



IN MEMORIAM 13
 Indian community mourns the passing away of Dr. Narayanan Nampoory



Kuwait sets minimum wage for domestic helpers



With the decision last week by Interior Minister Sheikh Mohammad Al-Khaled Al-Sabah to set the minimum wage for domestic helpers in Kuwait at KD60 per month, Kuwait became the first Gulf Cooperation Council (GCC) state to set a minimum wage for its hundreds of thousands of mainly Asian domestic helpers.

The landmark law, which was adopted by parliament last year, applies to maids, baby-sitters, cooks and household drivers, and offers them unprecedented rights. Besides a minimum of eight working-hours per day and overtime if they work extra hours, the new law stipulates mandatory off each week and a 30-day paid annual leave.

The law also entitles domestic helpers to an end of service indemnity equal to a month's pay for each year of service and bans the hiring of maids under 20 years and above 50 years of age. In setting byelaws to the law on domestic helpers, the Ministry of

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The Silent Arab Majority Must Speak Up

Ishac Diwan

Since the United Nations Development Program began work on the Arab Human Development Reports (AHDR) in 2001, the situation in many Arab countries has gone from bad to

EXCLUSIVE to
THE TIMES KUWAIT
 worse. In fact, today the region cannot even come together to publish a new report.

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High IPR fees in Gulf hamper small businesses

Small business in the Gulf Cooperation Council (GCC) states could suffer as a result of newly introduced high prices for Intellectual Property Rights (IPR) registrations, say business analysts in the region.

Recent increase in prices have made patent, trademark, design registrations and copyright fees in the Bahrain, Kuwait, Saudi Arabia and UAE among the most expensive in the world.

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Remaking Britain

EXCLUSIVE to THE TIMES KUWAIT



Gordon Brown
Former Prime Minister and Chancellor of the Exchequer of the United Kingdom, is United Nations Special Envoy for Global Education and Chair of the International Commission on Financing Global Education Opportunity.

Britain will have a new prime minister today - but the country's post-European Union future remains uncertain. Indeed, prolonged delays are likely in implementing the voters' decision to leave the EU.

The first uncertainty is the date when exit negotiations will start. The process should be completed within two years of invoking Article 50 of the Treaty of Lisbon; but Prime Minister Theresa May has already said she would not want to trigger negotiations until the end of the year.

The second uncertainty is whether the negotiations can simultaneously resolve the United Kingdom's terms of exit from the EU and its future trading arrangements with Europe's single market. While the UK will claim that, under Article 50, negotiators should be "taking into account the framework of future relationships," the EU trade negotiator is insisting that future arrangements can be discussed only after Britain leaves.

The third uncertainty is Britain's negotiating objectives. Will it seek full access to the single market (the Norwegian option), or to part of it (the Swiss option)? Or will it go for the Canadian low-tariff option, or just trade with Europe on the same terms that all World Trade Organization members do?

The fourth uncertainty arises from voters' concerns over immigration and the extent to which any new EU trading arrangement must be conditional on restricting the free

movement of workers. The new prime minister has said she would not accept engagement in the single market without a deal on managing migration.

In theory, the Norway option - membership of the European Economic Area - could be stretched to include a Lichtenstein-type protocol on limiting residency permits, or involve use of the EEA's safeguard clause, which might allow restrictions on migration if inflows rose too quickly. But, fearful that others would demand a similar dispensation, the EU would find it difficult to agree to such a change.

The fifth uncertainty is the EU's own negotiating stance, starting with who will lead the negotiations, the European Commission or the Council of Ministers. German Chancellor Angela Merkel has already made it clear that she will not give the Commission carte blanche to negotiate on Germany's behalf. Beyond this question lies another: whether Europe will agree on its final negotiating stance before France's presidential election next spring and Germany's general election next autumn.

The sixth uncertainty is the economic circumstances under which the negotiations will take place. Britain appears to be sliding toward recession as companies put their investment plans on hold. Business pressure on the UK government to move more quickly will thus grow, as a longer wait means a further ebbing of confidence and, in turn, a weakening of Britain's bargaining position.

The seventh uncertainty is whether the UK itself can survive. Lord North is remembered for losing the British union with America. Two centuries on, the outgoing prime minister, David Cameron, may be remembered for losing two unions - with Europe and between England and Scotland. Whereas Conservatives want Scotland to be in a Britain without Europe, Scottish nationalists want Scotland in a Europe without

Britain. And with Northern Ireland's Republicans, led by Sinn Fein, demanding a vote to reunite with the south, the very existence of the UK is now squarely on the agenda.

There is one way to lessen uncertainty and risk: The government should quickly announce that it will be negotiating with the EU on the basis of the Norway option of membership of the EEA. And it should make clear that EU nationals resident in the UK are welcome to stay.

This avenue would give Britain what businesses want - access to the single market. While the UK would still have to contribute to the EU budget, it could repatriate responsibility for agriculture and fisheries policies and negotiate its own trade deals (for example, with China and India). Joining the EEA would offer an additional advantage - giving Scotland the level playing field it wants in trading with the 27 EU members.

It is also essential to resolve the vexed issue of migration. Any genuine solution must include a fund to help communities whose health facilities, schools, and other public services are under stress because of above-average population growth. Tougher enforcement of minimum-wage and other legislation protecting workers is needed as well, so that we allay fears that migrants are forcing a race to the bottom. And EEA negotiations should begin on the basis that our membership would include a protocol on migration and the ability to use the safeguard clause if pressures grow.

An eighth and even greater uncertainty, however, concerns Britain's future global role. In particular, how will it respond to the irreversible shift in the global economy's center of gravity toward Asia, and to the technological innovations that are revolutionizing industries and occupations - and thus increasing voters' anxieties about their employment prospects and future livelihoods?

The referendum result revealed high concentrations of pro-Brexit



sentiment in towns once at the center of the British industrial revolution but now awash with derelict factories and workshops, owing to Asian competition. These areas rebelled against the advice of political and business elites to vote "Remain" and instead demanded protection from the vicissitudes of global change. The "Leave" campaign's very slogans - centered on bringing control back home - aligned it with populist, protectionist movements that are fracturing old political loyalties throughout the West.

The result has exposed a Labour Party divided between a leadership that elevates anti-globalization protest above winning power and a Parliamentary group that knows it has to explain how globalization can be managed in the public interest.

But the governing Conservatives are also split on how to respond to globalization. Some believe in a global free-for-all; others believe that Britain should be free of foreign entanglements; and a third cohort wants, like Labour, to be part of the EU, viewing it not as the problem, but as part of the solution to managing globalization. But, because of these divisions, none of the leadership contenders have put forward any proposals that address in any

meaningful way the grievances of those who feel left behind.

So post-referendum Britain needs a more comprehensive debate on how it will cope with the challenges of global change and how it will work with the international community to do so.

A viable program for managing globalization would recognize that every country must balance the autonomy it desires with the cooperation it needs. This would include coordinated monetary and fiscal policies across the G20 countries; renewed efforts to expand world trade; new national agendas addressing inequality and promoting social mobility; and a laser-like focus on science, technology, and innovation as the key to future growth.

As long as globalization appears leaderless, anti-globalization protesters will stifle reform, shout down proposed trade deals like the Transatlantic Trade and Investment Partnership and the Trans-Pacific Partnership, and make national economies less open. Now facing life outside the EU, Britain cannot ignore or sidestep these global issues. The UK must now decide whether it will stand up to the protectionist impulse that drove Brexit and what part it can play in making globalization work for all.

Kuwait sets minimum wage for domestic helpers

Continued from Page 1

Interior also mandated that offices recruiting maids from overseas must submit a bank guarantee worth KD40,000 valid for two years at the time of establishing the office or renewing its license. This decision also sets the procedures for settling disputes between maids, their employers or offices, which are required to provide an employment contract

for them. The interior ministry's domestic helpers department has also been entrusted with the powers to resolve such disputes within three months. The law also stipulates one maid for families of up to four, two maids for families comprising five to eight members and three maids for families consisting of more than eight people. In a related vein, the Parliament has also passed another law to set up a shareholding company

to recruit domestic helpers. Under the new law, 60 percent of the proposed company's shares will be given to the Union of Cooperative Societies and 10 percent each to four government agencies including Kuwait Investment Authority, Public Institution for Social Security, Public Authority for Minors Affairs and Kuwait Airways.

Rights activists have applauded Kuwait's new

legislation and urged other GCC states to introduce similar legislation to tackle the alleged widespread abuse of domestic helpers in the six-nation bloc. According to the latest available figures, there are around 600,000 domestic helpers in Kuwait, who form a quarter of the 2.4 million domestic workers employed in the GCC countries, the vast majority of who are of Asian origin.

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Growing India's ties to Africa's East Coast

India's 'Look East' policy, which was initiated in the early 1990s, was limited to mainly improving the country's economic relations with its immediate south-east Asian neighbors. However, since Prime Minister Narendra Modi's government took office, the policy has been renamed to 'Act East' policy, and its focus and objectives broadened to include increasing economic relations, as well as building soft-power and strengthening strategic ties, with the entire Asia-Pacific region.

The 'Act East' policy, it now appears, is undergoing further expansion to include the Middle East and the east coast of Africa. This new focus was made clear during the Indian prime minister's most-recent tour of four African nations and his earlier visits to the United Arab Emirates, the Kingdom of Saudi Arabia and Qatar.

For some time there has been a growing appreciation among foreign policy architects in New Delhi that in order to succeed in shaping stability and peace in the region and to enlarge its global role, India needs to broaden the alignment of its economic and strategic interests to include countries in the Middle-East and Africa. It is therefore no coincidence that the four countries — Mozambique, South Africa, Tanzania and Kenya — that the Indian premier chose to visit during his African tour, define the westernmost boundaries of the Indian Ocean region.

The prime minister had already been to Mauritius and Seychelles, and signed security and trade agreements with these two important Indian Ocean island-nations off the African mainland. Now, through his visit from 7 – 11 July of the other African countries bordering the Indian Ocean, Mr. Modi hopes to draw them into a network of nations that partner in sharing knowledge, experience and technology in various fields. His discussions with the African leaders he met during his recent tour included investments and partnerships in a broad range of domains, from agriculture, mining and manufacture to culture, health care and institution

building, as well as from IT, science and technology to defense, intelligence and logistics.

India's relationship with the African continent stretches back many centuries and a large Indian diaspora have made Africa their home, including over 20,000 in Mozambique, 50,000 in Tanzania, 80,000 in Kenya and more than a million in South Africa. The aim of this prime ministerial visit was to reiterate India's position as not only a social, cultural and economic supporter of the continent, but also as a strategic and reliable political and defense partner. The prime minister's overarching message during his African visit was that as nations on the continent worked towards their respective economic prosperity, safety and security, they would find in India a trusted and reliable partner.

The economic, social and political interests of India and Africa are inseparably intertwined and Indian investments with their mutually beneficial component are seen by African nations as being more in sync with their own aspirations. With European economy in stagnation, Chinese economy in slowdown and the United States enmeshed in election-year politics, India remains a viable alternative power with the capacity to absorb exports and generate steady revenue for the African nations, while also helping the continent industrialize and develop.

Many African nations also view India as a preferred democratic partner whose outreach is not totally state-driven like that of the Chinese and whose private sector is increasing its footprint on the continent. The 50-member business delegation that accompanied the prime minister further underlined the high value that Indian businesses attach to trading and investing in Africa.

Arriving in Mozambique at the start of his four-nation African tour, Mr. Modi became the first Indian Prime Minister to visit the country since Indira Gandhi in 1982. Mozambique is an important gateway for Indian investments in Africa and in his meeting with Mozambique

President Filipe Nyusi, the Indian premier agreed to strengthen bilateral partnership in food security, healthcare, sports cooperation and defense ties among others. The two sides also agreed to continue the energy dialogue which has grown steadily since the India Africa Forum Summit held in New Delhi in October 2015. India has been a major campaigner to facilitate the pro-energy legal framework that enables



foreign firms to explore oil and gas in the country and develop it into a major energy exporter.

In his visit to South Africa and meetings with President Jacob Zuma, the two leaders agreed to deepen engagement in key areas of defense production, manufacturing, mining and minerals, while vowing to cooperate actively in combating terrorism.

The two countries enjoy bilateral relations that are anchored by a deep and shared history of friendship and solidarity and a new strategic partnership as members of the BRICS group. India was not only in the forefront of efforts to isolate the Apartheid Government in South Africa, but also after the country attained freedom, Indian investments have flowed into sectors such as mining, financial services, pharmaceutical

sector and manufacturing. Between 2003 and 2016, over 80 Indian projects from 60 companies with a total capital expenditure of \$4 billion and helping create 10,660 jobs were recorded in South Africa. With the two countries holding huge trade and investment potential, the visit was seen as an opportunity to unleash bilateral trade projected to reach nearly \$20 billion by 2018.

Another agreement signed was for the exchange of hydrographic survey maps that were result of a survey conducted by the Indian navy on behalf of the Indian government and Tanzanian authorities.

In the last-leg of his four-nation tour, the Indian PM visited Kenya where he held wide ranging discussions with President Uhuru Kenyatta, including on setting up of an oncology hospital in Kenya at a cost of around \$100 million. India and Kenya also agreed on deepening security partnership in the fields of cyber-security, combating drugs and narcotics, and human trafficking.

During the Kenyan-leg of his tour Mr. Modi was urged by the charity group Médecins Sans Frontières (MSF), to not give in to pressure from Western nations and change laws governing patents on Indian medicine, which currently guarantee affordable drug prices for people in developing countries.

MSF and other health organizations informed the Indian Prime Minister that "Medicines from India have allowed the Kenyan government, MSF, and other treatment providers to dramatically scale up HIV treatment in Kenya, from around three percent of people with HIV on treatment in 2003, to over 60 percent by end of 2015." They pointed out that recent gains made in the treatment of HIV patients in Kenya and elsewhere in Africa will be drained if India changes its patent laws on generic medicines.

India and Africa not only share ancient trade links, relative geographic proximity, identical views on international issues and shared historical experience as colonized people, they also share a fundamental complementarity of the future that awaits both sides. Unless both grow in wealth, stability and confidence, they will both be handicapped.

India and Africa needs each other's export markets as they industrialize, both have a youthful demography and rising purchasing power. Together, they have the potential to take their current two-way trade of around US\$70 billion to \$700 billion or more in the coming years.

'They Are We' — highlighting Cuba's African links

Some of the structural inequalities visible in Africa today can be traced back to the legacy of slave trade that flourished during colonial rule of the continent. An unforeseen consequence of this tragic human exploitation is the widespread African heritage present today among many communities in the Caribbean and in the Americas.

One inspiring illustration of this trans-Atlantic connection is the film 'They Are We', which though it premiered in 2013 in Cuba, is only now making its way to wider audiences around the world. The film dramatically depicts the emotions as an Afro-Cuban community rediscovers and reconnects with their African relatives.

The film, which originated as a research project by soon turned into dialogue and collaboration between community members and filmmakers in Cuba and Sierra Leone. The name

of the movie came from the reaction of one old Sierra Leonean man, who while watching a video of the Afro-Cuban community performing a traditional dance, excitedly remarked, "They are we."

Inspired by witnessing a lively song and dance performance by members of the Gangá-Longobá community in Perico in central Cuba celebrating



their ancient heritage, Australian anthropologist Emma Christopher, eventually traced the origins of the song and language to Mokpangumba,



a tiny village in Sierra Leone. Despite the songs being sung in the Banta language, which is nearing extinction in many countries of its origin in West Africa, it is completely incredible that they have kept these songs and dances alive for all these centuries, said Ms. Christopher.

The anthropologist then arranged for four members of the Perico community to fly to Mokpangumba from where their ancestors were once seized by slave traders and sold to plantation owners in Cuba. It was remarkable to watch the people of Mokpangumba gather to welcome

their Caribbean relatives as long-lost family members, said the University of Sydney professor.

Though the 77-minute running time of 'They Are We' cannot be expected to capture the estimated 170 years that elapsed before the film's far-flung subjects finally found each other, it nevertheless effectively portrays the resilience of tradition even in the face of historical violence, while also depicting a colorful and vibrant slice of Afro-Cuban culture.

However, more than being an entertaining film, or subject material of only academic interest, the film reveals glimpses of the past and how relevant they are to gaining an understanding of the present. Films like 'They Are We' shows us how the past still molds present day thinking and why coming to terms with historical grievances and accumulated injustices are important to building a new and brighter future.



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DINING IN KUWAIT

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DUKKAN BURGER



This Arab fusion restaurant serves modern delicacies infused with local spices. Their classic dishes use local flavors for a unique twist, and borrow elements from recipes across the globe. Some of the dishes offered here are shawarma-spiced

burger with maabooch aioli, handcrafted sodas, date tiramisu and saffron pancakes. With open diwanayah-style seating, brightly colored walls, wooden barrels, and traditional Arab trinkets, the atmosphere sustains the notion of celebrating cultural heritage.

Popular dish: South West chicken burger, soft roll with buttermilk fried chicken, American cheddar, cattleman's sauce, pickle, shredded iceberg lettuce and onion rings.



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BUONGIORNO



Since its inception in early 2005 in downtown Kuwait, Buongiorno sandwich bar and cafe, a locally developed concept, has carved a special niche for itself amongst its discerning clientele. A wide variety of fresh bread, fresh vegetables, and highest quality ingredients have become the mainstay of the Buongiorno standards. Their steady transformation from a single

location restaurant to two centrally located restaurants can be directly attributed to their clients' loyal support and appreciation of the variety offered by their menu as well as customer's appreciation of the quality and service. The menu offers a wide range of hot and cold sandwiches, burgers, homemade fresh fruit cupcakes, coffees, fresh juices and smoothies.

Popular dish: Lamb and feta burger, a combination of minced lamb mixed with feta cheese, roasted pine nuts and fresh herbs, topped with mixed greens in a bun.



Sharq (2241 3830); Abu Hulaifa (2372 5851).

BURGERFUEL



A New Zealand based automotive themed chain of gourmet burger restaurants with 76 locations around the world, BurgerFuel's burgers are famous for their special aioli sauce, freshness, taste and patented Doofer, a folding cardboard burger-holder.

Along with the usual condiments the use of avocado, betroot and mango in their burgers gives an interesting flavor profile. BurgerFuel has been careful to try to make their menu healthier by reducing salt, sugar and other additives

Popular dish: Burnout, a combination of grilled chicken breast, beef bacon, avocado, stilton cheese cause and Dijon mustard.



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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 editor@timeskuwait.com with a brief about your restaurant along with images in high resolution.



Basics of preparing great

Lasagna

There is nothing more delicious than a good pan of lasagna – a famous Italian many layered baked dish of interleaved noodle sheets, sauce and molten cheese that come together as a single sumptuous whole. But one small mistake and you might end up with mushy noodles, soupy sauce and congealed cheese. To avoid lasagna disaster make sure you heed the tips given below.

Over-cooking noodles: Remember not to overcook the noodle sheets. Noodles cooked a little short of al dente are the best option, as you will be cooking them again by baking in a hot oven. Cook the noodles for four to five minutes and baking will take care of the rest.

Clumpy noodles: Once you have cooked your noodles to just under *al dente*, do not dump them in a colander to drain in the sink as you prepare the sauce and cheese. The result will be a clumpy mess. Instead, after you have drained the pot, lay each noodle flat on an oiled baking sheet. It will take up some extra time, but it is worth the trouble.

Béchamel Sauce: While many lasagna recipes call for a béchamel or a marinara sauce, you can also use a meat-based ragù sauce as long as you remember to add plenty of milk or cream. In short, for the lasagna sauce you need some dairy beyond the cheese; moreover a cream-based sauce also helps to keep things moist and, in the case of marinara, it counters the acidity of the tomatoes.

Start with sauce: The first layer of your lasagna should always be sauce. Not only does it help keep things moist, it ensures that the noodles will not stick to the pan.

Use the right cheese: Parmesan cheese is a good option as it adds a salty, nutty flavor – especially when paired with a good sauce. In case of ricotta, the cheese is said to turn lasagna dry and cracked on the surface so it is advised to combine and beat with eggs, herbs, salt and pepper before spreading on the noodles.

Go for more layers: Lasagna should have at least three layers and when opting for a pan, choose one that is big enough to hold all of it.

Cover when baking: If you leave your lasagna uncovered in the oven, it will become dry. Use a foil-topped tray for a portion of the baking time. Once the lasagna has baked halfway through, remove the foil so the top can brown. If, once it is fully cooked, the top still looks pale, turn on the broiler to help move things along. But keep an eye on the casserole; it can burn quickly.

Greens and Cheese Vegetable Lasagna

Béchamel: To prepare Béchamel, heat three tablespoons of unsalted butter in a medium saucepan over medium heat until foaming. Whisk in three tablespoons of all-purpose flour and cook, whisking constantly for about a minute. Add three cups of warmed whole milk, one cup at a time, whisking to incorporate after each addition. Bring to a simmer and cook, whisking occasionally for six to eight minutes. Remove from heat and add 2 ½ cups grated Parmesan cheese, whisking until melted and sauce is smooth; season with salt and pepper.

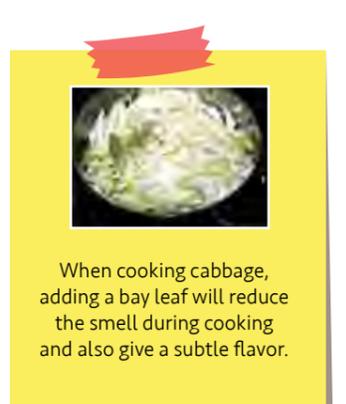
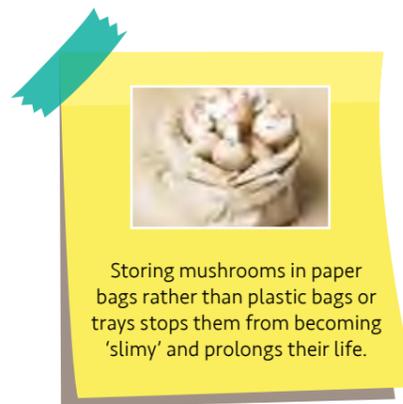
Lasagna: Preheat the oven to 175°C. Cook 340 grams lasagna noodle sheets in a large pot of boiling salted water, stirring occasionally. Cook for two minutes less than the package directions so that they do not turn mushy when baked. Drain and transfer to a lightly oiled baking sheet and turn to coat (this will prevent them from sticking to one another and make them easier to handle).

Meanwhile, heat ¼ cup olive oil in a large skillet over medium-high heat. Add four thinly sliced garlic cloves and cook for about a minute, stirring constantly. Take two bunches of collard greens and Tuscan kale, thick stems removed, coarsely chopped and add a few handfuls at a time, tossing and adding more as they wilt, for five minutes and season with salt and pepper.

Combine one kilogram ricotta, two large eggs, one tablespoon fresh thyme leaves, and one teaspoon finely grated lemon zest in a medium bowl; season with salt and pepper.

Lightly oil a 33x22cm pan and arrange the noodle sheets to cover, cutting to fit as needed. Spread one-third of ricotta mixture evenly over noodles, top evenly with one-third of cooked greens and then spoon one-quarter of béchamel over greens and spread evenly to cover. Add another layer of noodles. Repeat the layers two more times and finally top the last layer with noodles and remaining béchamel. Scatter 250 gram mozzarella, torn into bite size pieces over top.

Bake for 45 to 50 minutes or until bubbling and beginning to brown on top. Then let it cool for at least 20 minutes before serving.



Polish presidency of the Visegrad Group

On July 1, Poland took over the one-year presidency of the Visegrad Group (V4), Central Europe's chief organization of regional cooperation consisting of the Czech Republic, Poland, Slovakia and Hungary.

Over 25 years after the establishment of the V4, which set itself the goal of making our countries part of Euro-Atlantic structures,

Given the nature of challenges facing the EU beyond the Community, Visegrad cooperation could become an effective inspiration for collaboration among countries from the whole Central and Eastern European region, encompassing the area between the Baltic, Adriatic and Black Seas. During its presidency Poland shall be deepening V4 cooperation in this field.

presidency, the V4 will be actively working to implement decisions made at the NATO summit in Warsaw.

The Czech Republic, Poland, Slovakia and Hungary have a common historical legacy, and cherish common values arising from Europe's common roots. The Visegrad Group must be close to the people.

That is why we will take the initiative to forge closer ties between our societies, as well as promote and propagate the cultures of Central European countries through educational and research projects.

Over the past quarter century the V4 countries have developed close cooperation that draws on common values and interests.

The V4 has become a well-known brand - a symbol of a successful initiative for pursuing joint interests, and a key element of cooperation in Central Europe. The Polish presidency will seek to further consolidate the Visegrad Group's standing.



Grzegorz Olszak
Ambassador of the Republic of Poland in Kuwait



Warsaw feels special responsibility for the future of the European Union, an institution which guarantees development and prosperity for the entire continent. The year-long Polish presidency will seek to make the V4's voice heard in the Union, helping to work out good solutions for Europe and ensuring greater support of the Europeans for integration processes.

It will cover political cooperation, but also working together to make the region more close-knit by building energy and transport infrastructure.

A stable and prosperous Europe is a safe Europe.

Even as we continue efforts of the previous presidencies, we shall focus on enhancing cooperation for the sake of common security. Under the Polish



Marina Hotel Kuwait announces summer package

Marina Hotel Kuwait announced its much awaited summer package and special vacation getaway to experience summer fun at its best.

The all-inclusive Marina Hotel package guarantees real joy under the sun with its secluded private beach and three pools: lap pool, kids' pool and family pool with the Marina Waves pool bar. The summer package also provides free access to the hotel's many facilities: the Coral Reef Health Club & Spa, the squash court,

beach and pool area. Well known for its delicious international cuisine, guests can go for first-rate dining at the hotel's two celebrated restaurants: 'The Six Palms' and the 'Atlantis'. Guests availing the summer package can take advantage of the 20 percent discount on buffet lunch and dinner at the Atlantis Restaurant.

With a walking distance to the Marina Mall and Marina Crescent, one can enjoy a complete holiday with easy access to their favorite shopping destinations.

The Gym team Zumba classes resume at Radisson Blu Hotel

Ricky Laxa
Staff Writer

Zumba classes resumed Friday morning at Chai Al Dhaha of Radisson Blu Hotel with an impressive lineup of trainers and mentors. The Gym Team, which postponed all classes in observance of the Holy Month of Ramadan, featured top trainers and announced its forthcoming projects for the last quarter of the year.

The hour and half class kicked off with one of the mentors announcing the projects. Popular and sought after trainer and choreographer ZIN Janice Capili of Pilates and More delivered sets of creative routines to the delight of the crowd and was immediately followed by ZIN Jamie Red of Rush Gym heating up the stage with classic and contemporary Zumba moves. Ambassador of



Philippine Zumba ZIN Blanche Bravo of Holiday Inn led the crowd to a fusion of traditional Indian and belly dance music through the latest Zumba dance modules. Newest addition to the lineup of mentors of Gym Team was Alexander Romero of Viking Club Radisson Blu Hotel from Colombia, who ended the class with his sets of Zumba music and moves.

The Gym Team also announced that they will take

active participation in the event of Couples for Christ by leading its members to an hour of Zumba and Latin music and routines. The group also added that a 'Global Zumba' Workout will be staged on the last week of August at the grand ballroom of the Radisson Blu Hotel, and proceeds will be donated to support the group's advocacy in the Philippines that will include medical and feeding program missions.

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ALAFCO upsizes order to larger planes

Kuwait-based Aviation Lease and Finance Company (ALAFCO), an international aircraft leasing company, said it has upsized its earlier order for ten A320neos from Airbus Aerospace Company to the larger A321neos. The contract between the two companies was initialled during the biennial Farnborough International Airshow, which is being held from 11 to 17 July at Farnborough Airport in Hampshire, United Kingdom. The new agreement is part of an overall agreement signed in 2012 for 85 A320neo's.

"In a continuously growing market, ALAFCO is fully focused on offering its customers the most modern, technologically advanced and economically efficient aircraft. With the A321neo we will be able to look forward to even greater levels of efficiency and offer our customers some of the best that the industry has to offer," said ALAFCO Chairman and CEO Ahmad A. Alzabin.

"This upsizing from A320neos to A321neos confirms the market trend for larger aircraft. The A321neo will bring ALAFCO's customers unbeatable economics and the highest standard of passenger comfort. It is the ideal middle of the market aircraft," said John Leahy, Airbus Chief Operating Officer, Customers.

The A320 Family is the world's best-selling single aisle product line with almost 12,600 orders since launch and more than 7,100 aircraft delivered to more than 320 operators worldwide. Thanks to their widest cabin, all members of the A320 Family offer unmatched comfort in all classes and Airbus' 18" wide seats in economy as standard. With one aircraft in four sizes, the A320 Family, seating from 100 to 240 passengers, seamlessly covers the entire single-aisle segment from low to high-density domestic to longer range routes.

Acting Prime Minister receives outgoing ambassadors of Cyprus, Greece, Austria

Acting Prime Minister and Foreign Minister Sheikh Sabah Al-Khaled Al-Hamad Al-Sabah received on Tuesday the ambassadors of Cyprus, Greece, and Austria to Kuwait on the occasion of the end of their tenure.

During the meeting, Sheikh Sabah Al-Khaled praised their efforts in boosting bilateral relations with Kuwait.



Shifa Al Jazeera Chairman to receive Life Time Achievement Award

Prominent Gulf-based businessman and Shifa Al Jazeera medical group Chairman Dr. KT Rabeulla has been awarded with the 'Life Time Achievement Award', constituted by the Rotary Club of Trivandrum Royal, for his philanthropic activities.

The award will be presented at a function held at the House of Parliament, London, UK on 20 July, with various political and cultural leaders from India and Britain participating.

Dr. Rabeulla has won many accolades during the three-decade long services in the social and charitable fields. In 2013, he was conferred with the prestigious Pravasi Bharatiya Samman Award, the highest honor accorded to overseas Indians by the Indian government for his pioneering role in enhancing India's image globally.

Dr. Rabeulla has received much acclaim for his philanthropic activities, one of which is his support for his native village of East Kodur in Malappuram district in the South Indian state of Kerala.

He has offered several families free auto rickshaws and has supported disadvantaged students by sponsoring their fees and scholarships.

Dr. Rabeulla recently started a charity initiative worth US\$1.5 million to be distributed within three years for the needy and destitute

of those killed in the fireworks accident at the Puttingal Temple at Paravur, Kerala. And, the group has provided drinking water for the residents near the Puttingal temple in the wake of the tragedy. Nearly 300 families near the mishap site have benefited within the program. He also offered jobs for the



families. Recently, he extended help to the family of Jisha, a law student who was brutally murdered in Perumbavoor, Kerala, by offering five percent of land to construct a house and BHD1,800 to Jisha's mother as assistance.

Also, Shifa Al Jazeera Medical Group has disbursed Rs. 50,000 (BD300) each to the families

qualified hands from the family members of the deceased at the Group's establishments across the Gulf Cooperation Council (GCC) states.

He has been instrumental in building closer links between India, the diaspora and the host country governments for the welfare of the local Indian community.



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ASSE Kuwait Chapter conducts Annual General Body Meeting

American Society of Safety Engineers (ASSE), Kuwait Chapter recently conducted its Annual General Body Meeting on 21 June at Hotel Safir, Fintas. More than 130 members of the Chapter attended the meeting.

Prior to the meeting, different committees of the chapter displayed their booths on the activities carried out by their team in their tenure and quiz competitions were held and members were rewarded with gifts. Shauiba Industrial Medical Centre (SIMC) conducted a Health check-up for the members.

Fadel Al Ali, Chairman of the ASSE Kuwait Chapter in his opening speech extolled the activities performed by the office bearers of 2015-16 under the leadership of the President G. Sampath Reddy.

Sampath Reddy in his presidential address mentioned that the chapter was able to implement all its



planned activities successfully with the unconditional voluntary support of the ASSE Executive committee members.

The Chief Guest for the program Ali Al Kshawe, Manager (HSE) of Kuwait National Petroleum Company, applauded the Kuwait Chapter activities and assured KNPC's support towards chapter activities. Sanjay Jaiswal, Chapter Treasurer presented the financial report for the chapter

with the revenue and expenditure for the year 2015-16.

Members who have completed 15 years and 10 years of membership were presented with ASSE Kuwait logo lapel pins.

Muhammad Alamgir, Elected Vice President of ASSE Kuwait Chapter for the year 2016-17, introduced the newly elected members along with the nominated head of committees and Advisory Committee Members.



Portugal welcomes home its conquering heroes

You won with courage, determination, fighting spirit and humility," said the president of Portugal, as Fernando Santos, Cristiano Ronaldo and the team brought the Henri Delaunay Trophy home.

The day after winning UEFA EURO 2016, Portugal received a rapturous reception in Lisbon, with the nation's president Marcelo Rebelo de Sousa leading the tributes to Fernando Santos's side.

Escorted by two F-16 jets from the national air force, Portugal's plane touched down at Lisbon's Humberto Delgado Airport at 12:40, and was immediately bombarded by two water cannons, pumping out jets of spray in the national-team colours, red and green. Captain Cristiano Ronaldo and coach Fernando Santos were first off the flight, the rest of the team following them on to the tarmac with A Minha Casinha (my modest little house - the song that has been this team's anthem in France) blaring out



from the airport speakers.

Two open-topped buses then took the team on to meet the president the Palácio de Belém, with Ronaldo wearing a flag from his native Madeira round his neck and a Portuguese flag round his waist. With thousands of cheering fans watching on, Marcelo Rebelo de Sousa said of the team: "You are an example. You won with courage, determination, fighting spirit and humility. Thanks

to you, we all have one more reason to believe in Portugal."

Fernando Gomes, president of the Portuguese Football Association (FPF) added: "We always believed it was possible to achieve something special and become the first Portugal team to win this European title. It is a moment of huge happiness and we all want to thank the Portuguese people for all the support we got, and the Portuguese emigrants who backed us

while we were in France."

Fans lined the streets as the team moved on to the Football Park, at Alameda Dom Afonso Henriques, stopping to pay their tributes to the late Eusébio at the FPF's old headquarters, the players chanting: "Eusébio, you are our king." Fernando Santos then addressed the huge crowd of supporters, saying: "This is, without a shadow of a doubt, a victory for the Portuguese people. Hail Portugal; hail all the heroes of Portugal that are standing here by my side."

Ronaldo added: "These players, this coach, this staff - we all deserve this. We are now part of the history of this country. We are the first to win a major tournament for Portugal, but everyone in this country deserves this."

The hero of Saint-Denis, goalscorer Éder, added: "Thank you all for this moment. We gave everything on the field for you and we know you were always with us. Now it is time the savour this moment and party."



Antoine Griezmann wins Euro 2016 Golden Boot

France forward Antoine Griezmann has been named the Uefa Euro 2016 Player of the Tournament, although the prize is scant consolation for Les Bleus' 1-0 final defeat by Portugal on Sunday night.

Griezmann finished the tournament with the Golden Boot after scoring six goals to help France reach the Stade de France final, having scored both goals in the in the semi-final win over Germany as well as netting twice in the comeback 2-1 victory over the Republic of Ireland in the last-16.

Griezmann was guilty of missing one of France's best chances on goal in the final, although his performances throughout the tournament justify his selection by Uefa's team of technical observers.

Uefa chief technical officer, Ioan Lupescu, led the panel that selected Griezmann, and he said: "Antoine Griezmann was a threat in every game he played. He works hard for his team and possesses technique, vision and quality finishing.

The technical observers were in unanimous agreement that he was the tournament's outstanding player."

Griezmann was the clear front-runner for the Golden Boot too, as he finished three goals ahead of Cristiano Ronaldo and Olivier Giroud, who finished second and third respectively after the Portuguese registered three assists to Giroud's two. Dimitri Payet also registered three goals and two assists, although he missed out on the top three after player 50 minutes more than Giroud.

Portugal's Renato Sanches clinched the Young Player of the Tournament, having become the youngest ever winner at 18 years and 328 days old as well as the youngest ever finalists and third-youngest player to participate at the European Championship.

Other members of the panel that selected the award winners included Sir Alex Ferguson, David Moyes and Gareth Southgate.

Uefa also confirmed the Team of the Tournament, with four Portuguese

players leading the way. Goalkeeper Rui Patrício joined Ronaldo in the side along with defenders Pepe and Raphael Guerreiro, while three Germans featured in Joshua Kimmich, Jerome Boateng and Toni Kroos. The rest of the team were made up of players from Wales and France, with Joe Allen and Aaron Ramsey making the cut at the expense of Gareth Bale, while Dimitri Payet joined Antoine Griezmann in representing Les Bleus. It meant that there was no space for Wales forward Gareth Bale, despite the 26-year-old scoring three goals in the group stages and helping to send his side through to the semi-finals after providing the cross that resulted in an own-goal in the last-16 win over Northern Ireland before featuring in the 3-1 quarter-final victory over Belgium.

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JULY 10,
PORT
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GROUP A

FRA	2	June 10 22:00 St. Denis	1	ROM
ALB	0	June 11 16:00 Lens	1	SUI
ROM	1	June 15 19:00 Paris	1	SUI
FRA	2	June 15 22:00 Marseille	0	ALB
ROM	0	June 19 22:00 Lyon	1	ALB
SUI	0	June 19 22:00 Lille	0	FRA

GROUP B

WAL	2	June 11 19:00 Bordeaux	1	SVK
ENG	1	June 11 22:00 Marseille	1	RUS
RUS	1	June 15 16:00 Lille	2	SVK
ENG	2	June 16 16:00 Lens	1	WAL
RUS	0	June 20 22:00 Toulouse	3	WAL
SVK	0	June 20 22:00 St. Etienne	0	ENG

GROUP C

POL	1	June 12 19:00 Nice	0	NIR
GER	2	June 12 22:00 Lille	0	UKR
UKR	0	June 16 19:00 Lyon	2	NIR
GER	0	June 16 22:00 St. Denis	0	POL
UKR	0	June 21 19:00 Marseille	1	POL
NIR	0	June 21 19:00 Paris	1	GER

GROUP D

TUR	0	June 12 16:00 Paris	1	CRO
SPA	1	June 13 16:00 Toulouse	0	CZE
CZE	2	June 17 19:00 St Etienne	2	CRO
SPA	3	June 17 22:00 Nice	0	TUR
CZE	0	June 21 22:00 Lens	2	TUR
CRO	2	June 21 22:00 Bordeaux	1	SPA

GROUP E

IRL	1	June 13 19:00 St. Denis	1	SWE
BEL	0	June 13 22:00 Lyon	2	ITA
ITA	1	June 17 16:00 Toulouse	0	SWE
BEL	3	June 18 16:00 Bordeaux	0	IRL
ITA	0	June 22 22:00 Lille	1	IRL
SWE	0	June 22 22:00 Nice	1	BEL

GROUP F

AUT	0	June 14 19:00 Bordeaux	2	HUN
POR	1	June 14 22:00 St Etienne	1	ISL
ISL	1	June 18 19:00 Marseille	1	HUN
POR	0	June 18 22:00 Paris	0	AUT
ISL	2	June 22 19:00 St Denis	1	AUT
HUN	3	June 22 9:00 Lyon	3	POR

Semi-Final

July 6, 22:00, Lyon

PORTUGAL	2
WALES	0

Quarter-Final

June 30, 22:00, Marseille

POLAND	3
PORTUGAL	5

Quarter-Final

July 1, 22:00, Lille

BELGIUM	
WALES	

Round of 16

June 25, 16:00, St.-Etienne

2A SWITZERLAND	4
2C POLAND	5

Round of 16

June 25, 19:00, Paris

1B WALES	
3ACD NORTHERN IRELAND	

Round of 16

June 25, 22:00, Lens Agglo

1D CROATIA	0
3BEF PORTUGAL	1

Round of 16

June 26, 22:00, Toulouse

1F HUNGARY	
2E BELGIUM	





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2016 FINANCE (10 - JULY 10) GAL WINS

FINAL
22:00, St. Denis

PORTUGAL	1
SPAIN	0

Semi-Final
July 7, 22:00, Marseille

GERMANY	0
FRANCE	2

Quarter-Final
July 2, 22:00, Bordeaux

GERMANY	6
ITALY	5

Quarter-Final
July 3, 22:00, Denis

FRANCE	5
ICELAND	2

Round of 16
June 26, 19:00, Lille Metropole

1C GERMANY	3
3ABF SLOVAKIA	0

Round of 16
June 26, 16:00, Lyon

1A FRANCE	2
3CDE IRELAND	1

Round of 16
June 27, 19:00, St. Denis

1E ITALY	2
2D SPAIN	0

Round of 16
June 27, 22:00, Nice

2B ENGLAND	1
2F ICELAND	2

GROUP A

TEAM	MP	PTS
FRA	3	7
SUI	3	5
ALB	3	3
ROM	3	1

GROUP B

TEAM	MP	PTS
WAL	3	6
ENG	3	5
SVK	3	4
RUS	3	1

GROUP C

TEAM	MP	PTS
GER	3	7
POL	3	7
NIR	3	3
UKR	3	0

GROUP D

TEAM	MP	PTS
CRO	3	7
SPA	3	6
TUR	3	3
CZE	3	1

GROUP E

TEAM	MP	PTS
ITA	3	6
BEL	3	6
IRL	3	4
SWE	3	1

GROUP F

TEAM	MP	PTS
HUN	3	5
ISL	3	5
POR	3	3
AUT	3	1



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Best moments of Euro 2016

Though Euro 2016 is now consigned to the pages of history, fans still stew in the excitement of the tournament, recalling the highlights and their favorite moments. There were some good games, and many matches were intense and highly watchable. Presented here is a list of the top moments in the tournament.

Payet's opening match stunner: France were expected to win the tournament on home soil, and they came so close to doing just that, but they were minutes away from being held 1-1 by Romania in the opening game of the tournament. Cue West Ham star Dimitri Payet answering his nation's call, burying a 20 yard drive into the top corner of the Romanian net in the 89th minute. What a way to get your tournament underway.

The underdogs: The 2016 Euros,

expanded to 24 teams for the first time, will be remembered for the underdogs. There was Hungary winning Group F, Wales making it all the way to the semi-finals, the Irelands - Northern and Republic of - and Slovenia making it through to the knockout stage. Even Albania managed to grab a win over Romania. But the king of the minnows was...

Iceland. The Euro 2016 tournament will be remembered for Iceland's entertaining ride as much as it will be for Portugal winning their maiden international trophy. There were many reasons to love Iceland, but none more so than the way they knocked out a completely lackluster and rudderless England in the Round of 16.

Shaqiri's overhead: There were 108 goals scored at Euro 2016, but the pick of them was Switzerland midfielder Xherdan Shaqiri's overhead volley to



level the scores against Poland in the Round of 16. This was easily goal of the tournament, and could easily be considered one of the best ever scored at the European Championships - right up there with Marco van Basten's outrageous volley from Euro '88.

The champs: The final word must go to Portugal, who claimed their first ever international trophy with their 1-0 win in the final. After drawing all three of their

group games and scraping into the last 16 as a third-place qualifier, Portugal needed extra time to see off Croatia and then penalties to eventually get past Poland. Their 2-0 win over Wales set the stage for what was to be a final against France that had everything - Ronaldo's injury and tears, chances, drama, great saves, and an absolute rocket of an extra-time winner from Eder. Portugal earned the trophy.

Top Euro 2016 players

The European Championship is over, and Portugal has proven to be a worthy winner. With 51 matches played and 108 goals scored, here is a pick of the best players who put it all on the line for their national team.

Michael McGovern, Northern Ireland, goalkeeper

The unemployed goalkeeper delivered the performance of his career against a German team packed with superstars. Having created 28 chances, McGovern made several amazing one-on-ones and close range saves, keeping the scoreline down to 1-0. This scoreline later proved vital in getting Northern Ireland through to the knockout rounds.

Matt Hummels, Germany, defender

Hummels is considered one of the best, if not the best, defender in world football. Even though he only played four games in this championship, he made more tackles than everyone outside of Ragnar Sigurdsson and somehow completed more mid-range passes than 100 million Euro rated midfielder Paul Pogba.

Ashley Williams, Wales, defender

Throughout the Welsh team's six matches, Williams stood taller than anyone else. He epitomized everything a leader on the pitch should be.

Communicative, passionate and an example to others. His desire didn't just give Wales direction but inspired a nation. When Wales was down, he picked the squad up. When it was up, he kept the team determined.

Darijo Srna, Croatia, defender

Croatia tried to play attacking football throughout its four matches. The highlight being a fantastic victory over one of the favorites, Spain. Srna was a constant threat from his defensive position. An attempted 32 crosses from a defender in open play shows true attacking intent and put Srna behind only Kevin De Bruyne and Dimitri Payet in that category.

Kyle Walker, England, defender

Despite England's failings, Walker showed energy and an attacking intent from defense. From that end of the field, Walker ran with the ball 26 times into the opponents final third. Only Eden Hazard, Mesut Özil and Gareth Bale did that more often. For all England's problems, this defender definitely wasn't one of them.

Dimitri Payet, France, midfielder

Payet was France's early star and savior, scoring late goals to help the squad get through close matches in the group stage. Payet was consistently creative, delivering 29 passes into key areas while providing three goal assists and two goals in his seven games. There is no doubt

West Ham United have a class act on their hands.

Eden Hazard, Belgium, midfielder

Belgium flattered to deceive with their performances. It's only when you look at the statistics that you realize Hazard played exceptionally well. He had four assists, which put him joint top with Ramsey. He also attempted more dribbles in the box than any other player. The stats show Hazard to have been one of the most-attacking players in the championship.

Antoine Griezmann, France, forward

Despite the final, Griezmann was a cut above most in the championship. He played chess while everyone else played checkers. Relying on his ability to find space and then pick apart an opponent's defense with moments of skill and quick decisions, Griezmann deserved all the plaudits he got even though France lost the final.

Cristiano Ronaldo, Portugal, forward

Ronaldo didn't last more than 24 minutes in the Euro 2016 final before getting injured but he still proved his status as one of the best players in the world ever. Even when playing poorly, he is exceptional. His constant frustration shows a man who needs to be perfect, not just win. In a Portuguese team that is setup to defend, Ronaldo was isolated, frustrated and less than his usual athletic self. Yet, he finished as the championship's second-best goalscorer, in the top three for assists and had more shots blocked (17) than the world class striker Robert Lewandowski even attempted for Poland.

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Indian community mourns the passing away of Dr. Narayanan Nampoory

Medical doyen, renowned humanitarian, leading Indian community member and founder-president of the Indian Doctors Forum in Kuwait, Dr. Narayanan Nampoory, passed away on Thursday, 14 July, aged 67.

His untimely demise was announced by family members in the United States, where Dr. Nampoory had been undergoing cancer treatment at the specialized Mayo Clinic for the past few months.

Born in 1949, as the sixth son of Raman Namboodiri and Ammu Antharjanam in Ramangalam village, in Ernakulam District of Kerala, Dr. Nampoory grew up among nine siblings as a scion of the influential Moovattupuzha Ramamangalam Illam (household). His father, a renowned social worker who devoted his entire life and wealth to serving people, is credited with providing land and money to start many institutions in his native village, including the first school, post-office, police-station and a co-operative society.

Devoting his life for others, Raman Namboodiri often helped meet the educational and social needs of many underprivileged students, even if that meant denying his own children many privileges. Dr. Nampoory once recalled in a media interview that it was only when he started his medical education that he even got to wear slippers and shoes. He noted how during his childhood days, new dresses were rare and reserved for festive occasions or at the start of a school year.

Witnessing first-hand, the largesse and

I have been associated with IDF since its inception and have witnessed Dr. Nampoory steer the forum skillfully through many difficult situations. I saw him as a skillful leader, visionary, compassionate doctor and a noble soul. Though I was elected as President in his absence, I wished for his guidance at every step and was hoping that he would be back in Kuwait soon. Yesterday's news has devastated me and all of us too. I bow down with respect and salute his spirit.

The Indian community as a whole and a large number of his Kuwaiti patients are going to miss him. Above all, his family is going to miss him. Let us keep his work and spirit alive through our deeds. This would be an apt tribute to Dr. Nampoory.
May his soul rest in peace.

Dr. Abhay Patwari
President, IDF

Dr. Narayanan Nampoory, mentor and founder president of Indian Doctors Forum, was always our beloved fatherly figure. He has been a guiding force for us and I worked with him as joint treasurer in the team. He was a cool composed personality, soft spoken and never got angry. In fact, he took major responsibility and took us all as a team. His major concern was how to unite all doctors under one umbrella and how to do service to the society in Kuwait through IDF. We were fortunate to receive the Pravasi Bharat Samman award for the best overseas association due to the untiring efforts of Dr. Nampoory. We have lost a precious personality and my heartfelt condolences to his family. May his soul rest in peace.

Dr. Surendra Nayak Kapadi.
Histopathologist
Secretary IDF

compassion of his father and experiencing hardship very early in life, Dr. Nampoory grew up empathizing with the poor and those less privileged. After winning a scholarship to the Kottayam Government Medical College in Kerala, Dr. Nampoory decided that since the money for his education came from

taxpayers' money, it was only appropriate that he repay society through his services.

In 1977, after his post-graduation in Internal-Medicine from the prestigious CMC Vellore in Tamil Nadu, Dr. Nampoory joined his alma-mater Kottayam Medical College (KMC) as a lecturer. Following his

doctorate in Nephrology from PGIMER in Chandigarh he returned to serve as Associate Professor, first at KMC and later at Calicut Medical College.

In 1983, he moved to Saudi Arabia, where his experience in teaching led him to become a faculty member at hospitals in Dammam and Al-Khobar. During this period, he was instrumental in setting up several kidney dialysis units in six centers in different regions of the kingdom. Recognized as a medical diplomat of India's National Board of Examination (Nephrology), he was also conferred the Fellowship of the Royal College of Physicians in Glasgow & Edinburgh.

Dr. Nampoory arrived in Kuwait in 1988 and worked as consultant nephrologist and transplant physician at the Mubarak Al-Kabeer Hospital for 16 years. In 2004, he shifted to serve at the specialized Hamed Al-Essa Organ Transplant Center and at the Dasman Diabetes Institute. With more than 140 medical publications to his credit, he has contributed immensely to increasing knowledge in his field of medical specialization.

In 1996, Dr. Nampoory won the Best Clinical Research award from Kuwait University and he is also the only expatriate doctor to have been recognized for his contributions to medical service in Kuwait through an award presented jointly by Kuwait's Ministry of Social Affairs and Kuwait Medical Association. In addition, for two consecutive years, in 2005 and 2006, he was the recipient of special awards instituted by Kuwait Transplant Society for his valuable contributions in organ transplantation.

An active member in the socio-cultural life of Indian community in Kuwait, Dr. Nampoory was instrumental in helping establish the Indian Doctors Forum (IDF) in 2004. As founder-president of the IDF, he assisted the IDF to develop into a strong social and professional organization that went on to win the Pravasi Bharatiya Samman award in 2013 from the Indian government.

Dr. Nampoory is survived by his wife Dr. Prabha Nampoory, a pathologist at Kuwait University, and their daughter Sajitha and son-in-law Suraj, and their son Sivaram and daughter in law Parvathy.

Dr. Nampoory was loved and respected by all who came to know him - his friends, his patients, his students and his peers. The Indian community in Kuwait will deeply miss this humanitarian and physician for his guidance, his generosity and his grace.

May his soul Rest in Peace.

CONDOLENCES

The management and staff of



express their heartfelt
condolences and deepest sorrow
over the untimely demise of



Dr Narayanan Nampoory
Consultant Nephrologist
Founder President IDF
(22-01-1949 to 14-07-2016)

May His Soul Rest in Peace

Heartfelt condolences on the sad demise of Dr. N. Nampoory-consultant nephrologist and founder president and advisor of IDF; it is a real loss to Indian community in Kuwait, particularly the IDF. He was a compassionate and humble person besides being one of the best nephrologists. May God rest his soul in peace and give his family the strength to bear this untimely irreparable loss.

Dr. Vinod K. Grover
Former President IDF

Dr. Nampoory was like an elder brother to me. I was closely associated with him in the formation of IDF, initially as General Secretary and later as Vice President of the forum. We spent a lot of time travelling together, planning the various activities of IDF, attending official and social meetings together on various occasion...

I have learnt a lot from him. He was kind, gentle and was always greeted as a close elderly member by my family. We are in a state of grief and shock and will attend the final rites and give support to Dr. Prabha, Sajitha, Sivaram, Vishnu and Parvathy. I have no words to describe my close relation with Nampoory Sir. I will surely miss his smiling face...

Dr. Amir Ahmed
Former President IDF

I had the privilege of working closely with Dr. Narayanan Nampoory as a colleague in the ministry of health and in the formation and nurturing of Indian Doctors Forum. He was also a dear friend. He had outstanding qualities of heart and mind. His professional excellence, integrity, humility, leadership qualities, generosity and empathy were a beacon of light for all of us. We will miss his leadership, wisdom, foresight and friendship.

Ramesh Pandita MD,
Consultant Hematologist
Former President IDF

Taming Turkey's Autocratic Generals

Turkish President Recep Tayyip Erdogan denounced a coup attempt against his government on Friday as an "act of treason". Speaking at Istanbul airport, after flying in from south-west holiday resort of Marmaris, where he was vacationing, the Turkish president said that his government remained in charge.

Events began on Friday evening when tanks took up positions on two bridges over the Bosphorus Strait in Istanbul, blocking it to traffic. Troops were seen on the streets and shortly after, a faction of the army released a statement saying that a "peace council" was running the country, and there would be a curfew and martial law. The group said it had launched the coup "to ensure and restore constitutional order, democracy, human rights and freedoms". It said that the democratic and secular rule of law had been eroded by the current government, and there would be a new constitution.

After a night marked by intense gunfire and explosions in Ankara, Istanbul and elsewhere, the coup faction in the armed forces appear to have been overcome by troops loyal to the government. Acting military chief of staff General Umit Dundar said 104 coup plotters had been killed and 1,563 arrested. He said 90 others had died and 1,154 were injured in the night of violence. Although the chief of staff had initially been held by the coup plotters, he was reported to have been rescued. In his speech at Istanbul airport, Mr. Erdogan said: "What is being perpetrated is a treason and a rebellion. They will pay a heavy price."

Turkey has long had a problem with its army and taming the military has always proved difficult. More than 55 years ago, on 27 May, 1960, Turkish military officers arrested democratically elected Prime Minister Adnan Menderes, and members of his



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The primary struggle within Turkey is not between Islam and secularism, but rather between a militaristic pseudo-autocracy and liberal democracy.
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cabinet. Menderes was placed on a trial before a military-orchestrated special court on charges of treason, and was subsequently hanged.

For the last half century, Turkey has been struggling to overcome its civil-military relations. Contrary to the views of some Turkish and Western analysts, the primary struggle within Turkey is not between Islam and secularism, but rather between a militaristic pseudo-autocracy and liberal democracy. The generals have accomplished at least four direct military interventions in Turkey over the last five decades and always got away with them. But apparently, not this time.

The unfolding events since Friday night's coup attempt reveal that finally there are encouraging signs that Turkey has made progress in forging a stable democratic system. Encouragingly, the Turkish public has also shown considerable support for the country's new reformist trend.

In the eyes of many from the old-guard, the secular state is being weakened under the guise of democratization to lay the groundwork for a theocracy. But though Turkey is a nation of faith, the country has little or no appetite for radicalism or theocracy,

Notification from Embassy of Turkey - Kuwait

The situation which unfolded in Turkey was a coup attempt to overthrow the democratically-elected government. This attempt was foiled by the Turkish people in unity and solidarity. Our president and government are in charge. Turkish armed forces were not involved in the coup attempt in its entirety. It was created by a clique within the armed forces and received a well-deserved response from our nation.

even among the most religiously conservative segments of society. On the contrary, major religious conservative elements such as the AK Party and the Gulen movement are openly pushing for more democracy in Turkey. Under AK Party rule, Turkey has met the Copenhagen political criteria, which determine if a country is eligible to join the European Union, and subsequently began accession talks with the EU in 2005.

The faith-based civic Gulen movement, inspired by Turkish preacher, former imam, writer, and political figure Fethullah Gulen, is another civilian organization that has attracted attention.

The 75-year-old Gulen, who now lives in self-imposed exile in the United States, advocates a contemporary interpretation of Turkish Sufi tradition

that is compatible with modernity and science. Having started as a small community in the late 1960s, the movement has over time been transformed into a large, loosely knit movement with a formidable presence in many key areas of Turkey's public sphere. It sponsors an annual Abant Platform series of talks, where a diverse group of intellectuals and public officials discuss how to improve the country's democracy.

The AK Party and the Gulen movement are not without fault, but militarists and members of the old-guard treat almost every influential pious group as Islamists with a hidden agenda and see them as a threat to their own narrow vision for Turkey.

The militarist lobby sees trials of military officers through the Ergenekon investigation as a political campaign

by the AK Part government and its supporters to silence secularist opposition. While it is true that there have been signs in government circles of increasing discomfort with criticism, political opposition is largely alive and well in Turkey. Hundreds of secularist, nationalist, and liberal pundits freely criticize the government every day. What we see occurring in Turkey today is a process of democratization, spurred by growing civilian control over the military.

The principles of Mustafa Kemal Ataturk loomed large in the minds of the young officers who spearheaded the 1960 coup, and Turkey's military class continues to justify its stance in the name of Turkey's founding father. But Ataturk was essentially a pragmatic reformer whose main goals were modernization and integration with the West. The static, statist, and militarist instincts of Turkey's old guard have only slowed progress toward these objectives.

The notion of the "untouchable state" preserved by the military and their comrades has changed dramatically in the last several years, but much work still remains to be done. Despite the objections of his self-declared defenders, Ataturk would be proud.

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Attack on Freedom, not just on Nice

Once again France has come face to face with an attack on its people.

At least 84 people are now known to have been killed and over 200 injured after 31-year-old Tunisian-born Lahouaiej-Bouhlel, slammed his lorry through a crowd celebrating Bastille Day along a promenade in the southern French city of Nice. The driver ploughed on for over two kilometers down the Promenade des Anglais at about 23:00 local time on Thursday, 14 July, before being shot dead by police.

Witnesses say the speeding lorry swerved and zigzagged in an apparent attempt to hit the maximum number of people including women and children. Describing the attack as of "an undeniable terrorist nature", French President Francois Hollande warned that the battle against terrorism would be long, as France faced an enemy "that will continue to attack those people and those countries that count liberty as an essential value".



'Liberte' (freedom) along with egalite (equality) and fraternite (fraternity), the three principles guiding the country's foundation and its motto since the French Republic was established in 1792, is obviously viewed as a threat by intolerant and dogmatic mental

deviants. It is therefore no coincidence that those opposing these values should choose Bastille Day, the day marking France's National Day and its liberal values for their vicious attack.

France, it is clear, needs to redefine its priorities and reform its laws in order to cope with the challenges posed by a new era of insecurity. The country has been living under a state of emergency since the mass-casualty November 2015 attacks in Paris. While it is true that predicting and preventing every terrorist attack, especially 'lone-wolf' attacks, is near impossible even by the best of security agencies in the world and it is equally true that intelligence gathering and information sharing with and from other countries have improved, the French security apparatus apparently needs to still get its act in order. Putting more police officers and soldiers on the streets is clearly not the answer.

A recent report detailing French security failures that allowed last year's attack found that a total of six intelligence services across the Gendarmerie, the National Police and local security agencies compete rather than cooperate with each other in gathering and sharing intelligence. There is no clear definition of duties on who should track criminals with terrorist sympathies, or follow radicalized youths returning from stints in Syria and elsewhere. How should intelligence be shared when these elements move around this country or transfer to others and with whom should foreign intelligence services share their information remain opaque. It is this confusion in gathering



and disseminating intelligence that allows terrorists to carry out attacks unhindered in France. The fact that another attack has just happened seem to prove this fact. But it is not just the security services that are to blame.

Immigration has a long history in France, but integration does not. There are large populations from France's

Politicians and the police need to come up with better ways of dealing with the large immigrant population other than sidelining them into suburbs stifling with discontent.

The most recent attack on the French Riviera, long known as playground for the rich and famous should not come as a surprise. The underbelly of the swank Riviera has for long been infested with jihadists of various hues. Less than two kilometers inland from the Nice coastline and its marinas are rows of bleak housing estates that are home to disaffected immigrant. Officials say that in recent years, more than 55 people are known to have left this region for Syria; obviously they have not gone there for the weather.

Disgruntled youth filled with feelings of resentment against poverty and discrimination in France have become fascinated by slick recruitment videos created by the Islamic State and, coaxed by self-styled preachers, they have become drawn into a cause they believe is larger than their lives. They begin to believe that any crime committed against 'non-believers' is justifiable and that their death as a holy warrior will ensure them eternal life in Paradise.

When identity festers on feelings of victimization and past trauma is used to stoke present tensions, you have a scenario ripe for radicalization. As the Islamic State and its other affiliates begin to pack their bags from Syria and Iraq, the need for these radicalized youths to go wage holy war in a 'promised land' could just as easily change to jihad in their own adopted country.

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Politicians and the police need to come up with better ways of dealing with the large immigrant population other than sidelining them into suburbs stifling with discontent.
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former colonies, places like Algeria, Tunisia and Morocco. Some of these immigrants feel their religious beliefs are being trampled by France's staunch secularism, others see little hope in a nation where they feel marginalized and denied access to success.

In recent years, many suburbs housing these disgruntled immigrants have been the scene of protests and violence, with the police often responding with tougher and tighter controls. This unhappy situation has opened the way for a minority to be radicalized and turn to violent actions.

The Silent Arab Majority Must Speak Up

Continued from Page 1

This is unfortunate, because finding a new shared vision for Arab people, especially Arab youth, is a prerequisite for ever achieving peace and prosperity in the Middle East and North Africa.

The first AHDR, published in 2002, identified three major "development deficits" holding the region back: knowledge, women's empowerment, and freedom. The report, described as "written by Arabs for Arabs," had a clear influence on the regional development narrative and the way national elites talked about the problems facing their societies.

Around the time of the first AHDR, the Arab world had reasons for optimism. Israel, having withdrawn from Lebanon in 2000, withdrew from Gaza in 2005. New Arab leaders - such as Abdullah II in Jordan, Mohammed VI in Morocco, and Bashar al-Assad in Syria - were coming to power and generating hope for change. Saudi Arabia announced its first municipal elections in 2003, and held them in 2005. Egypt and Iraq also both held (mostly) democratic elections in 2005. And Algeria's attempt to quell longstanding civil strife was largely successful, thanks in part to high oil prices throughout this period.

After the Arab Spring, which began in December 2010 and gained momentum through 2011, the UNDP began the 2015 AHDR, which focused specifically on the plight of Arab youth. I was a member of the 2015 AHDR team, along with around 30 intellectuals and activists from the Arab world. The 2015 AHDR shared similar themes with its 2002 precursor, but this time we engaged more directly with influential Arab youth to compile the best data possible, and to put a spotlight on the effects of the wars engulfing the region.

The 2015 report was finalized in May 2015. But it has lain in the drawers of the UNDP Arab Bureau in New York ever since, probably in no small part due to its harsh judgment of the Arab power elite.

One finding from the 2015 report that I can speak to directly is the emergence in the Arab world of a 'silent majority' with a more liberal mindset, especially among the young. This promising trend reveals itself in generational comparisons of global opinion polls. Arab youth have more access to information from the outside world than ever before, and they are embracing values shared by other young people globally, rather than the values of their parents' generation. Specifically, Arab youth yearn for greater participation in civil society, emancipation from patriarchal hierarchies, and more space for individual creativity. While education did not emancipate as much as in the rest of the world, owing to the conservative curriculum, youth did.

Given these findings, the 2015 report advises national, regional, and international progressive groups to support the forces of emancipation, which hold the key to finding homegrown solutions to the challenges of ensuring better governance, more productive economies, and more resilient societies. The only route to large-scale change in the Arab world is to unleash innovation and creativity - and that demands an unbounded civil society. Fundamental civil rights must be established, supported by deep changes in the education system, reforms of family law, and a more open space for media and culture.

The 2015 report, which I hope will be published soon, should encourage a reasoned and constructive regional conversation. It begins with this warning: "The youth of the region are becoming continually more disenchanted with the ossified political power structures that marginalize them. Unless governments wake up to this blinding reality, they are going to have to deal with far more than a few extremists."

The new silent majority is the best defense against the radical and suicidal undercurrents that have filled the political vacuum created by the collapse of the old order. Reform-minded Arabs must aim to widen the center, rather than trying to bring together the fringes. And the silent majority needs to break its silence. Otherwise, revolts against an unacceptable status quo will continue to be led by extremists, who have only grievances, not aspirations.

The early 2000s held promise for the Arab world, and in today's youth we can see it renewed. Arab civil-society reformers must be encouraged to speak up now, or risk losing that promise for another generation.



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Aging population in Saudi Arabia could put pressure on public debt

Global marketplace intelligence provider, Standard & Poor's Ratings Services, which was recently renamed as S&P Global Ratings, in its latest report, 'Global Aging 2016: Saudi Arabia's Aging Population Could Drag on Public Debt', notes that the Kingdom's growing elderly population could put pressure on public finances and increase government debt over the next three decades in the absence of government reforms to contain the cost of age-related spending.

The report, which is part of a global study conducted to analyze the cost of aging, says that in line with United Nations figures, their forecast is that Saudi Arabian population will expand rapidly from 32 million to 46

million between 2015 and 2050. Over the same period, the proportion of elderly people will rise to 15 percent of total inhabitants from 3 percent today.

As a result, the report says, age-related government expenditure on pensions and health care would rise to 14 percent of GDP by 2050 from 6 percent today. Without further reforms to limit spending on pensions and health care, this would lead to significant increases in government debt to GDP and drag on the sovereign ratings. "This could lead to a rapid increase in Saudi Arabia's net debt ratio to 340 percent of GDP by 2050 if governments were to take no further policy action,"



said S&P Global Ratings analyst Trevor Cullinan. "The sovereign credit ratings on Saudi Arabia would decline to speculative-grade in

such a no-policy-change scenario." "Owing to growth in the young population, subscribers to Saudi Arabia's generous pension system

have been outstripping growth in the number of beneficiaries, contributing to the overall financial health of the system," said Mr. Cullinan. "However, over time, we believe Saudi Arabian governments will likely consider demographic reforms to the system to ensure its sustainability."

In the main study titled, 'Global Aging 2016: 58 Shades Of Gray', published in late April, the firm which provides global credit ratings, research and thought leadership, explores various scenarios, including a no-policy-change scenario, and the implications that we currently believe these different scenarios could have on sovereign ratings over the next several decades.

Need for greater digital connectivity in Arab world

The United Arab Emirates leads the Arab world when it comes to generating economic impact from investments in information and communications technologies (ICT), says a new study titled, 'World Economic Forum's Global Information Technology Report 2016'.

The study ranked the UAE in 26th position globally, just ahead of Qatar (27th) while Kuwait (61st) was one of the world's biggest improvers, up by 11 places on the previous list. Analysts in the digital space point out that countries like the UAE that invest in ICT and demonstrate commitment to digital connectivity, will fuel and protect the future health of businesses and, in turn, their country's economy. Those companies and economies that fail to make the needed digital transformation changes, will not only lag behind other countries, they will ultimately struggle to remain relevant in the new digital paradigm.

The report notes that going forward, it is vital to have a clear understanding of the changing digital landscape and the new roles that enterprises will need to play within it. In this regard, the Arab world has a unique opportunity to leapfrog into the digital world, if firms are capable of seeing the opportunity and avoid replicating the path of more mature economies.

Businesses will need to redefine their roles and decide on a game plan to play in the new enterprise ICT environment. For instance, the number of things connected to the internet is expected to grow exponentially from

nearly four billion devices today to 12-50 billion by 2020, based on various estimates. While most of the use cases today are in the consumer domain, future Internet of Things (IoT) growth is expected to be mainly driven through use cases in the business domain.

However, for IoT to cross the chasm from early adoption to pervasive use, especially in the business segment, gaps in the IoT value chain need to be addressed,



including by enabling greater security, device management and aggregation. Businesses will need to redefine their roles and understand how they can supplement their central position as connectivity providers with network and partnership capabilities. Only then, will they be able to play a meaningful role in addressing these gaps and foster an open and vibrant ecosystem.

With the likes of Finland, Switzerland, Sweden, Israel, Singapore, the Netherlands and the United States leading the way on the global stage, there is still everything to play for by the Arab world.



Half of professionals in ME searching for new jobs

A new study providing insights into job seekers' top priorities, and how recruiters can effectively engage potential candidates and compete for the best talent, says that almost everyone, even if they were not actively looking for a change, was interested in hearing about new job opportunities.

The study by LinkedIn, the world's largest professional network, which was announced in its 2016 MENA Talent Trends, found that a massive 94 percent of professionals in Middle-East and North Africa (MENA) region were interested in learning about new jobs. Moreover, approximately 51 percent of respondents in the MENA survey said they were "actively searching" for new roles, which is significantly higher than the global average of 36 percent.

Given the challenging job market globally, the survey reveals some of the biggest roadblocks that candidates in the region face from companies when finding jobs. Compared to their global counterparts, professionals in MENA do not hear back as frequently after applying to a company (32% of respondents in MENA cited this as a challenge), and more find it difficult to negotiate their salary and role with companies compared to the global average (31% of respondents in MENA cited this as a challenge).

One possible reason for this disparity is the transparency, or lack thereof, of information between recruiters and job seekers. The survey found that the number one request from candidates to know about prospective companies is to understand the

company's culture and values (54% cited this as a priority in MENA). This was then followed by a greater understanding of perks and benefits, as well as the corporate mission, company leadership and the company's actual products and services.

In an effort to better connect talent and opportunity, the survey also explored how people learn about new jobs and ultimately land their desired role. Compared to their global peers, professionals in MENA are actually more likely to find out about a new job from a corporate recruiter (13%) or someone in their personal network (25%) rather than reading online articles about the company. After hearing about these positions, job seekers in MENA tend to not apply right away, with more than half first researching the company in detail and nearly half saying that they update their resume before applying.

Employees are doing extensive search about the company from all the available sources; they want to know more about their long-term prospects with a company before jumping in for the ride. They want to know details about its leaders, employees, business environment, successes and failures. Companies that assess their recruitment strategies and align it with the priorities of today's professionals, including by making it easy for potential candidates to access the culture and values of the company they seek to join, stand a better chance of recruiting the right candidate, said Ali Matar, Head of LinkedIn Talent Solutions, Southern Europe, Middle East and North Africa.

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High IPR fees in Gulf hamper small businesses

Continued from Page 1

In Kuwait, the official cost for registering a trademark is due to increase from \$25 to \$1,586, a hike of around 6,244 percent. Bahrain raised registration fees by 728 percent, from \$160 to \$1,325 in June; while in 2015, Saudi Arabia increased the cost of renewing trademarks from \$80 to \$800 and in the UAE, the fee went up in 2015 by 99.9 per cent to \$2,725.

To put these high prices in perspective, the cost of registering a trademark in the United Kingdom is about \$293 and in the United

States it ranges from \$275 to \$325. While these price hikes in the GCC countries are not likely to impact larger businesses, which can absorb such large costs and pass it down as an operational cost, it will have a proportionally larger influence on small businesses and start-ups. Without the capabilities of large multinational companies, smaller firms with their limited budgets will be hobbled by these high prices and will be forced to decide which part of their IPR they could afford to protect, leaving many of their IPR open for gobbling up by richer companies.

What you need to know about **dizziness**

Maintaining your balance is not a simple process and requires the smooth functioning and the combination of three bodily functions — proper vision; the ability to sense the body's position and receptors in the inner ear. Imbalance in any of these functions could lead to multiple sensations and two distinct conditions: lightheadedness and vertigo.

Lightheadedness means feeling faint, wobbly, woozy, unsteady, or off-balance. Sometimes individuals say they feel like they are floating. Vertigo, on the other hand, is more intense. Individuals may feel like they, or the room they are in, are spinning, even though nothing is moving.

Nausea and an urgent need to sit down can accompany both lightheadedness and vertigo. Vision problems, such as difficulty focusing and following an object with the eyes, can be associated with vertigo.

Potential causes for dizziness range from mild dehydration to serious heart problems.



While it is not a complicated issue for most people, dizziness could sometimes be a sign of serious health problems. When symptoms persist or are severe, seek medical help.

Among the common causes of lightheadedness are: Drop in blood pressure, low blood sugar levels; side effects of medications such as antidepressants,

sedatives, tranquilizers and drugs for high blood pressure and seizures, as well as from anxiety related disorders such as agoraphobia, overheating of the body and neurological disorders.

The most common cause of vertigo probably arises from migraines or viral infections of the inner ear. Vertigo could also result when loose particles in the ear called otoconia get lodged in the semicircular canals of the inner ear, or when there is a buildup of fluid levels in the inner ear which result in a ringing sensation and hearing loss.

When other symptoms, such as chest pain, fever, painful headache, vomiting, sweating, garbled speech and blurriness of vision accompany lightheadedness and vertigo, they may be clues to the cause of the dizziness.

Individuals experiencing sudden dizziness can restore their sense of balance by laying or sitting down, with their head between their knees; drinking water, loosening clothing and practicing deep and even breathing.

Obesity linked to higher asthma rates



It appears that as weight increases, so too does the risk of asthma. In a study conducted in the US over a period of four years, researchers found that while asthma rates among normal-weight and slightly overweight adults ranged between 7 to 8 percent, in the case of obese men this topped 11 percent and, in obese women an alarming 15 percent showed signs of asthma.

Results of the study, conducted during 2011-2014 period, did not point to why risk of asthma tended to be higher among obese people, but researchers said, "We just know they have a higher risk. However, it is clear that "obesity is the risk for asthma, not the other way around," they added.

They noted that the study was not designed to prove a cause-and-effect relationship between obesity and asthma. It only showed an association between these two factors. While it is unknown whether losing weight reduces asthma, the researchers pointed out that preventing obesity and controlling asthma are both possible.

The study also did not clarify why obese women have a higher risk of asthma than men, though experts speculate that it could have to do with hormones. Asthma is a chronic disease of the airways. Symptoms include shortness of breath, wheezing, chest tightness and cough.

Differentiate between stomach virus and food poisoning

Symptoms of a stomach upset by virus and one that is troubled by food poisoning are quite similar so it is easy to get confused and seek the wrong treatment. Here we look at some of the signs that help you identify which form of stomach upset ails you.

Stomach virus: This is most commonly caused by a related group of viruses called norovirus. These viruses are highly contagious and can spread rapidly from infected people to others. They are mainly spread by eating food or drinking liquids that have been contaminated with the virus, or by having direct or indirect mouth contact with the infected person or surface with the virus on it. It could also be spread by coming into contact with vomit or stool of an infected person.

Stomach virus infection could last up to 10 days and some of the more common symptoms associated with it are: Diarrhea that may be watery or, in case of serious infection, bloody; a loss of appetite; nausea or vomiting; stomach cramps, muscle aches, or weakness; low-grade fever; headaches; dizziness.

Treatment and prevention for stomach virus include: Letting the stomach settle by trying not to eat any solid food for several hours; sucking on ice chips or taking small sips of water. People should also drink plenty of liquids so as to ensure they are not dehydrated. Remember to avoid juice or other



beverages that can make diarrhea worse.

Ease back into eating. Start with bland easy-to-digest food such as soda crackers, toast, and rice. Stop eating if nausea returns. Until the stomach feel better, it is best to avoid certain substances, such as dairy, caffeine, alcohol, sugar, and fatty or highly seasoned foods.

Food poisoning: This is caused by eating food that contains bacteria,

viruses, or parasites, which can get into food at various points during production of food. Salmonella and E. coli are two common types of bacteria linked to food poisoning.

Cross-contamination, when harmful bacteria transfer from one surface to another, is often another cause of food poisoning. Raw and ready-to-eat foods such as salads are particularly at risk of contamination.

Bacteria can also grow rapidly when foods such as meats, dairy products, and sauces are not handled or cooked properly or they are not kept at the right temperature. The bacteria and other harmful organisms can produce poisonous substances that cause inflammation of the intestines when eaten.

Food poisoning symptoms, which can occur within six hours of eating, include diarrhea, nausea, vomiting, stomach pain and cramps, or a fever. Sickness from food poisoning can last from a few hours to several days, but most cases clear up within a day. People can usually suspect food poisoning if others who consumed the same food are also ill, or they ate unrefrigerated food.

Salads, raw or undercooked poultry, raw eggs, seafood, and other dairy-based products are high-risk foods for food poisoning. People can help prevent food poisoning by making sure meats, salads, dressings, and other foods are kept at the right temperature. Generally make sure you do not eat refrigerated food that has been kept out for more than two hours.

Dealing with sore throat

Sore throat, medically called pharyngitis, is characterized by scratchiness, irritation and inflammation of the throat that can often make speaking or swallowing food difficult and, in severe cases, may also inhibit the ability to breathe.

Viral infections such as common colds and influenza or bacterial infection (strep throat) caused by the streptococcus bacteria, are two of the most common causes for sore throats. Symptoms of strep throat include a fever greater than 38°C, white patches on the throat,

and swollen or tender glands in the neck area. Epiglottitis is a dangerous throat infection in which inflammation and swelling of the epiglottis can close the airway. Epiglottitis should be suspected in patients with a sore throat who develop difficulty breathing, a high pitched sound while breathing in, or drooling, and requires immediate medical attention.

Sore throats can also be caused by allergies, sinus infections, chemicals, pollutants and dry heat. Some of the people most affected by sore throat are children and those with weakened



immune systems. Most sore throats go away on their own, but if a child has a persistent sore throat, they should see a doctor.



Explore Egypt's top tourist attractions

Home of the ancient Pharaohs, Egypt is a dazzling destination of temples and tombs that wow all who visit. It is not all historic treasures though. With vast tracts of desert, superb scuba diving, and the famed Nile River there is something for everyone here. Beach lovers head to the Sinai to soak up the sun, while archaeology fans will have a field day in

Luxor. Cairo is the megalopolis that cannot be beaten for city slickers, while Siwa oasis and the southern town of Aswan offer a slice of the slow pace of the countryside. Egypt has so much for travelers to see and do; it is the perfect country for a mix of activities combining culture, adventure, and relaxation.

Islamic Cairo: The atmospheric, narrow lanes of the capital's Islamic Cairo district are crammed with mosques, madrassas, and monuments dating from the Fatimid through to the Mameluke eras. This is where you will find the labyrinth shopping souk of Khan el-Khalili where coppersmiths and artisans still have their tiny workshops, and stalls are laden with ceramics, textiles, spice, and perfume.



Surrounding the market is a muddle of roads, home to some of the most beautiful preserved architecture of the old Islamic empires. Visit Al-Azhar Mosque and the dazzling Sultan Hassan Mosque, and make sure you climb to the roof of the ancient medieval gate of Bab Zuweila for the best minaret-speckled panoramas across the district.



Aswan: Egypt's most tranquil town is Aswan, set upon the winding curves of the Nile. Backed by orange-hued dunes, this is the perfect place to stop and unwind for a few days and soak up the chilled-out atmosphere. Take the river ferry across to Elephantine Island and stroll the colorful streets of the Nubian villages. Ride a camel to the desert monastery of St. Simeon on the East Bank, or just drink endless cups of tea on one of the riverboat restaurants.

White Desert: One of Egypt's natural wonders is the White Desert where surreally



shaped chalk mountains have created what looks like a snowy wonderland in the middle of the arid sand. The landscape here looks like something out of a science fiction movie with blindingly white boulders and iceberg-like pinnacles.



Pyramids of Giza: The last surviving of the Seven Wonders of the Ancient World, the Pyramids of Giza are one of the world's most recognisable landmarks. Built as tombs for the mighty Pharaohs and guarded by the enigmatic Sphinx, Giza's pyramid complex has awed travelers down through the ages and had archaeologists scratching their heads over how they were built for centuries. Today, these megalithic memorials to dead kings are still as wondrous a sight as they ever were.

Siwa Oasis: This oasis is the tranquil tonic to the hustle of Egypt's cities. Surrounded by date palm plantations and numerous fresh water springs, it is one of the Western Desert's most picturesque spots.

Luxor's Karnak Temple and the Valley of the Kings: Famed for the Valley of the Kings, Karnak Temple, and the Memorial Temple of Hatshepsut, the Nile-side town of Luxor in Upper Egypt has a glut of tourist attractions. This is ancient Thebes,



powerbase of the New Kingdom pharaohs, and home to more sights than most can see on one visit. While the East Bank brims with vibrant souk action, the quieter West Bank is home to a bundle of tombs and temples that has been called the biggest open air museum in the world. Spend a few days here exploring the colorful wall art of the tombs and gazing in awe at the colossal columns in the temples, and you will see why Luxor continues to fascinate historians and archaeologists.

Abu Simbel: Even in a country festooned with temples, Abu Simbel is something special. This is Ramses II's great temple, adorned with colossal statuary standing guard outside, and with an interior sumptuously decorated with wall paintings. Justly famous for its megalithic proportions, Abu Simbel is also known for the incredible feat, which saw the entire temple moved



from its original setting - set to disappear under the water because of the Aswan dam - during the 1960s in a massive UNESCO operation that took four years.

Egyptian Museum: A treasure trove of the Pharaonic world, Cairo's Egyptian Museum is one of the world's great museum collections. The faded pink mansion is



home to a dazzling amount of exhibits. It is a place with little labeling on offer and not much chronological order, but that is half of its old-school charm. Upstairs is the golden glory of King Tutankhamen and the fascinating royal mummies exhibits.

Cuisine: Egyptian cuisine is characterized by dishes such as Ful Medames, mashed fava beans; Koshari, a mixture of lentils, rice, pasta, and other ingredients; 'Molokheyya, chopped and cooked bush okra with garlic and coriander sauce; and Fetir Meshaltet.



Reduce discomfort of air travel

Flying for hours in cramped airline seats can be troublesome, many people have experienced some level of discomfort on an aircraft, from crying children to lumpy seats, if you are stuck in economy for a long flight, the journey is rarely pleasant. However, there are ways to make your journey just a little more bearable.



Manage pre-flight stress: One way to keep stress levels down is to get ready for travel in advance. Scan your passport and keep it in your email system. For your trip to the airport, factor in potential delays such as transport strikes, traffic jams, and weather conditions.

Choose your seat: Experts say that sitting near the plane's wing means less turbulence, as wings are located close to the plane's centre of gravity.

Travel light: It is important to appreciate the sheer amount of physical activity involved in air travel. Struggling with more luggage than you can handle adds to the pressure and overall discomfort. Also, dragging heavy hand luggage raises the risk of muscle strains and musculoskeletal problems that will only be compounded by immobility and a cramped seating once on board.

Starve the jet lag: Fast before a long-haul flight because it helps ease your jet lag.

Eat carefully: Avoid fast food before boarding and steer clear of vegetables that are likely to give you gas. When on board, eat healthy and light food that is easy to digest. Fatty meals will leave you feeling full for longer, which is uncomfortable if you want to sleep.

Drink: When it comes to liquids, do not restrict your fluid intake, even if you are stuck in the middle seat and do not wish to disturb other passengers to go to the toilet. Drink at least half-a-litre of liquid for every three hours in the air.

Mind your health: Low humidity strains your nose and throat, skin, and eyes - especially if you wear contact lenses. People with breathing problems or heavy smokers will be particularly at risk. So if you sometimes need an inhaler, pack it somewhere you can easily reach. Should you suddenly struggle for air on board, put a damp cloth on your face and breathe through your mouth. If matters get worse, ask the crew for extra oxygen.

Hit snooze: Sleeping on board can be a challenge, especially in economy class. If you can upgrade to business class, then do so. If not, then wear loose clothing, and dress with plenty of layers because of erratic temperatures on long flights. Don an eye mask, and do not forget a neck pillow. If your neck is leaning to the side, the oxygen flow gets interrupted and it will wake you up, leading to an uncomfortable journey.

Block noise: Try out for noise-cancelling headphones as they are an immensely pleasant, although expensive way of blocking the white noise from the engines and other distractions around you.

Move it: Deep vein thrombosis (DVT), the formation of blood clots in deep veins is another problem for travelers. They are caused by being seated for too long, leading to swollen feet and ankles, and leg pain. Clots in the legs are not serious, but at times they may travel to the lungs and cause chest pain and shortness of breath. If you are at risk of DVT, see your doctor before you travel and consider wearing compression stockings which apply gentle pressure to the ankle to help the blood flow. Moving about also helps stop the blood from pooling in your feet. Do not place luggage under the seat in front of you, as it reduces the ability to move your legs.

This may all seem like a lot of advice - but then the effects of flying thousands of miles in a cramped, pressurized tube should not be underestimated.

Mobile ransomware mushrooms

The number of mobile ransomware victims across the globe has increased fourfold compared to a year ago suggests a security report released last week. While this growth is less than that seen for PC ransomware, it nevertheless confirms a worrying growing trend.

Several factors have been identified as contributing to the growth of ransomware. Many people are willing to pay ransomware because they believe paying the extortionist is more cost-effective than losing the valuable data stored on their digital devices. Another reason is the law enforcement has not kept up with the rapidly evolving tactics of digital extortionists.

Moreover, new digital payment tools have made it easier and safer for extortionist to collect ransoms, without coming under the radar of law enforcement authorities.

Collecting money from victims always has been problematic for online criminals. Reacting to the rise in fraudulent payments, many legitimate payment systems have started to track and block suspicious transactions, making legitimate money transfers a risky business for cyber-crooks.

Other crooks have tried to use underground or semi-legal payment systems with equally unsatisfactory results, as the privacy and a security on these systems cannot be assured.

However, with the rise of crypto-



Your personal files are encrypted!

Your important files encryption produced on this computer: photos, videos, documents, etc.

Encryption was produced using a unique public key RSA-2048 generated for this computer. To decrypt files you need to obtain a private key.

The single copy of the private key, which will allow you to decrypt the files, located on a secret server on the Internet; the server will destroy the key after a time specified in this window. After that, nobody and never will be able to restore files.

To obtain the private key for this computer, which will automatically decrypt files, you need to pay 1 Bitcoin to

ATTENTION!

Private key will be destroyed on 2014-07-21 (10:24:57)

currencies, such as Bitcoin, the payment landscape changed. The anonymity and distributed nature of crypto-currencies over other type of e-currency meant that information highwaymen had for the first time a dependable way to obtain ill-gotten gains. Unlike personal computer

ransomware attacks, which encrypt all the data on a phone, including your files and backup, leaving everything garbled before demanding a ransom payment, most mobile ransomware attacks result in just a locking of the screen that disallows you from accessing your phone, unless you pay

a ransom. However, if a mobile user has a backup of the phone's data or is not concerned about preserving the data on it, then the ransomware can be defeated by doing a hard reset of the phone.

Being smart is the first step in using a smartphone and avoiding ransomware attacks. For starters, download apps only from Google, Apple or other reliable sources.

Other measures include applying patches to apps as soon as upgrades are available and using commonsense when giving permissions to an app. For instance, if you download a health app and it asks permission to access your contact list, then that should immediately raise a red flag.

Digital financial services to swell in India

The proliferation of smartphones, a government initiative and a new payments interface are converging to change the face of Indian digital financial services market. Once these services go on-stream, it could potentially see a surge in use of digital financial services and would enable the more than 233 million Indians, who currently have no access to banks, to save their earnings, borrow, build credit and make purchases and payments online for the first time.

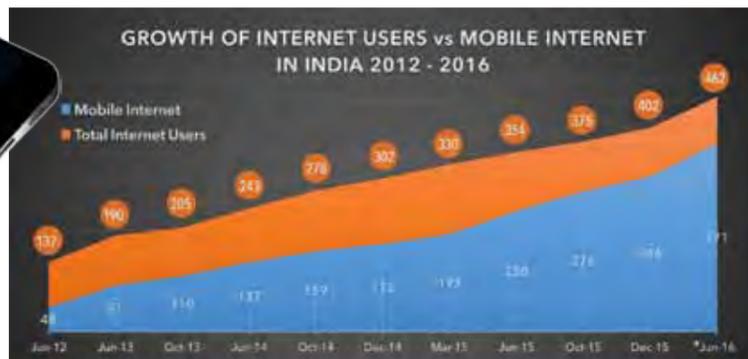
enable connecting people securely to the internet and formal financial services. Started in 2009 by the Unique Identification Authority of India (UIDAI), the government agency has issued more than 1 billion Aadhaar numbers so far, which amounts to more than 80 percent of the population.

The program gives many Indians something they have never had before — government-issued, formal identification. The voluntary identification system links a unique 12-digit number to basic demographic information and

and endorsed by Reserve Bank of India (RBI), to reduce the pain-points associated with online banking and to make banking services accessible to a wider audience.

The UPI will allow money to move between two Aadhaar profiles via a smartphone. For the first time, the UPI makes it possible for Indians to do a huge number of transactions that are not only cashless, but also without the need for a bank branch.

Ten major banks are already incorporating the interface into their mobile apps, and RBI is hopeful that more will join them. For rural Indians,



biometric data, such as fingerprints and iris scans, all of which are stored in a central database. Indians can now link bank accounts to their Aadhaar number, and the Aadhaar card is a valid ID for opening a bank account or accessing government services like a pension or subsidized ration

Unified Payment Interface: The third factor needed to create a robust digital ecosystem is the Unified Payments Interface (UPI), a new payment architecture launched by National Payments Corporation of India (NPCI)

the ability to conduct business via smartphone makes them less reliant on bank branches or kiosks, improving their practical access to financial services. The cost per transaction of less than a rupee also makes it attractive to users.

The confluence of these three factors, alongside efforts to improve financial literacy and the increasing availability of mobile wallets, payment banks and small banks, has the potential to create a flourishing digital ecosystem.



Internet of Medical Things

As people aged 65 and older begin to account for a relatively large chunk of the demographics in many countries, healthcare systems are increasingly becoming strained and healthcare costs are going up. In an attempt to shorten hospital stays and make the customer experience right for both patients and healthcare providers, several device manufacturers and software developers are coming together to leverage the valuable health data collected from connected devices to create the new Internet of Medical Things (IoMT)

Innovate end-to-end solutions are being developed that present readings from wearables that

monitor a patient's health, directly to a healthcare team in an easy to read and actionable manner. Cloud-based platforms are capable of aggregating and integrating data from a range of sources and formats to give healthcare teams a '360-degree view' of the patient's health and this allows physicians to intervene and provide proactive care before a condition manifests or worsens.

Remote consultations, social sensors, gadgets that offer guidance on health and wellness, analytics-driven regimens and other IoMT innovations are driving a cultural transformation that could move modern medicine into its next era.

Google Play allows sharing of movies, apps, and music you buy

Google is reported to be allowing you to share the movies, music, and apps you purchase from its Play Store among up to six of your family members. Content you buy from those stores can be shared across Android devices, Google's websites, and the Google Play apps on iOS.

Called Google Play Family Library, it is a full-featured system that does not cost extra. Among its features is the ability for a parent, or whoever controls the Family

Library account, to be able to specifically exclude whatever content they would like from being shared to other devices. The feature also allows all family members to make purchases on the same credit card that was used to set up the account. All receipts for purchases made by any family member will also be sent to the owner, so you can keep tabs. The new system is expected to roll out to a bunch of countries later this month.



Milkshakes

HOOKAH Lounge Cafe

Private cabins for a relaxing shisha session,
Valet Parking available



cappuccino

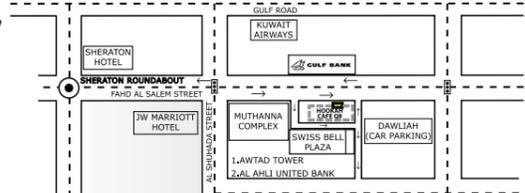


Ice Cream



Turkish Coffee

2244 2098



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