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Responsible Journalism Promotes Equitable, Inclusive, Cohesive Societies

The new media law will significantly promote responsible freedom of expression, and provide the necessary space for diverse ideas and views, said Al-Mutairi adding that the goal of the new media law is to build a modern media system aligned with the goals of the 'New Kuwait 2035' vision.

By Reaven D'Souza
Executive Managing Editor

Kuwait is in the process of introducing a comprehensive new media law that could bring about significant changes to its media regulations. The new law aims to update and consolidate existing statutes to bring them in line with international laws and modern media practices. The proposed law also seeks to introduce a new licensing framework that imposes obligations on both traditional and electronic media, including in their content compliance, and other operational requirements.

In mid-October, Minister of Information and Culture and Minister of State for Youth Affairs Abdulrahman Al-Mutairi reaffirmed that the upcoming media regulation law will represent a



qualitative shift in the development of Kuwait's media system, paving the way for a more advanced and balanced media environment. He added that the new legislation will be comprehensive and integrated, encompassing all forms of visual, audio, and electronic media while keeping pace with technological advancements and future media trends.

In addition, the draft law will establish a clear framework for media content principles, aimed at strengthening professional responsibility, ensuring responsible media practices, and preserving freedom of expression within the bounds of national values and societal ethics, said Al-Mutairi. He also stressed that the law does not include prison sentences, except in two specific cases—transgression on the divine and the prophets,

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Kuwait ranks sixth in Gallup Global Safety Report 2025

The achievement reflects stability of the state and the confidence of society



By Sheikha Suhaila Al-Sabah
Managing Editor

In a new achievement that adds to its record of excellence and security, the State of Kuwait ranked sixth globally in the list of the safest countries for 2025, according to the Global Safety Report issued by the prestigious international organization, Gallup.

The ranking is a global testament to Kuwait's success in building a robust security system and a cohesive society governed by law and tranquility, at a time when the world is witnessing increasing unrest and conflicts in various regions.

The report confirms that Kuwait achieved this ranking thanks to integrated strategies in the areas of security, justice and social development, as the state gave utmost importance to the application of the law and the strengthening of trust between the citizen and state institutions, making it a leading model in the region in terms of community security and quality of life.

The report also revealed that a significant percentage of Kuwaiti residents feel safe walking alone in public places at night, a strong indicator of the stability enjoyed by Kuwaiti society. This feeling reflects the deep mutual trust between individuals and security forces, with both citizens and residents feeling that the law and order protect them equally, and that Kuwait provides an environment characterized by discipline and mutual respect.

Kuwait scored highly on the 'Law and Order'



index, demonstrating the efficiency of its security apparatus and its ability to respond swiftly to incidents and maintain public safety, as well as the existence of a fair judicial system that ensures the law is applied to everyone without discrimination. This is one of the most prominent pillars of sustainable security upon which prosperous societies are built.

In regional comparisons, Kuwait stands out as one of the most prominent models of stability in the Arabian Gulf, having successfully balanced security and development despite surrounding challenges. The report affirms that Kuwait represents a unique environment combining political and social stability with economic openness, making it a safe and preferred destination for living, working, and investing in the region. Experts believe that security in Kuwait extends beyond criminal matters to encompass economic and social security. The country's

stability encourages investors to confidently inject capital, giving the local market greater potential for growth and expansion. This secure environment has contributed to supporting development, attracting investments, and strengthening the stability of the currency and the national economy.

The global report also indicates that violence costs the world trillions of dollars annually, while safe countries spend far less on addressing tensions and instead invest in peace and development. In this context, Kuwait's experience represents a successful model for managing security as a tool for achieving internal peace and contributing to a more stable and cooperative regional environment.

Observers agree that Kuwait's success in achieving this global ranking is due to its wise leadership, which has established a balanced approach to governance, combining firmness

in enforcing laws with flexibility in addressing societal issues, while consistently strengthening its legal and institutional infrastructure. Furthermore, Kuwait's balanced foreign policy has contributed to solidifying its image as a nation of peace and an active humanitarian diplomat.

Kuwait's ranking among the six safest countries in the world for 2025 is not merely a statistical achievement, but a testament to its success in building a safe and stable society based on justice, the rule of law, and mutual trust. This achievement confirms that Kuwait is steadily progressing towards a more secure and prosperous future, grounded in its deeply rooted values of coexistence and peace, and continuing to solidify its position as a beacon of security and stability in the region and the world.

The achievement serves as an impetus for further development and innovation in the security system, as Kuwait works to adopt the latest smart technologies in the fields of monitoring and security analysis. This enhances response times and mitigates potential risks before they materialize. The state also places increasing emphasis on raising public awareness of the concept of individual and collective security, and encourages the active participation of citizens and residents in maintaining a safe environment, thereby strengthening the sense of belonging and shared responsibility for protecting society.

In the same vein, the global ranking serves as an incentive to enhance Kuwait's international standing, not only as a safe country, but also as a hub for investment, tourism, education, and innovation. The country's sustainable security builds trust among its international partners and attracts talent and expertise from around the world, making security a key element in driving comprehensive development and achieving a stable and prosperous future for all members of Kuwaiti society.

MoCI bans use of cash in gold, precious metal transactions



Ministry of Commerce and Industry (MoCI) has issued Ministerial Resolution No. 182 of 2025, prohibiting the use of cash by companies engaged in specific sectors, including gold, precious stones, and precious metals.

According to Article 1 of the resolution, all institutions and companies operating in these fields must refrain from using cash when concluding contracts or carrying out transactions. Instead, payments must be made exclusively through non-cash methods approved by the Central Bank of Kuwait, in full

adherence to its regulations.

The ministry stressed that any establishment found in violation of this rule will face immediate closure and referral to the competent investigative authorities for necessary legal action. These measures come without prejudice to any other penalties stipulated under relevant laws.

The decision underscores the ministry's commitment to enhancing transparency, combating money laundering, and aligning commercial practices with the country's financial regulatory framework.



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Integrity, combating corruption vital to national development

The Time Kuwait Report

As Kuwait moves forward at an accelerated pace to realize the country's ambitious Vision 2035 development plan, combating corruption has evolved from being a mere rhetorical exercise to an urgent national imperative. Fighting corruption and ensuring integrity in the public domain is no longer just an issue of administrative and law enforcement concern, but intersects with economic stability, national security, and good governance, shaping a country's future and its international standing.

Kuwait has made notable strides in this arena, building robust oversight institutions that underscore the critical role of transparency in sustainable development, with the Kuwait Anti-Corruption Authority (Nazaha) being at the forefront in safeguarding public funds and enforcing accountability.

Recent months have seen the Authority refer over 70 individuals, who are subject

to financial disclosure rules, to the Public Prosecution for failing to meet submission deadlines, alongside 30 government employees. Senior officials and supervisors across ministries, including Public Works, have also faced scrutiny for alleged forgery, misuse of funds, and inaccurate financial reporting.

These actions demonstrate Nazaha's commitment to a proactive approach to corruption, transforming the fight against corruption from reactive enforcement into a structured, preventive national policy.

By fostering early monitoring and institutional oversight, Kuwait is moving toward a sustainable system where compliance and integrity are integral to governance. International recognition of these efforts is evident, as Kuwait improved its ranking on Transparency International's Corruption Perceptions Index from 77th in 2021 to 72nd in 2024, reflecting growing institutional effectiveness and heightened awareness of transparency.

Economically, anti-corruption measures



are essential for enhancing Kuwait's business climate and attracting foreign investment. Investors increasingly consider the integrity of government procedures, the stability of financial legislation, and the efficiency of public spending before committing resources. Reducing administrative inefficiencies and ensuring proper allocation of public funds strengthens growth, enhances citizen services, and builds confidence in state institutions.

Nazaha's innovative 'Performance' project embodies this proactive approach. The project implements a phased annual accreditation system across four levels, focusing on governance, awareness, training, and ethical conduct. Public sector entities receive guidance, training, and resources to meet prescribed standards, promoting a preventive administrative culture. Currently, 27 government entities participate in the project, benefiting over 66,000 employees through 280 awareness and training activities, achieving a 25.8 percent increase in staff awareness within a year.

Combating corruption in Kuwait is no longer optional—it is foundational to public trust, economic growth, and sustainable development. By consolidating institutional efforts, enhancing legal frameworks, and embedding integrity into government operations, Kuwait is strengthening both national governance and its international credibility, setting a model for accountability, transparency, and responsible administration.

Kuwait's Minister of Commerce to attend IBPC annual award function



The Indian Business & Professional Council (IBPC) Kuwait is all set to host its prestigious Annual Function & Awards Night on November 12, 2025.

IBPC announced that His Excellency Khalifa Abdullah Al-Ajil, Honourable Minister of Commerce and Industry, has graciously consented to attend the IBPC Annual Day Function as Chief Guest.

Kaizar Shakir, Chairman of IBPC said the signature event brings together business leaders, industry influencers, diplomats, and distinguished professionals from across Kuwait. It is one of our most important gatherings of the year, celebrating outstanding achievements and recognizing the contributions of Indian and Kuwaiti businesses and professionals in the country.

The evening promises a blend of recognition, insights, and cultural celebration. The highlight will be the Awards Ceremony honouring excellence across multiple categories.

Indian Ambassador to Kuwait, H.E. Paramita Tripathi, will grace the event as Chief Guest, while Roshni Nadar Malhotra, Chairperson of global IT giant HCLTech, will also join as Guest of Honour and Keynote Speaker.

Suresh K.P., IBPC Secretary, added, the Annual Function & Awards Night reflects our commitment to empowering professionals and entrepreneurs and acknowledging their role in Kuwait's economic growth — a celebration of success, collaboration, and the enduring friendship between India and Kuwait.

The event aims to strengthen bilateral business ties, spotlight innovation within the Indian business community, and provide a platform for professional advancement and networking.

IBPC Kuwait, a leading organization representing Indian entrepreneurs and professionals, continues to provide avenues for business advocacy, knowledge-sharing, and economic cooperation between Kuwait and India, while fostering professional and entrepreneurial growth among its members




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Algeria, Kuwait to consolidate ties, broaden cooperation

The Time Kuwait Report

Algerian Embassy celebrated the 71st anniversary of Revolution Day, which marks the start of the war of independence against France on 1 November 1954. The event was held in the presence of Kuwait's Minister of Electricity, Water and Renewable Energy, Minister of Finance and Acting Minister of State for Economic Affairs and Investment, Dr. Subaih Al-Mukhaizeem, and the Undersecretary of the Ministry of Defense, Sheikh Dr. Abdullah Al-Mishal.

In his speech on the occasion, Algerian



Ambassador H.E. Omar Belhadj affirmed the depth of Algerian-Kuwaiti relations, noting

that these ties continue to develop thanks to the directives of the leadership of the

two countries, and their keenness to raise cooperation to broader levels. He emphasized that the two countries are working to hold the next session of the joint committee at the beginning of 2026, to discuss ways to enhance economic, investment and military cooperation, and to open new horizons for the bilateral partnership.

Belhaj said, "Our distinguished relations are characterized by continuous consultation and close coordination, and we are constantly working to develop them to reach the level of the aspirations of the leadership of both countries."

Indian Embassy launches year-long celebration of 'Vande Mataram'

Embassy of India launched the year-long celebrations of the 150th anniversary of India's national song, 'Vande Mataram' with the collective singing of the song by members of the Indian community at the Embassy premises last week.

Prime Minister of India Shri Narendra Modi inaugurated the celebration all over India with a mass rendition of Vande Mataram and the launch of a commemorative coin and stamp to mark the occasion. He also launched the portal 'vandemataram150.in', where Indians can upload their videos of singing the national song and earn a certificate.

In a speech on the occasion, the Indian premier said that Vande Mataram is a mantra, an energy, a dream and a resolution. He also emphasized that the 150th anniversary is a moment of national pride, encouraging widespread participation in commemorative initiatives. The celebration marks the beginning of year-long commemorative activities that will continue to highlight the historical, cultural and national significance of Vande Mataram.

The Indian Embassy, together with community associations and cultural organizations, will organize a series of events in the coming months to engage all sections of



the Indian community in initiatives aimed at highlighting the national song.

Vande Mataram was composed by Bankim Chandra Chattopadhyay in 1875 and later included in his celebrated novel Anandamath. Set against the backdrop of India's freedom struggle, the song became a powerful source of inspiration for the freedom movement, stirring

patriotic unity across the country.

In 1937, the Indian National Congress adopted Vande Mataram as the National Song of India, recognizing its deep emotional and cultural resonance. Vande Mataram holds a special place in India's national identity and continues to inspire unity and patriotic spirit among Indians worldwide.

'Visit Kuwait' platform launches, facilitates visits to Kuwait

As promised, the Ministry of Information and Culture launched its online tourism facilitating service, 'Visit Kuwait' on 1 November. Announcing this, Minister of Information and Culture and Minister of State for Youth Affairs Abdulrahman Al-Mutairi said the launch is a translation of the ministry's strategic vision aimed at bolstering Kuwait as a leading tourist and cultural destination in the region. The launch is also in line with the State's integrated efforts to attain the objectives of New Kuwait 2035, including economic diversification.

Describing the initiative as a "step toward enhancing Kuwait's position on the regional tourism map," Minister Al-Mutairi emphasized that Kuwait possesses rich cultural and heritage assets that qualify it to become a prominent destination in the Gulf. He added that the ministry will continue working to elevate Kuwait's tourism profile.



The online platform will serve as a single national gateway to help visitors obtain tourist visas to Kuwait and attend various cultural, artistic and entertainment activities in the country. Some of the other facilities integrated on the site include an smart interactive map that provides information on Kuwait, tourism sites, and cultural activities taking place in the country, exclusive promotional offers, and facilitates itinerary planning for visitors, in addition to instant notifications in Arabic and English.

The single official gateway will also provide local and international companies residency visas to organize various tourism promoting activities in the country, and enhance partnership between the private and public sectors in line with the political leadership's aspirations for overhauling the tourism and entertainment industry in Kuwait.

Government reviews status of National Food Security Strategy

National Food, Drug, and Water Security Committee has requested concerned government entities to submit detailed reports, to the Ministry of Commerce and Industry, outlining their progress in initiatives undertaken under the National Food Security strategy. The reports would help the ministry assess the current status of food security in the country and submit a comprehensive report to the Committee.

During its meeting on 27 October, the Committee reviewed the key pillars and initiatives within the national strategy as part of ongoing efforts to closely monitor implementation progress. Discussions also covered coordination mechanisms among the concerned authorities and the current status of each initiative.

The Committee emphasized that the government places the food security file among



its top national priorities, considering it a cornerstone of overall national security. The goal is to enhance self-sufficiency and ensure the stability of essential supply chains.

The Committee's decision tasks 29 entities—including ministries, public authorities, and national companies such as the Ministries

of Finance, Interior, and Foreign Affairs; the Environment Public Authority; the Public Authority for Agricultural Affairs and Fish Resources; the Public Authority for Food and Nutrition; Kuwait Supply Company; and Kuwait Flour Mills and Bakeries Company—to provide the Ministry of Commerce with updates on their respective initiatives by early next week.

The ministry will then prepare a consolidated report evaluating the level of cooperation and progress among all entities, which will be presented to the Committee. This move aligns with the Cabinet's resolution issued in April, which assigned the Minister of Commerce and Industry responsibility for the food security portfolio, the Minister of Health for drug security, and the Minister of Electricity, Water and Renewable Energy for water security—each tasked with strengthening Kuwait's integrated food, drug, and water security

Brazil, Kuwait relations built on friendship, mutual respect, shared values

Bilateral trade grows from about \$13.5 million in 1969 to nearly \$1 billion in 2024

The Time Kuwait Report

Brazil and Kuwait are celebrating this year the 68th anniversary of the establishment of diplomatic relations, and to the 50th anniversary of the opening of embassies by Brazil and Kuwait in each other's capitals.

In a media interview last week, Ambassador of Brazil H.E. Rodrigo d'Araujo Gabsch, said the year 2025 represents a historic milestone in the diplomatic journey between Brazil and Kuwait, as both nations celebrate the 50th anniversary of the opening of their embassies in Brasília and Kuwait City in 1975, and the 68th anniversary of diplomatic relations that began in 1968.

He recalled that on 9 November 1975, the first resident Brazilian Ambassador to Kuwait, H.E. Paulo Henrique de Paranaguá, presented his credentials to the then Amir late Sheikh Sabah Al-Salem, three months after Kuwaiti Ambassador Talib Al-Naqeeb had presented his credentials to Brazilian President Ernesto Geisel on July 3, 1975, in Brasília.

The ambassador explained that this significant diplomatic step followed the official visit of then-Foreign Minister His Highness Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah (may God rest his soul) to Brazil in March 1975, at the invitation of the Brazilian government.

The visit paved the way for a new era of cooperation, as Sheikh Sabah held meetings with Brazilian Foreign Minister Antonio Azeredo da Silveira and was received by President Geisel. Both sides agreed to strengthen bilateral relations and establish resident embassies in the two capitals.

Ambassador Gabsch noted that the visit witnessed a remarkable convergence of views on key international issues, particularly peace, security, and development. He highlighted that the visit also led to the signing of the landmark Economic Cooperation Agreement, which laid the foundation for developing ties in trade, finance, and technology, and encouraged direct collaboration between public and private institutions in both countries.

The Brazilian envoy emphasized that Brazil and Kuwait share common principles, including the promotion of peace, security, and non-interference in the internal affairs of other nations—values that have strengthened their diplomatic alignment in international forums.

Reflecting on the remarkable progress since the 1970s, he pointed out that bilateral trade grew from about US\$13.5 million in 1969 to nearly \$1 billion in 2024, marking an impressive 74-fold increase. What began as an exchange of oil and coffee has evolved into a dynamic partnership encompassing agricultural and



industrial products, said the ambassador.

Brazil, he said, is now one of Kuwait's most important food suppliers, particularly of poultry, beef, corn, and coffee, while Kuwait exports oil, jet fuel, and sulfur to Brazil—elements vital to the agricultural sector. He noted that this economic integration enhances Kuwait's food security and

supports Brazil's energy security."

Ambassador Gabsch commended the efforts of both leaderships—His Highness the Amir Sheikh Mishal Al-Ahmad Al-Jaber Al-Sabah and President Luiz Inácio Lula da Silva—for advancing new initiatives that strengthen economic cooperation. He revealed that 2024 was the strongest year for Brazilian exports to Kuwait since 2008, and likewise for Kuwaiti exports to Brazil since 2014, underscoring the positive momentum in trade relations.

He further disclosed that two Brazilian trade delegations—comprising representatives from both the public and private sectors—visited Kuwait in 2024 to expand economic cooperation, with new reciprocal missions being prepared to enhance trade and investment opportunities. He noted that since the signing of the first agreement in 1975, the two nations have concluded seven bilateral agreements, with additional accords under negotiation in the areas of economy, development, and legal cooperation.

Ambassador Gabsch concluded by affirming, "Relationship between Kuwait and Brazil is built on a solid foundation of friendship and mutual respect. With continued collaboration between our governments and peoples, we look forward to fifty more years of partnership, progress, and shared prosperity."

Lulu Signs Strategic Partnership with Beyout Holding, to Open New Hypermarket in Al Mutlaa, Kuwait

Lulu Group has announced a strategic partnership with Beyout Holding to open a new hypermarket within the upcoming Beyout Plus Mall, marking a significant milestone in the commercial development of Al Mutlaa Residential City.

Yusuffali M.A., Chairman of Lulu Group and AbdulRahman Al Khanna, Group CEO of Beyout Holding and Vice Chairman, signed the agreement that marks Lulu as one of the first strategic tenants in the Beyout Plus projects.

As part of this partnership, Lulu will establish a hypermarket covering 6,650 square meters within the expansive 250,000-square-meter Beyout Plus Mall. This development marks a significant commercial milestone in Al Mutlaa Residential City, the largest residential project in Kuwait's

history, designed to accommodate over 400,000 residents.

"As the largest retail brand in the GCC, we are firmly on an expansion track in Kuwait, and this partnership with Beyout Holding underscores our commitment to expand our retail service and delivering exceptional value to customers. We are also grateful for the support from the Beyout Holding team" said Yusuffali M.A., Chairman of Lulu Group

AbdulRahman Al Khanna stated that "the leasing operations in the project are currently focused on strategic tenants, with the aim of shaping the true identity of the project exactly as it was announced at the launch event. Indeed, the group succeeded in signing the contract with



Lulu Group, which constitutes an important step."

The Beyout Plus project is a unique development combining retail, showrooms, warehouses, and offices across 250,000 square meters in the Al Mutlaa area. This project is distinguished by its adherence to global best practices in logistics while respecting Kuwait's cultural and social sensitivities, and it will greatly

benefit the residents of the new city. The complex features innovative architecture and offers comprehensive home solutions, providing a seamless and sophisticated shopping experience for furniture and building materials through a select range of local and international brands. The project is expected to complete in the first quarter of 2027.



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Italian Embassy celebrates country's National Unity, Armed Forces Day

The Time Kuwait Report

Embassy of Italy held a reception last week to celebrate the country's National Unity and Armed Forces Day on 4 November at the Regency Hotel. The event was attended by Kuwait's Undersecretary of the Ministry of Defense, Sheikh Abdullah Al-Mishal, and Commander of the Air Force, Brigadier General Pilot Nasser Abdullah Al-Shureida, along with members of the diplomatic corps, military attachés, and members of the Italian armed forces in Kuwait.

In his address to the gathering, Italian Military Attaché in Kuwait, Colonel Michele Rega, affirmed that relations between Italy and Kuwait represent

a firmly established model of friendship and cooperation built on trust and mutual respect. He added that ties between the two countries grow stronger year after year in various political, military, cultural, and economic fields.

Explaining the significance of the day, Colonel Rega said that it commemorated the end of World War I, which marked the completion of the unification of Italy, and honored the sacrifices of Italian soldiers over the years. He noted that the day holds special significance for all Italians, reminding them of the values of peace, solidarity, and service to the nation—values that the Italian Armed Forces continue to uphold in their missions both within Italy and abroad.

He added that these shared values unite the

Italian forces with their Kuwaiti counterparts, who work side-by-side to enhance security and stability in the region. The military attaché also expressed his deep appreciation to Kuwait, the Ministry of Defense, and the Kuwaiti Armed Forces for their continued support and excellent cooperation with the Italian forces deployed at Ali Al Salem Air Base and Camp Arifjan, and commended the warm welcome and generous hospitality extended to the members of the Italian mission in Kuwait.

He affirmed that the Italian military personnel are proud to serve alongside their Kuwaiti colleagues and partners in the international coalition, as part of a joint effort to enhance security and peace in a region of great strategic importance. He added that Italy remains

committed to this partnership. Colonel Rega noted that cooperation between the two countries extends beyond the military sphere to include industry, technology, and training. He explained that Italian expertise in defense and innovation is globally recognized and can play a vital role in achieving Kuwait's 2035 vision for development and modernization, opening new horizons for joint cooperation.

In closing, the military attaché expressed his deep gratitude to all the Italian and Kuwaiti supporters and sponsors who contributed to the success of the celebration, praising the professionalism of the staff of the Italian Embassy and the office of the military attaché, and also thanking the Regency Hotel for its hospitality.

Kuwait Airways signs joint cooperation protocol with LuLu Hypermarket Kuwait to enhance cargo and various trade exchange services

As part of its ongoing efforts to strengthen commercial partnerships and expand cooperation across multiple sectors, Kuwait Airways has announced the signing of a joint cooperation protocol with LuLu Hypermarket Kuwait. The agreement aims to enhance trade exchange, which will positively impact the local economy, and open new opportunities in various fields that serve the interests of both parties, while positively impacting their customers.

The protocol aims to establish a general framework for joint cooperation to strengthen bilateral and institutional relations, that contribute to the exchange of cargo and various commercial services between the two parties, in addition to participation in campaigns, events, and various activities that serve all parties.

Speaking during the signing ceremony, Kuwait Airways Chairman, Captain Abdulmohsen Al-Fagaan stated, "Kuwait

and supporting the shared vision of building a diversified and sustainable economy."

Al-Fagaan added, "This protocol consolidates the principle of effective partnerships with both public and private sector institutions, reflecting Kuwait Airways' firm belief in the importance of integration among various entities to support the economic development process in the State of Kuwait."

It also demonstrates Kuwait Airways' commitment to establishing frameworks for joint cooperation with various organizations, governmental and private, in ways that stimulate the national economy and support the State of Kuwait's ambitious development plans." Al-Fagaan emphasized that the signing of this protocol aligns with the "New Kuwait 2035" vision, which aims to strengthen Kuwait's position as a regional financial and commercial hub by fostering partnerships that create added value and promote sustainable development across various sectors.

Al-Fagaan concluded by stating that this represents the beginning of future joint projects aimed at enhancing the standing of both institutions, and services to their valued customers, while contributing to the development of Kuwait's commercial and service sectors in line with future aspirations.

On his part, Mr. Sreejith Kolantra Sreerajan, Director of Operations at LuLu Hypermarket Kuwait, stated, "This partnership with Kuwait Airways embodies our commitment to business collaboration and superior experience to customers. Together, we will explore innovative solutions that provide tangible benefits to the communities we serve."

He added, "We are pleased to partner with Kuwait Airways, the national carrier of the State of Kuwait with a long and distinguished history in aviation. This partnership paves the way for us to implement innovative initiatives that benefit our customers and support our joint efforts to deliver added value to the local market."



The protocol was signed by Kuwait Airways Chairman, Captain Abdulmohsen Salem Al-Fagaan, and the Director of Operations at LuLu Hypermarket Kuwait, Mr. Sreejith Kolantra Sreerajan, in the presence of the Acting Chief Executive Officer at Kuwait Airways, Captain Abdulwahab Ibrahim Al-Shatti, along with several senior officials from both companies.

Under the protocol, LuLu Hypermarket will be able to transport its goods from various destinations around the world via Kuwait Airways. Additionally, Kuwait Airways will serve as a carrier for Lulu Hypermarket's employees

Airways is pleased to sign this memorandum of understanding with LuLu Hypermarket Kuwait, one of the leading retail entities in the region. With its strong presence across all governorates of Kuwait, LuLu Hypermarket is an ideal partner for implementing joint initiatives that enrich the customer experience and enhance business cooperation."

Al-Fagaan stated, "This protocol represents a new step in Kuwait Airways' strategy to expand its partnerships with private sector institutions in the country, thereby enhancing the competitiveness of the national economy



Wamd instant payment transactions exceed 6 billion dinars in nine months

The latest data from the Central Bank of Kuwait revealed that the "Wamd" instant payment service achieved exceptional growth during the first nine months of 2025, with the total value of transactions reaching approximately 6.063 billion Kuwaiti dinars, distributed across 80,200 transactions at an average of 76 dinars per transaction.

The figures highlight a sustained surge in the use of digital payment systems, driven by strong performance in the second and third quarters of the year.

Transaction values rose by 24.8 percent in the second quarter to reach 2.026 billion dinars, before climbing another 19.1 percent in the third quarter to 2.414 billion dinars. The first quarter had already recorded a significant 47.3 percent increase, with transactions totaling 1.623 billion dinars, compared to 1.101 billion in the final quarter of 2024.

The Central Bank noted that this steady upward trend underscores the growing preference among individuals and businesses to adopt "Wamd" as a primary digital payment channel, thanks to its speed, reliability, and enhanced security features.

The continued success of "Wamd" reflects Kuwait's progress toward advancing its digital finance ecosystem and promoting cashless transactions, in line with the country's broader vision for technological innovation and financial inclusion.

Kuwait turns environmental catastrophe into hope for humanity

The Time Kuwait Report

On 6 November, Kuwait marked the 34th anniversary of extinguishing the last oil well fires. This remarkable feat not only demonstrated the unity of people and purpose in dousing the fires in record time, but also how a country turned a devastation into a beacon of hope for humanity and the environment.

Sixth of November stands as a shining milestone in Kuwait's modern history — an enduring reminder of how national unity and love for the homeland can achieve the extraordinary. It marks the anniversary of extinguishing the last oil well fire ignited by the brutal Iraqi invasion, a feat that demonstrated Kuwait's resilience and determination to rebuild from devastation.

From the heart of one of the worst environmental disasters in modern history, Kuwait emerged as a regional leader in environmental protection and a beacon of hope for an environmentally sustainable planet.

The nation turned its painful experience into a powerful lesson for the world—proving that from crisis can come responsibility, and from destruction can arise renewal that safeguards the environment and the future of generations to come.

Environmentalists have long referred to the disaster as the 'Gulf Tragedy', which underscored the importance of placing biodiversity and ecological balance at the center of sustainable development efforts.



Following the Iraqi invasion of 1990, hundreds of oil wells were deliberately set ablaze, filling the skies with thick black smoke and plunging the Gulf region into an environmental catastrophe of historic proportions. Yet, against all odds, the Kuwaiti people—driven by courage and international support—managed to extinguish the fires within months. The last flame was put out on 6 November 1991, defying global expectations that the inferno would burn for years.

This remarkable accomplishment was not merely a technical or engineering success; it symbolized the birth of a new era of environmental consciousness in Kuwait and

across the Arab world.

Out of this harsh experience, the Kuwait Environmental Protection Society called for global recognition of the environmental toll of wars and conflicts. The Society proposed the creation of an international day to remind the world of the need to protect nature from the ravages of war—a proposal that garnered strong official backing from Kuwait.

The initiative culminated in the United Nations General Assembly's adoption of Resolution 56/4 on 5 November 2001, designating 6 November—the day Kuwait extinguished its last oil well fire—as the International Day for Preventing the

Exploitation of the Environment in War and Armed Conflict. Since then, the occasion has carried both national pride and humanitarian significance, marked by a distinctly Kuwaiti legacy.

The broader region has paid a steep price for decades of wars and conflicts—its infrastructure shattered, water sources contaminated, soil poisoned, and ecosystems severely damaged.

Confronted with these challenges, Kuwait has reaffirmed its role as an Arab hub for promoting collective environmental action. The country continues to champion the belief that protecting the environment is a shared responsibility that extends beyond governments to include civil society, the media, and individuals alike.

In this spirit, and with the support of the General Union of Arab Producers, Kuwait established the General Secretariat for Environment and Sustainable Development in December 2017. The Secretariat serves as a unified Arab platform for environmental media, dedicated to raising awareness, producing specialized content, and promoting a culture of sustainability. Through educational programming and awareness campaigns, it seeks to highlight the efforts of Arab nations in combating pollution and protecting the planet for future generations.

From the ashes of destruction, Kuwait built an enduring legacy, one that continues to inspire the region and the world with its message that resilience, responsibility, and unity can turn even the darkest tragedy into a beacon of hope for humanity and the environment.

Kuwait braces for 40 days of unstable weather and sea turbulence



The season known as "Al-Ahmar's Strike" will begin on Tuesday, November 11, marking a 40-day period traditionally associated with storms, strong winds, and sea disturbances.

Astronomical experts describe it as one of the most dangerous times for sailors in the Arabian Gulf, particularly in the past, due to sudden weather changes that often brought thunderstorms, high waves, and a noticeable drop in temperature — a transition referred to as the "autumn cold."

According to historical accounts, sea captains avoided voyages during this period, aware of its risks to ships and sailors alike.

A Transitional and Turbulent Period

Badr Al-Amira, member of the Arab Union for Astronomy and Space Sciences, explained that this weather phase represents a transition between autumn and winter, characterized by atmospheric instability, strong winds, cloud formation, and rainfall.

"This pattern continues until the winter solstice on December 20," Al-Amira said, warning sailors against going to sea due to high waves and turbulent winds. He added that in ancient times, Arabs avoided traveling during this period, mindful of its fierce storms.

Al-Amira noted that the "Al-Ahmar" star, also known as the Heart of Scorpio, is the brightest star in the constellation of Scorpio, appearing red in color. "The saying 'Al-Ahmar struck his blow' became common among sailors," he said, "to describe the violent winds and storms that occurred during this season."

Astronomical researcher Adel Yousef Al-Marzouq told Al-Rai that Al-Ahmar is 690 times larger than the sun, and its seasonal appearance signals a period of severe climatic turbulence.

He explained that this phase marks the shift from heat to cold, bringing illnesses such as influenza, coughs, and colds.

"From an astronomical perspective," Al-Marzouq said, "the disappearance of the Al-Ahmar star signals the onset of violent northwesterly winds that can reach speeds of up to 120 kilometers per hour. These are often accompanied by clouds, thunderstorms, and turbulent seas, making sailing extremely dangerous."

He added that sailors in the past paid close attention to this period, saying, "We take it into account properly before setting out."

According to maritime tradition, Al-Ahmar's strike typically occurs in the evening after the afternoon prayer, when strong westerly winds rise, often accompanied by red dust forming dark clouds in the sky.

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Embassy of Mongolia celebrates 50th Anniversary of establishment of diplomatic relations with Kuwait



The Times Kuwait Report

To commemorate 50th Anniversary of establishment of diplomatic ties between Mongolia and Kuwait, in conjunction with the 101st anniversary of the Proclamation Day of Mongolia, the Embassy of Mongolia in the State of Kuwait hosted a grand reception featuring a Mongolian traditional cultural folklore performance by the Mongolian Grand Theatre of National Arts and a Mongolian fashion show.

The event will take place on Dec 7, 2025, at the Grand Hyatt Hotel in Kuwait City. The invited guests experienced Mongolia's rich cultural heritage through its music, dance, and traditional



attire — offering a vivid reflection of the nomadic spirit and cultural identity of the Mongolian people. Following the Grand Reception, the Embassy also plans to organize a Mongolian traditional food exhibition and a horse racing competition named in honor of Mongolia, both scheduled for December 2025.

The event marked a historic milestone embodying five decades of friendship, mutual respect, and fruitful cooperation founded on shared values and a common commitment to peace, stability, and development. Since the



establishment of diplomatic ties in 1975, Mongolia and Kuwait have consistently strengthened their partnership through excellent political relations, active dialogue, and collaboration across a wide range of sectors.

The relationship has been further enhanced by frequent high-level exchanges and constructive cooperation within regional and international frameworks. A cornerstone of this partnership has been the close cooperation between the Government of Mongolia and the Kuwait Fund for Arab Economic Development, which has played



a significant role in supporting Mongolia's socio-economic development through concessional loans and financial assistance for key national infrastructure projects. In recent years, relations between Mongolia and Kuwait have expanded steadily in the fields of transportation, sports, culture, tourism, and particularly food security, following the successful launch of Mongolia's meat exports to Kuwait in October 2024.

Another major step forward was the signing of the Air Service Agreement on January 18, 2025, which established a legal framework for the introduction of direct flights between the two countries — a move expected to further deepen cooperation in all areas.



Spanish Embassy, NCCAL presents Spanish orchestra at JACC

Embassy of Spain in collaboration with the National Council for Culture, Arts and Letters (NCCAL) presented the Spanish symphony orchestra, Villa de Colmenar Viejo, to an appreciative audience at the Sheikh Jaber Al-Ahmad Cultural Centre (JACC) on 2 November.

Speaking at the event, Ambassador of Spain H.E. Manuel Hernandez Gamallo, explained, "Tonight we gather to immerse ourselves in the depths of Spanish music."

The concert features compositions by the young symphony orchestra from the heart of Spain. While Spain is well-known and loved by many Kuwaitis, through the familiar expressions of our identity, such as Spanish architecture, cuisine, Flamenco, and, of course, football, there are centuries-old musical traditions that are still largely unknown outside the country."

The Ambassador highlighted that the concert offered a glimpse of this musical heritage, presenting a variety of pieces from prominent Spanish composers like Falla and Granados, and including a unique Spanish musical form known as Zarzuela, which is equivalent to operetta or light opera. He added that all these pieces carried a distinctive Spanish character, tracing back to deep popular and folkloric roots.

Ambassador Gamallo expressed his sincere appreciation to the National Council for Culture, Arts and Letters for their invaluable support in making the event possible, and to the staff of the Sheikh Jaber Al-Ahmad Cultural Centre for their

close cooperation with the Spanish Embassy team.

For his part, Assistant Secretary-General for Arts Sector at the NCCAL, Musaad Al-Zamel, said that the Council consistently cooperates with Arab and international embassies in Kuwait to organize events such as cultural weeks, orchestras, and folk arts, as part of cultural cooperation and exchange agreements. He added that the latest concert falls under the cultural cooperation agreement that Kuwait has had with the Kingdom of Spain since 2008.

He noted that the Spanish Embassy selected the ten-member ensemble to strengthen the artistic relations between the two countries, adding: "This beautiful blend of soft power and cultural diplomacy solidifies the relationship between Kuwait and Spain. This is cultural exchange at its best."

He pointed out that this year has been full of cultural events with a number of sisterly and friendly countries, noting that this is the role of the NCCAL in embracing creativity and welcoming creative initiatives from any culture-loving entity to support the cultural movement and season.

The Villa de Colmenar Viejo opened the concert by performing the national anthems of both Kuwait and Spain. It then performed several artistic pieces, including 'Sighs of Spain', selections from 'Twelve Spanish Dances', 'Jirabe', 'Night Music from the Streets of Madrid', excerpts from 'Seven Spanish Folk Songs', and other famous musical works.

AmCham Kuwait Celebrates 40 Years of Excellence at Annual Gala Dinner

American Chamber of Commerce in Kuwait (AmCham Kuwait) celebrated its 40th anniversary with a grand gala dinner at the Four Seasons Kuwait. The event brought together government officials, diplomats, business leaders, and members of the AmCham community to honor four decades of collaboration, partnership, and impact.

The evening began with a captivating performance by a traditional Kuwaiti band performing the stick dance, followed by welcome remarks from Executive Director of AmCham Kuwait, Paola de la Roche, who invited attendees to leave messages on the commemorative 40th Anniversary Canvas and capture memories at the event's photo booth.

For his part, Chairman of AmCham Kuwait Pete Swift reflected on the Chamber's journey since its founding in 1985 and expressed his gratitude to members, staff, the board, and sponsors for their support.

In her speech on the occasion, President of the American University of Kuwait (AUK) Dr. Rawda Awwad, said: "At AUK, we're building the people who will walk across the bridges that AmCham has built between Kuwait and the United States. For over forty years, AmCham has connected ideas and industries; at AUK, we prepare the graduates who will

carry that partnership forward. When business and education work together, we create more than opportunity: we create continuity, understanding, and progress."

The event honored AmCham Kuwait's valued sponsors and partners that included:

Diamond Sponsor: American University of Kuwait (AUK); Platinum Sponsors: KGL – Kuwait & Gulf Link Transport Company and KRH; Gold Sponsor: Gulf Insurance Group (GIG); and Silver Sponsors: Al Tamimi & Company, Kuwait Chemical House Company (KCHC), and Saudi Arabian Chevron.

Travel & Tourism Partner, IFA International Travel & Tourism and Hotel Partner, Four Seasons Kuwait; and Strategic Partner: Zone Kuwait Company, were also honored on the occasion. Additionally, the awards recognized members, honorary members, supporters, and partners who have made significant contributions to AmCham's mission over the years. A highlight of the evening was the raffle draw, where attendees had the chance to win a variety of prizes.

In her closing remarks, Dr. Arezou Harraf thanked all members, sponsors, and partners, emphasizing that AmCham Kuwait's success over four decades has been built on collaboration, inclusion, and shared purpose.





British Embassy hosts 'Remembrance Service'

The Time Kuwait Report

British Embassy hosted its annual 'Remembrance Service' on 9 November to honor those who have lost their lives due to conflict or terrorism.

The service, officiated by Reverend Dr. Michael Mbona, chaplain of Saint Paul's Anglican Church in Kuwait, brought together a diverse group of attendees, including diplomats, senior officials and military representatives from the armed forces of Kuwait and the UK, who gathered to pay their respects to troops who died in service for their countries, as well as for civilians killed as a result of war or acts of terror.

Many attendees wore poppies—the flower representing the first blooms on the devastated battlefields of World War I—as a symbol



of both remembrance and hope for a more peaceful future. In his remarks on the occasion, Undersecretary of the Ministry of Defence

Sheikh Dr. Abdullah Meshal Al Sabah said: "For the people in Kuwait, this occasion holds deep meaning. We will never forget the brave men and women of the United Kingdom and the coalition forces who stood by Kuwait during the darkest days of the occupation and fought for Kuwait's liberation in 1991."

For his part, UK Defence Attaché Captain Neil Marriott said: "Remembrance is a solemn moment to honor those who gave their lives so that we might enjoy the freedoms we have today. The horrors of war serve as a stark reminder of the cost of conflict and the enduring importance of pursuing peace. We remember not only the fallen, but the values they stood for. I am also deeply grateful to all those who joined us at the Embassy to mark this occasion, their presence helped make it a truly meaningful act of remembrance."



ALSAYER Car Rental hosts successful 'Colleagues Conference'

ALSAYER Car Rental and Leasing recently convened its annual "Colleagues Conference," gathering team members from the Sales, Operations, and Service divisions for a dynamic event focused on strategic alignment, performance recognition, and motivation.

The conference was spearheaded by senior management, including Bengt Schultz, Chief Operating Officer, and Scott McNicol, General Manager. The leadership team delivered a motivating session designed to provide all attendees with meaningful business insights and reinforce the company's collective vision.

A key highlight of the event was a short but comprehensive presentation by General Manager Scott Mc Nicol. He detailed recent business development achievements and emphasized the substantial growth in sales recorded by the recently launched ALSAYER Personal Leasing product, underscoring its success in capturing new market segments.

Management took the opportunity to formally recognize the dedication and excellence of its staff. Certificates of Achievement and Appreciation were proudly handed over to top performers across the organization, celebrating their commitment and contributions throughout the past year.

Concluding the event, COO Bengt Schultz addressed the unified team with an encouraging message for the future. He urged team members to maintain their top-level performance, continually strive to raise their professional bars, and face the anticipated market challenges during the upcoming year with confidence and collective effort.

The conference successfully set a positive and high-performance benchmark for the division moving forward.





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Kuwaiti economy on an upward trajectory, despite global gloom

The International Monetary Fund (IMF) and World Bank both raised their growth forecasts for Kuwait, reflecting renewed optimism in the country's economic prospects. The IMF revised Kuwait's GDP growth for 2025 upward to 2.6 percent, while the World Bank increased its estimate to 2.3 percent, citing strong project activity, robust stock market performance, and expanding non-oil sectors. Local research firms Kamco Invest and Al-Shall Consulting also echoed this positive sentiment, highlighting Kuwait's surge in project awards and the Kuwait Stock Exchange's leading gains among Gulf markets.

International Monetary Fund (IMF) in its latest World Economic Report, raised its forecast for Kuwait's economic growth by 0.7 percent in 2025, to 2.6 percent. The positive outlook for Kuwait's economy was mirrored by the World Bank, which raised its growth estimate this year for the country to 2.3 percent.

This wave of optimism on the national economy was also shared by regional and local economic research organizations, including MEED magazine, which specializes in Middle Eastern economic affairs, and in reports issued by the Kuwaiti economic research firms Kamco Invest and Al-Shall Consulting.

Notable activity witnessed across various domestic sectors, particularly in projects and in the strong performance of the Kuwait Stock Exchange during the first nine months of this year, were cited as reasons for the upbeat assessments by these economic research firms.

In its World Economic Outlook report for October, the IMF revised Kuwait's GDP growth forecast for 2025 upward by 0.7 percent, reaching 2.6 percent compared to its April estimate. Kuwait's GDP last year stood at KD40.3 billion (US\$141 billion).

The IMF report titled 'A World Economy in Turmoil: Prospects Still Gloomy', despite the negative tone of its title, took a positive outlook when it came to Kuwaiti economy in the upcoming, raising the country's growth forecast for 2026 by 0.8 percent to 3.9 percent.

On the overall global economic growth, the IMF noted that it is adapting to a reshaped environment under new policies, particularly



tariffs, and projected that global growth will slow from 3.3 percent in 2024 to 3.2 percent in 2025, and further to 3.1 percent in 2026.

Meanwhile, in its biannual report issued in October on global economic developments, the World Bank raised its forecast for Kuwait's economic growth to 2.3 percent, a slight increase of 0.1 percent from its June report.

The World Bank report, which devoted a large section to women's economic empowerment, also raised its forecasts for Middle East and North Africa (MENA) economies to 2.8 percent in 2025,

slightly higher than June estimates. This revision was supported by the gradual phase-out of OPEC+ oil production cuts and the strong expansion of non-oil activities, providing a "double boost" to regional economies.

Regarding projects, Kamco Invest, a local firm, reported in its latest report a 25.3 percent increase in the value of contracts and projects awarded in Kuwait during the first nine months of this year, reaching \$7 billion, compared to \$5.6 billion in the same period of 2024. The company pointed out that in the third quarter of 2025 alone, Kuwait

awarded projects worth \$4.3 billion, an increase of 33.8 percent compared to about \$3.2 billion in the third quarter of last year, indicating strong government spending, particularly on strategic and infrastructure projects.

According to MEED, which tracks development projects in MENA region, 11 contracts were awarded in Kuwait during the third quarter of this year, the largest being the Az-Zour North Power and Water Desalination Plant (Phases II and III), a Public-Private Partnership (PPP) project valued at \$4 billion. The project includes the construction of a 2,700-megawatt power plant and a water desalination facility with a capacity of 120 million gallons per day, with completion expected by the end of 2028. MEED also noted that the energy sector saw a sharp increase in projects during this period, with total contracts valued at \$4 billion in the third quarter, compared to \$1.4 billion in the same quarter of 2024. Notably, this growth came amid a 27 percent drop in project awards in the region in the third quarter of this year.

The positive outlook for Kuwait's economy was also reflected in the Kuwait Stock Exchange, which recorded the highest gains among Gulf markets during the first nine months of this year, achieving the third-largest increase in liquidity among the seven Gulf stock exchanges, according to a report by Al-Shall Consulting.

Al-Shall confirmed that the Kuwait stock index rose by 19.5 percent, the highest in the Gulf region, while market liquidity increased by 89.7 percent, indicating the positive investor sentiment among investors regarding the performance of Kuwait's national economy.

Responsible Journalism Promotes Equitable, Inclusive, Cohesive Societies

CONTINUED FROM PAGE 1

and transgression on the self of His Highness the Amir. Pointing out that Kuwaiti media remains committed to responsible freedom, Al-Mutairi expressed his confidence in the media's adherence to the law to preserve the national identity and ensure respect for the rights and freedoms of others. The new media law will significantly promote responsible freedom of expression, and provide the necessary space for diverse ideas and views, said Al-Mutairi adding that the goal of the new media law is to build a modern media system aligned with the goals of the 'New Kuwait 2035' vision.

The importance of unbiased, responsible journalists and credible journalism cannot be ignored or overemphasized in today's world. Responsible freedom of expression is key to the efficient functioning and durability of democracies and democratic processes. Credible journalism is also vital in building trust in democratic institutions, catalyzing social transformations, promoting human rights, and bringing about the development of equitable, inclusive, and cohesive societies.

Responsible and credible journalism is of particular significance in this digital age, where deepfakes and discriminatory news tend to cloud debate in online forums. In this regard, promoting media and information literacy that enable people to engage more effectively and ethically online is vital. While freedom of expression, whether online or offline, is a fundamental right, it is not absolute; it needs to be tempered with the rights and needs of others and of society.

Responsible journalists have an obligation to recognize that their right to freedom of expression also entails responsibilities, including

publishing credible and accurate content, avoiding hate speech that incites discrimination or violence against others, and operating within legal boundaries. Under certain conditions, such as to ensure public safety and health, preserve national unity and security, or protect public order, freedom of expression may be subject to restrictions, provided these limitations are lawful, necessary, and proportionate.

Journalists play several crucial roles in societies, serving as public educators, providing accurate information people need to make informed choices and engage effectively in democratic processes. Journalists act as social activists, amplifying the voice of the poor, the marginalized, and the vulnerable, raising debate on issues of public concern, and effecting policy changes and positive social transformations.

Additionally, journalists function as investigators, serving as the eyes, ears, and mouth of the public, questioning and probing people in power to uncover crimes, corruption, and social injustices; they report on human rights violations, environmental infringements, human trafficking, political misconduct, misappropriation of public funds, and other illegal activities. Ultimately, journalists contribute to making power transparent, accountable, and answerable to the public they serve.

Journalists often risk their lives while reporting from some of the most dangerous environments around the world. According to the UNESCO Observatory of Killed Journalists, more than 1,830 journalists have been murdered in their line of work since 1993, which averages over 60 journalists killed every year for the past three decades. The term journalist in UNESCO reporting mechanisms aligns with the broad interpretation of journalism as a shared function of many actors,

including journalists, other media workers. Influencers, and social media content producers.

Figures from the Observatory show that the average number of journalists killed annually is on the rise, with 81 journalists killed so far in 2025. Not surprisingly, almost half of the journalist killings this year occurred in places experiencing armed conflict. With a record number of journalists killed in Gaza over the two years of conflict there, this narrow strip of land has become the deadliest conflict zone for journalists.

In Somalia, for long one of the most lethal countries for journalists, and in Sudan, since the outbreak of violence there in 2024, journalists have regularly faced intimidation, detention, violence and killings. In Mexico, the most deadly place for journalists outside of conflict zones, media personnel reporting on corruption, organized crime, and politico-narco links of the powerful are routinely 'silenced'.

Atrocities against female journalists are also on the rise, with women journalists frequently targeted with physical violence and online threats of gendered disinformation, surveillance, deepfakes and other forms of harassment. A recent survey of women journalists revealed that more than 73 percent of them have faced threats, intimidation, or insults online.

Regrettably, impunity for crimes against journalists remains entrenched in places around the world, with perpetrators facing little or no accountability, investigation, or prosecution. According to the UNESCO Observatory over 85 percent of journalist killings recorded around the world since 2006 still remain unresolved, or have been abandoned.

Most lethal attacks on the press are rarely investigated or prosecuted, and when cases do move forward, justice is usually slow, with

proceedings stretching on for years and often failing to bring those really responsible to justice. The immunity enjoyed by powerful perpetrators of blatant abuses, crimes and violations of law and social norms is a global crisis, and reflects the failure of states to uphold accountability and apply the rule of law equally to all.

Under international law, nations have a clear obligation to investigate and prosecute such violations. Yet despite these obligations, there has been little tangible progress by states in reversing these trends, even as journalists continue to face increasingly hostile and dangerous environments. Failure in responding to crimes against journalists leads to eroding trust in democratic institutions, fuels attacks on rights and freedoms, and curbs the ability of journalists to function as social guardrails against public misdeeds.

While journalists are sometimes victims of collateral damage in conflicts and violences, more often than not, they are specifically targeted to silence their voices. Yet, journalist voices can never truly be silenced, for they are the cry of people in plight, they speak to fundamental human values, truths, and principles that will continue to resonate, demanding justice and accountability from those in power and the powerful.

In his message ahead of this year's International Day to End Impunity for Crimes Against Journalists, UN Secretary General António Guterres stated: "Impunity anywhere is not only an injustice to the victims and their families, it is an assault on press freedom, an invitation to further violence, and a threat to democracy itself..."

When journalists are silenced, we all lose our voice. Let us stand together to defend press freedom, demand accountability and ensure those who speak truth to power can do so without fear."

No Escape II: The Way Forward

[A new report by UNHCR, released ahead of the COP30 climate conference reveals that climate extremes are driving repeated displacements among conflict-affected communities around the world.]

Millions of refugees, people forced to flee, and their hosts are trapped in an increasingly vicious cycle of conflict and climate extremes, according to a new report released on 10 November by UNHCR, the UN Refugee Agency.

The new report titled, 'No Escape II: The Way Forward', builds on last year's analysis with new data and predictive insights on solutions required to fill the disproportionate gaps faced by front-line communities, including refugees and people forced to flee. The report warns that climate shocks are undermining chances of recovery, increasing humanitarian needs, and amplifying the risks of repeated displacement.

By mid-2025, 117 million people had been displaced by war, violence and persecution. Three in four of them are living in countries facing high-to-extreme exposure to climate-related hazards. Over the past 10 years, weather-related disasters have caused some 250 million internal displacements—equivalent to around 70,000 displacements per day. Whether it is floods sweeping South Sudan and Brazil, record-breaking heat in Kenya and Pakistan, or water shortages in Chad and Ethiopia, extreme weather is pushing already fragile communities to the brink.

"Around the world, extreme weather is putting people's safety at greater risk. It is disrupting access to essential services, destroying homes and livelihoods, and forcing families, many who have already fled violence, to flee once more," said Filippo Grandi, UN High Commissioner for Refugees. "These are people who have already endured immense loss, and now they face the same hardships and devastation again. They are among the hardest hit by severe droughts, deadly floods and record-breaking heatwaves, yet they have the fewest resources to recover."



In many places, basic survival systems are under strain. In parts of flood-affected Chad, newly arrived refugees from war-torn Sudan receive less than 10 litres of water a day; far below emergency standards. By 2050, the hottest refugee camps could face nearly 200 days of hazardous heat stress per year, with serious risks to health and survival. Many of these locations are likely to become uninhabitable due to the deadly combination of extreme heat and high humidity.

Environmental degradation is deepening the challenges communities are facing. New data in the report reveals that three-quarters of Africa's land is deteriorating, and more than half of the continent's settlements for refugees and internally displaced people are located in areas under severe ecological stress. This is shrinking access to food, water and income. In parts of the Sahel, communities report that

climate-linked livelihood losses are driving recruitment into armed groups, showing how environmental stress can fuel cycles of conflict and displacement.

At the same time, funding shortfalls and a deeply inequitable climate finance system are leaving millions unprotected. Fragile and conflict-affected countries hosting refugees receive only a quarter of the climate finance they need, while the vast majority of global climate funding never reaches displaced communities or their hosts. "Funding cuts are severely limiting our ability to protect refugees and displaced families from the effects of extreme weather. If we want stability, we must invest where people are most at risk. To prevent further displacement, climate financing needs to reach the communities already living on the edge," Grandi added. "They cannot be left alone. This COP must deliver real action, not empty promises."

Despite the challenges, UNHCR stresses that solutions are possible. Displaced and host communities can be powerful agents of resilience, but only if they are included in national climate plans, supported through targeted investment, and given a voice in decisions that affect their future. Yet, most national climate plans still overlook refugees and other displaced people, as well as the communities that host them.

As the world gathers for COP30, UNHCR is urging governments, financial institutions and the international community to take decisive action. By including displaced people and their host communities in climate planning and decision-making, investing in adaptation and resilience-building, and ensuring that climate finance reaches those on the front lines.

Key data from the report:

- Three in every four refugees or people displaced by conflict are currently living in countries facing high-to-extreme exposure to climate-related hazards.
- More than 250 million internal displacements caused by weather-related disasters in the past decade, which is the equivalent of around 70,000 every day, or two displacements every three seconds of the past decade.
- Over 1.2 million refugees returned home in early 2025, half to climate-vulnerable areas.
- Nearly 75 percent of land in Africa is deteriorating, with over half of refugee settlements in high-stress areas.
- Nearly all current refugee settlements will face an unprecedented rise in hazardous heat. By 2050, the hottest fifteen refugee camps in the world – located in Gambia, Eritrea, Ethiopia, Senegal and Mali – are projected to face nearly 200 days or more of hazardous heat stress per year.

Perfumes for Autumn Chic

Fragrances that add confidence, elegance, and style to your look this season

By Ivana Kralova
Special to The Times Kuwait

The way we walk, the way we talk, how we dress, and even the people we surround ourselves with say a lot about who we are; the same goes for the perfumes we wear. It is all about being yourself. A perfume should never disguise who you are, but highlight it—just like a smile or the way you carry yourself does. And as we embrace the autumn season in Kuwait, with the gentle drop in temperature and the joy of finally stepping outdoors without the heaviness of summer heat, we have a wonderful opportunity to be a little bolder and more sophisticated with our choice of perfumes.

Autumn weather pairs beautifully with deeper, more sensual fragrances, often featuring vanilla or musk-based scents. These richer scents add a touch of elegance and feel perfectly suited to the season. However, the right choice of perfume ultimately depends on your personality, who you are, and the impression you want to leave.

Perfumes are also excellent confidence boosters, but what I love most about them is their ability to connect with a specific memory. Sometimes just one spritz can open a memory you thought you had forgotten. That is why the perfumes we choose matter.

The six autumn fragrances featured below are each guaranteed to leave a lasting impression with just one spritz. Every scent has its own character, waiting to connect with yours. So this autumn, embrace who you are and be unforgettable.

Althair by Parfums de Marly is a unique and extravagant perfume. It is strong and radiant at first, but as it dries



down, it becomes sweeter, offering a vibrant warmth mixed with spices. It smells almost like cinnamon rolls. If you are a charismatic woman who radiates confidence, this could be your signature fragrance.

Queen of Silk by Creed is the perfect perfume for an elegant and mysterious woman. Its velvety and powdery scent feels almost like a warm hug. The unique blend of

saffron, patchouli and vanilla exude luxury and creates an aura of sophistication.

Dior Hypnotic Poison Eau de Toilette, in my opinion, outshines the perfume version. It is already strong, yet it has a softer, silkier character. It smells sweet with a hint of bitterness, like eating sugar-coated almonds. This fragrance is undeniably addictive and will make you appear as a soft, feminine woman. It is the perfect choice for a romantic evening.

Tuxedo by YSL. This unisex fragrance is perfect for a confident and sophisticated woman who knows what she wants and is not hesitant to express it. The harmonious blend of notes creates an elegant, dramatic and irresistible allure around you. With its long-lasting formula, this perfume will undoubtedly make you stand out.

Creed Silver Mountain is the most autumn and winter perfume I have ever smelled. Its scents evoke images of crystal-clear water flowing through the mountains. This fragrance feels strong and fresh. It is originally inspired by the crispness of alpine air and with just one spritz, you will radiate luxury all day long. If you are looking to unleash your inner energy, this sharp and icy perfume is perfect for you.

Prada Paradoxe is a musky and floral fragrance designed for an extravagant and sensual woman. It is intense yet not overpowering and it lingers beautifully on the skin all day. This seductive perfume creates a passionate allure and is an ideal pick for a special occasion. If you want to leave a strong impression, this is the perfume for you.

Readers can find
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EXCLUSIVE to THE TIMES KUWAIT

What Europe Can Offer a Fragmenting World


Ngaire Woods

Dean of the Blavatnik School of Government at the University of Oxford.

At the recent ASEAN Summit in Kuala Lumpur, European Council President António Costa outlined Europe's strategic posture. "The European Union," he said, "is proud to engage with ASEAN as a reliable partner in today's shifting geopolitical environment." His remarks echoed those made four months earlier by European Commission President Ursula von der Leyen, who proposed teaming up with the 12-member Comprehensive and Progressive Agreement for Trans-Pacific Partnership (CPTPP).

European leaders' ongoing efforts to seek and strengthen 'reliable' partnerships are largely motivated by US President Donald Trump's attempts to force allies to pay more for American security guarantees and military aid, as well as by his steep and often arbitrary tariffs. Trump himself underscored this strategic imperative the day before Costa's remarks, when he announced an additional 10 percent levy on Canadian goods



in response to a provincial ad in Ontario quoting former President Ronald Reagan as saying that tariffs "hurt every American worker and consumer."

This instability presents Europe with a unique opportunity to offer an alternative to overreliance on either the United States or China. Seeking to position his country as a counterweight to

American assertiveness, Chinese President Xi Jinping has framed his foreign policy as a "clear stand against hegemonism and power politics." Speaking at the Shanghai Cooperation Organization summit in September, Xi—flanked by Indian Prime Minister Narendra Modi, Russian President Vladimir Putin, and 17 other heads of state—pledged to "practice true multilateralism" and promote a global order based on free and open trade.

Yet many leaders remain wary of Xi's assurances. China's bilateral offers have grown more conditional, and its bullying of the Philippines and other countries in the South China Sea has become increasingly overt in recent years. At the same time, the country's economic slowdown has curtailed the extensive overseas financing it once provided and dampened Chinese demand for commodities like iron ore and soybeans from developing and emerging economies. To seize this opportunity, the EU must rethink its geopolitical comparative advantage. While an older generation of European leaders continues to tout the bloc's social model, shared values, and generous aid programs, these once-powerful assets have lost much of their appeal, even within Europe itself.

Across the continent, younger people feel ill-served by social systems their countries can no longer afford. The postwar 'European values' that long served as unifying ideals are now being contested in Germany, France, the United Kingdom, and beyond, as centrist parties lose ground to a resurgent far right. Meanwhile, aid and humanitarian budgets are increasingly squeezed by rising defense costs and tighter fiscal policies, leading Europe's traditional partners to seek something more tangible.

Europe's future influence will hinge less on values and aid, and more on economic opportunity. Unlike China, and increasingly the US, the EU remains a vast and open market, welcoming foreign direct investment. Easy access to the UK, Switzerland, and Norway further strengthens its position.

Moreover, Europe's so-called 'periphery' is far more dynamic than many assume. European commentators frequently lament the continent's sluggish growth, but they tend to overlook the vitality of economies such as Malta, Ireland, Cyprus, Poland, Croatia, Spain, Greece, Slovenia, and Bulgaria, all of which are growing faster than the continental average.

The same is true of technology and finance. While the EU is often dismissed as a referee rather than a player in tech and private equity, emerging European startups are beginning to challenge that stereotype.

But there is much more to be done. For starters, policymakers must act on former European Central Bank President Mario Draghi's report on EU competitiveness, which called for up to €800 billion (\$922 billion) in additional

annual investment to meet the bloc's defense, infrastructure, clean energy, and AI goals. A good start would be to offer Europeans a clear picture of the envisaged destination.

Fortunately, the EU has the resources to advance its strategic objectives. It can do so by harnessing its capital-markets union, by nurturing an innovation-friendly ecosystem, and by securing affordable, sustainable energy supplies. It could also make better use of the European Investment Bank, whose substantial capital and mandate remain underused.

Importantly, EU leaders must resist the temptation to pursue partnerships through regulation or moralizing. Other countries are not attracted by a Europe that imposes rules unilaterally or mimics the heavy-handed tactics of major powers. Instead of threatening carbon tariffs or supply-chain exclusion, the EU should promote cooperative ventures—technology sharing, concessional finance, and joint clean-energy projects—anchored in mutually agreed monitoring and accountability standards.

Europe's defense capabilities have long been constrained by fragmented decision-making, overreliance on NATO, and a balkanized industrial base unable to scale in wartime. But Russia's invasion of Ukraine has jolted Europe out of its complacency, uniting the continent, driving up military spending, and accelerating investment in new technologies.

Rearmament efforts must focus on innovation and efficiency rather than political patronage. That means reforming procurement systems weighed down by pressures to create jobs for key constituencies. Europe should also prioritize developing its own capabilities over awarding contracts to US firms. Only then can it position itself as a credible security partner.

Politically, the EU's greatest strength lies in its deep-rooted tradition of cooperation through law and institutions. This provides a robust foundation for stable, noncoercive, mutually

“

EU leaders must resist the temptation to pursue partnerships through regulation or moralizing. Other countries are not attracted by a Europe that imposes rules unilaterally or mimics the heavy-handed tactics of major powers.

”

beneficial partnerships and enhances the bloc's credibility as a defender of smaller states, both within and beyond its borders. For many mid-sized countries seeking reliability and consistency, that is precisely what makes Europe appealing.

Although it may seem dull, the EU's legalism is a strategic asset. Where governance in the US can hinge on personality politics, and in China on centralized control, Europe's rules-based systems provide a degree of stability few others can match. So long as the bloc upholds its commitment to the rule of law, its predictability will remain one of its most powerful competitive advantages.

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COP30 Opens in Brazil with Calls for Faster, Fairer Climate Action

The UN Climate Change Conference COP30 gets underway on Monday in Belém, Brazil. With climate impacts inflicting growing human and economic costs in every country, every COP is a vital global moment that must deliver major progress, and COP30 is no exception. The stakes on the outcome of COP30 are undeniably high, and include new and revised Nationally Determined Contributions (NDCs 3.0) by countries, financing resilience and nature, food systems transformation and ensuring a just transition are among the items on the agenda.

Coming at a critical juncture for multilateralism, the COP30 meeting is a moment to reignite global collaboration on climate and to mobilize multistakeholder action to increase systems resilience in a world with increased climate and nature impacts. The meeting is also being held at a pivotal moment—ten years after the Paris Agreement was adopted in 2015, and with ten years remaining to achieve the UN Sustainable Agenda outlined in 2015.

According to the World Economic Forum, despite the international consensus a decade ago on the two seminal agreements aimed at sustainable development and protection of people and planet, COP30 faces a fundamentally transformed global landscape. While governments once led the charge on climate action with unprecedented political support, the challenge today is different.

The private sector is now mobilized, green markets are forming and real economy transformation is picking up speed. Yet, as policy ambition is declining, the gap between what is needed and what governments are committing to do remains perilously wide. The Forum noted that COP30 represents a critical moment for assessing whether the mechanisms established by the Paris Agreement are actually delivering results.

In a statement issued a day ahead of the

launch of COP30, United Nations Climate Change (UNFCCC), Executive Secretary Simon Stiell admitted that while the Paris Agreement on Climate in 2015 is proving that climate cooperation through multilateralism is delivering real progress, it still is not delivering this progress fast enough, nor in a manner fair to everyone. Also, while the real economy is aligning with the goals of the Paris Agreement, with momentum rising across almost all major economies, much more work is needed to ensure the vast economic and human benefits of the clean energy transition are spread equitably across all nations.

Highlighting global progress towards renewable forms of energy, Stiell pointed out that recent data showed renewable energy became the largest individual source of energy generation in the first half of 2025, surpassing

year. The Paris Agreement proved that global cooperation is working to deliver progress, but still not fast enough. We have the direction, but we do not have the speed, said Stiell.

Warning that countries must act together to ensure all nations can benefit from the clean energy revolution, the Executive Secretary called for faster, fairer delivery of climate action and finance. Emphasizing that the upcoming climate talks need to deliver on several fronts, he noted, COP 30 must respond clearly and strongly to what the latest data and science is saying about progress made and where acceleration is most needed. It must show climate multilateralism continues to deliver, with strong outcomes across all negotiations.

COP30 must spur faster and wider implementation, across all sectors and economies leaving no one behind. That means

Our focus today, climate plans and climate finance, are the spark that can accelerate action, driving green growth and resilience for every nation. Finance must be scaled up, sped up, and spread out—reaching every nation, fast, fair, and in full. Every dollar invested in climate solutions brings multiple dividends: jobs, cleaner air, better health, resilient global supply chains, stronger energy and food security, noted the Executive Secretary.

Here in Belém, we must accelerate on all fronts. That means doubling down on international cooperation, which is our not-so-secret weapon in the climate fight.

But we all know that plans without finance cannot reach their full potential.

Finance is the great accelerator. The goal of scaling climate finance from \$300 billion to \$1.3 trillion a year by 2035 must become a reality. This is shared interest, not charity; it is an investment in stability and prosperity. History will not ask what we intended. It will ask what we achieved, said Stiell in concluding the statement.

Reiterating the UNFCCC message, UN Secretary-General António Guterres said the world is in the midst of a 'renewables revolution', yet current national commitments still put the world on a course of more than 2°C of warming. Guterres outlined five urgent priorities to change that: align laws and subsidies with just energy transitions; protect workers and communities; invest in grids and storage; ensure new demand, including from AI, is met with clean power; and unlock affordable finance for developing countries.

He warned that overshooting 1.5°C is inevitable in the short term - "but what matters is how high and for how long." Global emissions must nearly halve by 2030, reach net zero by 2050, and move to net negative thereafter. "The fossil fuel age is ending," he concluded. "The clean energy future is rising. Let's make the transition fair, fast and final."

“Finance must be scaled up, sped up, and spread out—reaching every nation, fast, fair, and in full. Every dollar invested in climate solutions brings multiple dividends: jobs, cleaner air, better health, resilient global supply chains, stronger energy and food security, noted the Executive Secretary.”

coal after nearly 50 years. Last year, two trillion dollars flowed into renewables—twice as much as into fossil fuels. And, 90 percent of new power capacity worldwide was renewable,” said Stiell.

Despite these global initiatives, climate disasters are still outpacing our efforts to contain climate change. As the UN Climate Change statement noted, every economy is feeling the impacts more acutely each year and paying a much higher economic and human price each

delivering for the most vulnerable in all regions, especially emerging and developing countries. It must connect climate actions more directly to real lives everywhere, showing that bold climate action means better jobs, higher living standards, cleaner air, healthier lives, more secure food, affordable clean energy and transport. Together we must work to spread these vast benefits to far more people, in all parts of the world.



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Thought for the week

“ We spend money we don't have
on things we don't need to create
impressions that won't last on people
we don't care about

Tim Jackson
British Ecological Economist

How to handle menstrual cramps

Ask Mira : Eating Right to Live Happy & Healthy



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

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

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

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

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

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

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

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

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

women with menstrual cramps.

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

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

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

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

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

RECIPE

Crispy Sesame Bar



Crispy sesame bars are made during winter months in India, as it is both nutritious and warming to the body. Sesame seeds and the jaggery used to provide the sugar content in the bars also have iron and other minerals that are beneficial to health. Depending on availability, you can replace the sesame seeds with peanuts, gram dal and other nuts for a different take on the same nutritious bar.

Total time: 15 minutes.
Serving: 15 to 20 pieces.

Ingredients:

1 cup sesame seeds
1 cup grated jaggery
1 tsp ghee for greasing

Directions:

- Place sesame seeds in a non-stick pan and dry roast on a medium flame for 5 to 6 minutes and set aside
- Melt jaggery in a pan over low flame and cook for 3 to 5 minutes, stirring constantly until the mixture turns a golden brown syrupy form. Turn off the flame.
- Check whether the syrup is the right consistency by adding a small drop of it in a bowl of cold water. If it turns into a solid drop that is crisp and easy to break, then the syrup has the correct consistency required. Otherwise, cook for a few more minutes and again check the consistency using the same method
- When syrup is of right consistency add the roasted sesame seeds and mix thoroughly until all the sesame seeds are well coated with the syrup
- Stir together the mixture quickly as the syrup will harden very rapidly
- Transfer the sesame-syrup mixture to a greased worktop or plate
- Spread evenly using a greased rolling pin
- Mark the spread into square bars with a sharp knife and set aside to cool
- Store the cut pieces in an airtight container so it stays good for 3-4 weeks.



Chef Chhaya Thakker

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

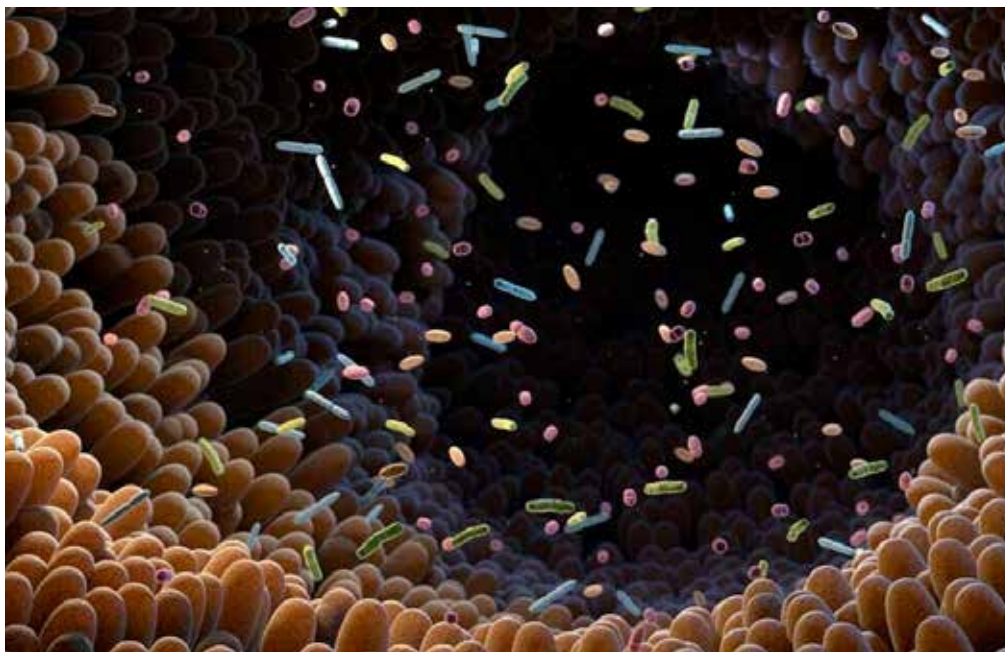
Protein in diet affects microbiome growth, function

Trillions of microorganisms, including bacteria, archaea, fungi, and viruses, that live in the body of animals are referred to as micro-biome, biota, or -flora, with those found in the digestive tract known as gut microbiome. Studies have shown that the gut-biota can be beneficial or harmful to the host, and their role in the health and disease of humans continues to be the subject of extensive studies by researchers at scientific institutions in many countries.

A new study on gut microbiome by researchers from North Carolina State University in the United States shows that protein sources in a person's diet can have major effects on both the population and function of the gut microbiome, and consequently impact various aspects of human health. The findings could, among others, lead to a better understanding of how to prevent and treat gastrointestinal diseases currently affecting the quality of life of millions of people globally.

The study stemmed from knowing that there was something wrong with what many people are eating today, but not knowing what that is. Earlier studies have shown that the gut biome plays a role in digesting and assimilating the food we eat. In the new study, the researchers wanted to know how different diets impact the gut-biota, and to learn what those microbes are doing, functionally, in response to that diet.

In the study, the researchers were specifically interested in how the source of protein in the diet—for example, proteins found in milk, eggs, and different plants like pea or soy—impact the gut microbiomes of mice. Mice were fed diets containing just one protein source for a week at a time, including egg whites, brown rice, soy and yeast.



The researchers used an integrated metagenomics-metaproteomics approach—a process that involves the study of all genetic material, as well as all proteins produced, by all the organisms in a specific environment—that required the use of high resolution mass spectrometry to study the mice gut-biome. The study found that the composition of the mice gut microbiome changed significantly every time the protein source changed, with some protein sources showing extreme effects.

The protein sources with the biggest functional effects were found to be brown rice, yeast and egg whites. In examining the functional changes in the gut microbiome, brought about by these proteins, the study

revealed that the two largest effects of dietary protein were on amino acid metabolism, which was expected by the researchers, and complex sugar degradation, which was not.

Brown rice and egg white diets increased amino acid degradation in the mouse gut microbiome, meaning that the microbes were breaking down those proteins instead of making their own amino acids from scratch. This made intuitive sense to the study team, because proteins are made of amino acids. But the researchers wanted to find out more about the likely health implications from these diets, as some amino acids can degrade into toxins and others can impact the gut-brain axis.

Additionally, the study also showed that

long chains of sugars attached to the dietary proteins, called glycans, also play a role in changing gut microbiome function. Multiple dietary protein sources, including soy, rice, yeast, and egg white, caused microbes in the gut to change the production of enzymes that break down glycans, sometimes substantially.

This was found to have significant health impacts. For instance, in the egg white diet, one bacterium took over and activated a bunch of glycan-degrading enzymes. The scientists then grew this bacterium in the lab and found that the glycan-degrading enzymes it produced in media containing egg white protein, were similar to those produced in media containing mucin.

Mucin is the substance that lines the inside of the gut, protecting the digestive system from things like acid and pathogens. So if bacteria are producing enzymes that, purposely or not, break down mucin, they could be damaging the intestinal lining and causing negative impacts on gut health.

Through future studies, the researchers intend to explore the potential connection between the expression of glycan degrading enzymes in the egg white diet and the breakdown of mucin by the gut microbiome. Further research on the enzyme mechanisms that degrade mucin is important, as it could potentially reveal the implications of these proteins on human digestive health.

A major limitation of the study is that the diets are very artificial as it involved only single protein diets, which could have led to the amplified results. To broaden the study's scope, the researchers now aim to examine the health impacts of mixed protein diet in mice.

Mineral secret to improving rice yields sustainably

Rice is the staple grain for over 3.5 billion people around the world, and increasing its production is vital to ensure food security in future. However, the cultivation of rice utilizes a significant amount of water and fertilizers, both of which lead to extremely high costs for the environment, climate change, and to the economy.

In a new collaborative study, researchers from the University of Massachusetts in the United States and China's Jiangnan University, have come up with a way to mitigate the collateral damages arising from rice cultivation. The scientists have shown that nanoscale applications of the element selenium can decrease the amount of fertilizer necessary for rice cultivation while sustaining yields, boosting nutrition, enhancing the soil's microbial diversity and cutting greenhouse gas emissions.

The Green Revolution massively boosted agriculture output during the middle of the last century. But that revolution is running out of steam, and the world needs to figure out a way to revitalize rich production in order to feed the

billions in the future who will depend on rice as their staple diet.

A major ingredient in the success of the Green Revolution was the invention of synthetic, nitrogen-heavy fertilizers that could keep agricultural yields high. But these fertilizers are expensive to make as they depend on polluting fossil fuels as feed stock and in the production processes. This results in the production of enormous amounts of carbon dioxide that are harmful to the environment, catalyzing global warming and climate change.

Moreover, most of the fertilizers applied wash away during rains or leach down into the soil and eventually end up polluting the waterways. Most crops only use about 40-60 percent of the nitrogen applied to them, a measurement known as nitrogen use efficiency, or NUE. The NUE of rice has been shown to be as low as 30 percent, which means that 70 percent of what a farmer puts on their fields washes away into streams, lakes and the oceans causing a host of environmental problems. It also means that 70 percent of the cost of the fertilizer ends up wasted.

Furthermore, when nitrogen is applied to soils, it interacts with the soil's incredibly complex chemistry and microbes, and ultimately leads to vastly increased amounts of methane, ammonia and nitrous oxide—all of which contribute to global warming.

The researchers discovered that the



application of nanoscale selenium—an element crucial for plant and human health—to the foliage and stems of the rice, reduced the negative environmental impacts of nitrogen fertilization by 41 percent and increased the economic benefits by over 38 percent per ton of rice, relative to conventional practices.

Following their finding, the researchers demonstrated for the first time that such nanoscale applications work in real-world conditions. The scientists used an aerial drone to lightly spray a suspension of nanoscale selenium on rice growing in a paddy field. The direct contact between fertilizer and foliage leads to the rice plant absorbing the selenium far more efficiently relative to the selenium being applied to the soil and later pulled in by

the roots.

Selenium stimulates the plant's photosynthesis, which increases by more than 40 percent, allowing the plant to absorb more CO₂ from the air and convert it into carbohydrates. The carbohydrates then flow down into the plant's roots, resulting in bigger, healthier roots that then release a host of organic compounds that cultivate beneficial microbes in the soil.

These microbes then work symbiotically with the rice roots to pull more nitrogen and ammonium out of the soil and into the plant, increasing its NUE from 30 to over 48 percent, while decreasing the amount of nitrous oxide and ammonia released into the atmosphere by 19 to 46 percent. With more nutrients coming in, the rice cultivated produces a higher yield and is more nutritious with increased levels of protein, certain critical amino acids, and selenium, which is an essential trace mineral for human health.

In addition, with the nanoscale selenium application, farmers were able to reduce their use of nitrogen fertilizers by over 30 percent. Since rice cultivation accounts for 15-20 percent of the global nitrogen use, this new technique holds real promise in overcoming the triple challenges of feeding a growing global population, mitigating climate change, and reducing the rising economic and environmental costs of agriculture.



AI Wants Our Water

EXCLUSIVE to
THE TIMES KUWAIT


Francesca Mascha Klein, Laura Schäfer

Friederike Rohde is Research Associate at the Berlin Ethics Lab at Technical University Berlin. Paz Peña is a Mozilla Senior Fellow.

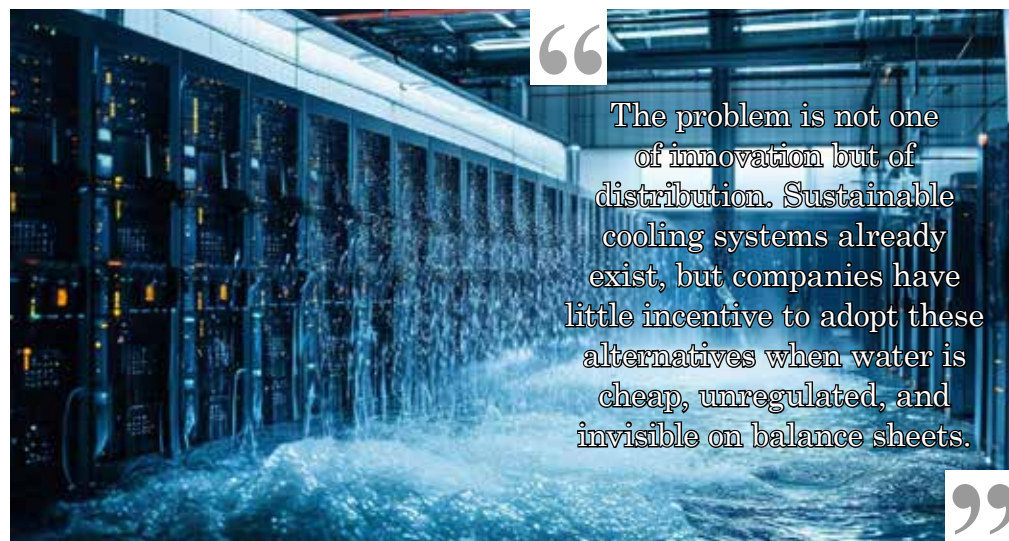
Artificial Intelligence (AI) is often portrayed as the harbinger of a prosperous, more efficient future. But the machines driving this revolution depend on a resource far older, and far more contested, than data or electricity: water.

As the Heinrich Böll Foundation's recent Water Atlas makes clear, AI's rapid growth is depleting local water reserves around the world, from drought-stricken Chile to South Africa. Its physical footprint reflects a new form of colonial extraction; instead of silver and soy, now it is the cooling water that keeps the digital economy running.

While the debate about AI's energy use focuses on the power needed to train and operate large language models, what is often overlooked is the vast amount of water required to cool data centers, not to mention the water used in energy production and hardware manufacturing.

ChatGPT is a prime example. Training GPT-3 required roughly 700,000 liters of water for cooling alone. A Greenpeace study estimates that data centers will consume 664 billion liters annually by 2030, compared to 239 billion liters in 2024.

AI's benefits are concentrated in the Global North, yet its environmental costs increasingly fall on the Global South. In 2023, mass protests erupted in Uruguay over a proposed Google data center as the country suffered its worst drought in 70 years. With reservoirs running dry,



The problem is not one of innovation but of distribution. Sustainable cooling systems already exist, but companies have little incentive to adopt these alternatives when water is cheap, unregulated, and invisible on balance sheets.

authorities began pumping brackish water from the Río de la Plata estuary into public systems, granting Google permits to draw from the remaining freshwater reserves even as working-class families boiled salty tap water to drink.

A similar conflict has unfolded in Chile, one of Latin America's most drought-prone countries. In Santiago's Cerrillos district, a proposed Google data center was projected to consume 7.6 million liters of water per day—roughly equal to the entire community's annual use. In response, activists from the local group MOSACAT launched a legal and political campaign that forced a redesign of the cooling system and a new environmental review.

These community struggles highlight a familiar pattern in which corporations and governments present data centers as engines of modernization while downplaying their environmental costs. In Mexico's Querétaro region, where rural and indigenous communities already face severe water scarcity, the problems go far beyond depletion: diesel emissions from backup generators cause air and noise pollution; electronic waste imported from the Global North continues to pile up; and growing demand for

land, housing, and electricity is driving up costs and straining local infrastructure.

Regulation has done little to slow this expansion or improve environmental standards. While the European Union's 2024 AI Act mandates transparency on energy demand and computing power, it says nothing about water use. Even the Energy Efficiency Directive, which requires data centers to report water consumption, applies only to data facilities within the EU. Moreover, reporting is not the same as reform: efficiency—limited by technology and the Jevons paradox (which occurs when greater efficiency boosts demand for a resource)—too often distracts from the deeper question of sufficiency.

At the same time, many developing economies compete for tech investment by offering generous tax breaks and fast-tracking environmental permits with minimal oversight. Governments tend to frame this as advancing data sovereignty, but Big Tech ultimately holds the power. Moreover, contrary to official promises, data centers create few jobs, and structural inequalities continue to impede the growth of local AI industries. For example, criticism of Brazil's data center policy highlights its focus on

attracting large tech firms, while neglecting fair competition for domestic companies.

Environmental impact assessments are another weak link. Studies show they are frequently incomplete, inaccurate, or hidden from public scrutiny. In Chile, regulators approved Google's project despite unresolved issues concerning groundwater rights. In Mexico, activists spent months fighting for access to water-use documents. And in South Africa and Brazil, companies often negotiate directly with national ministries, bypassing local authorities altogether.

All of this raises a critical question: Who gets a say when digital growth depends on local water sources? Like its benefits, the risks of AI are unequally distributed. For many Latin American and African communities, opposition to data centers is not a rejection of progress but an effort to redefine it. Their defense of water reserves challenges the fantasy of infinite digital expansion in a world of finite resources.

The problem is not one of innovation but of distribution. Sustainable cooling systems that use recycled water, saline water, and rainwater already exist, and air-based systems and heat recovery can further reduce freshwater use. But companies have little incentive to adopt these alternatives when water is cheap, unregulated, and invisible on balance sheets. Another, deeper problem lies in AI's very nature: its intensive computing demands ever-greater water consumption.

Addressing these challenges requires reconciling technological ambition with the realities of today's escalating climate and ecological crises. Otherwise, AI's unchecked growth risks turning water-stressed regions into sacrifice zones.

This task – shaping a humane and sustainable technological future – is not one that individuals and communities can accomplish on their own. Political leaders must take urgent steps to democratize decision-making, ensure accountability, and align technological innovation with planetary boundaries.

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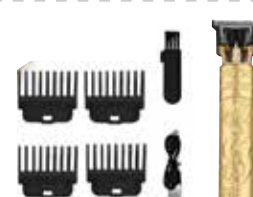
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