



## DIPLOMAT

Armenia and Kuwait  
relations poised for a new  
chapter of growth

2



## WOMEN IN DIPLOMACY

Iranian Women Prove  
Themselves in Politics,  
Diplomacy

3

## LOCAL

Kuwaiti youth embrace  
innovation while  
preserving culture

4



www.timeskuwait.com

250 Fils

# Reducing Food Waste for a Sustainable Food Future



## THE TIMES KUWAIT REPORT

Latest data on food production released by the United Nations Food and Agriculture Organization (FAO) shows that in 2023 the worldwide production of primary crops reached 9.9 billion tonnes. This food production, which has increased by over 27 percent since 2010, is assessed to be adequate enough to feed the current global population of 8.2 billion people. And yet, more than 783 million people, representing 1 in 10 of the global population, go hungry every day. In Africa, this rate rises to 1 in 5 of the continent's population.

The lack of access to adequate nutritious food impacts people everywhere, with over 2.8 billion people, or nearly 35 percent of the global population, being unable to afford a daily adequate, healthy diet. Moreover, the impact of food inadequacy is felt disproportionately—while in high-income countries only 6.3 percent



of the population do not have access to a healthy diet, this figure rises to 71.5 percent of the population in low-income countries.

Sufficient food production and its uneven distribution underlines the dilemma of the global food system. Conflicts, climate, crises, and economic pressures pose the greatest challenge

to equitable availability and distribution of food, as well as to its accessibility and affordability. The multiple factors that lead to food insecurity, especially in low-income countries and conflict zones, are further exacerbated by the current level of food loss and waste in the global food system. According to FAOSTAT—the

comprehensive global food and agriculture data published by the FAO—around 14 percent of food produced around the world is lost after harvest, in the processing, storing, transporting and distribution process. An additional 19 percent of food available to consumers is then wasted in the retail and household stages. The total volume of edible food lost post-harvest or wasted in retail and households is estimated at 1.3 billion tons annually.

In addition, FAOSTAT figures show that 1.4 billion hectares of land, or nearly 28 percent of the world's total agricultural area, is used annually to produce food that is eventually lost or wasted. In addition, around 38 percent of total energy consumption in the global food system is utilized to produce food that is either lost or wasted. Also, over 250 cubic kilometers of water—the equivalent of three times the volume of Lake Geneva in Switzerland—is used each year to produce food that is lost or wasted.

CONTINUED ON PAGE 13

Al Muzaini  
Exchange



المزيني  
للمصارف

TRANSFER WORLDWIDE AT BEST RATES WITH  
KUWAIT'S #1 EXCHANGE COMPANY  
SINCE

# 1942

muzainiexchange al muzaini exchange co.



18 888 18  
www.muzaini.com



# Armenia and Kuwait relations poised for a new chapter of growth

*In an exclusive interview with The Times Kuwait, ahead of his country's national Day on 21 September, Ambassador of Armenia H.E. Dr. Arsen Arakelyan spoke in depth about Armenia-Kuwait relations and prospects for strengthening these ties going forward. He began by emphasizing the significance of Armenian National Day.*

**By Reaven D'Souza**  
Executive Managing Editor

On 21 September this year, the Republic of Armenia and Armenians worldwide, celebrate the 34th anniversary since the re-establishment of the independent Statehood of Armenia. On this day, back in 1991, the Armenian Soviet Socialist Republic held a referendum where an overwhelming majority of 99.5 percent of eligible voters responded positively to the question of the Republic's independence from the Soviet Union.

"The three and half decades since then were quite challenging periods as Armenia experienced devastating war, flood of refugees, energy and resource shortages, political instability, enormous military expenditures alongside with a siege and disrupted communications, all of which have had a clear-cut footprint on our current level of development. Today we face a completely different reality, when the future of Armenia and its inhabitants looks much brighter, with the most immediate change being a profound sense of geopolitical security and clarity."

Assessing the current state of political relations between Armenia and Kuwait, and the top priorities moving forward, the ambassador stated: "The current state of

many issues of mutual and global concern, we recognize the immense potential to deepen and broaden this engagement and to elaborate a system where involvements and political deliberations in different multilateral structures does not harm each other's national interests.

"Armenian-Kuwaiti relations are currently positively poised for a new chapter of growth. The priority of the Armenian diplomatic mission in Kuwait, is to transform our warm and stable friendship into a vibrant, multi-dimensional partnership that delivers tangible benefits and fosters a shared future of prosperity and peace."

Expanding on Armenia's 'Crossroads of Peace' initiative, and the country's evolving regional role, Ambassador Arakelyan explained: "The 'Crossroads of Peace' initiative, put forth by the Government of Armenia back in 2023, is a visionary project aimed at unlocking unprecedented economic growth and sustainable peace for the entire South Caucasus and beyond. It is about building bridges to connect East and West, North and South; it is about creating new routes of stability and prosperity."

"We are greatly encouraged by the positive and principled reception the initiative has received from our friends and partners, including Kuwait. At the diplomatic and official levels, Kuwait has consistently expressed its strong support for the principles that underpin the peace process in the South Caucasus and the 'Crossroads of Peace' initiative; in particular, the principles of sovereignty, territorial integrity, equality, and mutual economic benefit. Kuwait's traditional and respected foreign policy, which emphasizes peacemaking, dialogue, and the peaceful resolution of conflicts, aligns perfectly with the core objectives of the 'Crossroads of Peace'."

"In terms of practical involvement, our discussions are ongoing and constructive. We actively work to translate Kuwait's principled support into deeper economic partnerships. We see a tremendous opportunity for Kuwaiti financial institutions and investment authorities to become key stakeholders in this future network of connectivity, investing not just in infrastructure but in a vision of regional stability. The potential for collaboration is vast, and we are confident that as the project continues to develop, we will see greater tangible participation."

On plans for high-level visits aimed to elevate bilateral political dialogue in the coming year, the ambassador noted: "The cultivation of high-level dialogue is a cornerstone of diplomacy, and it is an area where I see significant opportunity for growth. With our Kuwaiti partners we are in a phase of active and positive discussions regarding the calendar for the coming year. There is a shared understanding on both sides of the importance of sustained high-level engagement to deepen our political and economic ties."

"While specific dates for state visits are still being coordinated through diplomatic channels, the intent and the mutual desire to elevate our dialogue are undoubtedly

present. We are very hopeful that the coming year will see a strengthening of inter-state and inter-personal exchanges. The interested groups within our respective bodies, public and private institutions are powerful vehicles for building the people-to-people connections that form the bedrock of a strong partnership.

Meanwhile, the leadership in both states always seize the opportunity to meet on the sidelines of multilateral fora and gatherings, to exchange views on various issues of mutual interest and discuss issues of global agenda. We attach great importance to such interaction that allows us to proceed with our bilateral agenda as well."

Speaking about trade between the two countries and the sectors being targeted to further expand bilateral trade, the Armenian envoy stressed, "Whereas our current trade volumes are a foundation, they represent just the first page of a much larger and promising story we are writing together. Our focus is not on the numbers of today, but on the immense opportunities of tomorrow. We are strategically targeting several high-growth sectors where our economies exhibit beautiful complementarity:

Information Technology and High-Tech is our flagship sector for collaboration. Armenia, often called the "Silicon Valley of the Caucasus," is eager to showcase its world-class engineering talent, innovative startups, and robust cybersecurity capabilities to Kuwait. We see a powerful synergy between Kuwait's visionary 'New Kuwait 2035' development plan, with its emphasis on a digital economy, and Armenia's vibrant tech ecosystem. We are actively promoting partnerships, knowledge exchange, and direct investment in this field.

"Moreover, the US\$500 million private project with the support of the Government of Armenia and American NVIDIA company, to build the first AI supercomputing data center in the South Caucasus in Armenia, will be launched in the coming year. This is a project to be implemented in Armenia for the benefit of the world and we see significant room for Kuwait and for any other interested country to participate in and to make profit from this project that aligns perfectly with the broader opportunities for cooperation."

"Tourism and Hospitality is another sector where there is a magnificent, yet under-explored, potential for tourism expansion in both nations. We are working to introduce Kuwait to Armenia's unique offerings as a year-round destination, from our ancient historical sites and UNESCO heritage to our stunning ski resorts and wellness retreats. Conversely, we are encouraging more Armenian tourists to experience Kuwait's rich culture, modern architecture, and iconic waterfront. Enhancing direct air connectivity is a key priority in making this a reality."

"Agriculture and Food Security is a sector where Armenia produces exceptionally high-quality organic produce, including fresh and canned vegetables, fresh and dried fruits, raw meat and livestock etc. We



are targeting the premium segments of the Kuwaiti market, introducing Armenian gourmet products to consumers who value quality and origin. This aligns perfectly with Kuwait's focus on food security and diversifying its import sources with healthy, reliable products.

"In the Education and Scientific Capacity Building area, we are fostering connections between universities and scientific institutions in both countries. Student exchange programs are ongoing, and we are pleased to receive yearly scholarships from Kuwait University provided to Yerevan State University. Hence, Kuwait's academic centers can become partners with Armenia's strong schools in medicine, mathematics, physics, and technology, creating exchange programs and joint research initiatives."

"On trade and economic cooperation, I would reiterate that our approach is one of building bridges. We are not just waiting for trade to happen; we are proactively creating the conditions for it through business forums, B2B matchmaking events, and cultural showcases that introduce the 'Armenian Brand' to our Kuwaiti friends and the 'Kuwaiti Brand' to Armenia. With patience, persistence, and continued positive engagement, I am optimistic that we will soon see these sectors blossom, bringing our nations closer together in a mutually beneficial trade and economic partnership."

"In this regard I would specially highlight the role of the Embassy of Kuwait in Armenia, and the newly appointed Kuwaiti ambassador H.E. Muhammad Aloreifan, who shares the same vision and does his utmost to see the seeds of cooperation growing and blossoming."

CONTINUED ON PAGE 12

**"The cultivation of high-level dialogue is a cornerstone of diplomacy, and it is an area where I see significant opportunity for growth. With our Kuwaiti partners we are in a phase of active and positive discussions regarding the calendar for the coming year. There is a shared understanding on both sides of the importance of sustained high-level engagement to deepen our political and economic ties."**

political relations between Armenia and Kuwait can be assessed as friendly, stable, and founded on a deep mutual respect. We enjoy a solid foundation of diplomatic relations, which have been characterized by consistency and a shared commitment to the principles of international law, peace, and mutual understanding. There have been no points of friction in our political dialogue, which allows us to focus our energies entirely on building a more dynamic and prosperous future together.

"While our interactions on the international stage, particularly within organizations like the United Nations or UNESCO, have been positive and aligned on



# Iranian Women Prove Themselves in Politics, Diplomacy

Maryam Hashemi, The Second Secretary at the Embassy of the Islamic Republic of Iran

## The Times Kuwait Report

The diplomatic corps is not just a job, but a mission that carries within it personal, cultural, and human characteristics. With this vision, Maryam Hashemi, the second-secretary at the Iranian Embassy, chose to pursue a diplomatic career, driven by her passion and deep belief in the status of women and their role in society.

Hashemi says that the transformations

her to enter multiple fields, particularly academic and cultural. This positive climate inspired her to enter the political and diplomatic spheres, alongside her academic and professional interests, in order to prove that women have a solid place in the public sphere.

Hashemi believes that the global political arena has long been dominated by men. However, the emergence of women's capabilities and the development of their potential have given them the opportunity to gain trust and offer effective solutions to various issues, giving them equal opportunities in diplomatic work alongside their male colleagues.

She believes that personal qualities play a pivotal role in shaping each individual's diplomatic style. A balanced sensitivity and the ability to manage conflicts constructively are essential, especially in issues related to international relations. In this context, a woman's presence becomes more profound if she is able to influence public opinion and contribute to raising her country's voice on the international stage.

Speaking of her personal experience, Hashemi emphasizes that diplomatic work relies on a collective spirit, and that achievements come through cooperation and consultation with colleagues in the field. She points out that the moments when work culminates in positive results are a source of personal and professional pride and satisfaction.

She believes that leadership qualities in diplomacy are embodied in prioritizing the national interest, accurate analysis, the ability to make timely decisions, and

reliance on consultation and realism, while capitalizing on opportunities to support the country's foreign policy.

Hashemi's advice to young women who are interested in entering the diplomatic corps is clear: Continuously keeping up with domestic, regional, and international political developments and reading political and historical memoirs provides them with the analytical background necessary to deeply understand issues, which is an important foundation for building a successful diplomatic personality.

She points out that diplomacy not only represents the state at the official level, but also reflects society in all its diversity. From this perspective, Iranian diplomacy seeks to present a comprehensive picture of the country's cultural diversity, whether through social events or cultural and artistic performances organized by Iranian embassies overseas, including the Iranian Embassy in Kuwait, with the aim of introducing other societies to Iran's rich cultural heritage.

Regarding her experience in Kuwait, Hashemi describes it as "distinctive and rich," as she lives within a society that clings to its cultural and religious roots despite all the trappings of modernity. This balance between tradition and modernity has given her a deeper understanding of human relations and has contributed to refining her professional and personal experience. She asserts that this experience has strengthened her conviction in her ability to leave an effective impact through diplomatic work.

With this balanced presence and profound vision, Maryam Hashemi



continues to represent a model of the educated and efficient Iranian woman, advancing steadily in the diplomatic corps, raising the banner of dialogue and cultural understanding, armed with awareness, knowledge, and openness.

Continuously keeping up with domestic, regional, and international political developments and reading political and historical memoirs provides them with the analytical background necessary to deeply understand issues, which is an important foundation for building a successful diplomatic personality.

that Iran witnessed after the victory of the Islamic Revolution, particularly with regard to redefining the role of women, were a fundamental motivation for her. The emphasis on the status of women from an Islamic perspective enabled



www.timeskuwait.com

WE ARE  
LISTENING



Send your comments or opinions to  
[editor@timeskuwait.com](mailto:editor@timeskuwait.com)

Or article submissions to  
[eventtimeskuwait@gmail.com](mailto:eventtimeskuwait@gmail.com)

Follow us for latest News updates

[timeskuwait](https://www.timeskuwait.com)

[thetimeskuwait](https://www.thetimeskuwait.com)

[thetimesq8](https://www.thetimesq8.com)

[thetimeskuwait](https://www.thetimeskuwait.com)





# Kuwaiti youth embrace innovation while preserving culture

*Kuwait's wise political leadership plays a pivotal role in empowering youth by providing a national environment that promotes the values of belonging and good citizenship, drawing inspiration from national models that have enriched Kuwaiti culture.*



**By Sheikha Suhaila Al-Sabah**  
Managing Editor

In today's rapidly changing world, where global cultures increasingly influence youth through digital and social media, preserving Kuwaiti cultural identity has become a strategic necessity. Young people, as the nation's present and future, rely on their cultural identity as a compass to navigate constant transformation. It provides them with confidence, a sense of belonging, and a deep understanding of their roots.

Exposed to successive waves of diverse cultures online, Kuwaiti youth benefit from cultural identity as a protective shield. It allows them to engage with global developments positively without compromising their heritage.

Cultural identity is more than inherited customs or traditions; it is an integrated system of values, principles, and knowledge that shapes personality, strengthens social and national belonging, and equips individuals to confront challenges with pride and confidence.

Kuwait's wise political leadership plays a pivotal role in empowering youth by providing a national environment that promotes the values of belonging and good citizenship, drawing inspiration from national models that have enriched Kuwaiti culture. This vision is embodied in initiatives that focus on opening direct channels of communication between youth and decision-makers, listening to their aspirations, encouraging their initiatives, and strengthening national identity while instilling responsible citizenship.

These efforts have contributed to the formulation of strategic priorities, including strengthening the rule of law, enhancing the role of civil society institutions, developing volunteer initiatives, and supporting education, health, housing, small businesses, and economic development. This reflects a comprehensive vision for achieving a balanced and sustainable society.



“Educational institutions complement this role by incorporating content into curricula that promotes pride in Kuwaiti history and a sense of national identity. Meanwhile, media outlets, both traditional and digital, play a pivotal role in spreading awareness and expanding youth cultural horizons by providing meaningful, multi-dimensional content that links traditional values with the demands of the digital age.”

The family plays a fundamental role in instilling values and principles in Kuwaiti youth. It is the foundation from which cultural and social awareness emerges. Parents are responsible for introducing their children to cultural heritage and encouraging reading, intellectual engagement, and creative activities.

Educational institutions complement this role by incorporating content into curricula that promotes pride in Kuwaiti history and a sense of national identity. Meanwhile, media outlets, both traditional and digital, play a pivotal role in spreading awareness and expanding youth cultural horizons by providing meaningful, multi-dimensional content that links traditional values with the demands of the digital age.

Amid rapid developmental transformations, the value economy is emerging as a strategic tool for achieving sustainable development based on societal values and ethics. This is

evident in two main axes: corporate and institutional social responsibility, and support for value-based youth entrepreneurship.

Data indicates that corporate investments in social responsibility have reached substantial sums, distributed across education, health, the environment, and support for vulnerable groups, reflecting a long-term societal commitment.

#### Ensuring transparency and good governance

- National legislation and policies also encourage integrating these responsibilities into corporate strategies to ensure transparency and good governance.
- The youth landscape is witnessing increasing support for entrepreneurship, with a focus on projects that reflect Kuwaiti societal values and emphasize

innovation and creativity.

- Studies show that most young people view the national environment as supportive of entrepreneurial ventures, enhancing their ability to transform ideas into viable projects and positioning the value economy as a tool for fostering initiative and creativity.

Academic institutions play a prominent role in stimulating innovation through competitions and practical initiatives that allow youth to test their ideas within a framework of societal values and principles. This contributes to developing leadership and entrepreneurial skills, preparing them to face future challenges with awareness and creativity.

Entrepreneurship and the value economy are grounded in authentic Islamic values such as generosity, altruism, and justice, which are reflected in corporate social responsibility initiatives and youth entrepreneurial projects. These values not only strengthen social cohesion but also create new economic and social opportunities, support environmentally and economically sustainable development, and position Kuwait as a regional and international leader in the value economy.

Civil society plays a pivotal role in promoting cultural identity by organizing cultural events and activities that enable youth to engage with their heritage. Public and national libraries serve as essential knowledge sources, while publishing houses provide content that enriches thought and enhances cultural and historical awareness.

Young people also bear the responsibility of preserving their Kuwaiti identity and developing their skills. Investing in their cultural and intellectual growth ensures a promising future for society.

Youth who are aware of their identity and culture can build a cohesive society that confidently faces the challenges of the digital age, drawing creativity from their cultural authenticity to deliver innovative and sustainable solutions.

Amid digital and social transformations, Kuwaiti youth stand at a crossroads, armed with a solid cultural identity and supported by a clear national vision aimed at empowering them to build a future that harmonizes authenticity and modernity, balancing identity preservation with openness to the world. This reflects a comprehensive vision for a sustainable developmental future and a cohesive society.

## Kuwait advances curriculum reforms, modernizes teaching

Minister of Education Jalal Al-Tabtabaei, the Minister of Education, emphasized the importance of continuing curriculum development and modernizing teaching methods. During an inspection tour of several schools across different educational districts, he reviewed the progress of the educational process at the start of the new school year, ensuring that teaching and administrative staff was fully present and that students were enrolled at all levels.

In a press statement, the minister affirmed that the ministry is closely monitoring the start of the school year and is working daily to address any issues that may arise. He emphasized that field stability is a top priority, and that providing an attractive and safe educational environment for learners is a shared responsibility among all stakeholders.

Al-Tabtabaei explained that the ministry's field monitoring teams will continue their work throughout the first weeks of the school year, submitting periodic reports on school needs and addressing them promptly to ensure the smooth running of the



educational process.

He also highlighted the ministry's commitment to students in special education schools, noting that this category forms an integral part of Kuwait's education system. Special education

schools receive direct monitoring to guarantee a safe and inclusive learning environment, equipped with specialized staff, tailored educational programs, and the technical and administrative support necessary to help students reach their full potential.

Al-Tabtabaei affirmed the ministry's ongoing plans to develop curricula and modernize teaching methods to meet contemporary requirements, alongside improvements to school infrastructure, services for students and teachers, and enhancements across all educational districts.

#### 19 schools in Al-Mutlaa

During a visit to Mohammed Ali Al-Wazzan Intermediate School for Boys in the Jahra Educational District, Al-Tabtabaei noted that the rapid urban growth in Al-Mutlaa City requires expanding educational facilities to meet increasing demand. Currently, 14 schools operate in the city, with five additional schools soon to be added, bringing the total to 19.





# Malaysian Embassy celebrates 68th National Day and Malaysia Day

By Ricky Laxa  
Staff Writer

The Embassy of Malaysia recently hosted a momentous event celebrating the 68th National Day and the 62nd Malaysia Day, marking not only these national anniversaries but also commemorating the 60th year of strong bilateral relations between Malaysia and Kuwait. The event was graced by the presence of Kuwaiti Minister of Higher Education and Scientific Research, Dr. Nader Abdullah Mohammad Al-Jallal, who underscored the importance of international cooperation in fostering meaningful ties.

In his address on the occasion, Ambassador of Malaysia H.E. Alauddin Mohammad Nor highlighted the fruitful partnership between the two nations, emphasizing their longstanding collaboration across various sectors. Over the years, both countries have cultivated a multifaceted relationship that extends its reach into economic relations, defense, security, energy, finance, food security, tourism, culture,

healthcare, education, and person-to-person exchanges. This strong foundation serves as a testament to Malaysia's commitment to building a stable and prosperous future together with Kuwait. Strategically positioned as a key player in the region, Kuwait plays an integral role in Malaysia's international trade landscape. In 2024, Kuwait was identified as Malaysia's 44th largest trading partner, with total bilateral trade exceeding US\$622 million. Malaysian exports to Kuwait reached \$168.9 million, while imports from Kuwait amounted to \$453.1 million, illustrating a robust trading dynamic that benefits both nations.

Notably, tourism has become a significant aspect of this bilateral relationship. In 2024, Malaysia welcomed an impressive 11,289 tourists from Kuwait, reflecting a 17.2 percent increase compared to pre-pandemic figures in 2019. The trend is expected to continue, as evidenced by the 35.77 percent rise in tourist arrivals recorded from Kuwait in the first half of the year, showcasing the growing appeal of Malaysia as a travel destination.



To enhance this growth further, the Malaysian government has launched the 'Malaysia Year of Medical Tourism 2026' aimed at attracting international patients and promoting Malaysia's healthcare facilities. This initiative aligns with Malaysia's commitment to enhancing its position as a global leader in medical tourism and reflects a strategic focus on expanding the nation's tourism offerings in the coming years.

Education also stands out as a vital area of collaboration. With approximately 131,000 international students currently studying in

Malaysia, the nation aims to boost this number to 250,000 by the end of the year. The upcoming education exhibition, 'The Big 10 Most Popular Malaysian Universities', scheduled for 19 September at the embassy, will further explore educational opportunities for Kuwaiti students and strengthen academic ties.

Ambassador Alauddin expressed gratitude towards Malaysian companies and agencies represented at the event, acknowledging their contributions to the evening's success. Collaborators such as TNB REMACO, Alypz, and the Malaysian Tourism Promotion Board played pivotal roles in enhancing the diplomatic and economic landscape between Malaysia and Kuwait. As Malaysia and Kuwait look forward to the future, including the 47th ASEAN Summit scheduled for October in Kuala Lumpur, their unwavering commitment to cooperation continues to pave the way for a prosperous partnership, reinforcing regional stability and security. The celebration not only honored past achievements but also inspired a collective vision for growth and collaboration in the years ahead.

سي تي هايبر ماركيت

## مهرجان المأكولات

# FOOD

## FESTIVAL

Promotion Starts From 17th - 30th September 2025

<p><b>3.890 KD</b> <b>2.690 KD</b></p> <p>جواهر جالكسي شوكولاته 400g Galaxy Jewels Chocolates</p>	<p><b>2.940 KD</b> <b>1.890 KD</b></p> <p>ليبتون العلامة الصقراء شاي كيس Lipton Yellow Label Tea Bag 200's</p>	<p><b>4.125 KD</b> <b>2.690 KD</b></p> <p>دعوة أرز سميتي حبة طويلة 0 كجم Daawat XL Basmati Rice 5Kg</p>	<p><b>1.785 KD</b> <b>0.990 KD</b></p> <p>سكر الوران 0 كجم Alwazzan Sugar 5Kg</p>
<p><b>2.365 KD</b> <b>1.790 KD</b></p> <p>شمس زيت دوار الشمس 4 لتر Shams Sunflower Oil 4Ltr</p>	<p><b>2.300 KD</b> <b>1.850 KD</b></p> <p>ساديا دجاج 2x1100gm Sadia Chicken 2x1100gm</p>	<p><b>4.265 KD</b> <b>2.990 KD</b></p> <p>تايد مسدوق غسيل 0 كجم Tide Detergent Original 5kg</p>	<p><b>2.850 KD</b> <b>2.450 KD</b></p> <p>لوريال باريس الفيف شامبو ملنوع 400ml + 400ml L'Oréal Paris Elvive Shampoo 2x400ml + Conditioner 360ml</p>
<p><b>4.950 KD</b> <b>3.990 KD</b></p> <p>لبية نسريفة الاطفال مع الصوت والموسيقى 42 قطعة Dresser Set W/Light &amp; Music 42Pcs</p>	<p><b>5.990 KD</b> <b>3.990 KD</b></p> <p>كلينبود 2 في 1 خلاط ومطحنة 600W CW-564P Cleenwood 2in1 Blender 600W CW-564P</p>	<p><b>6.990 KD</b> <b>3.990 KD</b></p> <p>الانو هوم طقم مقاليات 3 قطع Into home 3pcs Non Stick Fry Pan Set 18+22+26cm</p>	<p><b>1.950 KD</b> <b>1.500 KD</b></p> <p>الانو هوم مع حراري 400 مل 40 OZ Into home Steel Mug</p>

مهرجان

## الألبان

DAIRY FESTIVAL

مهرجان الحمضيات

## CITRUS

FESTIVAL

مهرجان

## بيتك

يستاهل! HOME REFRESH

Healthy Living المأكولات الصحية

امسح لتصفح جميع العروض! Scan to explore all offers!



# Embassy of Thailand promotes health and wellness tourism

*“The roadshow underscored Thailand’s position as a trusted global healthcare hub while opening new avenues for patient referrals, medical personnel exchanges, and joint training between Thailand and Kuwait.”*



## The Times Kuwait Report

The Embassy of Thailand organized a roadshow under the banner, ‘Rediscovering Health and Wellness Tourism in Thailand’ that brought together representatives of leading hospitals from Thailand and Kuwait to strengthen cooperation in healthcare and wellness tourism.

The event, which was held on 17 September, was attended by Dr. Abdulaziz Al-Rasheed, representative of the Ministry of Health, on behalf of Dr. Hisham Kelendar, the assistant-undersecretary for External Health Services at the Ministry of Health, along with delegates from eight of Thailand’s leading private hospitals and senior executives from various healthcare institutions in Kuwait.

The hospitals from Thailand attending the ‘Health and Wellness Tourism’ event included Piayate Hospital, World Medical Hospital, Praram 9 Hospital, Bangkok Hospital, Samitivej Srinakarin Hospital, Chularat 3 International Hospital, Phyathai Hospital, and MedPark Hospital).

The program opened with a Business Showcase session, during which representatives from Thailand and Kuwait shared their visions and outlined potential avenues for collaboration. This was followed by a Business Matching session that enabled representatives from both countries to engage in direct discussions on areas such as patient referral systems, medical personnel exchanges, and joint training initiatives. The event concluded with a Networking Reception, providing participants with a valuable platform

to further strengthen professional ties and foster long-term partnerships. In her opening remarks, Chargée d’Affaires a.i. at the Royal Thai Embassy, Uraiwan Courtaud, emphasized the shared value of this cooperation. She noted that the purpose of the event is to look ahead and further strengthen the bonds between Thailand and Kuwait.

She added that a streamlined referral system ensured that Kuwaiti patients have seamless access to world-class care and tangible benefits. “We can also promote medical personnel exchanges and joint training, enhancing professional development on both sides. We are paving a way for long-term and robust cooperation that also supports Kuwait’s 2035 vision, which aims on transforming Kuwait, where the private sector

leads the economy,” said Mrs. Courtaud.

Thailand has long been recognized as a global leader in medical treatment and wellness tourism. Prior to the COVID-19 pandemic, the country welcomed more than 3.5 million international patients annually, supported by over 62 hospitals accredited by the Joint Commission International (JCI), placing Thailand among the top destinations worldwide for healthcare services.

The event reaffirmed Thailand’s position as a trusted destination for world-class healthcare and wellness services while underscoring Kuwait’s commitment to broadening cooperation to improve healthcare for its citizens. It also represented an important step toward further strengthening the long-standing friendship between Thailand and Kuwait.

## Kuwait population decreases, Kuwaiti population increases

In its latest update to population statistics in the country, the Central Statistical Bureau (CSB) noted that total population in Kuwait at the start of 2025 stood at 4,881,254.

Data from the statistics shows that while the number of Kuwaitis rose by 1.32 percent, the total population of the country fell by 0.65 percent. At the start of January 2025 there were 1,566,168 Kuwait citizens compared to 1,545,781 at the beginning of 2024. On the other hand the total number of people in the country fell from 4,913,271 in 2024 to 4,881,254 at the start of this year.



The CSB figures revealed that the decrease in total population came from a fall in the non-Kuwaiti population, which declined by 1.56 percent, dropping from 3,367,490 in 2024 to 3,315,086 at the start of this year. As a result, the proportion of Kuwaitis in the population increased from 31.46 percent to 32.09 percent.

The Bureau noted that growth among Kuwaitis reflected the impact of supportive state policies and a relatively young demographic with high fertility rates. This growth also carries significant implications for national planning, particularly for education, healthcare, and social programs.

The decline in the non-Kuwaiti population

was attributed to labor market fluctuations, adjustments in government policies on foreign labor, and wider regional economic transformations. Despite the decrease, non-Kuwaitis continue to represent the majority, accounting for about 68 percent of the population at the beginning of 2025. However, the data points to a trend of gradual rebalancing.

The data also showed a slight shift in total gender distribution, with the male-to-female ratio narrowing from 61.49–38.51 percent to 61.21–38.79 percent.

The number of males declined by 1.1 percent, from 3,021,216 at the start of 2024 to 2,987,971 at the beginning of this year.

Males remain the majority at around 61 percent, a pattern common in countries with large expatriate labor forces. By contrast, the number of females held steady, recording a slight increase of 0.06 percent, from 1,892,055 in early 2024 to 1,893,283 at the start of 2025. Females now account for roughly 39 percent of the total population.

Segregating by age groups the figures show that the largest age group among Kuwaitis is shifting towards younger ages, while the largest age group among non-Kuwaitis—and the overall population—remains 35–39 years old. The Bureau recommended continued monitoring of labor migration trends and their demographic impact, along with planning to meet the rising demand for services for Kuwaitis, including education, healthcare, and employment.

The Bureau also called for examining supportive policies aimed at achieving a more balanced population, such as encouraging family formation and retaining skilled expatriate workers.

## New guidelines on carrying gold, jewelry, cash in and out of Kuwait

Ministry of Interior has issued new guidelines for travelers on carrying money, jewelry, and other valuables when departing or arriving in Kuwait.

The new guidelines stress the need for travelers to declare if they are carrying cash of KD 3,000 or more, or its equivalent in foreign currency, to the Financial Investigation Department at the airport through the customs form when departing or arriving.

The ministry clarified that gold in all its forms—including bullion, jewelry, and precious watches—must also be declared when leaving the country. For gold bullion, a statistical statement is issued by the Air Cargo Department near the T4 building. For jewelry, watches, and other valuables, a sighting note is provided upon departure, and a similar note is issued upon arrival when returning. Receipts



must be presented during inspection.

The ministry explained that this disclosure process is a legal requirement aimed at combating money laundering and terrorist financing. It does not restrict travel but ensures transparency and compliance with financial security regulations.

## Inactive disability files suspended, saves over a million dinars

Dr. Dalal Al-Othman, the Acting Director General of the Public Authority for Persons with Disabilities, announced that suspending the files of beneficiaries who failed to update their data has saved 120,497 dinars monthly, totaling 1,445,964 dinars annually, until the review and update process is completed, reported Al Anba newspaper.

Dr. Al-Othman stated that the decision affected 826 cases, with 198 reviewed at the authority’s headquarters. The remaining



628 cases did not respond to repeated requests to update their information and submit the necessary documents to the relevant medical committees.

She added that beneficiaries were given a 60-day grace period, during which the authority communicated via SMS and the “Sahel” app. After exhausting all communication channels,

the files of non-respondents were temporarily suspended pending completion of the update procedures.



# PAM discusses new digital wage transfer system with KBA

**P**ublic Authority of Manpower (PAM) held a discussion last week with representatives from the Kuwait Banking Association (KBA) on developing a new digital wage transfer system through the Authority's 'Ashal' mobile app.

The Ashal app integrates several digital services offered by PAM under an unified portal that provides a digital solution for employer-employee relations.

The focus of the talks was on ways to ensure employer compliance with regular wage payments to employees in order to secure the rights of workers. The meeting reflected the supervisory role of the Authority in safeguarding labor rights and stabilizing the labor market, while also reviewing technical mechanisms for payroll submissions by employers to banks under officially approved regulations and guidelines.

Pointing out that digital wage transfers are a cornerstone of labor rights protection and fair workplaces, Acting Director General of PAM Rabab Al-Osaimi emphasized that the next phase will witness strict enforcement, including

suspension of non-compliant employer transactions. She advised employers to submit salary files exclusively through banks under the adopted frameworks, stressing the necessity of transparency and accountability to guarantee both efficient wage payments and smooth labor market operations.

For his part, Director of the Inspection Department, Dr. Fahad Al-Murad, valued the Authority's partnership with the banking sector, and affirmed that inspections will ensure employer compliance, while also providing support to facilitate the seamless implementation of this unified digital system across all establishments.

The Authority called for collective collaboration and partnership with banks to guide employers, enhance workflow efficiency, and advance labor market practices toward sustainability standards consistent with the New Kuwait 2035 Vision, and the government's push towards digitalization of public services.

Meanwhile, in a statement issued by PAM last week, Al-Osaimi stressed the importance of employers filing their labor needs in the



Authority's 'Needs Assessment System' through the 'Ashal' platform so as to ensure smooth and efficient completion of related transactions. She highlighted that having employee salaries on file is a prerequisite for applying for the service, ensuring fairness and seriousness in the assessment.

The statement came following a coordination

meeting between officials from the Needs Assessment Department and representatives of the Information Systems Center. The meeting, chaired by Al-Osaimi, reviewed Phase One of the Needs Assessment System on the 'Ashal' platform and discussed its operational mechanisms.

The statement noted that the meeting was a continuation of the implementation of the previously launched system, which allows employers to submit needs assessment requests electronically in a secure and seamless manner, with a precise determination of the number of workers required.

It explained that applications are processed by staff from the Needs Assessment Department, who verify the data and attachments before transferring them directly to the Inspection Department for completion of procedures.

It also discussed future projects aimed at developing needs assessment mechanisms in line with technological and scientific advancements, ensuring greater efficiency and objectivity in meeting labor market requirements.



## Private sector companies need to file work schedules with PAM

**A** ministerial decision issued last week by First Deputy Prime Minister and Minister of Interior, Sheikh Fahad Al-Yousef mandates that all private sector companies register their daily work schedule in the database designated for this purpose by the Public Authority of Manpower.

Article 1 of the decision requires private-sector employers to enter details of daily working hours of employees, their rest periods, weekly rest, and official holidays into the digital database designated by the Public Authority of Manpower (PAM), and to update this information immediately whenever changes occur.

Article 2 states that the data entered into the Authority's electronic system will serve as the official reference for inspectors during inspections and follow-ups. The Authority's approval of the data constitutes official validation of the work schedule, which the employer must print and display visibly at the workplace.

Article 3 provides that, without prejudice to Article 141 of Law No. 6 of 2010, the authority may take legal action against employers violating the decision, including partial or full suspension of the employer's file.

Article 4 specifies that the decision will be published in the Official Gazette, and come into force on 1 November of this year, and must be noted and implemented by the competent authorities.

Article 1 of the decision requires private-sector employers to enter details of daily working hours of employees, their rest periods, weekly rest, and official holidays into the digital database designated by the Public Authority of Manpower (PAM), and to update this information immediately whenever changes occur.

Article 2 states that the data entered into the Authority's electronic system will serve as the official reference for inspectors during inspections and follow-ups. The Authority's approval of the data constitutes official validation of the work schedule, which the employer must print and display visibly at the workplace.

Article 3 provides that, without prejudice to Article 141 of Law No. 6 of 2010, the authority may take legal action against employers violating the decision, including partial or full suspension of the employer's file.

Article 4 specifies that the decision will be published in the Official Gazette, and come into force on 1 November of this year, and must be noted and implemented by the competent authorities.

**MUGHAL MAHAL**  
Everyone's First Choice



**مغل محل**  
الاختيار الأول للجميع

SINCE 1985

**العرض متاح للأكل داخل المطعم فقط**  
**زوروا أي فرع في جميع أنحاء الكويت**

**OFFER AVAILABLE FOR DINE-IN ONLY.**  
**Visit any branch across Kuwait.**

**Exotica Cafe**  
**امسح واربح**  
**SCRATCH & WIN**  
**DOWNLOAD OUR APP**  
**Share Your Win!**  
**@mughalmahalkuwait & @exoticacafe.kw**  
**for more offers!**  
**Scratch & Win - Quick Terms:**  
• Dine in only. One prize redemption per table.  
• Guests may all scan, but only one prize can be chosen per table.  
• Prizes have no cash value. Show winning screen to server.  
• Management reserves all rights.

**1800 188 / 5501 1985 | www.mughalmahal.com**





# Deanship hosts farewell ceremony for Indian Ambassador

## The Times Kuwait Report

In a gesture of appreciation and respect, the Deanship of the Diplomatic Corps in Kuwait hosted a farewell ceremony for the Ambassador of India, H.E. Dr. Adarsh Swaika, on the occasion of the conclusion of his tenure in Kuwait and his upcoming assignment in Kenya. The event, which was held on 18 September at the St. Regis Hotel was attended by a distinguished gathering of officials and diplomats.

Kuwait's Ministry of Foreign Affairs, which was represented at the event by Assistant Undersecretary Muhanna Al-Muhanna, along with the many ambassadors and heads of diplomatic missions gathered at the event,

honored the Indian ambassador and wished him the best.

In his address, the Ambassador of the Republic of Tajikistan and Dean of the Diplomatic

Corps, H.E. Dr. Zubaydullah Zubaydov, praised Ambassador Swaika for his dedicated service over the past three years. He highlighted the ambassador's significant contributions to

enhancing bilateral relations between India and Kuwait across various sectors and commended his commitment to fostering cooperation and communication among fellow diplomats. He also extended best wishes for Ambassador Swaika's continued success in his new post.

Ambassador Swaika expressed his gratitude to the Kuwaiti leadership and the Ministry of Foreign Affairs for their constant support and facilitation throughout his tenure. He also thanked his colleagues in the diplomatic community for their cooperation and friendship.

The occasion also witnessed a warm welcome extended to the newly appointed ambassadors of the Netherlands, Lebanon, and Somalia, who recently presented their credentials to Kuwait's Minister of Foreign Affairs Abdullah Al-Yahya.



## KIA, Microsoft, BlackRock to invest in mega data centers, AI Infrastructure

Kuwait Investment Authority (KIA) is reportedly coordinating with technology giant Microsoft and leading investment management firm BlackRock to invest an estimated KD10 billion in artificial intelligence infrastructure and data centers. In addition, the government has allocated around KD22 million to build new power plants to support upcoming Google Cloud projects.

Experts attribute this rapid growth to the expansion of big data, the Internet of Things, and 5G, in addition to Kuwait's improved connectivity to international submarine cables. This rising demand requires advanced data centers capable of accommodating large-scale digital needs. A study forecasts that Kuwait's colocation data center market will grow from about KD5 million in 2024 to nearly KD30 million by 2030, with an annual growth rate of over 34 percent. By 2030, the sector's capacity is expected to exceed 21,000 square meters of furnished space, with about 4,850 shelving units and an information technology operating capacity of 41 megawatts. Occupancy is also forecast to reach 90 percent, reflecting strong local and regional demand.

Despite the optimistic outlook, securing sustainable energy and addressing high cooling costs remain key challenges for the market. Competition between local and international operators also adds pressure.

These indicators confirm that Kuwait is steadily moving towards becoming a regional digital hub, supported by sovereign investments and global technology companies, in line with the country's goals of diversifying the economy and strengthening its position in the digital sector.

## Beauty of Chinese culture, the warmth of Chinese Friendship

### The Times Kuwait Report

American University of the Middle East (AUME) was the venue for an evening that highlighted Chinese culture and celebrated the special warmth of relations between China and Kuwait. The event, titled 'A Moonmoment to Remember—Blossoms of Chengdu', specifically highlighted the beauty and cultural diversity of Chengdu, the capital of China's southwestern province of Sichuan.

The cultural evening was inaugurated by Secretary-General of the National Council for Culture, Arts and Letters, Dr. Mohammed Al-Jassar in the presence of the Chargé d'Affaires of the Chinese Embassy Liu Xiang.

In his remarks on the occasion, the Chargé d'Affaires described Kuwait as a valued partner and close friend of China in the shared path of development and cultural exchange. Elaborating further, he said: "Kuwait and China share authentic values, foremost among them the care for family and the eagerness of generations to gather together. These traditions confirm that culture can serve as a bridge connecting our peoples and strengthening the bonds of friendship between them."



He explained that the evening's title was inspired by a verse from the renowned Chinese poet Cheng Jiuling, written more than a thousand years ago, which says: "The moon rises from the sea, and its light unites us, no matter the distance between us." He noted that this verse reflects the spirit of shared values between Kuwait and China, where both cultures converge in promoting harmony, unity, and mutual respect.

The Chargé d'Affaires emphasized that China values cultural diversity and openness to global achievements, referring to President

Xi Jinping's call during the recent Shanghai Cooperation Organization summit to encourage cultural exchange and mutual benefit among civilizations. He added: "We look forward to deepening cooperation with Kuwait to enhance understanding and friendship, while contributing to peace and development in the region."

He explained that the performing artistic troupe came from Chengdu, a city with more than 4,500 years of history, and known worldwide as the home of the beloved giant panda. The evening was preceded by exhibitions showcasing Chengdu's intangible cultural heritage and photography, which provided a new window for people in Kuwait to experience the richness of Chinese civilization.

In conclusion, the Chargé d'Affaires expressed gratitude to the American University of the Middle East for hosting the event, and to the Chengdu Bureau of Culture, Tourism, Radio and Television, along with the Chinese Cultural Center in Kuwait, for their efforts. He closed by saying, "I wish you an enjoyable evening, filled with the beauty of Chinese arts and the warmth of Kuwaiti-Chinese friendship."





# Mexican Ambassador hails Kuwait as model of dialogue and pluralism

## The Times Kuwait Report

**E**mbassy of Mexico held a celebration to mark the country's 215th National Day, which commemorates Mexico's independence from Spanish rule on 16 September, 1810. The event was attended by Assistant Foreign Minister for American Affairs and Minister Plenipotentiary Nawaf Abdullatif Al-Ahmad, along with members of the diplomatic corps and other distinguished guests.

In his address to the gathering, Ambassador of Mexico H.E. Eduardo Patricio Peña Haller, praised Kuwait's constructive role in international affairs, highlighting its commitment to dialogue, pluralism, and the pursuit of peaceful solutions. He emphasized Mexico's appreciation for Kuwait's efforts in supporting regional and global stability, and underlined the strong bond between the Kuwaiti and Mexican peoples as a foundation for expanding partnership across multiple sectors.



Pointing out that this year marks the 50th anniversary of diplomatic relations between Mexico and Kuwait, Ambassador Haller said: "For half a century, our nations have built a solid friendship and growing partnership based on mutual respect and understanding that has led to the development of political dialogue, economic cooperation, and academic and cultural exchanges." He added that trade



and investment between the two countries are steadily growing, while humanitarian and cultural ties continue to deepen, reflecting the enduring spirit of friendship.

Looking ahead, Ambassador Haller expressed Mexico's interest in enhancing cooperation with Kuwait in renewable energy, education, tourism, and innovation, identifying these areas as promising fields where the



ambitions and visions of both nations converge.

"What distinguishes our relationship with Kuwait is not only the formal agreements but also the warmth of human feelings and the spirit of friendship that unites our two peoples," said the Mexican envoy, adding, "Kuwait's generous hospitality reflects the same values that the Mexican people take pride in: respect for family, community, and friendship."

## IWG launches new season with colorful Mexican Day celebration

**I**nternational Women's Group (IWG) opened its 2025-2026 season with a lively 'Mexican Day' celebration, filled with colors, flavors, and music, attended by members and ambassadors.

The gathering began with a moment of silence honoring Rawda Elizabeth Mahmoud, a longtime member and founder of Kuwait English School, who dedicated over four decades to advancing education in Kuwait.

In her opening address, the newly elected IWG President, Marika Kushlamazashvili, wife of the Ambassador of Georgia, welcomed members and guests. She expressed gratitude to Honorary President Sheikha Hanouf Al-Badr for her continued support and noted that the trust placed in her by the board serves as motivation to carry forward the group's mission.

She highlighted the importance of fostering cultural exchange through a wide range of activities and events, underlining that the coming season will be a "Journey Between Africa and Mexico."

The event opened with a video presentation showcasing the group's remarkable journey to four African countries, before shifting to celebrate Mexico under the theme 'Land of Traditions, Arts, Flavors, and Heritage'. The occasion coincided



with the 50th anniversary of diplomatic relations between Mexico and Kuwait, giving it special significance.



The program featured a tourism film highlighting Mexico's breathtaking nature and cultural heritage, followed by a presentation on the life of artist Frida Kahlo, who turned pain into timeless art. Guests also learned about the famous sport of Lucha Libre, known for its drama, colors, and masks that symbolize the struggle between good and evil.

Mexican chefs Fernanda and Daniela Perez Barrera hosted a live cooking show that delighted the audience with traditional flavors recognized by UNESCO on its Representative List of the Intangible Cultural Heritage of Humanity. The festive mood was further enhanced by Yousef Juma, who added a Mexican artistic flair with his

live performance.

A vibrant mini-market recreated the feel of a traditional Mexican market, featuring fruit, baked goods, handicrafts, flowers, and popular street delicacies such as roasted corn, along with a photo booth.

President Marika Kushlamazashvili then introduced her team of new vice presidents: Rima Khalidi, Theano Platos, Midori Muki and Saih Goffin.

She also expressed gratitude to her predecessor, Paulina Dlamini for her efforts, and to Laura Duclos Villares, (wife of the Ambassador of Mexico, for her support in organizing the celebration.



## Frozen Parathas

Sole distributor in Kuwait

**Al-Othman & Al-Bisher Trd. Co. W.L.L.**

P.O. Box: 22984 Safat 13090 Kuwait

Tel: 22284335 | 22284336 | 22284337

22284338 | 22284339

Email: sales@obtckwt.com

www.obtckwt.com












@obtc\_kwt



# Academic experts provide career guidance to UIIS students



**I**ndus Group, a pioneer and leading organizer of educational exhibitions in India, recently conducted a career counseling and guidance session for students of the United International Indian School (UIIS) in Hasawi area.

The event aimed to provide students with informed guidance on their academic and career pathways. A team of experienced career counselors interacted with students, offering valuable insights into current industry trends, career prospects, and the evolving job market. They also advised students on choosing the right courses and degrees aligned with their interests and aspirations.

The initiative was warmly welcomed by the principal of UIIS Alice Abraham Kisku, who commended Indus Group's efforts to empower students with practical knowledge and real-world perspectives. Students were encouraged to engage with the counselors, ask questions, and express their career-related concerns. Each student received personalized advice, helping them better understand how to align their

passions with viable career options. The session also emphasized the importance of hands-on experience and networking in building a successful career.

Speaking about the event, Thiagrajan from Indus Group stated, "We are dedicated to guiding students in making informed decisions about their futures. This career counseling and interaction session is one of the many initiatives

we undertake to support the Indian education ecosystem."

Since its inception in 1995, Indus Group has organized more than 120 exhibitions across India and over 150 international events in 20 countries. Notably, it has hosted 111 India Education Exhibitions in cities across the globe. With a vision to position India as a top global education destination, the group aims

to organize events in over 50 countries and facilitate educational opportunities in India for more than 15,000 international students.

Their broader mission includes promoting education tourism, raising awareness about emerging careers, and empowering students to make thoughtful and strategic academic choices.

The event concluded on a successful note, with students gaining clarity and confidence about their future paths. Indus Group reaffirmed its commitment to bridging the gap between aspiring students and top-tier educational institutions worldwide.

Prominent universities that participated in the session included senior faculty members from: Christ University, RV University, Reva University, Woxsen University, Yenepoya University, Karpagam University, DC Group of Institutions. Representatives from these institutions offered additional academic and career guidance, enriching the students' understanding of higher education opportunities in India.



## Indus Group Conducts Career Counseling Session for NIS Mangaf students



**I**ndus Group, a pioneering organization renowned for hosting educational exhibitions across India and globally, recently organized a comprehensive career counseling session for students of the New Indian School (NIS Mangaf). The event was held at NIS premises recently, aiming to guide students toward informed academic and career decisions.

A team of seasoned career counselors from Indus Group engaged directly with students, offering insights into current industry trends, evolving job markets, and future-ready career paths. The session focused on helping students identify their interests and align them with appropriate academic programs and career opportunities.

Principal Anita Sadanand praised Indus Group's efforts in equipping students with practical knowledge and real-world perspectives. Students actively participated in the session, engaging in one-on-one discussions with counselors, asking questions, and seeking

personalized advice. The event highlighted the significance of hands-on experience, networking, and strategic planning in building a successful career.

Speaking about the event, Mr. Thiagrajan from Indus Group remarked, "We are committed to helping students make well-informed decisions about their academic and professional futures. This session is part of our ongoing initiatives to support and strengthen

the Indian education ecosystem." Since its inception in 1995, Indus Group has organized over 120 exhibitions across India and more than 150 international events across 20 countries. It has notably conducted 111 India Education Exhibitions in cities around the world. With a vision to position India as a premier global education hub, Indus Group aims to expand its presence to over 50 countries and attract more than 15,000 international students to

Indian institutions. The organization's mission extends beyond exhibitions — it is also focused on promoting education tourism, raising awareness about emerging career fields, and empowering students to make thoughtful, strategic academic choices.

Adding further value to the session, senior faculty members from prominent Indian universities also participated, including: Christ University, RV University, Reva University, Woxsen University, Yenepoya University, Karpagam University and DC Group of Institutions.

These representatives provided additional academic and career guidance, broadening students' understanding of higher education opportunities in India.

The event concluded on a high note, leaving students with greater clarity and confidence about their future educational and career paths. Indus Group reaffirmed its commitment to bridging the gap between aspiring students and world-class educational institutions.







# Malaysia showcases healthcare excellence aims to boost bilateral medical ties

*The initiative highlights Malaysia’s world-class medical services, strengthens international healthcare partnerships, and builds momentum towards Malaysia Year of Medical Tourism 2026.*

### The Times Kuwait Report

Building on Malaysia’s strong reputation as a leading global healthcare hub, and in the lead-up to Malaysia Year of Medical Tourism 2026 (MYMT2026), the Malaysia Healthcare Travel Council (MHTC), in collaboration with the Embassy of Malaysia in Kuwait and REXPOCentral Sdn Bhd, launched Malaysia Healthcare Week in Kuwait. This initiative highlights Malaysia’s world-class medical services, strengthens international healthcare partnerships, and builds momentum toward MYMT2026.

Malaysia Healthcare Week serves as a platform to enhance Malaysia–Kuwait collaboration in healthcare while showcasing Malaysia’s role as a regional leader in medical tourism. By emphasizing advanced healthcare infrastructure, internationally accredited specialists, and excellence in patient care, the event reinforces Malaysia’s reputation for delivering high-quality, affordable treatment. It also promotes broader cooperation in medical training, knowledge exchange, and healthcare innovation, positioning Malaysia as a trusted destination of choice for international patients. Malaysia Healthcare Week in Kuwait was officiated by His Excellency Alauddin Mohd Nor, Ambassador of Malaysia to Kuwait, and brought together leading Malaysian healthcare institutions such as Perkeso Rehabilitation Center and Alpha IVF & Women Specialist, alongside prominent hospitals and clinics from Kuwait, influential stakeholders, and distinguished representatives from various embassies.

The program featured a series of impactful engagements, including the Malaysia Day celebrations at the Embassy of Malaysia, the Yes2Malaysia Showcase (B2B healthcare session), and the Yes2Malaysia Education & Healthcare Expo 2025, all aimed at fostering dialogue and strengthening healthcare collaboration between Malaysia and Kuwait.

**Key highlights of Malaysia Healthcare Week**  
 Malaysia Day by the Embassy of Malaysia – September 17: The Malaysia Day celebration at the Embassy of Malaysia offered a meaningful platform to strengthen cultural and professional ties between Malaysia and Kuwait, reflecting



the spirit of friendship and collaboration between both nations. Yes2Malaysia Showcase (B2B Healthcare Session) –September 18: The Yes2Malaysia Showcase served as a major platform for networking and knowledge sharing between Malaysian medical centers and Kuwaiti counterparts, creating opportunities for collaboration in healthcare and medical education. Delegates also visited leading hospitals in Kuwait for direct engagement and partnership discussions. The session featured presentations

by Malaysian hospitals highlighting advanced technologies, renowned services, and areas of expertise to Kuwaiti healthcare professionals. Yes2Malaysia Education & Healthcare Expo 2025 –September 19: The Expo showcased Malaysia’s strengths in both healthcare and education, positioning the country as a trusted partner for high-quality learning and advanced medical services. It emphasized the integration of these sectors while reinforcing Malaysia’s role in fostering international cooperation and long-

term partnerships. “Malaysia Healthcare Week in Kuwait was a valuable opportunity for MHTC to present Malaysia’s world-class healthcare services directly to Kuwaiti patients,” said Mr. Lokman Izam Abd Aziz, Vice President of Marketing and Communications at MHTC. “Malaysia’s reputation for quality care, hospitality, cost-effectiveness, and international standards—combined with multilingual expertise and cultural sensitivity—makes it an ideal destination for Kuwaitis seeking advanced medical treatment abroad. As we move toward the Malaysia Year of Medical Tourism 2026 (MYMT2026) and support ASEAN’s vision for health and wellness tourism, we remain committed to delivering exceptional healthcare experiences tailored to international patients.” MHTC continues its mission to position Malaysia as a premier healthcare destination by combining clinical with cultural diversity and hospitality, reinforced by strategic partnerships that integrate medical care with holistic wellness and tourism experiences.



## DDI holds workshop on diabetic foot care and prevention

Dasman Diabetes Institute (DDI), established by the Kuwait Foundation for the Advancement of Sciences (KFAS), recently concluded a three-day workshop on ‘The Prevention and Management of Diabetic Foot Complications’. The workshop, which was held from 14–16 September at DDI’s premises, was organized in collaboration with the Central Administration for Primary Health Care at the Ministry of Health and the World Health Organization (WHO). This year’s workshop brought together 16 physicians from primary and secondary care. Over the course of three intensive days, participants engaged in hands-on training covering evidence-based evaluation and

treatment techniques for diabetic foot. The sessions included risk assessment, screening and classification, ulcer prevention, principles of debridement, infection recognition, off-

loading strategies, referral pathways, and patient self-care education. The institute emphasized that preventing foot ulcers and avoiding amputations

requires timely screening, standardized protocols, and a multidisciplinary approach. By developing practical skills among frontline clinicians, DDI aims to reduce complications, prevent amputations, and improve the quality of life for people living with diabetes. Despite the high prevalence of diabetes in the Middle East and North Africa, many health systems underutilize foot screening and patient education. DDI continues to address this gap by offering hands-on training, clinical guidelines, and public awareness initiatives that promote best practices across Kuwait’s healthcare network.





EXCLUSIVE to THE TIMES KUWAIT

# Seemingly Conscious AI Is Coming

**Mustafa Suleyman**

CEO of Microsoft AI and the author of *(The Coming Wave: Technology, Power, and the Twenty-First Century's Greatest Dilemma)*. He previously co-founded Inflection AI and DeepMind.

My life's mission has been to create safe, beneficial artificial intelligence (AI) that will make the world a better place. But recently, I have been increasingly concerned about people starting to believe so strongly in AIs as conscious entities that they will advocate for 'AI rights' and even citizenship. This development would represent a dangerous turn for the technology. It must be avoided. We must build AI for people, not to be people.

In this context, debates about whether AI truly can be conscious are a distraction. What matters in the near term is the illusion of consciousness. We are already approaching what I call 'seemingly conscious AI' (SCAI) systems that will imitate consciousness convincingly enough.

An SCAI would be capable of fluently using natural language, displaying a persuasive and emotionally resonant personality. It would have a long, accurate memory that fosters a coherent sense of itself, and it would use this capacity to claim subjective experience (by referencing past interactions and memories). Complex reward functions within these models would simulate intrinsic motivation, and advanced goal setting and planning would reinforce our sense that the AI is exercising true agency.

All these capabilities are already here or around the corner. We must recognize that such systems will soon be possible, begin thinking through the implications, and set a norm against the pursuit of illusory consciousness.

For many people, interacting with AIs already feels like a rich, rewarding, authentic experience. Concerns about 'AI psychosis', attachment, and mental health are growing, with reports of people regarding AIs as an expression of God. Meanwhile, those working on the science of consciousness tell me they are inundated with queries from people who want to know if their



“

Some academics are already exploring the idea of 'model welfare', arguing that we have "a duty to extend moral consideration to beings that have a non-negligible chance ... of being conscious."

”

AI is conscious, and whether it is okay to fall in love with it.

To be sure, the technical feasibility of SCAI has little to tell us about whether such a system could be conscious. As the neuroscientist Anil Seth points out, a simulation of a storm does not mean it rains in your computer. Engineering the external markers of consciousness does not retroactively create the real thing. But as a practical matter, we must acknowledge that some people will create SCAs that will argue that they are in fact conscious. And even more to the point, some people will believe them, accepting that the markers of consciousness are consciousness.

Even if this perceived consciousness is not real (a topic that will generate endless debate), the social impact certainly will be. Consciousness

is tightly bound up with our sense of identity and our understanding of moral and legal rights within society. If some people start to develop SCAs, and if these systems convince people that they can suffer, or that they have a right to not be switched off, their human advocates will lobby for their protection. In a world already beset with polarizing arguments over identity and rights, we will have added a new axis of division between those for and against AI rights.

But rebutting claims about AI suffering will be difficult, owing to the limits of the current science. Some academics are already exploring the idea of 'model welfare', arguing that we have "a duty to extend moral consideration to beings that have a non-negligible chance ... of being conscious."

Applying this principle would be both

premature and dangerous. It would exacerbate susceptible people's delusions and prey on their psychological vulnerabilities, as well as complicating existing struggles for rights by creating a huge new category of rights-holders. That is why SCAI must be avoided. Our focus should be on protecting the well-being and rights of humans, animals, and the natural environment.

As matters stand, we are not ready for what is coming. We urgently need to build on the growing body of research into how people interact with AIs, so that we can establish clear norms and principles. One such principle is that AI companies should not foster the belief that their AIs are conscious.

The AI industry, indeed, the entire tech industry, needs robust design principles and best practices for handling these kinds of attributions. Engineered moments of disruption, for example, could break the illusion, gently reminding users of a system's limitations and true nature. But such protocols need to be explicitly defined and engineered, and perhaps required by law.

At Microsoft AI, we are being proactive in trying to understand what a responsible AI 'personality' might look like, and what guardrails it should have. Such efforts are fundamental, because addressing the risk of SCAI requires a positive vision for AI companions that complement our lives in healthy ways.

We should aim to produce AIs that encourage humans to reconnect with one another in the real world, not escape to a parallel reality. And where AI interactions are lasting, they must only ever present themselves as AIs and not fake people. Developing truly empowering AI is about maximizing the utility, while minimizing the simulation of consciousness.

The prospect of SCAI must be confronted immediately. In many ways, it marks the moment that AI becomes radically useful: when it can operate tools, remember every detail of our lives, and so forth. But the risks of such features cannot be ignored. We will all know people who go down the rabbit hole. It will not be healthy for them, and it will not be healthy for society.

The more that AI is built explicitly to resemble people, the farther it will have strayed from its true potential as a source of human empowerment.

## Armenia and Kuwait relations poised for a new chapter of growth

CONTINUED FROM PAGE 2

Encouraging Kuwaiti investors to explore opportunities in Armenia, particularly in sectors like renewable energy, construction, agriculture, and technology, Ambassador Arakelyan stated: "With Kuwait's advanced experience in large-scale project management and investment, and Armenia's growing expertise in renewable energy, management solutions, IT and AI, and sustainable development, there is a strong basis for joint ventures. "We see opportunities not only for Kuwaiti investment in Armenian projects or vice versa, but also Armenian-Kuwaiti technological collaboration on modern infrastructure development throughout the region. Armenia is a growing market, and being a member of bigger multimillion integrative formats like Eurasian Economic Union, we are happy to provide Armenian networking and expertise with its wider scope.

In turn, there are ongoing discussions aimed to enhance our partnership with the entire GCC region and the esteemed Council itself, we would be happy to ensure Kuwait's leading role in this scope. In short: Armenia can provide Kuwait easy access to the Eurasian Economic Union, and Kuwait can reciprocate by facilitating Armenian partnership with other GCC member countries."

Highlighting the vibrant and growing

connections between peoples of the two states, particularly in the field of tourism, the ambassador said: "We are undertaking a number of exciting and targeted efforts to introduce the unique treasures of Armenia to our Kuwaiti friends and travelers. In this regard, we are extremely happy to state that starting from this July, Kuwaiti Jazeera Airways operates direct flights between Kuwait and Yerevan, and this contributes greatly as for growing tourism flow, as well as for establishing people-to-people contacts as well as for founding sound ties in various fields, including business, trade etc.

"Our tourism strategy is multifaceted, designed to showcase the rich tapestry of experiences Armenia offers. We actively highlight Armenia's status as a nation with rich cultural art, and scientific heritage. We promote visits and journeys to our ancient monasteries and churches, located mostly in breathtaking landscapes, such as the majestic Tatev Monastery, accessible by the 'Wings of Tatev' aerial tramway.

"We are working closely with tour operators in Kuwait to design curated packages that include world heritage sites, alongside with our vibrant culture of art, music, painting, sculpturing and dance. I would personally highly recommend to any Kuwaiti visiting Armenia to find 1 or 2 days for visiting our second largest city, Gyumri, which is amazing in offering a rich culture and

outstanding traditional cuisine.

"Regarding medical tourism, I am proud that Armenia has emerged as a destination for high-quality, affordable medical care. We are promoting our world-class services in dentistry, cosmetic surgery, cardiology, and orthopedic procedures. Our efforts include facilitating partnerships between Armenian clinics and Kuwaiti medical travel agencies, ensuring seamless, comfortable, and professional experiences for patients and their families. We emphasize the combination of top-tier and affordable medical treatment with the opportunity for a peaceful and scenic recovery. "We are incredibly optimistic about the future of tourism between our two nations. There is a growing curiosity about Armenia in Kuwait, and we are dedicated to meeting that interest with open arms and unforgettable experiences. Of course, there are many obstacles and pitfalls on the way, but we are looking forward and are optimistic that all issues will be soon solved and mutually acceptable solutions will be offered. The journey has just begun, and the path ahead is exceptionally bright."

On the role of the Armenian community in Kuwait in fostering bilateral political and cultural understanding, the envoy noted: "Armenians have been living in this beautiful country for decades. They are known for their contributions to Kuwait's development, particularly in fields

like medicine, engineering, education, and business. With their commitment, hardworking skills and education-oriented business profiles they deserved the right to live with dignity and to create values on this fertile soil.

"This longstanding presence means that generations of Kuwaitis have grown up with Armenian colleagues, doctors, teachers, schoolmates and friends. This personal human connection is the strongest antidote to misunderstanding and the strongest promoter of genuine political goodwill. It creates a natural constituency in Kuwait that views Armenia not as a distant abstract country but through the lens of positive personal relationships.

"Armenians in Kuwait are not merely a group of residents; their community is a living bridge, a vibrant human tapestry that has been woven into the social and cultural fabric of Kuwait for over a century. Their role in fostering bilateral understanding between our two nations is profound, multifaceted, and truly indispensable.

"It is a unique narrative of mutual respect and integration. By packaging this narrative into experiential tourism and educational programs, we do more than boost tourist numbers; we foster a deeper, people-to-people understanding that will benefit both our nations for generations to come. The diaspora is the living bridge, and we are committed to building upon it.



EXCLUSIVE to THE TIMES KUWAIT

# Off-Grid Solar Can Transform Economies



**Ibrahim Matola**  
Minister of Energy of Malawi.

Like many African countries, Malawi faces significant energy-access challenges. In 2024, just 26 percent of the population had regular access to electricity—11.3 percent via the grid and 14.6 percent through off-grid systems. With a population that is predominantly rural and widely dispersed, grid extension is costly, slow, and often unfeasible. Making matters worse, recent global economic shocks have further constrained investment in large-scale infrastructure.

Thus, for millions of Malawians, life after sunset has long unfolded in near-total darkness. Children struggle to study, businesses shut down early, and community life grinds to a halt. Rural households have had no choice but to rely on candles, kerosene, or battery-powered torches—costly, polluting stopgaps that undermine health, education, and economic opportunity.

But the outlook has brightened thanks to advances in distributed renewable energy (DRE) technologies, including solar-powered lanterns, solar home systems, and mini-grids, which can be deployed quickly, scaled flexibly, and priced more in line with household-income levels. As realistic, sustainable, and inclusive solutions to the energy-access problem, DREs are powering economic growth by enabling small businesses to operate after dark, creating jobs in the clean-energy sector, and unlocking opportunities across education, health care, agriculture, and other sectors.

To leverage the opportunities implied by off-grid solar, the Malawian government has launched a suite of new initiatives and programs. A good example is the flagship Ngwee Ngwee Fund (NNNF), launched in 2023 with



\$20 million from the World Bank through the Malawi Electricity Access Project. Designed to expand rural electrification, the NNNF offers concessional finance and subsidies to off-grid solar companies, enabling them to reduce costs to consumers and make home solar systems more affordable.

By focusing on small Tier-1 systems, this approach has successfully expanded electricity access in Malawi, already surpassing the original target of 250,000 households by June 2025. Moreover, around 10 percent of the new home solar systems are being used to generate income and operate small businesses.

The NNNF's success has led to a rapid increase in private-sector investment. For example, local and women-led companies like Zuwa or Yellow offer pay-as-you-go solar power systems that align with rural income patterns and support unbanked customers, while SolarAid Malawi supplies electricity through its energy-as-a-service approach. Thanks to these efforts, the country aims to reach 1.55 million off-grid connections by 2030.

To complement this ambition, new energy cooperatives are rolling out mini-grids in high-demand areas. These cooperatives will also help to keep the focus on productive uses of electricity (such as oil expelling, welding, and bakeries) and provide power for farming needs

such as irrigation and processing.

Through our Mission 300 Energy Compact, Malawi aims to achieve 70 percent national electricity access by the end of the decade, setting an example for others across the Global South. The NNNF has shown that public finance can unlock private-sector delivery, helping solar companies to reach rural households quickly and affordably.

But subsidies are just one lever. In 2022, we also removed taxes on off-grid solar products, services, and equipment, to reduce costs and make solar more accessible to low-income households. NNNF subsidies have helped, but the consistent, predictable tax and policy frameworks that support them have been no less important.

Now, we are looking beyond access to explore how off-grid solutions can also serve broader development goals. The economic logic is clear. Energy access allows Malawians to work and study after dark, run small businesses, irrigate farms, store food, and access mobile money. These activities raise incomes, deepen markets, and ultimately expand the country's tax base.

Proactive, responsible fiscal policies can not only promote energy access but also drive rural development and economic growth. Off-grid energy is breathing new life into local economies, with the sector itself creating thousands of jobs.

“

Access to off-grid energy allows Malawians to work and study after dark, run small businesses, irrigate farms, store food, and access mobile money. These activities raise incomes, deepen markets, and ultimately expands the tax base.

”

Solar companies are training and hiring sales agents, technicians, installers, customer service teams, and community representatives. These jobs often replace informal work or subsistence farming, offering skills, steady incomes, and long-term career paths. Many of these jobs go to women and young people, fostering greater inclusion and stronger community leadership.

Beyond creating jobs, reliable energy access enables new livelihoods—powering everything from barbershops and radio stations to farms and restaurants. Malawi is proving that clean energy and economic growth can go hand in hand, opening doors for the next generation.

Crucially, off-grid solar technologies are delivering power to communities that were left behind by traditional infrastructure. These are no longer niche, untested solutions. They are a central part of our integrated energy-access strategy. By combining public commitments, private innovation, and integrated planning, we are building energy systems that reflect today's rural and urban realities.

The momentum behind these technologies is growing globally, with initiatives like Mission 300 signaling stronger international political will. But we must not become complacent. Clean energy is not a luxury. It is the foundation for modern life, and millions are still waiting for access.

## Reducing Food Waste for a Sustainable Food Future

CONTINUED FROM PAGE 1

With agriculture accounting for 70 percent of the water used throughout the world, the water utilized to produce squandered food represents a major waste of the world's growingly scarce freshwater and ground water resources. Wasted food along with land, water, energy, and labor waste pose a severe economic loss, with the World Bank estimating that food loss and waste costs the global economy around US\$1 trillion annually.

Food loss and waste also accounts for 8 to 10 percent of the world's greenhouse gas emissions (GHG). Carbon dioxide (CO<sub>2</sub>), the main constituent of GHGs associated with global warming, is generated at every step of the food system, irrespective of whether the food produced is consumed or not. In particular, the rotting of food waste in landfills and open waste dumps contributes significantly to GHG emissions. Methane emissions, more potent than CO<sub>2</sub> emissions, arising from landfills are among the largest sources of GHG.

In reference to GHG emissions, the carbon dioxide equivalent (CO<sub>2</sub>-eq) is used as the metric to compare the global warming potential (GWP) of different GHGs to carbon dioxide. It converts emissions of other GHGs, like methane and nitrous oxide, into the equivalent amount of carbon dioxide that would have the same

warming effect over a specific timeframe, typically 100 years.

For example, the GWP for methane is 25 and for nitrous oxide 298, meaning that emissions of one million metric tonnes respectively of methane and nitrous oxide is equivalent to the emissions of 25 million and 298 million metric tonnes of CO<sub>2</sub>. The CO<sub>2</sub>-eq metric offers a convenient measurement in reporting and comparing total 'carbon footprint' of individuals, livestock, companies, or various products. The annual 'carbon foot-print' of total food waste has been estimated at around 3.3 billion tons of GHG released into the atmosphere.

Figures show that farming is the stage of food production that causes the most environmental harm, mainly in the form of GHG emissions at various stages of the farming process. Even before food produce leaves the farm, emissions from the farm, land use, and animal feed account for nearly 270 kg of CO<sub>2</sub>-eq per kg of food produced. Emissions from these farming practices, along with emissions from retailing and from lost produce that ends up in landfills, account for the substantial GHG emissions attributed to the global food system.

A growing array of irrefutable scientific evidence affirms that the carbon footprint in the atmosphere from various GHG emissions, including from food waste, contributes to global warming and catalyzes an unstable climate.

Climate instability has been linked to drastic environmental changes and extreme weather events that wreak havoc around the world, negatively impacting crop yields, reducing nutritionally quality of crops, disrupting supply chains, and causing food insecurity that affects the lives and livelihoods of people everywhere.

A comparative study on the emissions produced by different food products from conception to consumption and eventual waste, reveals the top-ten foods with the largest CO<sub>2</sub>-eq in kilograms (kg) per kg of food produced are: Beef (99.48 kg of CO<sub>2</sub>-eq per kg), Dark chocolate (46.65 kg), Lamb and Mutton (39.72 kg), Farmed shrimps (26.87 kg), Coffee (28.53 kg), Cheese (23.88 kg), Farmed fish (13.63 kg), Pork meat (12.31 kg), Poultry (9.87 kg), and Palm oil (7.32 kg).

According to the UN Environment Programme (UNEP), reducing food loss and waste at every stage of the food chain, from production to consumption, could play a key role in transforming agrifood systems and in alleviating the environmental, social, and economic impacts from wasted food. Reducing food waste would also mitigate GHG emissions, slowdown the destruction of nature and biodiversity, and enhance the availability of food that helps reduce hunger and food poverty.

The global annual average per capita food waste of 74 kg, which is similar across lower-middle-income and high-income countries,

suggests that most countries can further reduce their food loss and waste. More efficient food waste prevention measures, sustainable practices, and dedicated policies informed by data, as well as investments in technology, infrastructure, education, and effective monitoring systems, can reduce food loss and waste substantially.

However, these initiatives need to be ramped up significantly for the world to have a chance to achieve target 12.3 of the UN Sustainable Development Goal 12, Target 12.3 calls for halving per capita global food waste at the retail and consumer levels, and reducing food loss across supply chains by 2030. Everyone, from businesses, civil society, governments and individual citizens can contribute to improving food security and reducing food waste around the world.

Kuwait, which imports much of its food also astonishingly wastes a relatively high amount of food, resulting in a per capita annual food waste of 101 kg. Kuwait also has one of the world's highest rates of per capita CO<sub>2</sub> emissions, with CO<sub>2</sub>-eq emissions in 2023 being 23 tonnes—the global average is 4.76 tonnes. Certainly, we can do much better. It is unconscionable that the world continues to waste stupendous amounts of food annually, especially considering that nearly 800 million people worldwide go to bed hungry every day.



# Thought “ for the week

Enjoy the little things, for one day you may look back and realize they were the big things.

— Robert Brault

## Mixing Seafood and Yogurt

Ask Mira: Eating Right to Live Happy & Healthy



**H**ave you ever heard someone say you should not mix fish with dairy, like yogurt or milk? Some people believe this combination can cause poisoning, skin issues, or even allergies. But is there really any truth to it?

Across different cultures, there is a long-standing belief that seafood and dairy do not go well together, they can upset digestion or even be dangerous. But from a scientific and nutrition perspective, there is no evidence to show that eating fish with yogurt, milk, or cheese is toxic. If it were truly harmful, we would see major health consequences in countries where seafood and dairy are commonly combined in traditional dishes.



Eating fish with dairy does not cause food poisoning. The only real risk comes from food safety issues, like if the fish is not fresh, undercooked, or stored improperly.

Fish and dairy allergies are separate matters. If someone reacts to the combination, it is likely because they already have a sensitivity to one of them, not because of combining the two.

Some people might feel bloated, gassy, or uncomfortable after eating heavy protein-rich meals or when combining too many rich foods. This is more about individual tolerance than a harmful interaction.

The truth is, our digestive system is perfectly capable of handling mixed meals. The stomach produces enzymes and acids that break down different nutrients at the same time (proteins, fats, and carbs all together). There is no evidence that mixing fish and yogurt creates a harmful chemical reaction inside the body.

### My Practical Nutrition Tips:

- Enjoy fish with vegetables, grains, or salads for a balanced, light meal.
- Yogurt pairs beautifully with fruits, nuts, or as a sauce along grilled fish.

If you notice bloating or discomfort, it may be due to portion size, lactose intolerance, or sensitivity to fatty meals, not the fish plus dairy combo itself.

Last but not least, mixing seafood and dairy is safe and common in many cuisines. The belief that it causes poisoning or health problems is a myth. What matters most is food safety, freshness and personal tolerance.

If your body feels fine when eating fish with yogurt, there is no reason to avoid it.

*Eat like Mira*  
Create healthy habits, not restrictions

To subscribe to my diet programs,  
don't forget to log in to:  
[www.eatlikemira.com](http://www.eatlikemira.com).



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

## RECIPE

# Vada Pav

(Indian Burger)



Chef Chhaya Thakker

The vada pav has become a popular snack all over India and features on the menu of many Indian restaurants even abroad. For those uninitiated to this quintessential snack, Vada pav is a ravingly popular Indian street food that arguably originated on the streets of Mumbai, and at snack stalls in railway stations.

**Total Time** :30 to 40 minutes  
**Serving** 8 -10

### Ingredients:

#### For the filling

- 2 cups boiled and mashed potatoes
- 1 tbsp ginger-garlic paste
- 2-3 finely chopped green chilies
- 1tsp mustard seeds
- 1/2 tsp cumin seeds
- 1 tsp roughly crushed coriander seeds
- 1 tsp chana dal
- 1/4 tsp asafoetida
- 8-10 curry leaves
- 1/2 tsp turmeric powder
- 2 tbsp oil
- 1tbsp Lemon juice
- Salt to taste
- 8 ladi pav or round sesame pav

#### For vada batter:

- 1 cup besan (gram flour)
- 1/4 tsp turmeric powder
- Pinch of asafoetida
- Salt to taste
- 1/4 tsp baking soda
- Water (as needed to make a semi-thick batter)
- Oil for deep frying

#### For garlic powder:

- 1/4 cup roasted peanut
- 1/4 cup coconut pieces
- 1tbsp sesame seeds
- 1tsp oil
- 1/2 cup garlic
- 2 tbsp kashmiri chili powder
- 1/2 cup besan sev
- Salt to taste
- 1/2 tsp. Black sal

- Green mint chutney
- Fried chili

#### To make garlic powder:

- Heat oil in a pan, add the garlic and roast well
- Add sesame seeds and let it crackle
- Add peanuts, coconut pieces saute for a minute.
- Remove from heat and let it cool completely
- Once it is cool, transfer to a mixer jar, add besan sev, salt, black salt and grind the ingredients coarsely. Set aside.

#### To make vada pav filling:

- Heat oil in a pan, add mustard seeds and let it crackle
- Add cumin seeds, coriander seeds, chana dal, asafoetida and curry leaves.
- Add ginger-garlic paste, green chilies and saute until raw smell is gone
- Add turmeric powder, mashed potatoes, salt, and lemon juice
- Take off the flame, mix well and let it cool completely
- Make equal sized balls from the mixture
- In a separate bowl add besan flour, salt, turmeric, asafoetida
- Add water a little at a time to make a semi-thick batter
- Heat oil in a pan
- Dip the potato balls in the batter and gently drop them into the heated oil
- Deep fry until golden brown.
- Remove the vada on a paper towel to drain the oil

#### Assembling the vada pav:

- Take a pav and slit it
- Sprinkle the dry garlic powder on one side and spread green chutney on the other
- Place the vada in the center, flatten and close the pav
- Serve with chutney or ketchup and fried chili.

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



# Listening, a crucial medicine in patient-doctor relations

**L**istening is a fundamental skill essential for effective communication, it helps build strong personal and professional relationships, promotes learning and understanding, fosters empathy and emotional connection, and contributes to improved mental health by reducing stress and anxiety.

When you visit a healthcare profession, you expect them to listen emphatically, respond appropriately, and help allay anxieties about your condition. But in today's fast-paced health care system, doctors sometimes hear a few symptoms, make assumptions about likely causes, and prescribe medications. They do not listen patiently to what the patient is saying, or ask questions to better understand the symptoms the person is describing. This often leaves patients feeling that they are being left unheard and uncared for.

Although hearing and listening are auditory aspects of the ear, and are sometimes used interchangeably to imply the process of paying attention to what someone is saying, there are significant differences between the two terms. Hearing is an involuntary, natural function of the ear—the passive, physiological process of perceiving sound waves through the ears without any particular effort on our part.

On the other hand, listening is an active and focused cognitive process that involves conscious attention to sounds we hear in order to understand, interpret, and derive meaning from them. Listening can also sometimes involve other senses, such as watching facial expressions or gestures to aid in understanding what is said.

A new report published by doctors and researchers at the Institute for Healthcare Improvement, and at Henry Ford Health in the United States, argues that listening is not just a professional gesture, but a powerful tool for healthcare professionals to improve the care



of patients and even enhance the national healthcare system. The team identified what it calls 'values-driven listening' that is applicable to everyone to build connections and meaningful relationships. In the healthcare environment, values-driven listening involves professionals going beyond asking questions, to asking the right questions to patients. It entails being present and showing genuine curiosity and compassion to what patients are aiming to convey.

It is not just the doctors, other healthcare staff should also be co-opted to be actively involved in the values-driven listening approach.

Encouraging healthcare staff to listen to the patients they care for can lead to positive actions. When staff are empowered to speak up, and convey their insights on patients, health care becomes more efficient, less frustrating and better for everyone.

Caring for others is no doubt demanding, and when health care workers are supported, they are better able to support doctors and patients. Simple acts like management and other

professionals sharing meals and stories with colleagues can help reduce burnout and build emotional strength in workers.

The report outlines seven types of 'values-driven listening' approaches that make listening to patients a gateway to healing. These processes allow healthcare professionals to not only understand patients better, but also to realize optimal health outcomes, and contribute to enhanced healthcare systems.

**Listening that Is Proximate:** Being physically present matters. When patients are close with their healthcare provider they are more likely to open up, and that kind of trust is essential for making patient-doctor decisions about the care to be provided. Patients should insist that their healthcare professional spends focused one-on-one time with them.

**Listening that Is Curious:** A doctor's curiosity can be just as important as their expertise. When they ask open-ended questions and pay attention to your words, body language and emotions, it creates space for honest conversation. That is

often when key details emerge informing the plan of care. "What are your concerns about the plan of care we've discussed?" creates a path for open dialogue in a way that "Do you have any questions?" does not.

**Listening that Earns and Enables Trust:** Trust starts when patients feel safe to speak candidly, and that happens when the healthcare provider listens without judgment, gives them full attention and treats their input as essential. At some healthcare facilities, doctors have begun using AI-powered tools to handle notetaking during appointments, so they can focus entirely on the conversation.

**Listening Aided by Design:** The design of a clinic or hospital can affect how well patients are heard by their doctor. Small, crowded spaces make private conversations harder, but even simple changes—like the doctor sitting down during a visit—can make the patient feel more cared for and listened to. Some health systems have created innovative 'talking rooms' that feel less clinical and more personal, showing that listening is more than just a skill, it is something built into the space itself.

**Listening that Is Kindness:** Deep listening benefits all parties: clinician-to-patient; clinician-to-clinician; leader-to-clinical and non-clinical staff. It is a cultural shift that starts with the value: "Do you care enough to listen?". For patients, this means they feel empowered to speak up and expect to be heard. Doctors need to realize that the experiences, concerns and insights of patients are not just helpful, they are essential to providing optimal healthcare.

When care providers listen with empathy and curiosity, it leads to better decisions, stronger relationships and more personalized care. Kindness is not just a talking-point in healthcare, it is a necessity. And true listening is one of its most powerful expressions.

## 'Genetic Junk' that helped differentiate humans from primates

**W**hat was previously dismissed as just 'genetic junk' has now been found to be powerful codes in the genome—the complete set of genetic information contained in the DNA of an organism—capable of regulating how other genes are expressed.

An international study, led by researchers at McGill University in Canada and Kyoto University in Japan suggests that ancient viral DNA sequences embedded in our genome could in fact act as switches in controlling how other genes are turned on or off, especially during early human development. These sequences could also have played a significant role in making humans different from other primates.

Transposable elements (TEs) are repetitive DNA sequences in the genome that originated from ancient viruses. Over millions of years, they spread throughout the genome via copy-and-paste mechanisms. Today, TEs make up nearly half of the human genome, and have now been found to control the activity of nearby genes in specific cell types.

However, because TEs are highly repetitive and often nearly identical in sequence, they can be difficult to study. In particular, younger TE families like MER11 have been poorly categorized in existing genomic databases, limiting the ability of scientists to understand



their role. To overcome this, the researchers developed a new method for classifying TEs.

Instead of using standard annotation tools, they grouped MER11 sequences based on their evolutionary relationships and how well they were conserved in the primate genomes. This new approach allowed them to divide the earlier classification of MER11A/B/C into four distinct subfamilies, namely, MER11\_G1 through G4, ranging from oldest to youngest. This new classification revealed previously hidden patterns of gene regulatory potential.

For their study the researchers compared

the new MER11 subfamilies to various epigenetic markers—chemical tags on DNA and associated proteins that influence gene activity. This showed that this new classification aligned more closely with actual regulatory function compared with previous methods.

To directly test whether MER11 sequences can control gene expression, the team used a technique called lentiMPRA, which allows thousands of DNA sequences to be tested at once by inserting them into cells and measuring how much each one boosts gene activity. The researchers applied this method to nearly 7,000

MER11 sequences from humans and other primates, and measured their effects in human stem cells and early-stage neural cells.

The results showed that MER11\_G4 (the youngest of the MER11 subfamily) exhibited a strong ability to activate gene expression. It also has a distinct set of regulatory 'motifs'—short stretches of DNA that serve as docking sites for transcription factors, which are the proteins that control when genes are turned on. These motifs can dramatically influence how genes respond to developmental signals or environmental cues.

Further analysis revealed that the MER11\_G4 sequences in humans, chimpanzees, and macaques had each accumulated slightly different changes over time. In humans and chimpanzees, some sequences gained mutations that could increase their regulatory potential. In human stem cells, young MER11\_G4 binds to a distinct set of transcription factors which indicate that this group gained different regulatory functions through sequence changes, and contributes to speciation.

Further research could provide a clearer view of these viral DNA sequences and help researchers trace the origins of certain genetic disorders or explain why some gene mutations turn dangerous.





# Lulu WORLD FOOD

OFFERS • CUISINES • CELEBRATIONS



OUR SPONSORS



YOU'RE INVITED!



Inauguration On  
**September 24th**  
LuLu Hypermarket, Alrai 6.00PM

**Anaswara Rajan**  
(Guest)

**Lulu**  **لولو**  
Where the world comes to shop

GET OUR  
WEEKLY OFFERS  
ON YOUR MOBILE



SCAN ME