.*



# The Netherlands, Kuwait, committed to multilateral world order

## The Times Kuwait Report

Ambassador of The Netherlands H.E. Laurens Westhoff, reaffirmed the strong and enduring partnership between The Netherlands and Kuwait, and added that these ties were rooted in diplomacy, soft power, and economic collaboration. He further highlighted the unwavering commitment of the two nations to international law, respect for sovereignty, territorial integrity, and the sanctity of internationally recognized borders.

The ambassador was speaking during celebrations held at the Dutch Embassy to mark the country's National Day. The event was attended by Kuwait's Assistant Foreign Minister for European Affairs, Ambassador Sadeq Maarafi, along with members of the diplomatic corps and other distinguished guests.

Ambassador Westhoff went on to praise the long-standing cooperation between the two countries and recalled several instances that demonstrated the solidarity between the two nations, including in 1990-91 key moments of solidarity, including during the 1990-1991 Gulf crisis, when the Royal Netherlands Navy joined the international coalition to help liberate Kuwait.

He added, "Over the past sixty years of diplomatic relations, our countries have repeatedly affirmed their dedication to a multilateral international order. Yet, unfortunately, these principles are no longer as widely valued as they once were, and diplomacy is not always the go-to solution."

The ambassador stressed the vital role of like-minded nations, such as Kuwait and the Netherlands, in championing a global system that fosters prosperity,

freedom, and sustainable growth for their people and economies. He pointed out that "like Kuwait, the Netherlands is a maritime nation. Our history is marked by journeys across the seas to discover new opportunities and forge connections with different cultures."

"Today, trade and business continue to deepen our ties, but we must also pursue new avenues of cooperation—especially on urgent global challenges like food security and climate change," he said.

## Belgian trade delegation aims to boost relations with Kuwait

### The Times Kuwait Report

Ambassador of Belgium H.E. Christian Doms affirmed last week his country's deeply entrenched relations with Kuwait and its keenness to develop them to wider horizons in all domains.



The ambassador was speaking on the sidelines of a three-day visit to Kuwait by a trade delegation from Belgium that arrived in the country on 28 April. The visit aims to boost bilateral relations and discuss opportunities in development projects, in line with Kuwait's 2035 vision. The delegation featured 40 representatives from Belgian companies in the areas of cybersecurity, renewable energy, sustainable development, health services and construction, along with several business representatives from the Duchy of Luxembourg. The visitors will shed light on the expertise and specializations of Belgian companies, and to open new horizons of collaboration with Kuwait, said the ambassador. For her part, CEO of Hub. Brussels, Isabelle Grippa, said that the visit highlighted the strong desire to build new bridges of cooperation with the region's countries, mainly Kuwait. She added that the delegation seeks to boost relations, and offer expertise and advantages of Belgian companies to Kuwait's bodies.

During the visit, the Belgian delegation held a meeting with the Kuwait Chamber of Commerce and Industry, during which both sides stressed the deep-rooted relations and desire to expand existing ties.

In a news statement, the chamber said the volume of trade exchange between the two sides hit US\$253.5 million in 2023. For his part, Secretary General of Arab-Belgian-Luxembourg Chamber of Commerce (ABLCC), Qaisar Hijazin, said Kuwait is a key investment partner through setting up strategic projects in oil and gas in Belgium.

Additionally, the Kuwait Direct Investment Promotion Authority made a presentation on Kuwait Vision 2035 and touched upon the most important projects and partnerships in all sectors. During their visit to the country, the delegation also met with officials of a number of Kuwait's institutions and governmental bodies, as well as representatives of the private sector, to discuss commercial and economic opportunities of collaboration.



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# Embassy of Sierra Leone marks country's 64th National Day



*Ambassador of Sierra Leone H.E. Haja Ishata Thomas, described her country's relations with Kuwait as "Strong, stable and fruitful. She also highlighted the more than three decades of bilateral and multilateral cooperation between the two countries.*

## The Times Kuwait Report

Embassy of the Republic of Sierra Leone marked the country's 64th National Day with a celebration attended by Deputy Assistant Foreign Minister for African Affairs, Minister Plenipotentiary Nayef Hamad Al-Mudhaf, along with members of the diplomatic corps and other distinguished guests.

Speaking on the occasion, Ambassador of Sierra Leone H.E. Haja Ishata Thomas, described her country's relations with Kuwait as "Strong, stable and fruitful. She also highlighted the more than three decades of bilateral and multilateral cooperation between the two countries.

She praised Kuwait's support for Sierra Leone during critical times—such as the 2014 Ebola outbreak and the 2017 landslide

disaster—particularly through the Kuwait Fund for Arab Economic Development (KFAED), which has also financed key infrastructure projects, including water systems, hospitals, and roads in her country. The ambassador announced the allocation of a plot of land in the capital, Freetown, for the construction of a new Kuwaiti embassy—reflecting both countries' commitment to strengthening diplomatic ties.

On the investment front, Ambassador Thomas encouraged Kuwaiti investors to explore the promising opportunities in Sierra Leone, citing extensive economic reforms that have positioned the country as an attractive destination in West Africa. She emphasized that the Sierra Leonean government offers significant incentives, including tax exemptions, streamlined administrative procedures, and

support for the repatriation of profits.

Turning to tourism, the ambassador highlighted Sierra Leone's rich natural and cultural heritage, including its golden beaches, rainforests, and historic sites such as Bunce Island. She invited Kuwaiti citizens and residents to visit Sierra Leone, noting that visas are available on arrival or through the Sierra Leone Embassy in Kuwait.

In conclusion, the ambassador called on the international community to move beyond outdated stereotypes, stressing that Sierra Leone is now a "peaceful, progressive, and opportunity-filled nation"—open to the world and committed to a brighter future for its people.

For his part, Al-Mudhaf emphasized the long-standing ties between Kuwait and Sierra Leone, which date back to 1980, and have

grown steadily over the past 45 years, especially following the opening of Sierra Leone's embassy in Kuwait in 2009.

He said the two nations have signed seven key agreements covering economic and trade cooperation, political consultations, the establishment of a joint committee, air services, and educational collaboration. He added that more agreements are currently under discussion and are expected to be finalized soon.

Al-Mudhaf also praised the role of the KFAED, which has so far provided 11 loans worth around KD83 million to support economic development projects in Sierra Leone, including for infrastructure, water treatment, and other sectors. He affirmed Kuwait's continued support for Sierra Leone's development efforts, reinforcing the strong and evolving partnership between the two countries.

## LuLu World Food Fest offers flavors, fun, and fabulous prizes

LuLu Hypermarket, the leading retail chain in the region, is once again set to delight food lovers across Kuwait with the highly anticipated LuLu World Food Festival. The festival, which runs from 30 April for a period of two weeks across all LuLu Hypermarket outlets in the country, promises an exciting celebration of world cuisines, unbeatable offers, live cooking shows, and win-big competitions.

The official inauguration of the LuLu World Food Festival was held on 30 April at LuLu Hypermarket's Al Rai outlet. Adding glamor to the event, renowned South Indian film actress Mahima Nambiar, Indian MasterChef Season 7 finalist Chef Gurkirat Singh, and Arabic chef Mona Maabreh inaugurated the food fest, alongside top management of LuLu Kuwait and the top management representatives of the festival sponsors.

Throughout the festival, shoppers can look forward to amazing offers and discounts across all food categories, including groceries, fresh fruits and vegetables, meat and fish (both fresh and frozen), chilled and dairy products, home appliances, and kitchen essentials. The festival promises something for everyone, whether it is stocking up on everyday essentials or discovering exotic new ingredients.

A major attraction during the festival will be the special live cooking demonstrations by celebrity chefs Gurkirat Singh and Mona Maabreh, both of whom will be showcasing their culinary skills and sharing cooking



techniques and unique recipes with shoppers. In addition, throughout the promotion period, LuLu Hypermarket outlets will host a wide range of contests and competitions designed to engage customers of all ages and cooking abilities. Events include cookery contests featuring Arabic, Indian, Italian, Continental, and Filipino cuisines, as well as enticing dessert preparations.

Other exciting competitions include, Wow the Master Chef competition, the Mom & Me healthy salad-making contest, the Master Junior Chef contests for two separate age groups (6–10 years and 11–15 years), the Barista competition, Cake Challenge, Biryani competitions, and Blindfold Food Taste competitions. Winners of all competitions will be rewarded with amazing, valuable prizes, while all participants will receive consolation prizes to celebrate their effort and enthusiasm.

Among the many themed promotions taking place during the festival are Global Foodie, featuring world cuisines such as Mexican, Korean, Italian, Spanish, Thai and more; Healthy Eats, focused on salads, cheeses, and olives; Meet a Meat, offering a wide range of meat products; Go Fish, showcasing fresh and frozen seafood; The Best Bake for bakery lovers; Snack Time for quick bites;

Biryani World for biryani enthusiasts; Desi Dhaba offering Indian street flavours; Cake So Cookies, a paradise for dessert lovers; Naadan Thattukada, highlighting traditional South Indian street snacks; and Kitchen Must Have, featuring essential kitchen tools and gadgets.



Adding to the excitement is the introduction across all outlets of special global cuisine street food counters featuring an array of international flavors from South Indian, North Indian, Mexican, Korean, Italian, Spanish, Continental cuisines and more. The festival will also include a Summer Special Variety Drinks Zone, where shoppers can enjoy refreshing seasonal beverages.

In true LuLu Hypermarket style, the food



festival will also set records with extraordinary food creations at all its outlets, including the longest taco shawarma, biggest burger, biggest pizza, biggest biryani, longest zings fillet, biggest basbousa, biryani dhamaka, longest Mexican crispy wrap sandwich, longest lotus cakes, and live koshary preparation. These mouth-watering attractions promise to captivate visitors and create memorable moments during the two-week celebration.

The LuLu World Food Fest is supported by an impressive list of sponsors, including Alwazzan, Bayara, Afa, Betty Crocker, Nature Valley, Americana, Seara, Sadia, Lamb Weston, Arla, Puck, Kraft, Kitco, Nestlé, IFFCO, Noor, London Dairy, McCain, Maggi, Nescafé, Haribo, Majdi, Ritz, Dr. Oetker, Darelo, Panzani, Lurpak, Al Tayeb, Tanmiah, Kellogg's, Lindt, Hershey, Al Hajri, President, Tiffany Biscuits, Panasonic, Black+Decker, and Philips.

With such an exciting line-up of offers, contests, cooking shows, and record-breaking food creations, the LuLu World Food Festival promises to be a memorable and flavor-packed experience for all shoppers in Kuwait. Running from 30 April for two weeks, the festival invites everyone to enjoy a world of tastes, culinary creativity, and family fun at all LuLu Hypermarket outlets across the country.



## IDF, Indian Schools, unite to combat smoking



**Dr. Sameer Humad**  
President Indian Doctors Forum (IDF), Kuwait

The nicotine industry is highly disruptive to society, producing and distributing tobacco products that are clearly harmful to human health. Their new product, vapes, are now being widely marketed as a less harmful alternative to traditional tobacco products. Yet smoking, whether vapes or other tobacco items, are the leading cause of preventable death and



disease, costing billions annually.

To raise awareness about the harmful effects of tobacco use, vaping, and second-hand smoke, the Indian Doctors Forum (IDF) partnered with Indian schools across Kuwait to deliver impactful awareness sessions on 16

April, aimed at discouraging the use of tobacco in all its forms. Around twenty Indian doctors participated in this commendable initiative, and the sessions were very well received by both school management and students.

The school principals expressed their

appreciation for the inspiring presentations and the doctors' ability to engage children on such an important topic in an interesting and accessible way.

They wholeheartedly welcomed the effort and conveyed their gratitude to the Indian Doctors Forum for this noble initiative, expressing interest in hosting more such sessions in the future.

Dr. Sameer Humad, the president of the IDF extended his sincere thanks and appreciation to all the participating doctors who took time out for this meaningful cause.

The Indian Doctors Forum remains committed to community welfare, and its efforts reflect a comprehensive approach to protecting future generations, narrowing the gap in healthy life expectancy, and reducing the overall burden on healthcare services.

## Cabinet announces dates of Eid Al Adha holidays

The Cabinet during its weekly session, presided over by Acting Prime Minister and Interior Minister Sheikh Fahad Yusuf Al-Sabah on 29 April announced the suspension of work across all state entities and public institutions from Thursday 5 June to Monday 9 June in observance of the Islamic Eid Al-Adha holiday.

Public sector employees will report back to work on Tuesday 10 June, said the Cabinet, adding that public entities where work is of 'specialized' nature will determine their holidays as they deem appropriate.

The Cabinet then went on to heap praise on a major security crackdown against the illegal practice of cryptocurrency mining in Kuwait, an activity that is strictly prohibited by Kuwaiti law due to its adverse effect on the national power grid, which could overtax



power generators and subsequently lead to outages affecting residential and industrial areas alike.

The Cabinet also approved a decision to strip Kuwaiti citizenship off of a number of individuals, based on the works and findings of a national committee formed to investigate the matter.

## MoHE signs agreement with global firm to verify academic degrees

Ministry of Higher Education (MoHE) in a statement issued on 27 April, said that it had signed a cooperation agreement with Quadabay Verification Services, a leading global firm specializing in verifying academic and professional qualifications directly from their original sources.

Acting Undersecretary of Higher Education and Scientific Research Ministry, Lamia Al-Melhem said the agreement marks a significant step in the ministry's efforts to ensure the authenticity of academic credentials, particularly in the medical sector.

The cooperation agreement reflects the ministry's commitment to upholding the highest standards of quality, professionalism, and fairness in the certification process, said Al-Melhem. She explained that in its initial phase, the agreement will focus on verifying the academic and professional qualifications of healthcare workers



to strengthen the integrity of the health sector and ensure the competence of medical staff.

She added that the cooperation would speed up the certification approval process, reduce fraud, and minimize human error through a reliable digital verification platform. It will also boost both local and international confidence in Kuwait's qualification approval procedures and professional verification processes, as well as enhance institutional partnerships between the ministry and regulatory bodies.

She affirmed the ministry's ongoing efforts, under the direction of Minister of Higher Education and Scientific Research Dr. Nader Al-Jallal, to modernize verification and accreditation processes, emphasizing transparency and governance.



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# Kuwait's Dar Al Muhamah wins World Litigation Award

*Dar Al-Muhamah's participation in this international platform reflects its commitment to advancing its strategic vision, which aligns with Kuwait Vision 2035.*

## The Times Kuwait Report

**D**ar Al-Muhamah Law Firm, a leading law firm in Kuwait and the region, has been honored with the prestigious 'Litigation Law Firm of the Year 2025' award instituted by the World Lawyers Forum (WLF), a distinction granted annually to leading firms excelling in domestic and international litigation practices.

The award was announced during the World Lawyers Forum, held in the Kingdom of Bahrain from 28–29 April. The event brought together more than 300 legal professionals from prominent law firms and institutions across the globe to explore critical legal themes such as cybersecurity, data privacy, and the evolving landscape of cross-border litigation.

Dar Al-Muhamah was represented by a high-level delegation led by Managing Partner Attorney Abdulrahman Ibrahim Al-Houti and Founding Partner Attorney Mubarak Hasyan Al-Dosari. Attorney Al-Houti, who holds a Master's degree in Law, brings over two decades of specialized experience in corporate and financial litigation. He is a certified arbitrator at multiple local and international arbitration centers and is recognized as a prominent contributor to globally renowned legal publications.



Attorney Al-Dosari, with more than 20 years of legal practice, has extensive expertise spanning real estate, commercial and investment law, banking and finance, criminal law, and telecommunications. He is also an officially appointed judicial guardian by Kuwait's Ministry of Justice.

Dar Al-Muhamah's participation in this international platform reflects its commitment to advancing its strategic vision, which aligns with Kuwait Vision 2035. The firm actively promotes the representation of Kuwaiti

private legal talent in major global arenas and seeks to strengthen legal collaboration with international and regional legal alliances, in harmony with Kuwait's open ten-year development plan.

Established in 2005, Dar Al-Muhamah has solidified its status as one of Kuwait's and the region's foremost legal institutions. With a team exceeding 70 professionals—including over 15 attorneys and 15 legal consultants across diverse legal specializations, including an international law division—the firm maintains

a robust network of affiliate offices throughout the Arab world and the Gulf Cooperation Council (GCC), a factor that has played a key role in its international recognition.

It is worth noting that the World Lawyers Forum (WLF) was founded in 2016 with a mission to foster global legal dialogue around contemporary legal challenges and opportunities. WLF serves as a collaborative platform for legal professionals to connect, engage, and develop solutions to pressing legal issues worldwide.



## LuLu Hypermarket launches Mango Mania 2025, offers over 70 global varieties

**L**uLu Hypermarkets in Kuwait are awash with the enticing aroma of mangoes as the hypermarket launched its much-anticipated Mango Mania 2025 promotion, offering more than 70 varieties of mangoes from nearly a dozen countries.

The week-long promotion, which was inaugurated on 1 May at the Al-Qurain outlet of the hypermarket by renowned Kuwaiti culinary personality and leading Arabic food influencer, Mr. Abdullah Almatrood along with top LuLu Kuwait management, promises an immersive tropical experience for shoppers of all ages.

Designed to showcase the diversity and richness of one of the world's most loved fruits, Mango Mania 2025 promotion, which runs until 7 May, combines exotic mangoes, special offers, culinary creativity, and community engagement. One of the standout highlights of this year's Mango Mania is the debut of the Miyazaki India

mango. Known globally as one of the richest and rarest mangoes, the Miyazaki is originally from Japan but is now increasingly grown in India. This premium variety will be available at LuLu qurain outlet in Kuwait throughout the promotion.

Shoppers can also expect attractive discounts on all mangoes, including renowned types such as Alphonso, Badami, Mallika, Totapuri, Rajapuri, and the lesser-known, but nonetheless superb Yemen Galpatur. Mango Mania extends far beyond the produce section. A wide range of mango-based products and dishes will be on offer, including juices, smoothies, halwa, payasam, salads, curries, pickles, and desserts such as mango mousse cakes, trifles, tarts, pastries, muffins, and even Mango Swiss rolls. These additions not only cater to mango lovers but also offer an opportunity to explore the fruit in diverse creative, culinary forms

Adding to the festive atmosphere of the

promotion are interactive displays, including mango-themed cut-outs, a selfie booth, and specially curated decor installations. The event will also feature a series of engaging activities, such as live cooking demonstrations by chefs preparing mango-infused dishes, free sampling stations, and mango-themed games and puzzles. Families visiting the stores can look forward to children's competitions, including a mango-themed painting contest, encouraging young participants to celebrate the season's star fruit through art and imagination.

With Mango Mania 2025, LuLu Hypermarket reaffirms its commitment to bringing international foods and products at attractive prices, while also providing an exciting and interactive shopping experience for shoppers in Kuwait. As summer approaches, the mango-luscious celebration offers a refreshing reminder of the fruit's global appeal and cultural significance.



## Surge in sea levels a threat to coastal cities

**A** recent report from the World Meteorological Organization (WMO) has revealed that global sea levels have risen by an unprecedented 11.3 centimeters between 1993 and 2024, highlighting the accelerating impact of climate change.

In a recent media statement, the head of Kuwait Astronomical Society, Adel Al-Saadoun, explained that this rise affects both global and local waters equally, since "sea levels are uniform across the world." He attributed the phenomenon to rising global temperatures caused by human activities.



Al-Saadoun warned that if current warming trends continue, sea levels could rise by more than half a meter within the next 40 to 50 years. "People will likely be forced to move away from coastal areas," he said, urging that all future construction projects should be built at elevations well above sea level.

Meanwhile, WMO Secretary-General Celeste Saulo confirmed that 2024 was the hottest year recorded in the past 175 years. She stressed that ocean temperatures continue to rise, driving sea level increases. "Since pre-industrial times, sea levels have risen by approximately 20 to 23 centimeters, and the rate of rise is accelerating. In just the last 30 years, satellites have recorded a 10-centimeter increase in sea levels, with half of that rise occurring in the last decade alone. This is not just a number—it brings with it devastating consequences for coastal populations," Saulo remarked.

She added, "Sea level rise is already inundating low-lying areas, eroding shorelines, and threatening the livelihoods of millions in coastal regions. The consequences of rising seas extend beyond environmental impacts, affecting economies, energy security, and global infrastructure resilience. We are issuing urgent warnings about these climate shifts," Saulo stated, pointing to the pressing need for global action.



## GCC maintains unified stance on regional, global issues

*The Saud Al-Nasser Al-Sabah Diplomatic Institute launched the book "Breaking New Ground on the Global Stage... Memoirs of the First Kuwaiti Female Ambassador" by Ambassador Nabila Al-Mulla during a special forum held under the patronage of Foreign Minister Abdullah Al-Yahya.*

### The Times Kuwait Report

The event was attended by high-profile figures, including His Highness former Prime Minister Sheikh Dr. Mohammed Al-Sabah, GCC Secretary-General Jassim Al-Budaiwi, and leading diplomats.

In his speech, Al-Budaiwi praised Al-Mulla's pioneering diplomatic career and noted her regional and international influence. Reflecting on his time working with her in Vienna, he described her as a role model and source of inspiration for diplomatic staff, emphasizing the achievements of Kuwaiti women in diplomacy and politics.

Assistant Foreign Minister for the Diplomatic Institute, Ambassador Nasser Al-Subaih, described the memoir as an important source of guidance for future generations, documenting a diplomatic journey of nearly three decades that included critical global events. He highlighted Al-Mulla's professional excellence and her family's historical role in Kuwaiti politics. The book covers her experiences during the liberation movements, the Iran-Iraq War, the Iraqi invasion of Kuwait, and her presidency of the IAEA Board of Governors.

In her speech, Al-Mulla explained her motivation for writing the memoir stemmed from a belief in the importance of documentation, particularly in Arab societies where reliable local sources are scarce. She aims to transfer her knowledge to future generations, encouraging political and intellectual awareness. She recalled major milestones such as helping establish international forces in Lebanon (1978), addressing the 1990 Iraqi invasion, and overseeing the Iranian nuclear file (2003).

During a discussion with institute trainees, Al-Mulla called for the development of the Diplomatic Institute through collaboration with international institutes and scholarships. She also urged stronger ties with global organizations like the UN, EU, and IAEA. Additionally, she criticized administrative bureaucracy that hampers progress across government bodies and encouraged youth to gain international field experience. Responding to a question on Gulf unity, Al-Budaiwi affirmed the GCC's consistent and unified positions on regional and international issues. He emphasized the need for continued consultation and coordination among member states.

Al-Mulla, who holds many firsts — including being the first Kuwaiti, Gulf, and Arab woman ambassador and the first Arab woman to head a delegation to the UN and chair the IAEA Board — recounted a career of over four decades. Her memoir covers her academic beginnings in Lebanon, her ambassadorship in post-apartheid Zimbabwe, and her representation of Kuwait at the United Nations.]

Secretary-General of the Gulf Cooperation Council (GCC), Jassim Muhammad Al-Budaiwi, affirmed that the council maintains unity and consistent positions on regional and international issues of concern.

"The GCC remains united, and its stance on regional and global challenges are firm, clear, and unwavering. The official statements regularly issued by the Ministerial Council and the Supreme Council of GCC leaders reflect this unity, reaffirming that the council was founded on unity, operates through unity, and remains committed to maintaining unified positions, ranks, and self-determination," said Al-Budaiwi.

He further emphasized the need for the GCC states to continue their consultations and coordination to formulate clear and unequivocal

positions, given the current regional and international circumstances.

The Secretary-General was speaking at the launch ceremony of Ambassador Nabeela Al-Mulla's book on Kuwaiti diplomacy titled, 'Breaking New Ground on the Global Stage'. He praised the distinguished diplomatic career of Ambassador Al-Mulla.

He said, "The Kuwaiti Ministry of Foreign Affairs has always been, and continues to be, filled with high-level diplomatic figures, and Ambassador Nabeela Al-Mulla is one of the most prominent among them, having served Kuwait and elevated its international standing."

He recalled his personal experience working alongside her at the Kuwaiti Permanent Mission to the United Nations in Vienna, emphasizing that she was "a beacon for all employees and remains so today."

He added that Kuwaiti women, in general, have achieved many accomplishments and have taken clear and decisive stances. He noted they are among the first women in the Gulf, the region, and the Arab world to have demonstrated such distinction, uniqueness, and outstanding contributions.

## RFP issued for consultancy service on infrastructure for three new cities

Three requests for proposals (RFP) have been announced for consultancy services for the construction, completion, and maintenance of main roads and major infrastructure networks in Al-Khairan, Nawaf Al-Ahmad, and Al-Sabriya cities.

Elaborating on the announcement, Minister of State for Municipal Affairs and Housing Affairs, Abdullatif Al-Mishari, said that the consultancy service includes detailed studies,

Al-Mishari emphasized the importance of adhering to the highest quality standards in the development of these new cities. He revealed that the planning, design, and implementation competitions will be restricted to companies and consultancy offices specializing in this field, ensuring that the work follows the best international practices. The competition is open to both local and international firms.

The cities are expected to provide approximately 170,000 diverse housing units, featuring advanced construction systems, infrastructure works, and building codes.

The cities will cater to the housing needs of Kuwaiti families, offering a variety of housing options. The development is divided into residential areas for citizens and designated areas for services, commerce, investment, and other essential facilities.

Al-Mishari revealed that the Khairan Residential City is planned to span an area of 135 square kilometers, with a total of 60,000 residential units expected to be built.

Regarding Nawaf Al-Ahmad City, Al-Mishari stated that it will cover an area of 125 square kilometers, and the total number of residential units in the section designated for citizens' housing will reach 55,000.

He further noted that Al-Sabriya City will be built on an area of 80 square kilometers and will contain approximately 55,000 housing units.

He added that the Public Institution for Housing Welfare is committed to accelerating the pace of project implementation and is working in coordination with other government agencies to expedite completion and remove



planning, design, and preparation of tender documents, and follows approval from the Board of Directors of the Public Authority for Housing Welfare.

Al-Mishari added that the development of these new residential cities has begun with the board's approval, aiming to accelerate the pace of work and improve the documentation process for these projects. This initiative will help overcome existing challenges and ensure the provision of adequate housing for citizens, addressing the ongoing housing issue.



## Sheikha Shaikha Al-Sabah presented with India's Padma Shri Award

Indian President Droupadi Murmu awarded the Padma Shri, one of India's top civilian honors, to Sheikha Shaikha Ali Al-Jaber Al-Sabah for her pioneering role in promoting Yoga practices in Kuwait.

The Indian President presented India's civilian honors of Padma Vibhushan, Padma Bhushan, and Padma Shri Awards for the year 2025 at the Civil Investiture Ceremony-I held at the Rashtrapati Bhavan, the presidential residence, on 28 April. Among the dignitaries present on the occasion were the Vice President of India, Prime Minister of India, and Union Minister for Home Affairs.

A passionate yoga practitioner, Sheikha Shaikha is recognized for founding Kuwait's first licensed yoga studio, 'Daratma.' The name blends the Arabic word 'Dar' (home) with the Sanskrit word 'Atma' (soul), reflecting a profound connection to India. Through her charitable efforts, she has been dedicated to bridging cultural gaps and fostering unity between Kuwait and India.

# Remembering Pope Francis: A Voice for Humanity

*“Forgive Us Our Trespasses: Grant Us Your Peace” – Pope Francis on World Peace Day*

**Suresh K.P.**  
**Hon. Secretary**  
**Indian Business and Professional Council**

I was honored to meet His Holiness Pope Francis during the ‘All Religion Conference’ held at the Vatican on 30 November 2024. Presided over by His Holiness, the conference centered on the theme, ‘Religions Together for a Better Humanity’, a deeply relevant message of unity in our divided world. During the conference, Pope Francis acknowledged and appreciated the valuable contributions of ancient Indian philosophers to the global spiritual and philosophical landscape.

Despite the tight security surrounding him, I was fortunate enough to shake his hand and exchange a few words. His presence was calm yet commanding, and I was genuinely moved by his steadfast commitment to global peace. As I expressed my support for international peacekeeping efforts and conveyed my solidarity, he responded with warmth and humility. With a gentle smile, he said, “You remember me in your prayers.”

It was a truly unforgettable moment, one I will cherish for the rest of my life.

I had the rare privilege of attending this significant gathering at the Vatican, an honor extended to me through a personal invitation. As an ordinary individual, I am both humbled and profoundly grateful for the opportunity. During our brief conversation, he also extended his warm greetings to the people of Kuwait.

“Religions are like different languages to arrive at God, but God is God for all,” Pope Francis once said, departing from his prepared remarks to speak from the heart. “Since God is God for all, then we are all children of God.”



Before meeting him, I had assumed that Pope Francis, leader of 1.4 billion Catholics, would focus primarily on the Christian world. But in word and deed, he proved to be a shepherd for all humanity, transcending religious boundaries with a message rooted in compassion, dignity, and peace.

A profound example of this was his unwavering advocacy for the people of Gaza. As violence escalated in the region, Pope Francis repeatedly raised his voice for peace, urging the global

community to protect civilians and ensure humanitarian access.

Since 9 October 2023, he made it a daily practice to call Gaza’s Holy Family Parish for brief, intimate phone calls at 7pm. He asked simple questions like, “How are you?” and “What did you eat?”

“Religions are like different languages to arrive at God, but God is God for all,” Pope Francis once said, departing from his prepared remarks to speak from the heart. “Since God is God for all, then we are all children of God.”

gentle words filled with human warmth that brought comfort to over 600 Christians and Muslims sheltering in the church and adjoining school. According to Vatican News, each call ended with a blessing, the sign of the cross, and a heartfelt thanks in Spanish and Italian, “Muchas gracias, Tante grazie”

With deep sorrow, I join the world in mourning the passing of His Holiness Pope Francis at the age of 88. He was an authentic voice for the marginalized, a visionary reformer, and a luminous example of what it means to lead with humility and love. His legacy will endure in the hearts of millions across faiths and continents.



## Youth-led, impact-driven AIESEC in Kuwait ignites potential at ‘Gen Z in the Workplace 2025’

AIESEC — the world’s largest youth-led organization, dedicated to cultivating leadership through cross-cultural exchanges and hands-on experiences — in Kuwait successfully hosted the 2025 edition of its flagship event, the Youth to Business Forum, on April 25 and 26 to empower young people to drive meaningful change both locally and internationally.

The event hosted under one roof over 100 emerging ambitious young leaders, professionals, and industry experts under the theme “Gen Z in the Workplace.”

Held at the Kuwait College of Science and Technology, the forum was made possible through the generous support of Raising Cane’s (Gold Sponsor), Commercial Bank of Kuwait (Silver Sponsor), and the United Nations in Kuwait (Support Partner).

Spanning 17 hours across two dynamic days, the forum offered a rich program of engagement and inspiration. Participants immersed themselves in more than 10 practical workshops, compelling keynote

speeches, a thought-provoking panel discussion, an interactive case study challenge, and the vibrant Global Village Fair, which celebrated cultural diversity with the participation of the embassies of Kenya, Sri Lanka, the Philippines, Indonesia, and Vietnam.

In a meaningful gesture of continued commitment to youth empowerment, Raising Cane’s announced a full sponsorship for one outstanding delegate to participate in AIESEC’s Global Volunteer program—an international exchange opportunity that allows young people to travel abroad and contribute to the Sustainable Development Goals through short-term educational and social impact projects.

This marks Raising Cane’s second such sponsorship, following a successful exchange that sent a Kuwaiti volunteer to teach English in South Korea. Commercial Bank of Kuwait also demonstrated its dedication to nurturing young talent by pledging partial sponsorship for another participant. A CBK representative emphasized, “Investing in the potential of young people is a direct investment in Kuwait’s future.”

Reflecting on the event’s success, a representative from AIESEC in Kuwait stated: “We are inspired by the depth of insight and enthusiasm shown by both youth and the private sector. Youth to Business 2025 has proven that the future of work shines brightest when dialogue, understanding, and global perspective converge.”

## Govt crackdown on fake account, part of larger campaign to confront cybercrimes

The government’s recent arrest of a citizen operating 16 fake accounts—used to spread rumors, insult others for money, and undermine public trust—marks a significant milestone in its long-standing war against fake accounts. This effort, waged across government, media, and civil society, aims to combat the broad societal damage caused by such accounts, which incite hatred, distort public discourse, and erode confidence in state institutions.

The Ministry of Interior’s actions are part of a larger campaign to confront cybercrimes—distinct from media violations—as fake accounts often steal news from legitimate outlets without attribution, creating a false image of credibility and influence. These activities are criminal, not journalistic, and serve purposes of manipulation and deceit.

The political leadership has consistently warned of the threat posed by anonymous online accounts, stressing their harmful impact on Kuwait’s social unity and political stability. Media outlets, particularly Al-Rai, have played a central role in this battle,



publishing investigations, reports, and editorials that highlight the dangers of digital misinformation. Though once accused of extremism, Al-Rai’s firm stance is now validated by ongoing government actions.

This united front—between state authorities and responsible media—demonstrates a commitment to rule of law, societal reform, and the protection of freedom of expression within constitutional and legal limits. The crackdown affirms that the media’s earlier warnings were not extreme, but rather a patriotic duty aligned with national interests.

## Ministry of Justice launches ‘Right to Access’ service via the Sahel App

The Ministry of Justice has announced the launch of the “Right to Access” service through the “Sahel” app, the unified government platform for electronic services.

The Ministry explained that the service allows users to submit requests to view information and obtain relevant documents from the Ministry of Justice.

Users can submit applications on their own behalf, as legal representatives, or on behalf of specific entities. The service also enables users to track the status of their requests and pay any



associated fees electronically with ease and convenience.

This initiative is in accordance with Law No. (12) of 2020 on the right to access information, which stems from Kuwait’s international obligations and agreements related to promoting integrity and combating corruption.

The law supports the free flow of information and affirms

the public’s right to access it, thereby reinforcing transparency, integrity in administrative and economic transactions, and building public trust in government decisions and institutions.





## Diplomatic corps honors Ambassador of Djibouti on end of tenure

*Ambassador Abdulqader Hussein Omar emphasized the evening was not a farewell but “a message of love and loyalty” after four years of camaraderie and collaboration*

### The Times Kuwait Report

The diplomatic corps in Kuwait bid farewell to the Ambassador of Djibouti, H.E. Abdulqader Hussein Omar, during a recent ceremony at the Regency Hotel. The event marked the conclusion of Ambassador Omar's diplomatic tenure in Kuwait and celebrated his recent appointment as Djibouti's Minister of Foreign Affairs.

Delivering a heartfelt speech in Arabic, English, and French, Ambassador Omar expressed deep gratitude to his fellow diplomats, extending special thanks to the Dean of the Diplomatic Corps, Tajikistan's Ambassador H.E. Zubaydullah Zubidov, for organizing the tribute.

“It has been an honor to represent my country in the State of Kuwait over the past four years. The experience has been rich and the relationships meaningful. From the very first day, I was met with tremendous warmth,” said the ambassador. He described Kuwait as a dynamic nation and said he leaves with the fondest memories.

Ambassador Abdulqader extended heartfelt thanks to His Highness the Amir Sheikh Meshal Al-Ahmad and His Highness the Crown Prince Sheikh Sabah Al-Khaled for their enduring support during his tenure. He also praised the support he received from the Kuwaiti Ministry of Foreign Affairs, particularly from Minister Sheikh Abdullah Al-Yahya, Deputy Minister Sheikh Jarrah Al-Jaber, and the Assistant Ministers for Protocol and Arab Affairs.

Reflecting on his new role, Abdulqader called his appointment as Foreign Minister “a great



responsibility and an immense trust bestowed upon me by President Ismail Omar Guelleh.” He added, “I did not expect this duty, but when your homeland calls, you must answer. I ask for your prayers, for the task is momentous. I will do my utmost to live up to the expectations of my country and colleagues, and I hope to return to Kuwait whenever possible.”

In a press statement following the event, the ambassador emphasized that the evening was not a farewell but “a message of love and loyalty” after four years of camaraderie and collaboration. He commended Kuwait's Ministry of Foreign Affairs for facilitating his mission and lauded the “deep-rooted, brotherly” ties between Djibouti and Kuwait.

He noted that Djibouti has not yet appointed a new ambassador to Kuwait but will select “a distinguished figure capable of further strengthening bilateral relations.” He underlined the importance of continued coordination in international forums and maintaining neutrality and non-interference in domestic affairs.

“Djibouti is a key regional player with cultural and security dimensions, and it remains



committed to its role in promoting peace and stability,” he affirmed. “Our president is a man of peace, and we will continue to implement his directives by reinforcing neutrality and building bridges.” Speaking on behalf of Ambassador Zubidov, the Dean of the African Diplomatic

Corps, Ambassador of Comoros Dr. Aref Said Hassan, addressed the gathering, saying: “We bid farewell to a dear brother and distinguished diplomat who has left a lasting professional and human imprint in Kuwait and represented his country with honor.” He added, “We have known you as a wise, humble man—an example of professionalism and dedication. You built bridges of cooperation with your fellow diplomats and played a leading role in enhancing Djibouti-Kuwait relations while actively participating in political, cultural, and sporting events.”

Ambassador Aref concluded by stating that Abdulqader's appointment as Foreign Minister is “a crowning achievement of a remarkable career,” wishing him success in his new role and affirming that the relationships built in Kuwait “will endure across distances.”

### Naturalization without merit no longer tolerated, says Supreme Committee

The Supreme Committee has decided to revoke the citizenship of two former secretaries of the National Assembly.

Sources informed that although a letter previously submitted by one of the former secretaries may have once sufficed to secure the citizenship, in the current era focused on national identity and reform, naturalization based solely on personal recommendations is no longer considered adequate.



The sources also revealed that the citizenship of a Kuwaiti — born to a Kuwaiti mother — was revoked in the interest of national security.

The decision followed his conviction for crimes involving dishonor and dishonesty, for which he received a prison sentence. Authorities acted in accordance with the law to revoke his citizenship.

## Kuwait Set to showcase innovation at World Robotics Championship in Dallas, USA

The 2024-2025 Kuwait National Robotic Competition (KNRC) has reached an exciting milestone, with eight exceptional teams from Kuwait gearing up to demonstrate their skills at the VEX World Championship 2025—the world's largest robotics competition—held in Dallas, USA.

In a proud show of support, ALSAYER Group has taken the initiative to recognize and sponsor 50 outstanding students, selected from schools and universities across the country, to represent Kuwait on this global stage.

This initiative is the result of a strategic partnership between the Department of Computer Science at the College of Science

(Kuwait University) and ALSAYER Group, in collaboration with the Ministry of Education and the Youth Public Authority.

These teams will join over 1,800 competitors from 40 countries, showcasing their innovation, technical expertise, and problem-solving skills in a highly competitive and inspiring environment. The growing number of participants reflects a rising interest and commitment within Kuwait's educational institutions, educators, and parents to promote excellence in science, technology, and robotics.

This year's qualifying teams include Kuwait Technical College (KTECH), Salah Al-Din Al-Ayoubi High School, Faltech (Women Cultural Society), Kuwait International English School (Middle & High School), The American Baccalaureate Middle School, Al Adailiya Elementary School for Girls and Al Ahmadi – Kuwait Juniors Club

These teams are currently undergoing intensive coaching and mentorship provided by experts from the KNRC and the Department of Computer Science.

Nehad Al Hajj Ali, Group Manager of the Excellence Department at ALSAYER Group, emphasized:

“ALSAYER Group is committed to investing in



young minds. We proudly support innovation, robotics, and digital learning. Through KNRC programs, we've witnessed how students grow their potential and inspire others through mentorship and creativity. As long as students remain passionate about robotics, ALSAYER will be there to support and encourage them.”

Mona Al Salem, General Director of Computer Learning at the Ministry of Education, expressed her delight:

“This is not just a personal achievement for the winners and their schools—it's a hopeful sign of Kuwait's bright future in science, technology, and innovation. It reflects the hard work and collaboration of students, educators, and

institutions.”

Noura Al-Jeri, Chairperson of the KNRC, noted: “The core mission of KNRC is to push students beyond standard curricula and enhance their skills in computing, artificial intelligence, and smart design. Thanks to the support from both public and private sectors in funding, awareness, and encouragement, we are achieving this vision.”

The ceremony was a celebration of Kuwait's rising stars in robotics and innovation, honoring their accomplishments and cheering them on as they head to represent the nation internationally. Congratulations to all participants—we wish you the very best in Dallas and look forward to even greater successes in the future.



# Indian Embassy's greening campaign wins hearts



*In a heartfelt tribute to sustainability and motherhood, the Indian Embassy in Kuwait, with UN-Habitat, led a tree plantation drive where participants planted native saplings in honor of their mothers.*

## The Times Kuwait Report

In a heartfelt tribute to environmental sustainability and maternal love, the Embassy of India, in collaboration with UN-Habitat Kuwait, organized a tree plantation drive under the global 'Plant for Mother' campaign.

The event took place on 3 May 2025 at the Sheikh Sabah Al Ahmad Natural Reserve, a prominent ecological site dedicated to the preservation of Kuwait's native flora and fauna.

The campaign witnessed the participation of a large number of people and distinguished guests, including Governor of Jahra Hamad

Jassim Al-Habashi, the Heads of UN-Habitat and the International Organization for Migration (IOM) in Kuwait, ambassadors of several countries, media representatives, and members of the vibrant Indian community in Kuwait.

Together, they united in a symbolic act of environmental stewardship by planting saplings of plant species native to Kuwait's arid landscape.

A touching feature of the event was the placement of personalized placards bearing the names of each participant's mother next to the planted saplings—reflecting

the campaign's core message of honoring motherhood while nurturing the planet.

The 'Plant for Mother' campaign known in Hindi as 'Ek Ped Maa Ke Naam' was originally launched by Indian Prime Minister Narendra Modi on World Environment Day in 2024. He called on citizens to plant a tree in honor of their mothers, a gesture blending ecological action with emotional resonance. Since its launch, the campaign has seen overwhelming global participation, with more than 1.4 billion saplings planted worldwide.

Numerous world leaders have joined the initiative, either alongside the Indian

Prime Minister or through local events in their respective countries, reflecting its universal appeal. The event in Kuwait is part of a broader global movement that continues to galvanize collective environmental responsibility, encouraging individuals and communities to contribute to a greener, more sustainable future.

The Embassy's drive not only fostered deeper ties between India and Kuwait through shared environmental commitment, but also served as a powerful reminder of the enduring bond between humanity and nature—rooted in the love and nurturing spirit of mothers.

## Al Muzaini Exchange inaugurates new branch in Jleeb Al Shuyoukh



As part of its continuous expansion strategy and commitment to customer accessibility, the Al Muzaini Exchange Company, Kuwait's premier provider of money exchange and remittance services, proudly announced the opening of its newest branch in Jleeb Al Shuyoukh, Block 2, Street 145, located within the Al Farwaniya Governorate.

The branch was officially inaugurated on Thursday, April 17, 2025, marking yet another important milestone in the company's growth journey.

The grand opening ceremony was attended by Mr. Hugh Fernandes, General Manager of Al Muzaini Exchange, alongside senior department heads and team leaders. During the event, Mr. Fernandes expressed his pride in the company's expanding presence across Kuwait, reaffirming Al Muzaini's dedication to maintaining its leadership in the exchange sector by staying close to its valued customers.

"This new branch is a testament to our ongoing commitment to provide the best financial services in the most convenient locations. We continue to prioritize accessibility, innovation, and

service excellence in everything we do," Mr. Fernandes stated.

The Jleeb Al Shuyoukh branch will offer the full spectrum of Al Muzaini's trusted financial services — including money transfers, foreign currency exchange, and bill payment services — all delivered with a focus on speed, safety, and competitive rates. The branch will be open throughout the week, ensuring flexibility and convenience for the community it serves.

In addition to its growing physical network, Al Muzaini continues to enhance its digital capabilities through its state-of-the-art mobile application, which supports all major platforms. The app provides users with secure and user-friendly features such as new customer registration, adding and managing beneficiaries, utilizing services like Western Union and Visa Direct for instant transfers — any time, anywhere.

With this latest branch opening, Al Muzaini reaffirms its slogan: "Al Muzaini — Always near you." The company remains focused on expanding its reach and delivering seamless financial solutions to individuals and families across Kuwait and beyond.



## IWG hosts engaging Summer Gathering at the beach

International Women's Group (IWG) welcomed members and guests to a lively and engaging Summer Gathering held at a scenic beachside venue on the first of May under the leadership of IWG President Polina Dalmini. The event brought together women from diverse backgrounds to celebrate friendship, fun, and community spirit.

The day began with fresh cold summer juices, setting a healthy tone for the gathering. Shortly after, attendees assembled for a group photo, capturing the unity and enthusiasm of the morning. A light exercise warm-up energized everyone before the start of the indoor games which delighted participants.

The excitement continued with a company logo quiz, both of which offered fun competition and multiple small prizes. Guests were then treated to a delicious brunch, providing an opportunity to relax, socialize, and recharge.

The post-brunch segment featured a variety of outdoor activities, including beach and pool games. As the day neared its close, attendees enjoyed some free time to mingle and soak in the atmosphere before buses departed

to return everyone home with yet more wonderful memories of Kuwaiti hospitality.

President Polina Dalmini expressed her delight at the successful turnout, noting, "Events like this are at the heart of IWG's



mission—to bring women together, foster friendships, and create joyful experiences in Kuwait. I'm so proud of our team and community for making today special."

The IWG's Summer Gathering was a vibrant reminder of the power of connection and the importance of creating spaces for celebration and unity.



## Global legacy of French extolled at Francophonie Lives festival

*French language is a beacon of reason and refinement, a language whose intrinsic clarity and precision earned it the moniker of 'the language of logical exactitude'.*

### The Times Kuwait Report

In a celebration steeped in elegance and cultural reverence, His Highness Sheikh Nasser Al-Mohammad Al-Ahmad Al-Sabah voiced his heartfelt aspirations for the deepening of cultural ties between Kuwait and the Francophone world.

Speaking at a distinguished ceremony held under his patronage at the residence of the French Ambassador, marking the conclusion of Francophonie Month 2025 (April 13–30), His Highness extolled the richness, beauty, and enduring influence of the French language and Francophone culture.

"Francophonie is far more than a linguistic bond—it is a bearer of an extraordinary cultural legacy that has illuminated minds and shaped civilizations," said Sheikh Nasser

Reflecting on his long-standing participation in Francophone celebrations in Kuwait, His Highness affirmed his admiration for the enduring contributions of Francophonie to contemporary global thought, its role in nurturing intercultural dialogue, and its promotion of intellectual and aesthetic diversity in a globalizing world.

He lauded the French language as a beacon of reason and refinement, a language whose intrinsic clarity and precision earned

it the moniker of "the language of logical exactitude." These qualities, he noted, have made it indispensable in philosophy, law, and diplomacy. The unwavering guardianship of the French Academy since the 17th century, he added, has preserved the language's structural harmony and intellectual rigor.

His Highness continued, "French is not only a language of intellect but of exquisite musicality and aesthetic rhythm—its eloquent cadence graces the arts of poetry, music, and storytelling." Its formal elegance and structural balance, he noted, have lent it a distinct gravitas, particularly in political and cultural expression, enabling it to articulate abstract philosophical notions with remarkable accessibility, especially during the Enlightenment era.

He traced the historic role of the French language in European intellectual heritage, describing it as the chosen tongue of kings, ambassadors, and thinkers across the continent from the 17th to the late 19th century. "Voltaire, Rousseau, Diderot, Montesquieu, Pascal—their timeless wisdom flowed through French," he said, underscoring the language's pivotal role in propagating ideals such as rationalism, tolerance, and human rights.

French, he added, has birthed a constellation of literary and artistic marvels—from the



novels of Balzac and Flaubert, to the theatrical masterpieces of Molière and Corneille, to the poetic reveries of Baudelaire and Rimbaud. "Indeed, no other language has garnered as many Nobel Prizes in Literature," said Sheikh Nasser.

He further affirmed that French culture continues to shape global art, fashion, and cinema, from the Impressionists' brushstrokes to the revolutionary lens of the French New Wave.

Highlighting Kuwait's commitment to cultural plurality, His Highness reiterated the country's dedication to nurturing Francophone presence, ensuring that Kuwait remains a flourishing oasis of knowledge and creativity. "Our doors will remain wide open

to the finest expressions of global culture, from which we draw inspiration and mutual enrichment."

Speaking on the occasion, French Ambassador to Kuwait, H.E. Olivier Goffin, praised the collective spirit that animated this year's Francophonie celebrations. He credited the efforts of the Council for the Promotion of Francophonie—comprising 44 diplomatic missions—for curating a vibrant and inclusive cultural program, especially as it coincides with Kuwait's distinction as the Capital of Arab Culture and Media for 2025.

Ambassador further indicated, "Francophonie embodies the values of inclusion and cultural richness. Spoken by over 320 million people across more than 130 countries—including half a million in Kuwait alone—the French language fosters a shared global dialogue."

He emphasized that Francophonie is not a tool of conformity, but a celebration of cultural diversity—a philosophy that underpins its thriving presence in Kuwaiti schools, where over 50,000 students study French annually.

The 'Francophonie Lives' festival, launched on April 13, featured a mosaic of French-language cultural events, arts, and performances, uniting voices from across continents in celebration of a shared heritage.

## World Press Freedom Day

### Kuwaiti journalists reaffirm commitment to responsible media

As the world commemorates the World Press Freedom Day on May 3, several editors-in-chief of local newspapers emphasized on Saturday that press freedom is a crucial national responsibility, playing a key role in supporting overall development.

Speaking to KUNA on the occasion of World Press Freedom Day the veteran journalists highlighted Kuwait's distinguished legacy in media and journalism, underscoring that press freedoms are enshrined in the country's constitution.

They noted that Kuwait is well known across the region and beyond for its commitment to journalistic freedom.

Waleed Al-Jassem, Editor-in-Chief of Al-Rai newspaper, told KUNA that "responsible freedom" is a foundational concept in Kuwaiti journalism. He stressed that unlimited press freedom without boundaries would only lead to chaos. A journalist's duty, he said, is to present the truth responsibly, safeguarding societal harmony and the public interest.

Al-Jassem noted that Kuwait's media regulations—whether in print, broadcast, or digital—ensure a careful balance between freedom of expression and protection from



hate speech and disorder. This framework, he added, maintains social peace and reflects the unique balance within Kuwaiti society.

He further stated that both public and private media institutions share a profound responsibility to uphold freedom within the confines of the law and social norms. Speaking on the evolution of journalism, Al-Jassem described digital media as essential in today's landscape, opening new horizons and extending reach beyond borders. However, he cautioned that this broader reach demands a heightened sense of responsibility, as journalists' words, images, and videos now impact global audiences.

In an era of digital proliferation, refuting misinformation, pursuing truth, and verifying facts are more critical than ever, he said. A journalist must be fearless, principled, and committed to fighting corruption through every available means.

Nasser Al-Otaibi, Editor-in-Chief of Al-Jareeda newspaper, echoed similar sentiments. He described press freedom as the soul of journalism, asserting that without it, journalists become mere figureheads rather than truth-tellers. Al-Otaibi emphasized the importance of World Press Freedom Day as a moment to honor journalists' courage—particularly those in conflict zones like Gaza,

where media professionals are often targeted for exposing injustices.

He lamented that in 90% of journalist killings, perpetrators go unpunished, and called on global leaders to uphold the safety and rights of journalists everywhere.

Dr. Barakat Al-Hudaiban, Editor-in-Chief of Al-Sabah newspaper and Chairman of Al-Sabah News Channel, stressed that the essence of journalism lies in balancing freedom with social responsibility. He warned that reckless journalism could have serious consequences for both society and the world at large.

Dr. Al-Hudaiban acknowledged the many challenges facing modern journalism—chief among them being the need to verify sources and ensure accurate reporting. He praised Kuwait's recent progress in regulating electronic and digital media, despite the relative novelty of the field.

Tracing back to the 1920s, he noted that Kuwaiti journalists and writers have long stood at the forefront of defending free speech and delivering truthful reporting with professionalism. In the digital age, he concluded, journalism is not just a local duty, but a global responsibility.

# Silencing Radio Free Asia Is a Strategic Own-Goal


**Mu Sochua**

A former Cambodian politician and Nobel Peace Prize nominee, is President of the Khmer Movement for Democracy.

Many Americans have never heard of the US Agency for Global Media. But, for decades, hundreds of millions of people around the world have relied on the outlets that USAGM funds, including Voice of America (VOA), Radio Free Europe/Radio Liberty (RFE/RL), the Middle East Broadcasting Networks, the Office of Cuba Broadcasting, and Radio Free Asia (RFA), for accurate, unbiased news. That changed in March, when US President Donald Trump signed an executive order reducing the agency's operations to the legal minimum as part of a supposed cost-cutting effort. USAGM, in turn, terminated grants and contracts for all the international broadcasters under its umbrella, citing the order.

Thousands of journalists stand to lose their jobs, and access to verifiable reporting in some of the world's most politically repressive countries is at risk. This blow to American soft power has created an information void that authoritarian regimes are keen to exploit. The Chinese and Cambodian governments, for example, have celebrated the dismantling of USAGM as an end to 'biased propaganda poison' and 'fake news', underscoring the agency's role in combating misinformation.

While RFE/RL's funding has been restored following a federal judge's temporary ruling, RFA's annual budget of \$60.8 million remains in jeopardy. The Asian broadcaster won a court ruling ordering the funds to be disbursed, though that has not happened yet. This would have far-reaching consequences. Despite its relatively limited budget, RFA has long served as a vital source of uncensored news for its 60 million weekly readers and listeners. Operating in environments where



“ RFA is a vital source of uncensored news for its 60 million weekly readers and listeners. Operating in places where press freedom is absent or under siege, RFA is often the only broadcaster exposing realities of life under authoritarian rule. ”

press freedom is absent or under siege, RFA is also often the only broadcaster exposing the realities of life under authoritarian rule. From providing early evidence of China's mass internment of Uighurs in Xinjiang to reporting on the civil war in Myanmar, RFA has consistently brought international attention to abuses that might otherwise have remained hidden.

Nowhere is RFA's impact more evident than in Cambodia, where the government has severely curtailed press freedom. For decades, outlets like RFA and VOA have symbolized hope, and today they are among the few trusted news sources for Cambodians at home and abroad. In recent years, their operations have become more essential than ever, against a backdrop of democratic deterioration: the Cambodian government has shuttered independent media, dissolved opposition parties, and jailed dissenters.

The arrest of award-winning Cambodian

journalist Mech Dara, known for his courageous reporting, and the blacklisting of British journalist Gerald Flynn, for appearing in a climate documentary that the regime accused of spreading false information, are emblematic of this trend. But through it all, RFA has continued to publish investigative reporting on everything from official corruption and cybercrime to the erosion of civil liberties.

The gutting of RFA is not simply a media story; it is also a geopolitical one. Across Southeast Asia, regimes with close ties to China increasingly rely on state-controlled narratives to suppress dissent. In Myanmar, where a 2021 military coup ushered in an era of violence and repression, RFA has provided crucial on-the-ground reporting that counters misinformation spread by the ruling junta. In the absence of such coverage, the atrocities being committed in Myanmar, and in other countries, would be concealed from

view, both domestically and globally. Authorities would be able to act with impunity and pursue ever-more repressive tactics to enforce their rule.

Also at stake is America's ability to project democratic values and its credibility in doing so. RFA, much like the BBC World Service or Deutsche Welle, has long functioned as a strategic instrument of soft power, supporting the free flow of information. This tool has arguably never been more important, as China expands its state media apparatus, including outlets like CGTN and Xinhua, into countries where US influence is waning in order to promote its worldview.

Cambodia's increasing reliance on China, which accounts for nearly half of foreign direct investment in the country, underscores the shifting landscape of influence. Chinese-backed infrastructure projects, coupled with growing diplomatic alignment, have made Cambodia an increasingly loyal partner, while China has gained a naval base at Ream that could threaten regional security. Chinese President Xi Jinping's recent visit to Phnom Penh further cemented the relationship. For the US to abandon RFA would be tantamount to ceding yet another front in the global contest of ideas. Congress must act to prevent that outcome. Judicial freezes on Trump's executive order targeting USAGM are certainly welcome, but are only a temporary reprieve. Restoring RFA and funding it beyond the current fiscal year are much more important, especially for foreign-policy objectives. US policymakers should also explore long-term independent funding mechanisms that could insulate RFA from political interference and ensure its durability.

Ultimately, the decision to sustain RFA is about more than budget lines. It is about whether the US remains committed to defending press freedom and supporting the journalists who risk their lives to expose corruption and abuse. At least two RFA Khmer journalists are facing deportation when their US visas expire. For them, returning to Cambodia will mean certain imprisonment. Equally important, America must not abandon the millions of people who rely on RFA for accurate reporting in an era of heightened mistrust and upheaval.

## Trade, Tariffs, and Trump, a Trifecta for Turmoil

CONTINUED FROM PAGE 1

The Act which raised tariffs on thousands of imported goods, was aimed at shielding American jobs and industries from foreign competition. But the US tariffs then led to retaliatory tariffs by Canada, Mexico, United Kingdom, France, and a host of other countries. Eventually, these protectionist measures and countermeasures led to an overall fall in global trade by as much as 66 percent between 1929 and 1934.

To be fair, the fall in global trade cannot be attributed solely to the Tariff Act; the Great Depression was already well underway before the US enacted it in 1930. Moreover, unlike today, in 1929 trade accounted for only around 15 percent of global GDP, and less than 5 percent the GDP of the US. In hindsight many economists concede that there were several factors which may have contributed to the Great Depression, including the aftermath of World War I, financial instability, falling demand, and weak banking oversights, among others.

But a major factor for further exacerbating an already volatile global economy was the tit-for-tat tariffs imposed by several countries in response to US tariffs. For instance, France and the United Kingdom introduced retaliatory tariffs on imports from the US, but also on all its other trading partners. Tariffs on other nations were necessitated by existing bilateral trade treaties with the US, which included a 'most-favored nation' clause that prevented imposing tariffs only on American goods. Wide-spread tariffs then

fueled a sharp contraction in global trade.

Eventually the Tariff Act was effectively reversed, when the newly sworn-in US President Franklin D. Roosevelt signed the Reciprocal Trade Agreements Act in 1934. The new Act reduced tariff levels, promoted trade liberalization, and enhanced cooperation with foreign governments. The Reciprocal Trade Agreement Act is considered to have laid the groundwork for the creation of the General Agreement on Tariffs and Trade (GATT) in 1947-48, and its successor the WTO, which was established in 1995.

Unlike in the 1930s, today, trade constitutes a bigger chunk of the global economy. According to the World Bank, trade accounted for over 58.5 percent of global GDP in 2023 with import and export figures contributing significantly to national GDPs. Today, imports account for around 14 percent of the GDP of the US, nearly 18 percent of China's GDP, and more than 48 percent for the European Union (EU).

Meanwhile, exports contribute around 11 percent to America's GDP, 20 percent to China's GDP, and 52 percent to that of the EU. Thus the potential economic fallout from tariff wars could be much larger today than in the 1930s. In early April, Director-General of WTO, Ngozi Okonjo-Iweala warned that escalating trade tensions between the US and China, which together represent around three percent of total global trade, raised 'significant risks' of a sharp contraction, potentially by as much as 80 percent, in bilateral trade.

She stressed that reciprocal tariffs between

the US and China could have broad repercussions on the global economy, particularly for least developed countries. Okonjo-Iweala added that tariffs could negatively impact global growth and economic stability, increase risk of a worldwide recession, and a potential fragmentation of global trade along geopolitical lines, which could result in a long-term decline in global real GDP by around seven percent.

A recent report by the UN Economic and Social Commission for Western Asia (ESCWA) reiterated this vulnerability and noted that the global upheaval in trade following escalation in trade protectionism and higher tariffs by the US are significantly affecting Arab economies, and placing at risk over US\$22 billion in non-oil exports from the region.

Between 2013 and 2024—even as overall trade between Arab countries and the US fell from \$91 billion in 2013 to \$48 billion in 2024—the value of Arab non-oil exports to the US surged by over 57 percent, from \$14 billion in 2013 to \$22 billion last year. According to ESCWA that progress is now under serious threat, with Jordan, Bahrain and the United Arab Emirates being at heightened risk.

Jordan is the most exposed with nearly 25 percent of its total exports destined for the US, while Bahrain, which is heavily reliant on aluminum and chemical exports to the American market, is also vulnerable to the new US protectionism. Additionally, the UAE faces disruptions to an estimated \$10 billion in US-bound re-exports due to the tariffs levied on goods originating from third countries.

Kuwait is relatively less impacted by US tariffs, with exports to the US in 2024 totalling \$1.6 billion, down from the \$2 billion in 2023. Meanwhile imports from the US dropped from \$2.8 billion in 2023 to \$2.4 billion last year, and the US trade surplus with Kuwait decreased by 33 percent, from \$1.2 billion in 2023 to around \$768 million in 2024. Nevertheless, US tariff escalations have fueled a sharp drop in global oil prices, straining the resilience and fiscal revenues of the heavily hydrocarbon reliant economies of the Gulf Cooperation Council (GCC) states.

In addition, reduced imports by major global partners such as the EU and China are likely to add pressure to the region's economies. China currently imports 22 percent of GCC oil and chemical exports. Kuwait has significant exposure to Chinese and EU markets. In 2024, Chinese exports to Kuwait amounted to \$4.8 billion, while its imports from Kuwait totaled \$11.5 billion. During the same period, exports from the EU to Kuwait totalled \$5.7 billion, while its imports from Kuwait was \$7.6 billion.

ESCWA urged the region to accelerate trade integration by advancing the Pan-Arab Free Trade Area, and achieving the GCC economic union. The Commission also called for accelerating structural reforms and deepening resilience through renewed investments in infrastructure, and regulatory reforms, to reintegrate with global supply chains. Kuwait needs to heed the ESCWA suggestions and accelerate its structural and fiscal reforms to ensure economic sustainability and continued welfare of citizens.

EXCLUSIVE to THE TIMES KUWAIT

# Economics of Life-Saving Diagnostics



**Jim O'Neill**

*A former chairman of Goldman Sachs Asset Management and a former UK Treasury minister*

It has been almost nine years since the UK Review on Antimicrobial Resistance (AMR), which I chaired, published its final recommendations. Since then, I have occasionally checked in on the progress made toward our 29 specific proposals and consistently ended up disappointed. Despite the attention our work received at the time, very few of our suggestions have been implemented.



In our final report, we outline several steps that emerging and developing economies can take to break free from the debt-climate trap and move toward a virtuous cycle of low-carbon, climate-resilient, and nature-positive growth.



In conducting the review, my team and I drew on our diverse past experiences and sources of expertise to address both the supply and the demand side of the problem—namely, the lack of effective treatments or alternatives, both on the market and in the development pipeline, and the excessive use of current antibiotics. As I have noted before, raising funds to develop novel antibiotics through ‘push incentives’ (support for basic research) has had some success. But beyond one promising UK initiative, there has been little progress toward introducing stronger ‘pull incentives’ (rewards) for pharmaceutical

companies, and there has been almost no action on our other supply-boosting recommendations.

In terms of reducing demand, one big victory is the reduced use of antimicrobials in agriculture in some parts of the world. This partly reflects shifting consumer preferences in favor of antibiotic-free foods; but it also follows from policies that are similar or even identical to what we recommended.

As an economist, I always considered our most important recommendation to be the one pushing for affordable rapid diagnostics. This technological solution is key to ensuring that those who are ill get the right treatment, but also that antimicrobials are not applied unnecessarily. Permanently reducing the demand for antimicrobials is one of the most important steps we can take.

Yet very little has happened in this area, despite the rapid development and diffusion of relevant technologies like AI. Why is this? One big issue, most likely, is that the cost of diagnosis still exceeds the cost of simply prescribing an antibiotic. While the proper use of diagnostics would deliver substantial benefits by slowing the spread of AMR, this is a positive externality that is not captured in the current market.

Pharmaceutical companies and others would remedy this market failure by simply allowing for a significant rise in the price of antimicrobials, arguing that this would incentivize the industry to research useful new drugs. But such proposals ignore the fact that many people across advanced, middle-, and low-income economies would not be able to afford high-priced drugs. A higher price point would discriminate according to a patient’s means, when what we actually want is to discriminate according to their medical needs.

Thus, our own recommendation was for developed countries to legislate bans against prescriptions of antimicrobials in the absence of rapid diagnostics, and for global stakeholders to create stronger incentives for the development and use of such tests in low- and middle-income countries. One of our chief influences was Gavi, the Vaccine Alliance’s successful Advance Market Commitment (AMC) model to promote vaccines across the developing world.

Another complication is that diagnostics can differ markedly depending on the disease in question. Thus, some have been approaching the problem through the lens of specific illnesses, such as strep throat, gonorrhea—where treatment-resistance is a rapidly growing issue—or sepsis, specifically in newborns. Current estimates show that 400,000 to 700,000 babies die every year from sepsis either because they

needed antibiotics but did not receive them, or because they received them unnecessarily. In either case, the root problem is an absence of diagnostic tools.

Recognizing that accessible diagnostic tools for neonatal sepsis would be transformational, a host of researchers, including some who helped shape Gavi’s model, have come together to develop an Advance Market Commitment (AMC) for such technologies. They estimate that if a diagnostic test was widely used, 100,000 babies’ lives could be saved every year, and antibiotic

use among this patient population would fall by 20 percent.

I remain honored to have served as the chair of the Review on AMR. But the job is far from finished. Over the next 18 months, those of us working on the issue will be publishing new papers on the new AMC, how it should be financed, and which organization or organizations are best positioned to oversee it. A breakthrough in diagnostics could well trigger a powerful chain reaction to contain the wider AMR threat.

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When two bulls fight, it is  
the grass that suffers.

- Kenyan proverb

# WHO-FAO dietary guidelines to reduce health risks

*A joint statement published recently by the World Health Organization (WHO) and the Food and Agriculture Organization (FAO) of the United Nations has outlined the 'dos' and 'don'ts' of healthy dietary habits. The statement offers an overview of what nutrients are essential to health, the best sources to obtain them, and the amount of calories that should come from each of these nutrients, as well as underlines the importance of avoiding ultra-processed foods.*

The food we eat is a major factor when it comes to the potential health risks we face in life. Studies have substantiated that a healthy diet can help prevent malnutrition and lower a person's risk of several non-communicable diseases, including obesity, diabetes, cardiovascular diseases and dementia. Studies also show that eating a balanced diet helps prolong the lifespan of a person.

## WHO-FAO recommendations for a healthy diet

Unhealthy diet and lack of physical activity are leading global risks to health.

- Healthy dietary practices start early in life—breastfeeding fosters healthy growth and improves cognitive development, and may have long-term health benefits such as reducing the risk of being overweight or obese and developing NCDs later in life.
- Energy intake (calories) should be in balance with energy expenditure. To avoid unhealthy weight gain, total fat should not exceed 30 percent of total energy intake.



- Intake of saturated fats should be less than 10 percent of total energy intake, and intake of trans-fats less than 1 percent of total energy intake, with a shift in fat consumption away from saturated fats and trans-fats to unsaturated fats, and towards the goal of eliminating industrially-produced trans-fats.
- Limiting intake of free sugars to less than 10 percent of total energy intake is part of a healthy diet. A further reduction to less than 5 percent of total energy intake is suggested for additional health benefits.
- Keeping salt intake to less than 5g per day (equivalent to sodium intake of less than 2g per day) helps to prevent hypertension, and reduces the risk of heart disease and stroke in the adult population

WHO Member States have agreed to reduce the global population's intake of salt by 30 percent by 2025, and to halt the rise in diabetes and obesity in adults and adolescents, as well as in childhood overweight by 2025. We are now in 2025, and it is vital for all of us to do our part in helping achieve these health goals.



Rapid urbanization and changes in lifestyle patterns have led to a shift in dietary patterns that are driven largely by consumption of readily available, affordable, and convenient highly processed foods. People are now consuming more energy rich foods, high in saturated fats, free sugars, and salt, while not eating enough of fruit, vegetables and other dietary fibre such as whole grains.

A joint statement published recently by the World Health Organization (WHO) and the Food and Agriculture Organization (FAO) of the United Nations has outlined the 'dos' and 'don'ts' of healthy dietary habits. The statement offers an overview of what nutrients are essential to health, the best sources to obtain them, and the amount of calories that should come from each of these nutrients, as well as underlines the importance of avoiding ultra-processed foods.

While the specific composition of a balanced and healthy diet will vary depending on individual characteristics such as age, gender, lifestyle, health condition, and degree of physical activity, as well as on cultural context, dietary customs, and locally available and affordable foods, the basic principles of what constitutes a healthy diet remain the same.

Here we look at the main building blocks of a healthy diet as described by the WHO and FAO statement.

**Carbohydrates:** Often called carbs, carbohydrates are an essential part of a person's diet as they provide the primary energy source for the body. Carbs should make up 45 percent of total daily calories at a minimum, but no more than 75 percent of daily calories. Some of the best sources of carbs include: whole grains, such as whole wheat, oats, and rye; pulses, such as peas, beans, and lentils; low-fat dairy, nuts and seeds, and at least 400 grams (5 servings) of fruits and vegetables daily for an adult.

Carbohydrates are an essential macronutrient that forms the primary source of energy for the brain, with adults needing at least 130 grams of carbohydrates daily to support proper brain function. Carbohydrates not only provide

energy but also deliver important nutrients like potassium, magnesium, and chromium, which support heart health and help regulate blood sugar levels.

**Fiber:** Essentially a type of carb, fiber should be an integral part of a healthy diet.

Fiber is the plant part that is not fully digested by the body. As a prebiotic food, fiber helps feed the beneficial bacteria in our gut that play a vital role in our overall health. Fiber also helps absorb stray fats, sugars, and other toxins from the body and eliminate them through regular bowel movement.

Adults need to consume at a minimum 25 grams of naturally occurring dietary fiber per day. An adequate fiber intake can help reduce the risk of heart disease and type 2 diabetes. Some good sources of dietary fiber are vegetables, fruit, whole grains, legumes, nuts, and seeds.

**Fats:** While many people think of fats as unhealthy, the WHO, FAO joint statement notes that "fat is an essential nutrient for proper functioning of cells in the body. In particular, two fatty acids—linoleic acid (omega-6 fatty acid) and alpha-linolenic acid (omega-3 fatty acid)—can only be obtained from the diet.

Adults need to ensure that 15–30 percent of their daily calories come from fats, primarily unsaturated fatty acids, such as those named above. Walnuts, sunflower seeds, and almonds are all good sources of omega-6, and fatty fish like tuna and salmon are a source of omega-3. Alpha-linolenic acid is also derived from plant foods, especially rapeseed and walnuts.

Fats are necessary for hormone production, brain function, and to absorb fat-soluble vitamins and certain classes of antioxidants. Choosing heart-healthy unsaturated fats like those obtained from avocados, nuts, and seeds protects our heart health and helps to support healthy blood pressure and cholesterol levels.

**Proteins:** These are the building blocks for much of the structural elements of the body,

such as muscle, as well as functional molecules such as hormones and enzymes. Around 10–15 percent of an adult's daily calorie intake should come from proteins, and can be obtained from a mix of plant and animal sources. The WHO-FAO statement adds that plant protein sources may be more beneficial than animal protein for the cardiovascular and metabolic health of adults.

Older adults have additional protein needs to maintain muscle mass and strength, as well as bone health, immunity, and more. Protein needs vary; however, research shows that most healthy older adults should consume 1 to 1.2 grams of protein per kilogram of body weight daily.

Some of the best sources of protein include lean poultry, fatty fish, and legumes, such as dried beans, lentils, and split peas. Proteins also come from cottage cheese, nuts, seeds, cow-, soy- or pea-based milks, while many nut milks are not a good source of protein

**Minerals:** The joint statement further notes that sodium (salt) is an essential mineral, and thus should feature in our diets in moderate quantities. The WHO warns that at high intakes, sodium is associated with increased blood pressure which can lead to cardiovascular disease. An adult should have no more than 2 grams of sodium per day, which corresponds to around 5 grams of table salt.

The joint WHO and FAO statement further notes that free sugars are not essential nutrients and their intake should be restricted to less than 10 percent of daily calorie intake, preferably under 5 percent.

**Ultra-processed foods (UPF):** Described as foods that have undergone industrial processing, which alters the structure of the original food ingredients, UPF tends to contain high amounts of added salt and sugar, as well as substances such as flavor enhancers.

High consumption of ultra-processed foods, including fast foods such as chicken nuggets, frozen meals, hot dogs, packaged soups, soft drinks, breakfast cereals, as well as salty or sweet snacks like chips, crackers, and cookies. UPFs have also been linked to accelerated biological aging, a heightened risk of cognitive decline, and stroke, and dozens of other health problems. For this reason, the WHO and FAO advise against these types of foods. Reading the ingredient helps to avoid foods with inflammatory additives such as artificial flavors and colors, sweeteners, hydrogenated oils, preservatives, and other manufactured additives, that contribute to chronic disease.

Finally, the joint WHO and FAO statement emphasizes that red meat, such as pork and beef, though a popular food choice, may be detrimental to health, even in small amounts. High intake of red meat has been associated with colorectal and other types of cancer, increased risk of type 2 diabetes and cardiovascular issues, and may even contribute to dementia. Even low level consumption of processed red meat may have been shown to have negative health consequences.



# Certain vegetables can impact how we tan

Ask Mira : Eating Right to Live Happy & Healthy

Response to tanning differs from one person to another. Some people get tanned directly from the first exposure to the sun while others can stay for hours with no results. According to recent scientific research, eating vegetables on a daily basis, particularly tomatoes and carrots, can give the skin a glow and a perfect tan.

**Scientists say:** "It is the carotenoid in fruits and veggies that provide a natural and darker color to our skin". Carotenoids are stored in fat, under the skin and they are secreted through the skin to create the golden color we desire.



Carotenoids, with their antioxidant qualities, are also successful at decreasing the harmful compounds which are the result of our stressful lifestyle. They participate in increasing our immune and reproductive system.



*Eat like Mira*  
Create healthy habits, not restrictions

For a healthy and natural golden color, I recommend a daily minimum intake of five portions of vegetables. Increase the portions of tomatoes, carrots, sweet potato, kale, broccoli, spinach, red peppers, pumpkin, green leafy

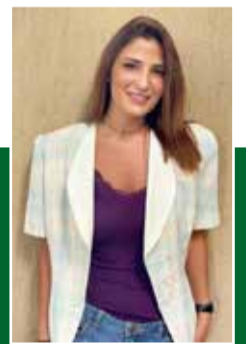


vegetables, broccoli and peas.

Eating foods rich in carotenoids is the healthiest way to enhance your skin color without any side effects. The result will not only improve your skin color but also your overall health due to the superactive antioxidants these vegetables provide.

Give it a try, you have nothing to lose; you can only gain benefit from the veggies.

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# Nuclear Proliferation Amid Evolving Geopolitical Shifts



**Joseph S. Nye, Jr.**

*A former dean of Harvard Kennedy School, is a former US assistant secretary of defense and author of the memoir *A Life in the American Century*.*

**E**ight decades have passed since the energy contained within an atom was used in warfare. Yet rather than suffering nuclear Armageddon, the world has achieved a surprising nuclear stability, so far. Equally remarkable, while nuclear technology has spread to many countries, only a small fraction have chosen to use it to develop weapons. The world has benefited from an effective nonproliferation regime, a set of rules, norms, and institutions that have discouraged—albeit haltingly and imperfectly—nuclear proliferation. But can it survive an era of rapid geopolitical shifts?

In the 1960s, US President John F. Kennedy predicted that there would be around 25 countries with nuclear weapons by the 1970s. Yet today, there are only nine, because governments took steps to prevent proliferation.

In 1968, they negotiated the Nuclear Non-Proliferation Treaty (NPT), which recognized that five states already had nuclear weapons, but secured pledges from others not to develop them. For decades, the Vienna-based International Atomic Energy Agency (IAEA) has sent inspectors to countries developing nuclear energy to ensure that it is used only for civilian purposes. And in the 1970s, US President Jimmy Carter's administration placed a high priority on slowing proliferation, in part through the newly created Nuclear Suppliers Group, whose member states pledged restraint in the export of sensitive enrichment and reprocessing technology.

This non-proliferation regime has become an important part of the world order, but some analysts believe it faces new threats. Even IAEA Director General Rafael Mariano Grossi worries about its future. The most visible challenge is



“The fact that weapons-usable materials can be stolen or sold to rogue states on the black market means that the threat posed by non-state groups does not depend solely on their technological capabilities.”

Iran's program for enriching uranium above 60 percent—far beyond what is needed for use in civilian reactors. Grossi estimates that Iran could make a bomb in a matter of months, not years; and if it does develop a nuclear weapon, Saudi Arabia says it will follow suit and drop out of the NPT. Israel and the United States are threatening to use force to stop Iran, even as the US and Iran engage in new negotiations over limiting Iran's nuclear program.

Beyond this regional challenge in the Middle East lurks a global threat to the non-proliferation regime. After World War II, Germany and Japan limited their own nuclear plans because of their alliance with the US. The credibility of American nuclear deterrence was sufficient to provide them with security, and the same has been true for dozens of other states, both

in NATO and in East Asia.

But now that the Trump administration is weakening these alliances, it has also weakened America's extended deterrence, prompting others to examine whether they should have their own nuclear weapons. They are well aware that Ukraine gave up the Soviet-era nuclear weapons stationed on its soil, only to be invaded by Russia (which had guaranteed Ukraine's territorial integrity in the 1994 Budapest Memorandum).

Some analysts say we should not worry, because proliferation would have beneficial effects on world politics. Just as nuclear weapons sustained prudence in US-Soviet relations, they contend, so might nuclear weapons stabilize regional power balances today.

But this more-is-better attitude would be

tenable only if the political conditions were similar. It presupposes stable command-and-control systems; an absence of serious civil wars or destabilizing motivations (such as irredentist passions); and discipline over the temptation to launch preemptive strikes during the early stages of a conflict, when new nuclear weapons capabilities are soft and vulnerable.

Such assumptions are unrealistic in many parts of the world. Far from enhancing security, the first effects of acquiring a nuclear capability in many circumstances may be to increase one's vulnerability and insecurity. Moreover, even a local, 'tactical' nuclear strike would be a serious breach of an 80-year global taboo.

One also must consider the destabilizing roles that non-state actors could play. Even if the risk of a terrorist group acquiring a nuclear device is low, the mere possibility creates severe challenges. The fact that weapons-usable materials can be stolen or sold to rogue states on the black market means that the threat posed by nonstate groups does not depend solely on their technological capabilities. Nor would today's superpowers necessarily be immune from the effects. The wide or rapid spread of nuclear capabilities could affect the global strategic balance and the prospects of a peaceful and just world order in the future.

Obviously, political and technical trends will continue to change. But the key question concerns the future of US alliances and extended deterrence. Given that proliferation could be destabilizing, that nuclear weapons do not always enhance the acquiring state's geopolitical position, and that superpowers cannot fully escape the effects, there should be a strong global interest in maintaining the nonproliferation regime.

Under the current circumstances, some inequality in weaponry is acceptable to most states because the alternative, anarchic equality, is more dangerous. As long as countries can be made better off without a bomb than with one, a policy of slowing the spread of nuclear-weapons technology will rest on a strong foundation. Realistically, an international regime does not need perfect adherence to have a significant constraining effect. But once erosion of the norms and institutions begins, it may be hard to stop.



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