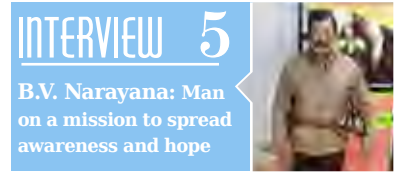




Don Bosco emerge
Times Cup football champion



Pay hikes in Kuwait lowest in a decade



Recent cuts in government subsidies along with higher consumer prices have raised cost of living in many Gulf Cooperation Council (GCC) countries. Despite this, average pay increases in Kuwait and across the GCC states are likely to be lower in 2016 than at any time over the last ten years, says a new report out last week.

According to the latest research conducted by online recruitment firm GulfTalent, "Many professionals in 2016 are likely to face a double-whammy of rising living costs coupled with stagnant wage growth. As a result, real salary increases net of inflation are expected

Continued on Page 11

GCC states need to introduce bold economic reforms

Sustained low oil prices and subsequent need to cut spending have led to the growing realization among Gulf Cooperation Council (GCC) governments that they need to urgently introduce robust economic reforms to avoid a full-blown recession. Most of the countries in the six-nation bloc have taken steps to re-structure, reduce or remove some of the subsidies on petroleum products, energy and water.

Not surprisingly, some GCC countries have been faster than others in implementing reforms. Bahrain, which has less oil income than other GCC states, has seen the government



embark on wide range of reforms, including raising prices for premium petrol by 60 percent in a single step and ending subsidy for red meat and chicken. In addition, starting in March, businesses and expatriates are subjected to a hike in utility charges, Bahrainis owning more than a single house will also be subject to the higher rates.

The UAE also took the lead in implementing reforms by setting up a committee to review and fix prices for petroleum prices at the retail level every month.

Continued on Page 10

EXCLUSIVE to THE TIMES KUWAIT

A Quantum of Happiness



Ohoud Al Roumi

Minister of State for
Happiness of the
United Arab Emirates

Iam delighted to join in the celebration of this year's International Day of Happiness. But, to be honest, my focus is on the other 364 days of the year. After all, I am in the happiness business.

There have been a number of initiatives and efforts around the world to move beyond GDP and data on schools or hospital beds in measuring a country's success in governance and development. In a country that has spent the past five decades building an economy from a standing start, the government in which I serve knows only too well that such figures, while showing that our development is progressing, do not tell the whole story – or anything like it.

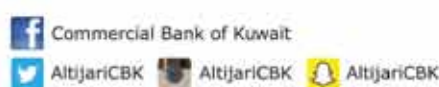
In 2011, the United Nations called on member states to place more emphasis on happiness and wellbeing when working to achieve and measure social and economic development. Since then, many countries have come to realize that placing happiness at the heart of their governance objectives makes perfect sense.

Continued on Page 15



Amazing news from Al-Tijari...

Al-Najma account gives you the biggest daily prize in Kuwait!



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Don Bosco Oratory emerge as champions in Times Cup football

Gasper Crasto
Special Report

Don Bosco Oratory inscribed their name on the Times Cup 7-a-side football tournament held on Friday, 18 March at Bayan Grounds, beating a star-studded Curtorcares United 1-0.

The tournament, played under the auspices of Kuwait Indian Football Federation (KIFF) and organized by Santos United Football Club, was sponsored by The Times Kuwait, the country's premier weekly news magazine.

A total of 16 teams affiliated to KIFF participated in the tournament officiated by KIFF referees. Don Bosco Oratory comprising of budding youngsters stormed into the final beating several strong contenders, including Skynet Miracles in a semifinal tie-break. Curtorcares United which had a cream of footballers in their ranks, including star midfielder Bernard Pires, also played an excellent game throughout the tournament.

In the finals, Don Bosco were first to settle scoring through their prolific scorer Prajot Naik. Though Curtorcares tried their hearts out and managed some long range shots that missed the mark narrowly, their best endeavors were not sufficient to even the score.

H.E Bakrom Alov, Ambassador of Uzbekistan in Kuwait was chief guest on the occasion. Managing Partner of Rays Group of Companies, Andrew Thomas, the Director of Amman Exchange, E. D. Titus, as well as Wilson D'cunha and Reaven D'Souza from The Times Kuwait were the guests of honor.

The winner's trophy was presented to Don Bosco Oratory by Ambassador Alov, while the runner-up and other trophies were presented by other guests of honor.

In a rare gesture, Santos United honored some of the well-known personalities in Kuwait for their yeomen service to Indian football in Kuwait over a span of almost 40 years. These included Raymond D'Sa (GOA Maroons), Lawry Pinto (Rising Stars), Tony Gonsalves (UG Strikers), Tony Dias (Santos FC) and Bosco Leitao (CRC Chinchinim).

Plaques, and special mementos arranged by The Times Kuwait were presented to each of the individuals by Ambassador Alov and Reaven D'Souza.

Sebastiao Dias, senior player of Santos United, and the official in-charge of Bayan grounds Abu Abdullah were also honored on the occasion. While congratulating the winners and thanking all the participating teams and guests, Santos United President Carmo Santos especially thanked The Times Kuwait for sponsoring the tournament. Santos United also acknowledged the support of KIFF President Derrick Gomindes and other officials of KIFF.

Latheef of Don Bosco Oratory was awarded the Best Goalkeeper of the finals; Allan Calvin of Don Bosco Oratory received the Best Defender in the tournament award and Martin Gomes of Curtorcares United was given recognition as the Best Midfielder in the tournament. The Best Disciplined team award went to FC Sparks.

The winning team of Don Bosco Oratory comprised of: Abdul Latheef, Godfrey Aguiar (captain), Allan Calvin, Joseph D'Costa, Alwyn Mendes, Loyd Mascarenhas, Prajot Naik, Aftab, Roshan D'Souza, Frewin D'Souza, Kennedy Ferrao and Salman Mhaslai. Meanwhile, the Curtorcares United team included, Custodio Peixote, John Rosario Moraes, Marcos Costa, Bernard Pires, Bony Niasso, Vincy Carvalho, Martin Gomes (captain), Shavad, Minguel Mora, Savio Reavo, Samson D'Costa and Andrew Oliveira.



B.V. Narayana

Man on a mission to spread awareness and hope

Nikita Ferrao
Staff Report

B. V. Narayana, a physically challenged Indian, is a man on a mission. He is driving across two dozen countries in Asia, the Middle-East and Europe on a custom-built motorbike, with the aim of spreading awareness about preventable disabilities.

By undertaking this arduous and challenging journey, and interacting with disabled people on the way, Mr. Narayana is demonstrating through his example that determination and perseverance has the power to overcome most disabilities.

After starting his journey last

people can take to avoid accidents that could leave them or their loved ones permanently disabled.

Tell us more about yourself

I have always been adventurous, during an earlier trip I had visited 59 countries covering nearly 90,000 kilometers on a bicycle. Even before meeting with an accident nearly five years ago, I used to work with disabled; from my workshop in Bangalore, India, I used to modify motorbikes for the physically disabled. However, it was only after my accident that I truly understood how important mobility was for those physically challenged; so here I am now, trying to send a message to the world.

There are a number of incidents taking place around the world that cause disability: accidents due to carelessness, parents ignoring the

lives out of every 1000 I meet then I am satisfied.

Can you brief us on your inventions?

My first invention was a bike that resembled an open car with five wheels. It has two extra seats on the sides and could accommodate four people. The other was a specially designed wheelchair. Someone at that time had suggested that buying an automatic wheelchair from abroad was not only expensive but also difficult to repair. So I decided to create a similar one which was battery operated along with special facilities so that the user can sleep, eat, read and even use a laptop while in the chair. It is highly flexible and can be used in several ways. From the mechanical point of view, the product is also easy to repair.

Can you elaborate on the goals of your campaign and do you think you are reaching the audience you desired?

My main goal is to reach as many people as possible. At times it is not possible due to certain circumstances but I am happy to know that my message is reaching to the public.

What inspired you then and now to motivate others?

All I wanted then was to help the handicapped but after I became one, I felt the need to do more and prevent it from happening to others. There are many in our country who readily offer help in the beginning but back out in the end. I do not want to be one of them. I want to give something in return to my country.

What advice would you give to parents and youth?

Children mostly do not listen to their parents because parents have over the years pampered and given them whatever they have asked. When such children do not get what they want, they turn rogue and get into bad business. My advice is for parents to enhance their parenting skills and not to give everything that their children demand. At times they have to be strict to make sure of the child's healthy growth.

What is your most memorable experience so far?

My most memorable experience was



meeting the then president of the United States, Jimmy Carter. He was walking from the White House to the helipad. Although it was a short meet, it is my most treasured one.

What is your next stop from Kuwait?

After Kuwait I plan to travel to Iran and then to Europe.

What are your future plans?

I am planning on designing a three-

in-one vehicle that can travel on road, fly like a helicopter and also move on water.

It is something that should be able to help everyone. For instance, if there is a medical emergency and the ambulance is stuck in traffic, this motor should be able to take off so that a life can be saved. I am looking for a company to sponsor this venture because this is such a noble cause and I am open to any such opportunity.



October from Dubai in the United Arab Emirates, Mr. Narayana has traveled on his specially adapted five-wheel motorbike across Qatar, Bahrain, Saudi Arabia, and is currently in Kuwait. In an interview with The Times Kuwait, Mr. Narayana shares his experience in overcoming challenges, following an accident that impaired his mobility. He also speaks about the 'common-sense' precautions that

importance of polio drops which leads to a lifetime of regret, drinking and driving, using cell phones while driving, marrying close blood relatives and so many more. If a child is born handicapped there is nothing one can do about it but if someone is not then why should they take a risk to ruin theirs or someone else's life. My aim here is to create awareness about disability and if I can save at least 10



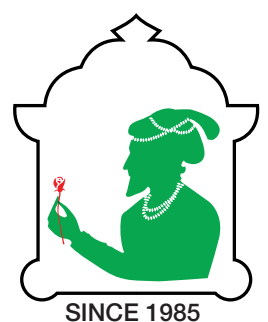
BSK organizes ski trip to Geneva

Nine students and two staff members from The British School of Kuwait went on a week-long ski trip to Geneva, Switzerland, starting 20 February. The students enjoyed a range of fun activities from skiing to playing in the snow.



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ITL World set to inaugurate its first office in Kuwait

After Omani football legend Ali Al Habsi kicking open ITL World's first office in Oman on the 27 January, ITL World, a leading travel management company in the Region, is all set to fulfill its ambition of establishing fully owned & operating office across the GCC by gearing up to inaugurate their 36th branch worldwide and their first office in Kuwait on Monday, 21 March at the Safat Tower in Salhiya area.

Rated consecutively as the 5th most powerful travel management company in the Middle-East by Arabian Travel News, ITL World has been catering to a wide portfolio of clientele across Asia and the Middle-East since the company's founding over three decades ago.

"We are excited to have the opportunity to operate in Kuwait and offer ITL World's unique flavor of



travel services to clients in both the corporate and leisure segments across Kuwait," said Dr. Siddeek Ahmed, the Chairman & the Managing Director of the Eram Group which is the parent company of ITL World.

ITL World has been a preferred partner of several global travel brands and tourism boards in the region, including most recently by globally renowned corporate travel giant - CTM (Corporate Travel Management), which chose ITL World as their partner across the Middle-East.

Deploying cutting-edge, in-house developed travel technologies, as well as the industry's leading Global Distribution Systems, ITL World facilitates an enhanced 360 degree client experience. With well-known travel brands such as 'Miceminds', 'Arabian Experience' and 'EduVoyage' under its portfolio, ITL World offers travel solutions to government entities, corporate conglomerates, Meetings, Incentives, Conferences, Events (MICE segments), luxury travel, sports travel, wellness travel, student travel and much more.

Kalyan Jewellers to foray into Qatar with seven showrooms

Kalyan Jewellers, one of the most trusted and leading jewellery brands in the GCC and India, has announced its foray into Qatar. The company will make an emphatic entry by opening seven showrooms in Doha on a single day later in the month, marking the largest number of



showrooms inaugurated in a single day in the company's history. Kalyan Jewellers' global brand ambassador and film icon, Amitabh Bachchan will inaugurate the showrooms in his maiden visit to Qatar. He will be accompanied by popular brand ambassadors and film stars Nagarjuna, Prabhu Ganesan and Manju Warrier for the launch. T.S. Kalyanaraman, Chairman and Managing Director of Kalyan Jewellers said, "We have registered a healthy double digit growth rate in our business in the GCC and believe that the Qatar presence is critical for us to push the GCC share of the group turnover to the 40 per cent mark, which is our medium-term target. Qatar is a robust retail market of USD 12.4 Billion, driven by a growing population and an increasing expatriate population. We also believe that the country's affinity for luxury goods makes it a compelling proposition for Kalyan, given our strong portfolio of high-end fashion jewellery as well as jewellery for daily wear in contemporary and traditional motifs." "Qatar's focus on expanding the non-hydrocarbon sector and recent infrastructure initiatives to add one million square meters of retail space in the next two to three years augurs well for the growth of the retail sector," Kalyanaraman added.

Bangladesh Embassy honors 96th Anniversary of Bangabandhu Rahman and National Children's Day

The 96th Anniversary of Birth of the Father of the Nation Bangabandhu Sheikh Mujibur Rahman and the National Children's

on 17 March at the Chancery.

To celebrate the day, the Mission organized elaborate programs which included a reading of messages of

Affairs. The Embassy also organized an art competition for the children to mark the day and a documentary film on the Father of the Nation was shown. A discussion meeting was also organized to discuss the significance of the day with Md. Anisuzzaman, First Secretary of the Embassy as the anchor.

The discussants highlighted the life and achievements of the Father of the Nation, lauding his extraordinary leadership and contributions towards achieving Independence, by which Bangabandhu and Bangladesh emerged as a unique symbol to the people of Bangladesh.

In his speech, the Chargé d'affaires, S. M. Mahbulul Alam said that the Father of the Nation Bangabandhu Sheikh Mujibur Rahman was a fearless, courageous, and humane leader.

The CDA continued stressing that it is vital for the younger generation of Bangladesh embolden by the noble spirit of patriotism to lead the nation towards prosperity and be able to materialize the dreams of the Father of the Nation.

He urged the community members to devote themselves to contribute to the country through their patriotism and hard work, and went on to request the Bangladesh community in Kuwait to increase the image of their beloved motherland, Bangladesh.



Day 2016 of Bangladesh was observed by the Bangladesh Embassy and the Bangladeshi Community in Kuwait

Hon'ble President, Hon'ble Prime Minister, Hon'ble Foreign Minister, and Hon'ble State Minister for Foreign

Kuwait's trade surplus shrinks by over two-thirds in fourth quarter

Sustained low oil prices since mid-2014 have slashed Kuwait's oil export revenues leading to foreign trade surplus shrinking to KD1.05 billion in the fourth-quarter of 2015. This marked a drop of 68.7 percent from a year earlier, according to data from the country's Central Statistical Bureau.

In January, Kuwait's finance ministry said that the 2016-17 draft budget forecasts a deficit of KD12.2 billion, nearly 50 percent higher than the previous year, due to falling crude prices. The ministry also said that expected revenues will be KD7.4 billion while expenditures are expected to be KD18.9 billion, a drop of 1.6 percent from a year earlier. The deficit is for the fiscal year, which runs from April 1 to end of March.

In an attempt to wean the country's economy from its dependence on oil, Kuwait is planning to develop five islands off its coastline into business free zones. The Supreme Council for

Planning and Development is said to be studying plans to develop the islands of Boubyan, Failaka, Warba, Miskan and Awaha. The free zone plans will be based on international models and will depend on foreign investment to bring to fruition.



The new figures from the Central Statistical Bureau are a shocking reminder of the huge impact that low oil prices are having on Kuwait's economy and comes just days after Moody's Investors Service cut its outlook for the debt ratings of four Gulf states including Kuwait, citing concern over the impact of low oil prices on their finances.



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KUWAIT OUT AND ABOUT

21 March

When P's meet
The English Club at the American University of Kuwait will be hosting an event titled, When Ps Meet: Poetry, Piano, and Performance Art at 7pm. Poetry will be narrated by Nejoud Al-Yagout, Piano played by Harriet Petherick Bushman and Performance Art by Doss, Sarah, Slash, Tara Jeana and Vloie. The Emcee of the night is FatenOsseili.

25 March



Third volleyball tournament
The British Academy of Sport and The Embassy of Romania will be hosting the Third Kuwait International Volleyball Tournament at the BSK campus, Salwa 1 at 1pm. For more information: Call, 99458013 or email, rak@bas.edu.kw.

1 April



Area 17 Annual Speech Contest
Toastmasters, a nonprofit educational organization will be holding an annual speech contest, titled 'A Battle of Elite Speakers' at the Australian College of Kuwait, Mishref at 1pm. Toastmasters organization operates for the purpose of helping members improve their communication, public speaking and leadership skills. To register: Visit, <https://www.eventbrite.com/e/area-17-annual-speech-contest-tickets-22961795348>

Writing for children at DAI
Writing for Children, a program for 8 - 12 year olds will be held at the Yarmouk Cultural Centre on Thursdays from 3:30 - 4:30 pm. The program is open to all and is free of cost. For more information and registration, send your child's name and age to: info@darmuseum.org.kw

IFRA free coaching class
Indian Football Referee Association has recently started free refresher/coaching classes for current referees, new recruits and those aspiring to be referees. The classes will be held in Salmiya (Don Bosco School), every Friday from 9am to 12pm. Those interested: Call, 99519439.

9 APRIL



BBS community will be hosting Ramadan Bazar at its alumni club in Jabriya from 10am to 8pm. Participants may exhibit traditional clothing, home décor items, perfumes, accessories and more. Booths will be allotted to interested parties, each being KD50 and will come with one table and two chairs. The final date of registration is 24 March. For more information and registration: Call 22275000 or email, bbsalumni@fawsec.com.kw

14 March



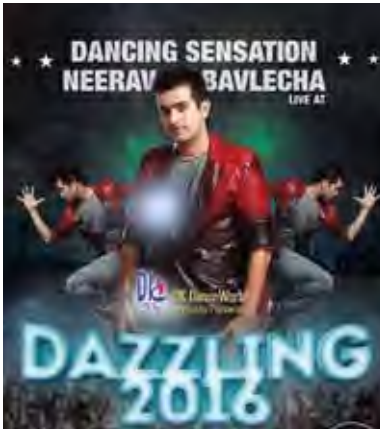
An open day event to buy and sell used photo and video gear equipment will be held in the basement of Symphony Style Mall, Salmiya, from 4pm to 10pm. This event will gather photographers and videographers from all over Kuwait. Special discounts will be given to attendees on many brand new products in the Symphony showroom. Table reservations will be KD20. For more information and booking call 25770700.

Don Giovanni Opera
Ahmadi Music Group presents Mozart's immortal classic Don Giovanni in Abdulhussain Abdulridha Theatre in Salmiya on 14 and 15 April, at 7pm. The event will include live orchestra, chorus, international soloists and the ballet company of Center for the Arts, and will combine drama, comedy and Mozart's music. For more information: Call, 66184192 or visit, www.ahmadimusicgroup.com.

Pilaterday
Visit FSRI every Saturday throughout February from 9.45am to 11.15am for pilates practice. Promote the benefits of exercise for breast cancer and help raise funds for cancer care at Al-Sidra Association. Bring your mat, a towel and a donation of no less than KD5, along with a friend to BBS Alumni Club in Jabriya.

NYF offers free yoga classes
Free yoga, breathing, meditation and reiki classes will be held by an experienced female yoga teacher for all age groups. Classes are assigned on the basis of different health problems, stress and other problems by different techniques. For more information: Call, 99315825.

15 APRIL



Dancing sensation Neerav Bavlecha will be performing live at the Marina Hall Abbasiya, at 6pm. For more information: Call, 51792829 or 66891847 or email, dkdanceworld@gmail.com



Dairy Australia visits Kuwait

For the first time, Celebrity Chef Tim Hollands showcased Australian recipes using Australian dairy products at Kuwait's premier food event 'The Taste of Q8' which was held on Thursday, 17 March at Marina Crescent.
"Dairy is a very important agricultural sector for Australia, ranking the third largest agribusiness sector after beef and wheat. The Middle East is the sixth largest export market for Australia, with dairy exports to the region totaling AUD \$303 million in 2014/15. Key dairy products imported into the region are cheese (especially cream cheese), milk powder, butter and yogurt," said the Australian Counsellor Commercial to Kuwait, Jack Hajjar.
"With a growing consumer appetite and over 160 daily flights between Australia and the Gulf, there are new opportunities for the wide range of fresh and value-added Australian dairy products to be enjoyed as part of the multicultural cuisine in the region," added the Australian Ambassador in Kuwait H.E. Warren Hauck.

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For publication of your announcements, upcoming activities or local events please email us at editor@timeskuwait.com
To publish images kindly send pictures in high resolution.

Must have OILS in your kitchen



Anyone can toss some oil into a pan and use it to cook, but if you want to up your game, consider using different oils based on the dish you are making and how you plan to cook it. Using the right oil can mean the difference between a tasty, well-cooked meal, and a smoke alarm going off over your burned food.

For a perfect meal, one does not have to run out and buy a dozen different oils just in case you need them, but there is some benefit to having more than one type of cooking oil in your kitchen. Depending on whether you plan to bake, fry, or grill, using a different oil will yield different results in your food, and give you more control over the cooking time and temperature.

Here are the four types of cooking oil that you should stock up on to ensure having the right oil for a variety of cooking purposes.

Olive oil:

What to use it for: Sautéing, cooking over moderate heat and salad dressings.



Olive oil is valued for its great flavor and is definitely one you always want to have in your pantry. It has a low smoke point, meaning it will burn at a lower temperature, so it is best used over moderate heat.

Extra-virgin olive oil can be used for uncooked items such as in the form of salad dressings or drizzling over cooked food.

Coconut oil:

What to use it for: Roasting, popping popcorn, granola,



sautéing, curries, baking and dishes with nutty flavors.

Coconut oil is the oil extracted from the meat of coconuts, and unlike a lot of other cooking oils solidifies when temperatures go down. It has a low smoking point, so one should avoid using coconut oil over high heat. It is generally used in a lot of vegan baking recipes to replace animal fats.

High-heat, neutral-tasting oil:

What to use it for: Roasting, high-heat cooking, wok cooking, deep-frying, baking, dishes where you want a very neutral-flavored oil so you do not really taste it.

Popular varieties: Canola, safflower, sunflower, corn, grapeseed, peanut oil and rapeseed.

Recipes usually call for vegetable oil, which can be a very confusing term, as technically, any plant based oil can be considered a vegetable oil. What it really refers to, however, are oils that have a higher smoke point and fairly neutral flavor, making them popular for high-heat cooking and for dishes where you do not really want to

distinctly taste the oil. Their clean flavors also make them popular choices for deep-frying and baking.

Most vegetable oils are inexpensive, although there are a few, like grapeseed that come with a higher price tag.

Finishing oils:

What to use it for: Salad dressings, drizzling on dishes that are uncooked or will not be cooked further.

Popular varieties: Toasted sesame seed, herb-infused, citrus, garlic and nuts.

These finishing oils may be extracted from flavorful ingredients



or may come from infusing oils with other flavors. Because they are very strongly flavored on their own, it is better to preserve the flavor by not cooking with them, as the heat dulls the flavors. Instead, finishing oils can be whisked into salad dressings or tossed onto dishes right before serving so one can taste their uniqueness.

Finishing oils usually cost more than other oils, and while they are not totally essential for everyday cooking, having one or two around is an easy way to add a unique layer of flavor to a dish. A little toasted sesame oil on a stir-fry or some walnut oil in a salad is delicious.



COOKING Tips



To make softer chapattis, add warm milk or curd while kneading.



Do not wash mushrooms with water; rather clean it with a damp cloth. Add salt only after it has browned.



Use heavy bottomed vessel to make upma or kheer to prevent burning.

DINING IN KUWAIT

For a complete list of featured restaurants, visit
http://www.timeskuwait.com/News_Dining In Kuwait

NEW YORK FRIEZ & BURGER

Serving a great variety of good old American burgers, delicious sides and steak sandwiches, New York Friez & Burger specializes in burgers prepared from locally sourced fresh beef, while their steak sandwiches are marinated using homemade spices. With delectable fillings to the sandwiches, you can also count on the freshly baked bread that is specially made for the brand to complete your experience. Complement your experience with scrumptious chicken wings and fries that are crispy on the outside and perfectly fluffy on the inside. If sliders are what you crave, then make sure that you try the mini



cheese burgers, and mini chicken fillets, or go all out and order the super-sized Crazy Fresh Burger complete with the works.

Our choice: Pocket hotdog sandwich with buffalo chicken wings and cheddar cheese fries.



Kuwait City. Call 22459676

SLIDER STATION

The ultimate fusion offering by Gastronomica, the same company that brought us Burger Boutique, Slider Station can accommodate approximately 35 customers on the first floor and 20 on the second with an additional outdoor section. The exterior blends with the surroundings, playing on the modern Kuwait style, while the inside remains totally different with everything custom-made. While Slider Station takes on the food concept of Burger Boutique, it plays on the concept of the American Gas station. The menu is a veritable treasure trove of tastes. You have the option of keeping it classic, or getting experimental. And the beauty of it is that the portions allow sampling something from each section of the



menu. Slider Station has no chefs, each staff member is specialized in a station, so basically there are six people in the kitchen working on one sandwich, which guarantees perfection every time.

Our choice: Slider Station Cheese Burger: Freshly grilled beef patty topped with melted matured cheddar and a mountain of onion strings, accompanied by French fries.



Gulf Road, opposite Seif Palace, Kuwait City. Call 22465047

JUNKYARD



All of Junkyard's locations, and corresponding outside patios, can best be described as urban-grit meets shabby-chic: Mason jar drinks atop stainless steel and home-made distressed wooden tables prove both comforting and casual. In serving a menu that consists of all the classic foods that you likely already know and love, they stand-out amongst the

crowd with their policy of in-house prepared ingredients, prepped fresh daily. Additional deviations from the norm are found through homemade and innovative sauces, a dual-patty answer to the typical behemoth (whereby they maintain weight while still being remarkably easy to eat), and liberally melted cheese throughout.

Our choice: Street Classic burger, a combination of yellow cheddar cheese, shredded iceberg lettuce and freshly chopped onions and pickles with ketchup and mustard.



Al Hamra Luxury Center. Call 22070292.

Every week, our 'Dining in Kuwait' section features selected restaurants in the country that provide sumptuous cuisines from around the world. Want to feature your restaurant in our 'Dining in Kuwait' section and reach out to our wide reader base? Email us at dining@timeskuwait.com with a brief about your restaurant along with images in high resolution.



TEF organizes curtain raiser for programs

Tamilnadu Engineers Forum (TEF) Kuwait, the only ISO certified non-profit, voluntary service organization in the region organized a curtain raiser function to announce its forthcoming flagship programs: Kuwait's 1st Engineering Excellence Award (EEA) on 2

Corporation, was the chief guest of the event held on 10 March at the Radisson Blu hotel.

Adnan Al Aradi, Former DCEO - KOC, Khalid Hamdan Al Saif, Deputy Chairman & CEO - NAPESCO and Ali Al Aradi, Chairman - Golden Palm attended along with a large crowd.

and solutions. For the first time in Kuwait, the Engineering Excellence Award in Kuwait is introduced by TEF, which will recognize the achievements in engineering among the industries contributing to the growth of Kuwait and highlight achievements from members of the engineering communities in Kuwait including young Kuwaiti Engineers.

EEA is expected to encourage engineering innovations from almost all the sectors in Kuwait with an idea of bringing the engineering community together for sharing ideas and knowledge, while showcasing innovative projects in Kuwait to global audience.

Nizar M. Al-Adsani, Deputy Chairman & CEO, Kuwait Petroleum Corporation, formally inaugurated the Curtain Raiser event and delivered the key note address. During his



address, he stressed the importance of innovative technologies in the growth of industries in Kuwait.

The theme of the Conference 'Challenges: Challenge with Innovations' was formally announced to the audience with its importance

to the present scenario in the market.

Mr. Adsani, Deputy Chairman & CEO, Kuwait Petroleum Corporation released the brochure for the 7th TICE and Kuwait's 1st EEA standing beside the dignitaries and Ex-Presidents and Ex-Secs of TEF on the dais.



November, 2016 and 7th Technological Innovations Conference & Exhibition (TICE) on 3 November, 2016.

Nizar M. Al-Adsani, Deputy Chairman & CEO- Kuwait Petroleum

TICE, launched in the year 2010, has now become a globally renowned conference and currently, the only conference in Kuwait aimed at addressing innovative technologies

SIF-Kuwait announces Annual Science Gala, 2016

Science International Forum (SIF), Kuwait has recently announced the Annual Science Gala for the academic year 2015-'16, which is scheduled to be held

Vibhooshan Dr. MS Valiathan, who is considered as one among the living legends of Indian Science. Dr. Valiathan will deliver the key note speech.



on 31 March, at the American International School, Hawally, at 7:30pm. The chief guest for the evening will be world renowned cardiac surgeon and scientist, Padma

National Institute of Technology Assistant Professor Dr. Sachin Mandgavne will address the audience with a presentation titled 'Science in

Daily Life'. This session will focus on the wonders of science in daily life and how simple observations can help students become great innovators. Other eminent academic and scientific personalities from India and Kuwait will also attend the function.

The winners and outstanding performers of Sastra Prathibha Contest 2015-16 and Kuwait Children's Science Congress 2015 will be honored at the function. The esteemed 'Acharya J. C. Bose Sastra Puraskar' entitled for the best performing school will be awarded to Fahaheel Al Watanieh Indian Private School (DPS). To recognize, encourage and celebrate the excellence of our educators, SIF introduced an achievement award 'Inspire' for the science or mathematics teachers from each Indian school in



Kuwait. The Sastra Prathibha title winners will get an exclusive opportunity for a personal interaction with Dr. MS Valiathan and Dr. Sachin Mandgavne at a separate session scheduled to be held on 1 April at 9:30am, at IBIS Hotel, Salmiya.

Science Gala is a yearly program

organized by SIF-Kuwait with an aim to provide experience, appreciation, motivation and knowledge for students in Kuwait. Science Gala has proved to be a huge opportunity for students, parents and teachers to listen to top academic and scientific brains of India.

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Uzbekistan embassy celebrates Navruz



The Ambassador of Uzbekistan to Kuwait Dr. Bakhromjon Aloev hosted a reception on 18 March at the embassy premises to mark the Navruz festival. The festival marks the return of spring, the rebirth of nature and the beginning of New Year.

A large group of Uzbek nationals in Kuwait along with well-wishers joined the ambassador in celebrating the spring New Year holiday. In his address to the gathering, Ambassador Aloev said he was thankful for the support of the invitees and friends of Uzbekistan. A traditional Uzbekistan feast was arranged for guests on the occasion.



Jumeirah Messilah Beach Hotel & Spa welcomes families for Mother's Day



Celebrate Mother's Day at Jumeirah Messilah Beach Hotel & Spa with special treats and surprises across

the resort. Choose from a number of dining experiences, or spa breaks in the surroundings of this luxurious resort.

The hotel's award-winning chefs are treating mothers and their families to a special buffet on Monday, 21 March at the international all-day dining restaurant Garden Café. The lavish buffet is priced at KD19.5 per person. For every booking of five persons and above, one mother will enjoy a complimentary lunch buffet.

Talise Spa, the renowned luxurious haven for relaxation, is offering guests a luxurious day filled with pampering. Tailored with mothers in mind, the Mother's Day Renewal experience offers a 90-minute combination of a welcoming foot ritual, followed by a soothing full body massage and concludes with a divine renew facial all priced at KD70.



Al Nahil Int'l Clinic collaborates with ICS Kuwait for educational session

Al Nahil Int'l Clinic, a division of Shifa Al Jazeera Medical Group, Kuwait organized a session on 'Healthy School Going' led by Dr. Pethuru Devadason, General Physician at Al Nahil. Al Nahil Int'l Clinic along with Indian Central School also jointly welcomed parents of the little LKG toddlers on the commencement of their new academic year 2016.

Indian Central School and Al Nahil Int'l Clinic have worked together on various free medical camps for their teachers and students, which have paved way for a mutual valuable relationship.

Abdul Azeez, General Manager, Al Nahil Int'l Clinic and his team comprising of Deputy



General Manager, Customer Relations Lucia Williams and Insurance and Corporate Head, Shahida under the guidance of Siddeeqe Valiyakathu, Shifa Al Jazeera Medical group Executive Director, assured more of such events for the students of Indian Central School.

"Shifa Group has wider plans to spread the message of 'Prevention is Better than Cure' and will ensure that Medical Facility is made available and affordable for all irrespective of their financial status or any other discriminations," said Group Chairman Dr. K. T. Rabeeullah.

GCC states need to introduce bold economic reforms

Continued from Page 1

Rather than place arbitrary prices on petroleum products, this model links local prices to prevailing international rates after making necessary adjustments. Saudi Arabia, Oman and Qatar also introduced varying degrees of reforms.

The outlier in reforms has been Kuwait, where any changes require approval of the elected parliament. Understandably, Kuwait has trailed its neighbors in introducing reforms with parliament stressing that any cuts in spending and subsidies, as well as other initiatives aimed at economic reforms, should not be at the cost of welfare to Kuwaiti nationals.

But despite cuts in GCC government expenses, curbs on spending on projects and on reducing consumer subsidies, in a recent report, Moody's ratings agency suggested that fuel subsidy reforms

could not turn budgetary shortage into a surplus in GCC countries. The rating agency argues that savings from increased fuel prices would be rather small, averaging a mere 0.5 percent or so of GDP across GCC states in 2016.

This is not exceptionally surprising as fuel subsidy reform represents only one part of broader steps. Others include enhancing the collection for governmental services. In some GCC states, provision of new municipality services for instance is being linked to clearing arrears. Furthermore, GCC countries are talking about collectively imposing a 5 percent VAT by 2018 or certainly before 2019.

However, GCC states have all but rejected a call made by the IMF to introduce personal income tax. It is feared that such a move would undermine the competitiveness of GCC economies to entice investors.

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Embassy of Japan organizes origami workshop



The Embassy of Japan in Kuwait recently organized an origami workshop at the New English School.

The Ambassador of Japan to Kuwait H.E. Takashi Ashiki delivered a speech thanking the school and students for their participation. Origami teacher Sumaya Al-

Anezi led the workshop, explaining the art of origami to an audience comprised of the head of the junior school, Mark Medely, students, school staff and Japanese guests.

Under the direction of Mrs. Anezi, the group enjoyed creating specific shapes of the robin star, a frog, and a ninja shuriken.



Pay hikes in Kuwait lowest in a decade

Continued from Page 1

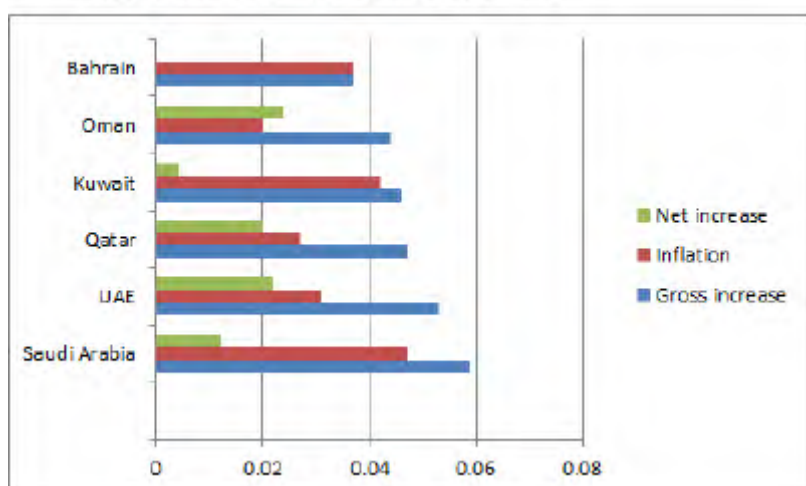
to be significantly lower than in previous years." The report, based on a survey of 700 employers and 25,000 professionals across the GCC, found that salaries across the Gulf states are forecast to increase at an average of just 5.2 percent in 2016, down from 5.7 percent in the previous year. One consolation for consumers in the report was the finding that rents have fallen or remained stable in parts of the six-nation bloc.

Saudi Arabia is expected to top the

addition to lower pay hikes, employers in the region are much more cautious when it comes to adding to their payroll. A marked slowdown in recruitment was reported across the GCC with recruitment focused mainly on replacement hiring.

The slump in oil prices since mid-2014, which have impacted government investment in oil and gas and construction sectors, have also impacted hiring in these manpower-intensive sectors. Overall, 14 percent of firms surveyed in these sectors in Saudi Arabia reported plans to reduce

Private sector salary increase forecast for 2016



region's pay increases, at 5.9 percent. However, with inflation in the Kingdom forecast at 4.7 percent in 2016, real pay rises net of inflation will average just 1.2 percent. Professionals in the UAE are expected to enjoy the region's second highest salary increase at 5.3 percent. Qatar is next with 4.7 percent, followed closely by Kuwait and Oman at 4.6 and 4.4 percent respectively. But, with inflation averaging 4.2 percent in Kuwait, real pay rises in the country will be around 0.4 percent.

Bahrain fares the worst among the six GCC states, with the projected salary increase of 3.7 percent matching the forecast inflation rate exactly, leaving employees with no net increase in their purchasing power.

The study also found that, in

headcount in 2016, compared with 9 percent in the UAE. The healthcare sector was an exception with 68 percent of companies surveyed in this segment revealing an increase in their headcount during 2015.

The study found that, with fewer jobs in the market and candidates seeking stability, employee turnover had fallen in most sectors. It warned, however, that employers failing to meet the pay expectation of their top performers due to financial pressures could risk losing them to competitors. According to the study, employers currently hiring are having much greater success in securing top candidates than in previous years and some are using this as an opportunity to upgrade their staff.

City Centre celebrates 17th Anniversary with 'Shop & Win KD20,000' promotion

City Centre is running a 'Shop & Win KD20,000' promotion at all their four outlets in Kuwait from 10th to 29th March to celebrate its 17th Anniversary. City Centre inaugurated its first store in Shuwaikh in March 1999, followed with Salmiya, Dajeej and Jahra stores. City Centre offers a 'value for money' shopping experience and this promotion adds excitement and fun for your family and friends.

During the promotion period, the lucky customer who arrives at the checkout counter is chosen at regular intervals and will be eligible to receive a KD20 City Centre Gift Voucher. Even if a customer misses on the first attempt, they can try their luck again as there are 1,000 opportunities during the promotion. Customers shopping at City Centre can take



advantage of its wide selection of products and brands, and find all essential household items under one roof at very competitive prices. The special promotion will highlight City Centre as one of the best venue for all consumer requirements ranging from Grocery, Garments, Household, Electronics, Toys, and Cosmetics.

City Centre has established itself as one of the major supermarket player with four outlets in Kuwait over the years with patronage from its customers and now also gained a stronghold in Iraq, with three outlets in Erbil and one in Basra, which was inaugurated in February 2016.



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Quaid-e-Azam Mohammad Ali Jinnah (1876-1948) The Father of the Nation



The Father of the Nation, Quaid-i-Azam Mohammad Ali Jinnah's achievement as the founder of Pakistan dominates everything else he did in his long and illustrious public life spanning some 42 years. Yet, by any standard, his was an eventful life, his personality multidimensional and his achievements in other fields were many.

Indeed, several were the roles he had played with distinction, at one time or another. He was one of the greatest legal luminaries the sub continent had produced during the first half of the century, a great constitutionalist, a distinguished parliamentarian, a top-notch politician, an indefatigable freedom-fighter, a dynamic Muslim leader, a political strategist and, above all one of the greatest nation-builders of modern times.

What, however, makes him so remarkable is the fact that while similar other leaders assumed the leadership of traditionally well-defined nations and espoused their cause, or led them to freedom, he created a nation out of an inchoate and down-trodden minority and established a cultural and national home for it. And all that he did within the short span of time of a decade.

For over three decades before the successful culmination in 1947, of the Muslim struggle for freedom in the South-Asian subcontinent, Jinnah led the Indian Muslims, as their most prominent leader – the Quaid-i-Azam. He fought, relentlessly and inexorably, for the inherent rights of the Muslims for an honorable existence in the subcontinent. He guided their affairs, gave expression to their aspirations, lent coherence and direction to their legitimate goals and cherished dreams, and formulated these into concrete demands. And, above all, he strived all the while to get these demands conceded by both the ruling British and the numerous Hindus, the dominant segment of India's population. Indeed, his life story constitutes, as it were, the story of the rebirth of the Muslims of the subcontinent and their spectacular rise to nationhood.

Pakistan - Kuwait Relations

The fraternal ties between Pakistan and Kuwait are rooted deeply in the multiple commonalities of shared history, traditions, common religion and culture. The two countries have always stood by each other in times of crises. Pakistan was among the countries that sent their troops to Kuwait following the Iraqi invasion in 1991. Nine Pakistani soldiers embraced shahadat during the mine cleaning operations. A separate section has been dedicated in Kuwait's Memorial Museum to acknowledge their sacrifices.

Kuwait, on its part has always helped Pakistan in difficult times, including the devastating earthquake of 2005 and the heavy floods in 2010 and 2011.

The two countries share identical views on various regional and international issues and have been closely cooperating at the United Nations, the Organization of Islamic Conference and other



H.E. Mamnoon Hussain
President of Pakistan

international forums.

Kuwait has made tremendous progress under the visionary, sagacious and dynamic leadership of His Highness Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah, Amir of the State of Kuwait. The leadership and people of Pakistan appreciate the personal contribution of His Highness the Amir of Kuwait to deepening and strengthening of the bonds of friendship between



H.E. Muhammad Nawaz Sharif
Prime Minister of Pakistan

the two countries. They welcome the well deserved United Nations award bestowed on the State of Kuwait as an International Humanitarian Centre and His Highness the Amir of Kuwait as a Humanitarian Leader.

The level of the bilateral cooperation between the two countries has expanded consistently over the years. The two countries are engaged in efforts

to build a mutually beneficial partnership through expanding cooperation in diverse fields.

Kuwait is playing a positive role as a valuable investment partner by contributing to various development projects in Pakistan. An increasing number of Kuwaiti entrepreneurs are showing keen interest in investing in Pakistan especially in the energy sector.

Pakistan's World Heritage Sites

With a land seeped in ancient history and rich heritage, Pakistan has several UNESCO designated World Heritage Sites. Some of the more well-known ones include:

Moenjodaro: Belonging to the Indus Valley Civilization, the ruins of Moenjodaro are almost entirely built of baked brick. The acropolis, set out on high embankments, includes a Great Bath, while the lower town is set out on a grid system and shows sophisticated urban planning. The artefacts discovered from the site tell us about the way of life, trade networks and the artistic abilities of the people.

Taxila: Center of the Gandhara Civilization and of Buddhist learning, the sites at Taxila span a time period beginning in the Neolithic Age



(Saraikala) to the cities of Sirkap (2nd century B.C.) and Sirsukh (1st century A.D.). They include the Dharmarajika Stupa and the Jaulian Monastery.

Takht-i-Bahi: The Buddhist remains at Takht-i-Bahi are a monastic complex of the

Gandhara period, dating from the 1st to the 7th century A.D. The name means 'Spring Throne,' after the spring on the hill where it stands. The 'Court of Many Stupas' consists of about thirty five votive stupas. Many fine sculptures have been unearthed from the site.

Makli Hills Thatta: The necropolis at Thatta is the largest Muslim cemetery in the world, representing four centuries of funerary architecture in Sindh. The tombs belong to four dynasties of Sindhi rulers, as well as to Sufi saints and scholars, making it a center of Sufi pilgrimage even today. The Jamia Masjid dating from the late 14th century A.D. is notable for its fusion of pre-Islamic Hindu temple architecture with Islamic elements.

Welcome to Pakistan



Faisal Mosque in Islamabad

Pakistan lies at the cross roads of the historical Silk Route and the meeting point of South Asia, Central Asia and West Asia with China, Iran, Afghanistan and India as its neighbours. Mountains and plateaux together form about three-fifths of its total area of over 800,000 square kilometres.

Pakistan's landscape features remarkable diversity and an unparalleled

beauty with some of the highest mountain ranges and largest non-polar glaciers in the world, rugged plateaux, sprawling deserts and verdant plains, large rivers, lakes and the sea. The variety of the topography is matched by the variance in climatic conditions and fauna and flora.

From the mighty stretches of the Karakoram in the North to the vast alluvial

delta of the Indus River in the South, Pakistan remains a land of high adventure and nature. Trekking, mountaineering, white water rafting, hunting, mountain and desert jeep safaris, camel and yak safaris, trout fishing and bird watching, are a few activities, which entice the adventure and nature lovers to Pakistan.

Pakistan is endowed with a rich and

varied flora and fauna. High Himalayas, Karakoram and the Hindukush ranges with their alpine meadows and permanent snow line, coniferous forests down the sub-mountain scrub, the vast Indus plain merging into the great desert, the coast line and wetlands, all offer a remarkably rich variety of vegetation and associated wildlife including avifauna, both endemic

and migratory. Ten of 18 mammalian orders are represented in Pakistan with species ranging from the world's smallest surviving mammals, the Mediterranean Pigmy Shrew, to the largest mammal ever known; the blue whale.

Pakistan offers tourism in various areas including Eco and Environment; Spiritual; Heritage; Sports and Medical.



Shangrila Lake, Skardu



Badshahi Mosque, Lahore



Neelam Valley, AJK



K2 Glacier, Gilgit Baltistan region
Highest peak of Pakistan and World second Highest peak.



Phander Valley, Gilgit Baltistan

EXCLUSIVE to THE TIMES KUWAIT

Why Press Freedom is Good Business



Lucy P. Marcus

CEO of Marcus Venture Consulting

Press freedom and independence, a staple ingredient of democracy worldwide, is declining at an alarming pace, according to the 2015 World Press Freedom Index. But the transparency and vigilance that a free and independent press provides are critical not only to democracy; they also serve as powerful weapons against forces, ranging from corruption to bad business practices that undermine economic prosperity. Simply put, without high-quality journalism, achieving better, stronger, and more robust economies is not possible.

Every day brings examples of the threats, and in some cases attacks, that the press increasingly confronts, whether from authoritarian leaders or as a result of nonviable business models. Either way, at a time when we need serious investigative journalism and intelligent analysis of economic trends and business activities more than ever, the capacity to deliver them is rapidly being eroded.

One problem is that, with print advertising in terminal decline, media companies are finding it harder to subsidize the long-term research that in-depth reporting typically requires. Yet, by identifying and bringing to the fore issues

“An active, engaged, and independent press provides a fundamental public good: the transparency that makes political and economic accountability possible.”

that may influence political agendas and public life for years to come, the impact of such reporting can be enormous.

Consider Reuters' 2012 investigation – requiring months of meticulous research – into Starbucks' tax-avoidance scheme. The journalist Tom Bergin analyzed years of complex documentation to discover, expose, and explain the ins and outs of how the company was circumventing local taxation in the countries where it operates. His investigation triggered an avalanche that continues to reverberate around the world today, as many other



multinational companies come under scrutiny. And research like that does not come cheap.

But a financing model that ensures the provision of this vital public good is of no use in the face of political repression, which is increasing worldwide. At the beginning of March, for example, Turkish President Recep Tayyip Erdoğan's government shut down the country's highest-circulation newspaper, Zaman, and security forces fired tear gas and rubber bullets at protesters outside the paper's headquarters.

European leaders, including German Chancellor Angela Merkel, Italian Prime Minister Matteo Renzi, and French President François Hollande, all made the Zaman case a part of their discussions with

surge in financial volatility that began last summer is that state-controlled information is often bad information. Investors, it seems, have begun to appreciate the risk of doing business in an economic and business environment that they cannot fully understand.

Chinese media organizations are under constant scrutiny by the authorities, and editors have chafed at (and even attempted to defy) censorship. Most recently, the South China Morning Post's Chinese language edition had its social media accounts blocked. Many foreign news websites, ranging from the BBC to Reuters, are routinely blocked from Chinese readers. In 2012, the New York Times website was blocked in China after the paper reported that the extended family of China's then prime minister, Wen Jiabao, controlled assets worth at least \$2.7 billion.

Similarly, foreign media organizations often cannot investigate Chinese companies and economic activity freely and accurately. Ursula Gauthier, the Beijing correspondent for L'Obs (formerly Le Nouvel Observateur), was forced to leave China in 2015 after the authorities refused to renew her visa. She is far from being the only Western journalist to be "neutralized" in this manner.

Then there are countries that don't receive as much attention as they should. The ranking of Andorra, a tax haven, in the World Press Freedom Index fell sharply in 2015, because journalists cannot easily secure access to information about the banks operating there. The country suffers a "lack of any legal protection for freedom of information, such as the

under threat goes on, from Africa and the Middle East to Russia and most of the other ex-Soviet republics. Even the United States is seeing alarming signs, with the frontrunner for the Republican Party's presidential nomination, Donald Trump, directing vitriol – and arguably inciting violence – toward journalists during his campaign rallies. Alarming, Trump has said that if elected president, he would change the country's libel laws in ways that would endanger the free-speech principles enshrined in the First Amendment of the US Constitution.

An active, engaged, and independent press provides a fundamental public good: the transparency that makes political and economic accountability possible. In an increasingly complex and specialized world, its provision must be supported, protected, and encouraged. Yes, media organizations must find ways to finance worthwhile reporting, investigation, and analysis. Unfortunately, too many countries would be happy to have such problems.

confidentiality of journalists' sources." And what little coverage Andorra's banks do receive – such as the US Treasury Department's money-

laundering investigation into Banca Privada d'Andorra – has been disturbing.

The list of countries where press freedom is limited or



WORLD WATER DAY

Water not only keeps us alive, it gives us everything that makes life worth living. Take a moment on this World Water Day to celebrate all the good things that water brings.

International observance of a day to highlight importance of water to human survival goes back to 1993 when the United Nations designated 22 March of each year as World Water Day. The day is aimed at focusing the world's attention on the significance of water in our lives and advocates for the sustainable management of all water resources.

Every year, UN-Water, the entity that coordinates the world body's work on water and sanitation, sets a theme for World Water Day that is linked to an existing or future water-related challenge. This year UN-Water has set the theme 'Better Water, Better Jobs', to focus on the crucial role that water plays in creating and supporting good quality jobs.

UN-Water works in close collaboration with other UN entities and international partners to place water and sanitation as top issues on global agendas and bring focus to bear on the topic by campaigns that aim to inform, engage and encourage action among the public.

The UN and its member nations also devote this day to implementing UN recommendations and promoting concrete activities within their countries regarding the world's water

resources. Additionally, a number of non-governmental organizations (NGO) promoting clean water and sustainable aquatic habitats have used World Water Day as a time to focus attention on the critical issues of our era.

Events such as theatrical and musical celebrations, educational events, and campaigns to raise money for access to clean and affordable water are held worldwide on World Water Day. The occasion of World Water Day is also used to highlight required improvements for access to WASH (water, sanitation and hygiene) facilities in developing countries.

World Water Day is an opportunity for all of us to learn more about water, its importance to life and other water related issues. It is also a chance for us to become inspired and help create awareness among others about the crucial role that water plays in our survival, and how we can all take actions that make a difference.

This year's theme, Better Water, Better Jobs' highlights the fact that water is not only the essential building block of life, quenching thirst and protecting health, but that it is also vital for creating jobs and supporting economic, social, and human development.

Though it might not be apparent outright, today, over half of the world's workers — more than 1.5 billion people — work in water-related sectors. Moreover, irrespective of any specific sector, nearly all jobs depend directly on water. Yet, despite this ineradicable link between jobs and water, millions of people whose livelihoods depend on water are often

not recognized or protected by basic labor rights.

Safe, sufficient and reliable water resources are essential to the functioning of every aspect and sector of society, including agricultural and energy production, industry and economic growth, human and environmental health, as well as national security. Therefore it is important that governments work alongside non-governmental organizations and civil society to raise awareness of the importance of water, and to catalyze ideas and actions to help address these issues through innovative solutions.

The theme for 2016 provides an important opportunity to consolidate and build upon the previous World Water Days to highlight the two-way relationship between water and the decent work agenda in the quest for sustainable development. The Agenda on Sustainable Development, which was adopted at the UN Sustainable Summit held in New York in September 2015, adopted a set of 17 Sustainable Development Goals along with 169 specific targets to be achieved by the year 2030. Goal 6 of this SDG calls for universal and equitable access to safe and affordable drinking water and providing adequate accessible

sanitation to all within the next 15 years.

Ensuring easy access to quality water and sanitation is vital for achieving the Sustainable Development Goals, but, according to UN statistics:

- One in ten of global population, or 663 million people, lack access to safe water
- One in three of global population, or 2.4 billion people, lack access to a toilet
- Globally one-third of all schools lack access to safe water and adequate sanitation
- In low and middle-income countries, one-third of all healthcare facilities lack safe water source
- Women and children spend 125 million hours each day collecting water
- Every 90 seconds a child dies from water-related disease
- Every \$1 invested in water and sanitation provides a \$4 economic return

It is clear that in order to achieve SDG 6 of providing quality water, sanitation and hygiene to all, the world will need to exert determined efforts, along with a greater and sharper focus on removing existing disparities in access to WASH between groups, such as between

the rich and poor, rural and urban, as well as between disadvantaged and general sections of the world population.

In January 2016, UN Secretary-General Ban Ki-moon and President of the World Bank Jim Yong Kim jointly announced their intention to form a new panel to mobilize urgent action towards the sustainable development goal for water and sanitation (SDG 6) and related targets. The announcement comes in the wake of countries experiencing water stress and water-related disasters that will grow worse due to climate change without better policy decisions.

"Water is a precious resource, crucial to realizing the SDGs, which at their heart aim to eradicate poverty," said UN Secretary-General Ban Ki-moon. "The new Panel can help motivate the action we need to turn ideas into reality." Reiterating this view, the World Bank president said, "Achieving the water global goal would have multiple benefits, including laying the foundations for food and energy security, sustainable urbanization, and ultimately climate security. My hope is that this panel accelerates action in many countries so that we can make water more accessible to all."



Managing Water Politics

This year's World Water Day provides an opportunity to highlight what in many countries has become a grim reality: The availability of fresh water is increasingly a defining strategic factor in regional and global affairs. Unless water resources are managed with extraordinary care, the consequences could be devastating, say Prince El Hassan bin Talal, a distinguished member of the Global High Level Panel on Water and Peace and Sundeep Waslekar, President of Strategic Foresight Group, in an op-ed for Project Syndicate.

Last fall, the international community adopted the UN's Sustainable Development Goals, which promise to "ensure availability and sustainable management of water and sanitation for all." Part of this pledge is a commitment to "expand international cooperation."

Those in charge of implementing this commitment must bear in mind that water cooperation is not merely about signing treaties and holding meetings. It also entails jointly planning infrastructure projects, managing floods and droughts, developing an integrated strategy to combat climate change, ensuring the quality of water



courses, and holding regular summits to negotiate tradeoffs between water and other public goods. Out of 263 shared river basins, only a quarter benefit from properly functioning

collaborative organizations. It is crucial that such organizations be extended to cover every shared river basin in the world by the SDGs' target year, 2030.

The international community

should encourage countries to embrace such cooperation by creating financial instruments that make concessional and preferential funds available. A global Marshall Plan for

shared river basins might at first seem like an expensive proposition; but the cost of inaction — consider the threat to Europe alone posed by massive refugee inflows — easily could be several orders of magnitude higher.

Likewise, the international community should act promptly to save critical water infrastructure from acts of violence and terrorism. Many rivers, including the Tigris and the Euphrates, have been and continue to be cradles of human civilization. The UN should consider creating special peacekeeping forces to protect them.

Finally, international law should be designed to prevent, not just resolve, conflicts. In particular, a robust global treaty is needed to regulate emissions into bodies of water. Today, most disagreements over water concern the quantity parties are to receive. In the future, conflicts will increasingly be about water quality, as irrigation practices, industrialization, and urbanization contribute to rising pollution levels. World Water Day is the ideal occasion to launch a new agenda for water wisdom. But every day must be a day when we work together to manage one of the planet's most important resources.

Ensuring Africa's Continued Rise



Ngozi Okonjo-Iweala

Former finance minister of Nigeria, and a distinguished visiting fellow at the US-based Center for Global Development

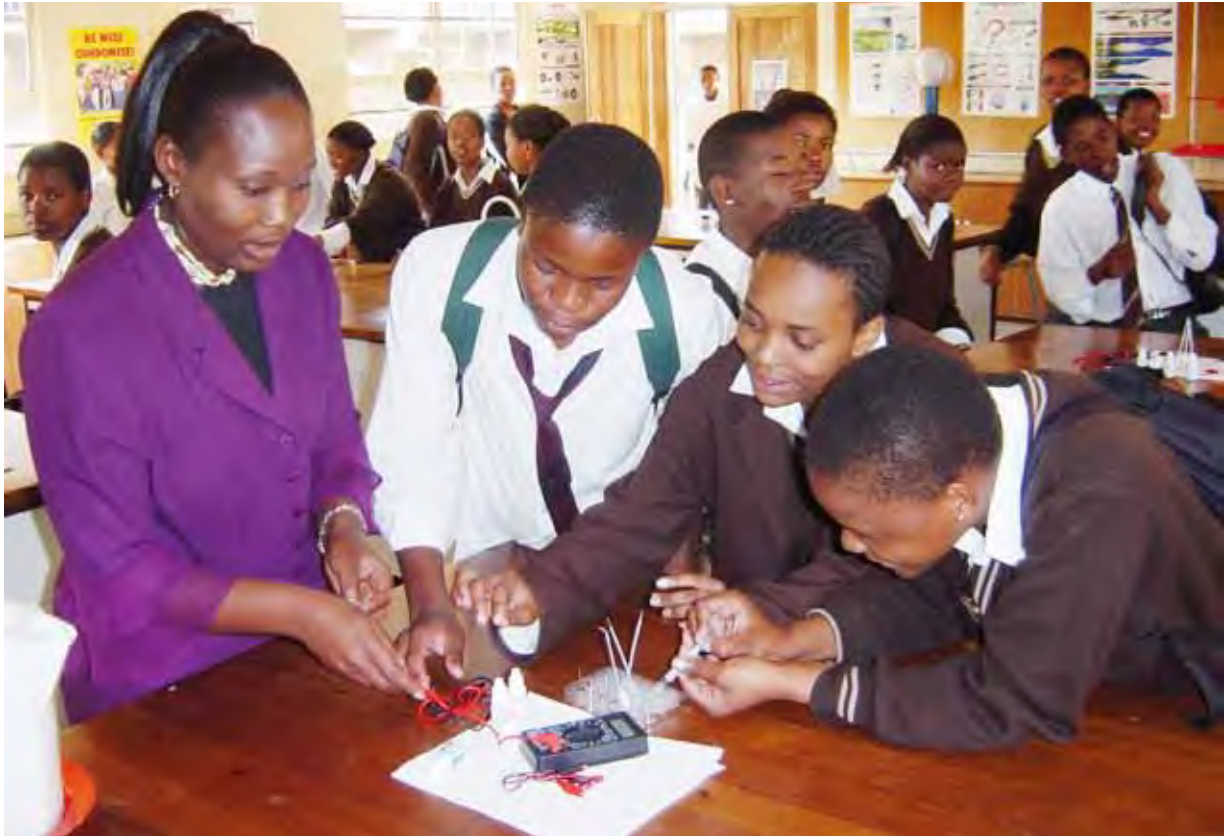
Africa's rise is in danger of faltering. After years during which the continent's economy grew at an average annual rate of 5 percent, global uncertainty, depressed commodity prices, and jittery external conditions are threatening to undermine decades of much-needed progress. Ensuring the wealth and wellbeing of the continent's residents will not be easy; but there is much that policymakers can do to put Africa back on an upward trajectory.

First and foremost, policymakers must secure the financing needed to pursue sustainable development in an uncertain global environment. The World Bank estimates that Africa will require at least \$93 billion a year to fund its infrastructure needs alone. Climate-friendly, sustainable infrastructure will cost even more. And yet, as long as global growth remains weak, Africans cannot count on developed countries to fully honor their commitments to help attain the Sustainable Development Goals.

Africa must rapidly develop its own resources, beginning by nearly doubling tax revenues. Across Sub-Saharan Africa, tax revenues account for less than one-fifth of GDP, compared to more than one-third in OECD countries. This means there is plenty of room for improvement. From 1990 to 2004, for example, Ghana reformed its tax system and raised revenues from 11 percent to 22 percent of GDP. Admittedly, such progress is difficult; in Nigeria, we saw an opportunity in raising non-oil tax revenues, but struggled to seize it.

Another source of domestic resources is the roughly \$380 billion in pension assets held by just ten African countries. Policymakers should be leveraging these considerable sums.

At the same time, African countries will have to find a way to diversify



their economies. Diversification requires investment in the future, in the form of education and well-developed infrastructure, including telecommunications, power, roads, rail, and water.

There are plenty of models to follow: Dubai, Singapore, Thailand, Malaysia, Mexico, Indonesia, and South Korea are all admired by Africans as economies that managed to transform themselves. Dubai, for example, set out more than three decades ago to prepare for a future without oil. The government implemented a step-by-step transformation of the country into a service economy, putting in place the infrastructure and incentives necessary to build up financial services, tourism, medical services, real estate, media, arts, and culture. South Korea and Singapore, which had few natural resources on which to rely, are no less inspiring.

The secret behind these countries' success is relentlessly focused leaders, whether entrenched but benign dictators or democratically elected politicians with a shared vision of a broad-based economy. Sub-Saharan Africa has paths for diversified growth that many of the trailblazers did not: value-

added agriculture and agro industry, the processing of mineral resources, petrochemical complexes, manufacturing of durable and consumer goods, tourism and entertainment, and an emerging information-technology sector.

As the necessary measures for diversification are implemented, policymakers must ensure that the economic growth they are pursuing creates jobs. Sadly, this has not always been the case. Much of the recent growth has benefited only a few, leaving many behind — most notably young people and women. From 2006 to 2013, inequality rose in many of the continent's most important economies, including South Africa, Nigeria, Ghana, Tanzania, and Rwanda. These were challenges that we were starting to address in Nigeria when I was finance minister. We knew that we needed not just to secure growth, but also to improve the quality of that growth.

To that end, policymakers must ensure that growth is channeled into sectors that create jobs, such as agriculture, manufacturing, and services. They may also have to redistribute income and strengthen social safety nets to protect better those at the bottom of the ladder.

Matching skills to job opportunities

“Diversification requires investment in the future, in the form of education and well-developed infrastructure, including telecommunications, power, roads, rail, and water.”

will be crucial. Some 70 percent of Africa's population is under 30, and the continent is home to half the world's primary-school-age children who have been deprived of the opportunity to study. Offering Africa's children basic reading, writing, and technology skills, as well as vocational, technical, and entrepreneurial training, must be a top priority.

Weak health-care systems must also be strengthened in order to tackle the endemic diseases that sap productivity, such as malaria, as well as improving preparedness for outbreaks of deadly

epidemics. The stakes are high. The World Bank estimates the Ebola outbreak shrank the economies of Sierra Leone, Guinea, and Liberia by 16 percent.

As the world economy sputters, African countries will have to develop trade with one another. In 2013, African goods and services accounted for just 16 percent of trade within the continent, and just over 3 percent of world trade. One problem is that most African countries produce the same type of commodities and trade them with very little value-added. Policymakers must encourage greater specialization; differentiated goods and services will add value and volume to trade.

Logistics pose another obstacle to intra-African trade. Policymakers must make it easier to move goods across borders, by improving connectivity between countries and reducing bureaucratic hurdles and administrative costs. For example, road transport tariffs across Africa are estimated at \$0.05-\$0.13 per ton-kilometer, compared to the average of \$0.01-\$0.05 for all developing countries.

The Rift Valley Railway project, which will eventually link Mombasa on the Kenyan coast to Kampala in Uganda, is a good example of the benefits that investments in transportation could provide. The African Development Bank estimates that it will double the volume of trade between the two countries, while reducing marginal costs by 30 percent.

As they make these investments, policymakers must not forget that much of Africa's recent growth can be credited to good macroeconomic policies and sound economic management. Extending the continent's rise will require strengthening the continent's economic fundamentals.

This means ensuring that prices in the economy are correct, starting with the exchange rate. Some countries may need temporary controls to curb damaging capital outflows, but policymakers should aim for a market-based exchange rate and a solid plan for governing inflation, debt, foreign-exchange reserves, current accounts, and fiscal balances.

Africa's potential can hardly be overstated. The continent is well placed to build diversified economies based on low-carbon, sustainable infrastructure. But policymakers cannot simply assume that Africa's rise will continue. They must take the right steps to ensure that it does.

A Quantum of Happiness

Continued from Page 1

Here in the UAE, we have recognized, as others are recognizing, that we need benchmarks for governance that truly express what we mean by success. The question we ask is not whether we are providing adequate services and sound economic policy to our people, but whether we are making our people happy. Of course, the latter requires delivering the former; but it also means going beyond statistics, to comprehend that we are all individuals with our own hopes, fears, and aspirations.

Happiness is serious business in the UAE, where attention to it permeates everything we do in government, including efforts to encourage private-sector companies to place a value on it in their everyday operations. It entails formulating national strategies, programs, and policies to increase happiness and then measuring our achievements on an ongoing basis.

But what exactly is this indicator we are calling happiness? It is neither a transitory moment of delight nor a

constant condition. It is a state of being beyond satisfaction, a flourishing and ambient joy.

Happiness is knowing that you and your family are safe; that there is opportunity open to you and your children; and that you can depend on a high degree of care, dignity, and fairness in your society. Happiness is not something that is bestowed from on high; we all must work to achieve it. But, as I see it, our role in government is to create an environment that enables happiness and a positive attitude toward life to flourish.

Setbacks or frustrations in one's life do not necessarily imply a loss of happiness, which depends on how you, and others who are helping you, go about overcoming obstacles. Happiness thus entails a commitment to helping others, as well as taking responsibility for your own decision to proceed constructively and optimistically. In my ten years working in government, I have personally encountered no situation that could not be handled with a smile, a little consideration, and a touch of positivity.

Happiness is something I take personally and believe in passionately.

Happiness cannot be mandated, demanded, or enforced. It must be encouraged and nurtured. It requires a change of mindset, with a focus on seeking constructive outcomes. It is experienced at both the individual and collective levels.

So how are we going about it in the UAE? It is still early days; my post is just over a month old. But we already have a 100-day plan in place and a clear set of tasks ahead of us. We have defined guidelines for shaping policy across government, and we have started to create structures for coordinating among government entities and for defining new approaches to services and service delivery. We are also developing benchmarks and assessment tools, in order to formulate and monitor measurable performance indicators for happiness.

Alongside our efforts to place the quest for happiness at the core of the national agenda, we need to encourage the private sector to join us. In one of the



world's most diverse labor markets — the UAE is home to people representing up to 200 nationalities — we must ensure that, beyond maintaining appropriate legislative and regulatory frameworks, our country's entrepreneurs act on the basis of enlightened self-interest.

Just as GDP is not the only benchmark to define a country's success, profit alone cannot define a company's success. In our connected and social world, where opinion, news, and information travel at the speed of light, happiness is a competitive advantage; indeed, it is central to a company's brand.

We live in a tough neighborhood. The

Middle East is usually not associated with happiness; at times, the bad news from our region seems to drown out the good. And yet we are all bound by the desire to see ourselves and our loved ones thrive and be the best we can be.

That spirit is within us all, and by celebrating it and strengthening it, we can aspire to offer peace, security, tolerance, positivity, and respect. We can work together to create an environment where people can truly flourish and aspire to fulfill their human potential. We can all be part of a community brought together by the desire to share the quality of happiness.

South Korea

An enigmatic land of stark contrasts

South Korea — On first impression South Korea might come across as an enigmatic place; it is a land of stark contrasts and wild contradictions. Also known as the 'Land of the Morning Calm' it is a place where the frantic pace of life is offset by the serenity of nature; where skyscrapers loom over ancient temples and where tradition and technology are equally embraced.

The country's unique customs and etiquette can seem like a trap laid for foreigners, but arrive with a smile and a respectful attitude and you will be welcomed with open arms by some of the friendliest folks on the planet.

Koreans are fiercely proud of their country, and with good reason. The Korean peninsula has a storied history and this colorful heritage is woven into the fabric of this land. The capital, Seoul, is home to a number of historic highlights, including the spectacular Joseon-era Gyeongbokgung Palace, 'the great south gate' of Namdaemun and the eerie Seodaemun Prison – all tucked away amid gleaming offices,

giant shopping centers and world-class restaurants.

Seoul: The vibrant, modern city of Seoul definitively lives up to the '24-hour party' tag that other cities can only pay lip service to. A buzzing urban expanse that is striving to reshape its



hardened concrete and steel edges with gorgeous city parks, cultural landmarks and tasteful design, one can easily find exciting places to eat, drink, shop and relax.

Whilst Seoul is embracing all that is modern, it is also rich in history. In the city there are five major palace complexes, which were built under the Joseon Dynasty and provide fine examples of traditional architecture. While all these palaces are worthy of a visit, Changdeokgung Palace with its beautiful Secret Garden and the ornate Gyeongbokgung Palace which has an hourly changing of the guard ceremony with soldiers dressed in Joseon-era uniforms are highly recommended.

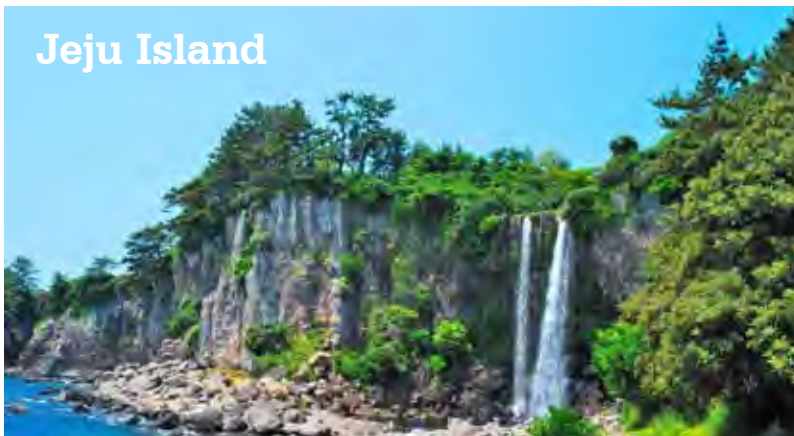
Jeonju Hanok Maeul



Lying in the middle of modern Jeonju, this maeul, or village, boasts of one of the largest concentrations of hanok – the traditional Korean house – with over 800 such buildings in last count. Most of these homes have been converted

to guesthouses, restaurants, teahouses and boutiques. Some places in the village host workshops on making traditional paper and other local crafts. These usually require advance reservations and a minimum of two people.

Jeju Island



Although it lies only 85km off the coast of South Korea, Jeju Island has developed its own unique history, traditional dress, architecture and linguistic traditions. With a moderate climate that differs surprisingly from the mainland, Jeju Island has a sub-tropical southern side and a more temperate

northern region. On the island, which was recently voted one of the New Seven Wonders of Nature, one will find exquisite botanical gardens, sandy beaches, lava caves, a folk village and the O'Sulloc Tea Museum where you can learn about South Korea's famous traditional tea culture.

Gamcheon culture village: This historically rich, mountainside slum became a famous tourist destination after getting an arty makeover in



2009 when students decided to brighten up the neighborhood with clever touches up the stairs, down the lanes and around the corners. Today it is a colorful, quirky community of Lego-shaped homes, cafes and galleries, ideal for an hour or two of strolling and selfies.

Andong and Hahoe folk villages: Set in the heart of Gyeongsangbuk-do region, the cultural warehouse of Korea, Andong is noted for having preserved much of its traditional spirit. A great place to see Korean traditions unfold is the cultural village of Hahoe, where the noble Ryu family originated and lived for the past 600 years. Traditional buildings, beautiful surroundings and a range of cultural

activities makes a visit to Andong and Hahoe village a good opportunity to take in the local culture and learn a thing or two about Korea's rich heritage.

Saryangdo: Jagged ridges, high peaks, ropes, ladders and awe-inspiring views await travelers looking for a challenging hike. Most travelers depart the ferry on Saryangdo and catch a bus to the other side of the island to begin the five-hour trek.

Seongsan Ilchulbong: This majestic 182m-high tuff volcano, shaped like a giant punchbowl, is one of Jeju-do's most impressive sights. The forested crater is ringed by jagged rocks though there is no lake because the rock is porous. From the entrance, climbing the steep stairs to the crater rim only takes 20 minutes. Doing it in time to catch the sunrise is a life-affirming journey for many Koreans.



Cuisine



Bulgogi: This is a famous Korean dish that mainly consists of thinly sliced or shredded beef, marinated in soy sauce, sesame oil, garlic, sugar, scallions, and black pepper, cooked on a grill. Variations include chicken or squid.

To do the sunrise expedition, one will have to spend the night in Seongsan-ri, a sleepy village filled with motels and restaurants catering to the hiking crowd. The steps up the volcano are easy and clear, but if you are concerned, bring a torch.



National Maritime Museum: This is the only museum in Korea dedicated to the country's maritime history. The highlights are two shipwrecks, one dating from the 11th century and the other from the early 14th century. Thousands of priceless items of Korean and Chinese celadon, coins and other trade items were salvaged from them.



Changdeokgung: World Heritage-listed Changdeokgung, is one of the most beautiful of Seoul's four main palaces. It was originally built in 1405 as a secondary palace, but when Gyeongbokgung (Seoul's principal palace) was destroyed during the Japanese invasion in the 1590s, it became the primary royal residence until 1872. It remained in use well into the 20th century. Like all Joseon palaces, it has a mountain behind it and a small stream in front.

World's largest disease study using smartphones

Results from the largest infectious disease study ever undertaken have revealed that 100 million people around the world are at risk of blindness from the infectious disease trachoma. The study, which involved 2.6 million participants in 29 different countries, over a 3-year period, was made possible by the use of smartphone technology.

Smartphones from surveyors operating around the world were used to help collect, log and transmit data about the disease in a mapping exercise titled, 'The Global Trachoma Mapping Project'. The project, funded by the UK government in partnership with the US and the World Health Organization (WHO), will help create a platform that will underpin the drive to eliminate blinding trachoma. The project will also contribute to efforts to eliminate other neglected tropical diseases.

Trachoma is the leading infectious cause of blindness in the world and responsible for three percent of global blindness. It impairs the vision of around 2.2 million people, of whom

1.2 million are irreversibly blind and is a health problem in around 51 countries, including Asia and the Middle East, with Africa carrying the bulk of the burden. The disease is mostly prevalent in poor, crowded communities with limited access to clean water and sanitation. Ethiopia has the world's highest trachoma prevalence, with an estimated 50 million people living in endemic areas.

Over the course of the three-year study, more than 550 teams of trained surveyors, including ophthalmic nurses and other government eye health care workers, visited millions of people in sample households in the most remote locations of 29 countries, including Chad, Eritrea, Pakistan, Papua New



Guinea, Solomon Islands, Colombia and Yemen. The teams conducted eye examinations and used mobile phones and tablets to record their findings, which were then sent to a data center in the US. There, the information was

cleaned and analyzed before being sent to local governments for review, approval and use.

The use of smartphones and tablets was a crucial element in the ability to deliver the project on such a

massive scale. The technology enabled organizers to coordinate teams from around the world and ensure that data could be easily collected in even the most remote parts of the world and then subsequently transmitted for analysis. On average, one person was examined every 40 seconds during the course of the study.

Having a complete map of the disease's prevalence means that ministries of health in endemic countries have the evidence needed to focus preventative and treatment strategies, including targeted interventions, to tackle the neglected tropical disease. The hope is that the survey will support efforts to eliminate the blinding disease trachoma by 2020.



Keeping Your Child's Teeth Healthy

There are a number of things parents can do to help their children enjoy a lifetime with healthy teeth and gums, a dental expert says.

Start by creating a foundation of a balanced diet, limiting snacks, and brushing and flossing each day. Of course, regular dental checkups are also crucial.

Today, tooth decay is the most common chronic disease among many children. Consuming too many drinks with natural or added sugar is a major cause leading to tooth decay.

Each day, children should have three balanced meals that include fruits, vegetables, grains, proteins and dairy. This will reduce their need to snack during the day, and lower their risk of tooth decay. Make sweets a treat. On a normal day, parents should limit their children to a combination of one or two sugary drinks, desserts or candies.

Dentists say tooth decay, especially 'baby bottle tooth decay,' is all about the amount of time a child's teeth are exposed to sugars. If you use a bottle or sippy cup, use it while the child is at the table for mealtime. Do not allow children to carry the cup around with them, and never allow them to sleep with it.

Parents should brush their young children's teeth for two minutes twice a day and focus on where the teeth and gums meet. It is crucial to floss between baby or permanent teeth that touch together.

Parents should brush their children's teeth until they are coordinate enough to brush on their own; even then, parents should make sure they do an inspection after children brush their teeth.

Empathetic doctors boost patient satisfaction

A new study published recently suggests that patients do better and are more satisfied with their care if they believe their doctor is empathetic.

Researchers asked 112 patients, average age 51, to rate their dealings with their surgeon. The results showed that doctor empathy accounted for 65 percent of patient satisfaction. Patient satisfaction was not influenced by wait time for an appointment or wait time in the office, time spent with the surgeon, resident/fellow involvement, whether or not patients were seeking a second opinion, patients' health knowledge or type of treatment. Good medical skills

are important but "this study shows that physician empathy is the best opportunity to improve the patient experience," said principal investigator Dr. David Ring, of the department of orthopedic surgery at Massachusetts General Hospital.

"In prior studies, we've had trouble determining what specifically contributes to patient satisfaction, so a finding that empathy explains 65 percent of the variation in satisfaction is really powerful," he added.

Empathetic doctors seem to understand what their patient is going through. Doctors can be coached to show more empathy, Ring said. It also helps if they have staffers



who excel in communication and customer service, he added.

Salt could lead to overconsumption of fatty food

Too much salt is bad for us; it can increase blood pressure, raise the risk of heart attack, stroke, heart disease and more. But two new studies have identified another downfall of a high salt intake - it can lead to overconsumption of fatty foods, increasing the risk of obesity.

While you may not be heavy handed with the salt shaker, it is processed foods and restaurant meals that are the primary culprit, accounting for more than 75 percent of our sodium intake. Grains, meat and processed poultry, soups and sandwiches are top contributors to salt intake. For instance, a single slice of bread can contain anywhere from 80-230mg of salt while a slice of pizza can contain up to 730mg of salt



The study which examined the effect of salt on food intake suggests that the amount of salt in a certain food may influence how much we eat. The team found that participants consumed around 11 percent less food and energy when

their lunches contained low salt and high fat. However, when given high-salt high-fat foods, those same subjects consumed significantly more food and energy. Overall, the authors say their studies indicate that salt may interfere with the body's

biological processes that stop us from eating too much.

Our body has biological mechanisms to tell us when to stop eating, however when salt is added to the food, those mechanisms are blunted and people end up eating more food. This can cause you to eat more fatty foods and over time, your body adapts or becomes less sensitive to fat, leading you to eat more to get the same feelings of fullness.

Adding salt to high-fat foods has the potential to speed up this process. High-fat and high-salt foods override our body's ability to recognize when we are full and cause us to eat more energy. If we eat too much energy, we get fat. This high fat and salt combination is a toxic mix for our health.

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Odd concealer beauty tricks

Ask any makeup guru and they will tell you that next to sunscreen, a flattering color concealer is a girl's best friend. The handy little tool can cover up zits, hide under eye circles, and even out skin tone in a snap. But in addition to its traditional uses, concealer can be used in a number of weird and downright obscure beauty hacks. From hiding unwanted eyebrow hairs to creating fuller-appearing lips, concealer is a magical makeup tool. Here are some tips for weird ways to use concealer.

For the eyes: Use a concealer to highlight the high lid and all around the eye brows for it will mask any newly grown hairs and will give the eyebrows back a fresh shape between tweezing appointments.

Here is the method: using a fluffy brush, apply a long-wearing concealer on the eye lid to provide a great base for an opaque shadow look. Long wearing concealer is a good base for shadow but don't glob it on. A fluffy brush will soften the amount you deposit to the eye and give sheer coverage to the lid.

For the lips: If you apply some concealer to a lip, you can use it to enhance the look of lips but also neutralize your lip colors. Also, when you want to achieve fuller-looking lips, use a matte lipstick of any color, and with the tip of your finger, add a small amount of concealer at the center on your lips using a blotting motion to create a 3-D look. Also, for sharper lipstick and fuller lips, take a Q-tip with a lighter shade of concealer to clean around the edges of the lips.

However, applying concealer all over your lips before you apply lipstick can change the shade of a lipstick.

For the face: Concealer can be used for highlighting your cheekbones, nose and above the brow, very beneficial for light contouring. To attempt this simple and easy sculpting method, just apply concealer to your upper cheeks bones above to jawbone.

You can also use concealers that are darker than your shade for contouring the face. Another trick is to mix a little concealer with a luminous, pearly moisturizer for a quick makeup pick me up at the end of the day.



Pretty slip dresses



Light and airy, the slip dress is the sole domain of summer, but for this season, if you want to try something new. Mix and match with layers, balance out the accessories, and choose the right color and fabric: you will totally nail the trend.

A slip dress is a summertime favorite, a slice of minimalism laced into luxury, and still makes for the perfect way to breathe a subtle touch of feminine appeal into your wardrobe. Here are some tips.

Pile on the layers: Layering could easily be considered the very foundation of a successful outfit. Turtlenecks, long-sleeved tops, shirts, bodysuits all make for great choices or you can even attempt styling with furry vests, cardigans

and roomy coats. However, when you are building upon a cohesive color palette, pay attention to length and proportion while also incorporating a mix of texture.

Switch for a silkier fabric: When talking slip-dresses, silk is the first fabric to pop to mind, most likely bearing a shiny, metallic finish and generous panels of lace. And while this classic silhouette is wonderful for summer, don't be afraid to mix things up and invest in slip dresses cut in thicker fabrics if you feel a little self-conscious.

Balance it out with a maxi coat: The best outfit combinations are usually the ones born out of unlikely juxtapositions, and playing it hard and soft is a must when styling a slip dress. An on-trend floor-length

coat will always complement the minimalist feel of a slip dress, adding a stylish edge.

When pairing these two, you can't go wrong with a basic slip dress under a bold statement piece of outerwear.

Go for a darker colour palette: Whites, ivories and nudes are great hues for a slip dress during summer, but if you really want to stand out, switch to a darker palette. Gray, black, burgundy, midnight blue and emerald green are chic colors too that are perfect for styling.

Slip on a sweater: A pullover is one of those items that lie around in your closet and instead of always going for the obvious choice, be it to match it to a pair of jeans, leggings or tailored pants, do try layering with

a slip dress. Just go with the fashion vibe and slip into a lace trimmed slip dress for more of a daring yet appropriate look. Then select a killer pair of thigh-high boots if the slip dress has a shorter hemline, and decide on a trendy pullover in accord with the hemline of the dress.

A white button-down: If you want to totally reinvent the lingerie-inspired look, try the slip dress with a classic white button-down, or one of its revised versions for 2016. Aim for a maxi length and more printed fabric in your dress to revamp the mood.

Go for more unconventional of white shirts for a modern guise that oozes effortless cool, and switch to a vibrant pair of heels for the sophisticated attire.

Flaunt the black choker trend

Statement neck huggers hinting to the grungy '90s but reimagined to bear a modern edge, the black chokers are currently signing on to a glorious comeback, and they are quietly building up even more steam. From the runway to the streets, the it accessory of the moment is what every cool girl loves sporting on a day-to-day basis, hence the choker gaining versatility and becoming this highly accessible look everyone aims to master. Ornate to studded, leather to velvet, Gothic to Victorian inspired, trust a great black choker to add the perfect edge to any outfit.

Victorian-style black chokers: They are minimal in feel, all black and all edge, and they pay tribute to the dark romance describing the Victorian-style inspiration. On the runway, they even doubled up as unconventional hair

accessories, and they sure make for an effortless way to ease into the trend.

Pair these simple black chokers to button-down dresses and shirts during the day for a memorable outfit.

Wide turtleneck chokers: Following along the same minimal lines but extending the statement, the wide turtleneck chokers in black are one of the coolest accessories for a woman. Bearing the appeal of the cold-weather staples, but allowing the décolletage to shine, seek these choker versions in black velvet or shiny fabrics.

Wear them with dainty white lace dresses, embellished velvet pieces, wide-leg jumpsuits and menswear-inspired tailoring.

Gruny/Gothic black leather chokers: Right at the intersection where the romantic Gothic and the '90s grunge meet, you are likely to find



these black leather chokers featuring both studded detailing and dainty bow closures. Use them to compliment a dark, vampy lip and an edgy up-do.

Rock them with V-neck sweaters and statement wool coats during the day, and juxtapose them to a little black dress or a strapless top during the night.

Ornate black chokers: Minimalist incarnations aside, the black chokers

circled their way back on to the fashion scene in plenty of gorgeous ornate styles as well. Doubling on the statement, these renditions can feature everything in between pearl, cross, disc, metal flower or crystal pendants.

Wear them with plunging necklines, off-shoulder dresses and tops, or with a crop top and high-waisted trousers/skirts.

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Philips home lighting goes biological

Philips Lighting last week unveiled its Philips Hue white ambiance connected light bulbs, which are designed to feature more natural light. The bulbs can gradually brighten in the morning to help users wake up naturally, while at night they can dim to help ease users to sleep.

The new Philips lighting system aligns illumination in our homes with our circadian rhythms — the body's so called 'biological clock' which responds to light and darkness and affects our wake/sleep cycle. Studies have suggested that exposure to certain

light at certain wavelengths can impair sleep patterns by throwing the body's biological clock out of order.

They also deliver a color temperature range — from cool daylight (6,500K) to warm white (2,200K) — that can be adjusted via a connected dimmer switch or through an app on a smartphone or tablet. The company added that the LED bulbs can be programmed with routines throughout the day. A nightlight minimizes exposure to blue light, which can disturb sleep cycles. During the day, the light can be adjusted for work, reading, relaxing, to get energized



or to unwind. "We're at the start of a phenomenal shift in the industry with Philips Hue lighting system for the home. It is the ultimate white light bulb, offering the full spectrum white light to complement your daily routines, whether it's to wake you up naturally, feel energized or fall asleep peacefully," said Chris Worp, leader of Philips home light business..

The Philips Hue ambient lights are designed to work with other apps, products and platforms, including the Nest Learning Thermostat, Nest Cam, Nest Protect and other smart home devices such as the Amazon Alexa.

Nike unveils first self-lacing sneaker

Nike last week announced a mass production shoe that will feature real-life power laces. Called HyperAdapt 1.0, the new shoe takes advantage of Nike's adaptive



lacing (self-lacing) technology, which the company says is an entire new platform for sneakers. Nike is touting the self-tying shoes as a way to reduce

a typical athlete concern, distraction. So, to save wearers time, the shoes will automatically tighten as soon as you step into the shoe. "Your heel will hit a sensor and the system will automatically tighten," explains Tiffany Beers, the project's technical lead. "Then there are two buttons on the side to tighten and loosen. You can adjust it until it's perfect."

The shoes will launch during the 2016 holiday season, in three colors. Pricing has not been announced yet, but the company said that it will only be available for sale to members of Nike+, their new all-in-one product and events app.

Hotaru compact shower reuses water for two weeks



Tokyo-based startup Hotaru has created a water-recycling portable shower that works by using multiple water reservoirs to store and purify water.

The inventors of the shower claim their product can recover over 95 percent of the water used in the shower and that a family of three can each take a daily five-minute shower using the same 20 liters of water for up to two weeks.

The compact shower can be easily deployed in any area and is outfitted with various sensors and alerts to maintain the level of purification. It does require a power source; you can hook it up to a car for basic power to run it, but to power the water heater you would need a generator or AC connection.

The product, with an estimated price of \$3,000, will initially be available in Japan by 2017.

Google's mobile Inbox app to be available on web

One of the most interesting features of the mobile version of Inbox — Google's other mailbox-management app — is coming to its web version. Called 'Smart Reply' and now available for Inbox on the web, it scans your incoming messages and works out a natural-language response, that gives users an easy way to reply to emails quickly without all that troublesome typing.

At first Smart Reply offers simple sentences like "thank you," but over time, the feature uses machine learning to deliver more complicated responses. Choosing a reply lets you edit it before you send, meaning you are not stuck



talking like a robot if you do choose to use the feature. Inbox has yet to replace the standard Gmail app in the affections of many, but Smart Reply appears to have become fairly popular since its introduction last November — Google says 10 percent of all mobile replies from Inbox are already composed using the feature.

Phonvert converts old smartphones into IoT nodes

An unintended result of the latest and most dazzling offering from smartphone vendors is that the perfectly working smartphone that you used until yesterday suddenly becomes less desirable and often gets discarded in favor of the newest model.

While many of these retired smartphones still work and have usable sensors like cameras, accelerometers, touch screens and Bluetooth radios, most of them remain unused or worse yet, end up in landfills. According to industry analysts, over 280 million working smartphones were replaced without being recycled last year.

Phonvert, an open-source software platform, founded by group of Japanese youngsters can convert retired smartphones into



usable Internet of Things (IoT) nodes. You install Phonvert onto your old smartphone and then you can make it usable and valuable again for a variety of tasks like Fridge Cam, Mailbox Cam, Video Baby Monitor to name a few.

It is important to note that the team thinks of itself more as a movement than a startup and are open to collecting new ideas for how smartphones can be reused with their software on Twitter via the hashtag #phonvert.

Samsung's new app makes music from your humming

Smule allowed us to turn our laziest vocal expressions into songs with their Songify app way back in 2011, now Samsung has apparently gone one step better by allowing us to turn what we hum into a song. Samsung's secretive C-Lab has come up with 'Hum On' an app currently in beta that takes your most minimal vocalizations and turns them into something resembling music.

The app, which is currently in development on Android, allows you to tap the record button and hum a few bars, and the app will convert your vocals into musical notation, and play them back as a MIDI-like recording. You can edit the track if you hit a bum



note or two, and you can also change the genre of the song by tapping 'R&B', 'rock', 'orchestra' or so on. In a short demo recently, a developer hummed a few notes into a Samsung smartphone and they were perfectly reproduced on the screen. 'Hum On' is early enough in development and there is no word on when it will be released.

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