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150 Fils

Climate goal edges closer as two largest emitters ratify deal

China and United States, the world's two largest emitters of greenhouse gases, jointly ratified on Saturday the Paris Agreement on Climate Change. This endorsement, by the two largest global economies,



significantly advances the potential for rapid entry into force of the deal that would allow the baton to pass from commitments on paper to actions on the ground.

China's top legislative body ratified the agreement on Saturday morning, hours before Chinese President Xi Jinping met with his US counterpart Barack Obama, on the sidelines of G20 summit taking place in Hangzhou, to

make their joint announcement.

Cooperation between the United States and China on climate change, once quite unimaginable, now stands as one of the brighter spots in their

vacillating relationship. With the US now joining China in announcing ratification of the Agreement, pressure will mount on other G20 nations to move faster with their pledge to phase out subsidies to fossil fuels. But even if enough other players step forward to make the Paris deal law, huge challenges lie ahead.

As of 1 September 2016, the 24 parties that had ratified the agreement accounted for just 1.08 percent of emissions. With China, responsible for 20.09 percent of global greenhouse gas (GHG) emissions, and the United States, accounting for 17.89 percent, joining the tally has now jumped to 39.06 percent. With 32 more countries expressing their intent to ratify the Agreement before the end of 2016, the total could reach 59.88 percent, which would be sufficient to ensure the Paris Agreement enters into force by the end of the year.

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Healthcare projects lead ongoing constructions in Kuwait

Infrastructure developments, educational facilities, as well as new housing projects are propelling Kuwait's construction industry, says a new report by Business News Construction (BNC) a leading constructions projects database in the region. However,

it is constructions projects in the healthcare sector that top the list of projects that are underway or shortly to begin in Kuwait. With six out of the top ten projects being in development of new or existing hospitals, the healthcare

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EXCLUSIVE to THE TIMES KUWAIT

Securing the UN's Future



Kevin Rudd

Former Prime Minister of Australia, President of the Asia Society Policy Institute in New York, and Chair of the Independent Commission on Multilateralism, he is the author of "UN 2030 - Rebuilding Order in a Troubled World."



As the existing international order becomes more fragmented, strong global-governance institutions are crucial for addressing the world's strategic, economic, and sustainability challenges. And yet rarely have our existing institutions - including, above all, the United Nations - been frailer.

The UN is not broken, but it is in trouble, particularly as more countries treat it as a polite diplomatic afterthought and seek solutions to major global problems elsewhere. We've seen this on issues ranging from Syria to Iran, North Korea, terrorism, cyber security, asylum-seekers and refugees, migration, Ebola, and the emerging crisis in humanitarian-aid funding.

While the UN still has many strengths, it also has clear structural weaknesses. The gap between what it aspires to do and what it actually does is growing. But the world needs a UN that not only deliberates on policy, but also delivers in the field.

The UN matters, a lot. It is a deeply embedded component of the post-World War II order. If its relevance declines - if it slowly becomes "just another NGO" - countries will change their fundamental assumptions about how to deal with one another in the future. Unilateralism and the law of the jungle, the hallmark of a now-distant past, would return to international relations.

The UN has shown that it is capable of reinventing itself. But now it must do so out of necessity, not convenience. It must urgently redesign its functions, structure, and finance mechanisms to maximize the delivery of measurable results in all areas within its purview, from peace and security to sustainable development, human rights, and humanitarian engagement.

In particular, the next UN secretary-

general should consider taking several key steps. For starters, he or she should convene a summit-level meeting - a sequel to the 1945 San Francisco Conference, where delegates agreed to the UN's founding charter - at which member states would reaffirm their commitment to multilateralism as a fundamental principle.

The summit should be designed to highlight the critical advantages of cooperation and rebuff the emerging view that multilateralism is simply a burden to bear.

Moreover, the new secretary-general should emphasize the UN's role in building bridges between the great powers, particularly during tense times, and the great powers' role in enabling the UN to benefit the wider international community.

Third, the secretary-general should make us of Article 99 of the UN Charter. This means introducing new initiatives to address global-leadership challenges, even when an existing initiative may fail. This means establishing a comprehensive doctrine of prevention, one that emphasizes robust long-term policy planning so that the organization can prevent, or at least prepare for, future crises, rather than merely reacting to situations as they emerge.

Specifically, this agenda should include countering terrorism and violent extremism; enhancing cyber

security; limiting the proliferation of lethal autonomous-weapons systems; enforcing international humanitarian law in the context of war (an absolute priority); and developing a comprehensive approach to planetary boundaries and humanity's ecological footprint, particularly in our oceans.

The new leadership must also introduce effective processes and the organizational machinery to implement current major initiatives, including the Sustainable Development Goals. Failure to achieve the SDGs - which comprise 17 goals and 169 specific targets - would amount to an indictment of the UN's *raison d'être*.

Avoiding such an outcome will require a new global compact between the UN, global and regional development banks, and private finance sources to fund SDG efforts. The same goes for implementing the 2015 Paris climate agreement, which will require ample investments in energy efficiency and renewable-energy sources to keep global temperatures from rising more than 2° Celsius.

The UN's manifold agendas - peace and security, sustainable development, human rights, and humanitarianism - must be structurally integrated into one strategic continuum, rather than

remaining rigid, self-contained institutional silos. Multidisciplinary "Team UN" groups could be deployed in the field to break down departmental barriers and confront appropriate challenges. The groups would operate under a common mandate across all UN agencies, and be led by UN operations directors in each country.

A fifth step should be to integrate women fully and equally into all parts of the UN agenda, not just in discrete areas pertaining to "women's" issues. Failure to do this would further undermine peace, security, development, human rights, and already-flagging global economic growth. According to a 2015 McKinsey report, improving worldwide gender equality could add \$12 trillion to global GDP by 2025.

Likewise, young people should be better included in UN decision-making - not simply as a paternalistic afterthought, but in a way that enables them to help shape their own future. Global youth (those under the age of 25) now represent 42 percent of the world's population, and their numbers are growing. In particular, we need new policies to address youth unemployment, given that current approaches are failing.

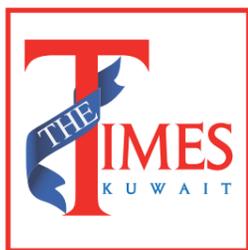
More broadly, the UN culture must change - perhaps with a new reward structure - to give

priority to operations in the field, rather than to operations at headquarters; to implement reports' recommendations, rather than just writing more reports; and to measure results on the ground, rather than just counting the number of UN conferences held.

Finally, the next secretary-general must think practically, understanding that the UN's capacity to act efficiently, effectively, and flexibly will always run up against budgetary constraints. There is no sense in hoping that the fiscal heavens will one day magically reopen. They will not.

Looking beyond these specific items, two core questions loom in the UN's future: Given the twenty-first century's global-governance deficit, can the UN's deliberative bodies step in and make the big decisions appropriate for the situation? And can the institutional machinery of the UN itself effectively implement policies once they are decided?

With sufficient political will, strong leadership, and a clear, goal-driven reform program, the UN can still be a pillar of a stable, just and sustainable global order. The alternative is benign neglect, institutional decay, and impotence in the face of the great challenges of our time. That would mean an increasingly unstable world for us all.



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EXCLUSIVE to THE TIMES KUWAIT

Playing Defense in Europe



Mark Leonard
Director of the European Council on Foreign Relations



The most frightening periods in history have often been interregnums – moments between the death of one king and the rise of the next. Disorder, war, and even disease can flood into the vacuum when, as Antonio Gramsci put it in his Prison Notebooks, “the old is dying and the new cannot be born.” The dislocation and confusion of 2016 do not rival the turmoil of the interwar period, when Gramsci wrote, but they are certainly symptoms of a new interregnum.

After the end of the Cold War, the world was held together by an American-policed security order and a European-inspired legal order. Now, however, both are fraying, and no candidates to replace them have yet emerged. Indeed, unlike in 1989, this is not a crisis of a single type of system. Countries as different as Brazil, China, Russia, and Turkey are coming under heightened political and economic pressure.

Even if the nightmare of a President Donald Trump is avoided, as appears increasingly likely, the United States can no longer be the world’s policeman. Powers such as Russia, Iran, and China are probing

“*History moves in cycles. The interregnum will eventually end and a new order will be born. What is certain is that the survivors and inheritors of the old order will write the rules of the new one.*”

US reactions in Ukraine, Syria, and the South China Sea. And US allies like Turkey, Saudi Arabia, Poland, and Japan are forging independent and assertive foreign policies to make up for a US that cannot and will not carry its previous burdens.

Meanwhile, the European Union’s declining cohesion is undermining its moral authority on the world stage. Many of the global institutions that reflect European values and norms – from the World Trade Organization and the International Criminal Court to the United Nations Framework Convention on Climate Change – are gridlocked.

Regionally, the three strands of the European order are unraveling: the US is seeking to reduce its investment in NATO, the EU is de-emphasizing enlargement, and the chaos in the Middle East and Ukraine is making a mockery of the European Neighborhood Policy. The rise – and rapprochement – of illiberal forces in Russia and Turkey mean that the EU is no longer the only pole of attraction in the region.

Worse, EU integration has gone into reverse, with member states seeking to insulate themselves from the outside world, rather than trying to export their shared values. As a result, the biggest threats to free trade and the open society stem from domestic sources, not external enemies. Even in Germany, which had long seemed immune to such pressures, the interior minister talks of banning burkas (a policy that would affect 300 people), while the vice-chancellor has declared the death of the Transatlantic Trade and Investment Partnership (TTIP) between the EU and the US even before the body is cold. The EU proved over the last few decades that it could be a force for globalization – tearing down barriers between peoples and nations. But today its survival depends on showing that it can protect citizens from the very forces it has promoted.

Maintaining the four freedoms at the heart of the European project – the free movement of people, goods, capital, and services within Europe – will be possible only if EU governments have credible policies to protect the most vulnerable in their societies. That will mean improving protection of the EU’s external borders, compensating domestic losers from migration and free trade, and soothing public fears about terrorism.

The danger is that much of what the EU rightly pushed for during the good times could hasten its unraveling now, during the current interregnum. For example, given so much uncertainty about the future state of Europe and the world, debating enlargement or the TTIP seems pointless – or worse, because even opening such discussions is certain to play into the hands of Euroskeptics.

The EU needs to distinguish between core and peripheral priorities. For issues such as EU relations with Russia and Turkey (and these two countries’ relations with each other), member states need to agree on a policy that recognizes the interests of all. But much greater flexibility is advisable in other areas, including commitments to refugee re-allocation and eurozone rules, where excessive rigidity could cause European unity to buckle and snap.

In addition to preventing an alliance between Russia and Ankara, the EU should rethink its goals in its neighborhood. Although the Balkan countries that are outside the EU will remain there for many years, they are in the European security space already, and Europeans should be prepared to intervene militarily if outbreaks of violence recur. Moreover, EU leaders should pursue a broader definition of peace than the absence of war, including political and social stability and preventing radicalization in Bosnia and Kosovo. For Georgia, Ukraine, and Moldova, the goal should be to promote stable and predictable governments. For the next few years, the EU should view them as independent buffer states rather than as member-states-in-waiting. It will be particularly important not to set red lines that the EU is not willing to defend.

In the troubled Middle East, the EU cannot hope to be the central actor. But EU countries cannot protect their populations from instability if they are only spectators. Particularly in Syria and Libya, the EU needs to playing a more concerted role with regional powers – as well as

with the US and Russia – to advance political processes that could help reduce violence, provide humanitarian aid, and stem the flow of refugees.

One of the EU’s main challenges is to define success in a defensive era. During the heyday of enlargement, the goal was to deepen integration and broaden its reach across Europe. Now, however, success means preventing

countries from leaving the EU or hollowing out its institutions.

History moves in cycles. The interregnum will eventually end and a new order will be born. What is certain is that the survivors and inheritors of the old order will write the rules of the new one. The EU’s goal, achievable only with flexibility and courage, must be to remain a viable project – and thus be one of the authors.

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Uzbekistan mourns as President Karimov laid to rest

Nation observes three days of mourning



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Uzbekistan's President Islam Karimov, 78, who died of a stroke on Friday was laid to rest in his home city of Samarkand on Saturday.

Earlier, thousands of Uzbeks, many weeping, lined the streets of the country's capital Tashkent as the president's funeral cortege headed to the airport on its way to Samarkand. As the black Mercedes van carrying the body of their president made its way along the capital's main thoroughfare, police officers stood at salute and people bowed in respect laying roses and carnations on the road side.

A short while later, state television footage showed Karimov's coffin being driven through the streets of Samarkand, also lined with people paying their respects, en route to the Karimov family home.

Speaking at the funeral, Prime Minister Shavkat Mirziyoyev said, "Our people and Uzbekistan have suffered an irreplaceable loss. Death took from our midst the founder of the state of Uzbekistan, a great and dear son of our people."

Expressing his condolences in a statement, Russian President Vladimir Putin described Mr. Karimov as a statesman "who had contributed to the security and stability of Central Asia" and who would be a "great loss for the people of Uzbekistan."

US President Barack Obama said in a statement the US remained "committed to partnership with Uzbekistan, to its sovereignty, security, and to a future based on the rights of all its citizens".

With no obvious successor, Karimov's death has triggered an outpouring of grief mixed with uncertainty about the future. Prime Minister Mirziyoyev, who directed funeral arrangements in Samarkand, is seen as a strong contender for the presidency. He has been in office since



Uzbekistan Embassy in Kuwait mourns the sad demise of country's president

The Embassy of the Republic of Uzbekistan to Kuwait regrets to inform the public with deep sorrow that Uzbekistan's President H.E. Islam Karimov, passed away on Friday, 2

September in Tashkent. On this occasion, a Book of Condolences will be opened at the Embassy located in Mishref, Block 1, Street 7, Villa 4 for three days, from 3-5 September, from 10:00 am to 2:00 pm.

2003; another key player is his deputy Rustam Azimov.

President Karimov, who has ruled Uzbekistan since its independence from the former Soviet Union in 1991, is the only president that most Uzbeks have known in their life. His death leaves a power vacuum in a nation that serves as a bulwark against militant Islam in Central Asia and neighboring restive Afghanistan.

While other newly-independent Soviet republics were convulsed by wars, economic upheaval and political turmoil, life for people in Uzbekistan stayed largely stable, safe and predictable – a state of affairs that Karimov's supporters highlight as one of his great achievements. Many people in Uzbekistan associate much the huge accomplishment of the country

since independence with President Karimov's name.

The late president, who grew up in an orphanage in Samarkand, went on to study mechanical engineering and economics, before joining the Communist Party in the former Soviet Union. He became the party's First Secretary in Uzbekistan in 1989 and in 1990 became President of the Uzbek Soviet Socialist Republic. He declared Uzbekistan an independent nation on 31 August 1991 with 1 September being declared Uzbekistan's Independence Day. He subsequently won its first presidential election in December 1991 and was re-elected in 2000, 2007 and 2015. He is survived by his wife Tatyana Karimova, two daughters and five grandchildren.



TICAD Summit brings Japan and Africa closer

The Sixth Tokyo International Conference on African Development (TICAD VI) Summit that was held at the Kenyatta International Convention Center in Nairobi, Kenya on 27 and 28 August saw participation by more than 35 African heads of state and government. The quadrennial summit, which was being held in Africa for the first time since its inception in 1993, also witnessed the attendance of members of the African Union Commission, as well as over 10,000 delegates from the economic community in Africa and Japan.

The Japanese delegation was led by the country's Prime Minister Shinzo Abe who arrived in Nairobi heading a business entourage that included CEOs of more than 80 leading companies from Japan.

Opening the summit, Kenyan President Uhuru Kenyatta expressed his satisfaction with the TICAD platform that allowed African government and business leaders to discuss the continent's development

with their "friends" from Japan.

Saying that TICAD had "the potential to transform the African continent," President Kenyatta added, "It is only by coming together, to embrace partnership, mutual respect and long-term thinking that we can make the world more secure for the dreams of our people." He emphasized on the need to follow the path of Japan so as to trade more profitably with the world and push for "open and fair trade, deeper infrastructure integration and to develop the human resources of our people."

For his part, Prime Minister Abe lauded the relationship between Japan and Africa that was based on the twin principles of Africa's ownership and international partnership. He noted that Japanese private and public investment in Africa over the coming years would total over \$30 billion. "When combined with the investment from the private sector, I expect the total real amount of investments in support



of infrastructure, development, education and healthcare expansion on the continent to be \$30 billion by 2018. This is an investment package that has faith in Africa's future," the Japanese prime minister said.

Resource-poor Japan has long been interested in tapping Africa's vast natural resources, even more so since dependence on oil and natural gas imports jumped after the 2011

Fukushima nuclear disaster shut almost all of Japan's nuclear reactors.

The \$30 billion in investments announced at the TICAD VI was in addition to \$32 billion that Japan pledged to Africa over a five-year period at the last TICAD meeting in 2013. Abe said 67 percent of that had already been put to use in various projects. Speaking ahead of TICAD VI, World Bank President, Jim Yong Kim

revealed that Africa would need over \$90 billion a year in infrastructure investments and the continent held many opportunities for private-sector investment. Maintaining that it is wrong to "assume all the deals in Africa are risky," the World Bank chief emphasized that the multilateral finance group provides insurance and other tools to help mobilize capital. "The role of the World Bank Group is to remove the risks on those investments. It's our primary role when working with private sector companies," he added.

The World Bank Chief noted that though Africa had around five percent growth rate on average from 2008 to 2014, the sustained low commodity prices in recent years meant that the continent would witness lower growth in the immediate years ahead. He urged African countries that rely mainly on export of raw commodities to add more value to their products prior to their shipping to global markets.

Apps to protect environment and SMS to aid farmers in Senegal

A three-day workshop, organized by the Goethe Institute, the German cultural organization operating worldwide, and mjangale, a Senegalese after-school program, is aiming to improve literacy, numeracy and foreign language skills among students in Senegal.

The goal is to introduce young people to computing, as well as to make them more knowledgeable about the environment," said Christelle Scharff, co-founder of mjangale and professor of computer science at Pace University in New York, who is teaching the young Senegalese to design apps.

"We didn't want kids to just develop an app, but also to gain knowledge in another area. Young people are interested in social media but not necessarily in the environment. As big consumers of technology, Facebook and all these tools, we are showing that young people can also contribute to tons of solutions here in Senegal," she added.

Elaborating on the importance of bringing technical knowledge to schools in Senegal and other countries in Africa, Scharff explained "We can't just stand idle while there are more African engineers in the US than there are on the African continent; we need to reverse that trend."

The Android apps will be made available on Google Play, where they

can be downloaded for free.

But it is not just the young in Senegal that use technology as a better way forward. Farmers in Senegal are also getting in on the act.

Unpredictable weather patterns in recent years have wracked havoc among farmers in Senegal. Not only is rainfall growing less each year, onset of the rainy season is also moving a little



later with each passing year. Senegal's predominantly rain-fed agriculture is highly vulnerable to this climate change, as production depends largely on the amount of rainfall. Knowing when it will rain is key to calculating the risks of planting and harvesting certain crops.

Traditionally, Senegalese farmers have relied on environmental indicators such as the arrival of birds or the appearance of new leaves on trees, to predict imminent rains or other

weather patterns. This knowledge, usually passed on from one generation to the next, had helped them in the past. But, with climate change throwing regular weather patterns out of kilter, it is becoming increasingly difficult for farmers to rely on traditional signs from nature to guide their farming process.

Now, thanks to new techniques put at their disposal by technology, Senegalese farmers are better able to correctly interpret weather patterns. Farmers are now relying on timely climate information sent via text message from the National Agency of Civil Aviation and Meteorology (ANACIM) based some 250 kilometers away in the Senegalese capital of Dakar.

The information is sent by SMS to contact people in each locality, who relay the information to their neighbors and consequently this helps farmers in the area to plan their planting and harvesting. To reach as many people as possible, ANACIM has now partnered with the community radio network to broadcast weather information in French, as well as in local languages.

By following SMS weather forecasts instead of environmental indicators, test plots have been shown to yield 1.5 times more crops. With cultivable lands likely to remain the same and an ever increasing population demanding more food, bigger harvests are vital to Senegal's future food security.



African countries urged to promote gender equality

Releasing its annual report on gender equality in Africa, the United Nations Development Programme (UNDP) noted that the high economic disparity between men and women in Africa can be attributed to fewer economic opportunities for women on the continent.

The report shows that sub-Saharan Africa's economies lose a combined average of US\$95 billion a year simply because women have fewer job opportunities than men. Gender inequality the report said was promoted by deeply-rooted structural obstacles such as unequal distribution of resources and political power.

Despite the share of women in the labor force remaining around 61 percent in Africa, they are often underpaid and have to depend on the informal sector for survival.

"Women's empowerment and gender equality are the silver bullets in development, because if you can ensure that the female half of the population is able to participate equally and make their full contribution, you are really going to accelerate development and that's the message of the Human Development report. That African development will speed up faster if gender equality is achieved," said Helen Clark, the UNDP administrator while releasing the report in Kenya last week.

The United Nations development program calls for the continent to take proper measures by ensuring that all women have access to education. It further said that women should be subjected to promotions at work giving an example of Rwanda that has adhered to gender equality.

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Al Sayer holds IPR seminar on Toyota genuine spare parts



Mohamed Naser Al Sayer (MNSS) Toyota Genuine Spare Parts Division, one of the Al Sayer Group Holding companies, recently held an educational seminar on Intellectual Property Rights (IPR) in collaboration with the General Administration of Customs. The event was attended by the CEO of Al Sayer Group Holding, Mubarak Naser Al Sayer, Regional General Manager Parts for Toyota Motor Corporation Mitsuru Saito, as well as distinguished guests, customers and members of the media.

Speaking on the occasion, Mr. Mubarak Al Sayer stressed the need to provide adequate protection for companies with accredited trademarks who were producing goods and services for the health and safety of humans and environment against damages accompanying the handling of counterfeited products and sensual damages that can be caused by it.

Highlighting the risks associated with using counterfeit products, the

Business Director of MNSS Spare Parts division said, "The spread of counterfeit parts in the world has become a growing problem that threatens the manufacturers, sellers and consumers alike." He pointed out that cheap alternative products are made of materials of poor standards and specifications which cannot offer the required performance and safety over time and cannot withstand the tough weather conditions.

Al Sayer Group has been promoting customer and overall public awareness about counterfeit parts and their damaging effects and life threatening risks over the past 10 years. The Group is in direct cooperation and coordination with the appropriate government control authorities and Customs authorities providing them with best control tools.

The event concluded with an interactive Q&A session followed by 'touch and feel' to facilitate comparison between counterfeit and genuine parts for the guests.

IKEA launches 2017 catalogue



IKEA, the world's leading home furnishings retailer, organized an exclusive event to launch the new IKEA 2017 Catalogue, under the theme of celebrating individuality, which is at the core of their new collection. The event, held on 31 August at the IKEA Showroom, The Avenues, gave visitors a sneak peek into their latest collection.

The 2017 IKEA Catalogue is full of new and well-designed home furnishing products to inspire and make your home life more beautiful. This year's catalogue encourages all to let go of big expectations in and around the kitchen.



These days, a meal with friends or family doesn't have to happen around a perfectly set table. The days of "have to" are over. Go ahead and eat around a coffee table. Sit on the sofa. Or the floor. Because it doesn't really matter where you



eat - just that you are together with family and loved ones.

For the first time ever, the IKEA catalogue features 13 stories, taking the reader on a journey to homes around the world. The purpose is to show inspiring examples of how IKEA connects to different people in different cultures and how understanding their needs and dreams help the company design and make better products and solutions.

IKEA designs for people. That is why this year's catalogue cover

says 'Designed for people, not consumers'. By this, IKEA aims to make products and solutions with someone in mind, not just things without a purpose.

The 2017 IKEA Catalogue, distributed to over 420,000 homes in Kuwait, spans over 324 pages and will be printed in 211,000,000 FSC certified copies, translated into 34 languages and distributed in 49 countries.

In addition to the printed catalogue, this year, the company has a totally redesigned and really inspiring IKEA Catalogue app that is available for smartphones, tablets, desktops, laptops and last but not least - the latest generation of Apple TV. With its digital catalogue it offers more than 3 hours of moving and interactive content, like easy to navigate guide films and co-workers sharing tips and ideas. With its virtual reality 360 degree room views and augmented reality feature, you can virtually try out IKEA products in your home.





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Turkish ambassador celebrates country's Victory Day

The Ambassador of the Republic of Turkey to Kuwait H.E. Murat Tamer commemorated the 94th anniversary of his country's Victory Day with a reception held at Jumairah Messilah Beach Hotel and Spa on 31 August. Members of the diplomatic corps, Kuwaiti officials, military personnel, members of the Turkish community and media personnel attended the event.

Turkey celebrates its Victory Day on 30 August to mark the anniversary of the Turkish

triumph against Greek forces at the Battle of Dumlupinar, which was a decisive battle in the Turkish War of Independence.

In his address to the gathering, the Turkish Ambassador said, "Today, we are celebrating the 94th anniversary of the Great Victory, which marked the resanctification of Anatolia as our homeland, together with our people and brothers in the Turkish Republic of Northern Cyprus in great pride and excitement.

The torch of independence lighted in 1919



under difficult conditions and deprivations was crowned with the Battle of Commander-in-Chief on August 30 under the leadership of Ghazi Mustafa Kemal and his comrades. August 30 is the most obvious proof of what a nation can venture and accomplish to save its independence and its dignity."

He further discussed the development and progress his country has made, as well as briefly spoke on the solidarity displayed by the Turkish people in the face of difficulties.



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DEAN & DELUCA presents new Taste of Asia menu



DEAN & DELUCA, Kuwait's destination gourmet café and grocery store has launched 'Taste of Asia' – an exclusive all-day menu inspired by the fusion of refreshing Asian flavors, derived from signature Chinese, Japanese, Thai, Indian, Vietnamese, Malaysian and Korean dishes. Customers will be able to treat their taste buds to exotic Asian flavors till 29 October.

The highlights of the all-round Asian dining



experience features aromatic soups and starters such as the Malaysian Vegetable Laksa – a traditional Malay-styled creamy noodle soup with spicy undertones, slow-cooked with snow peas, asparagus and wood ear mushroom. The Thai grilled Chicken Satay served with peanut sauce, on the other hand, is a seamless option for those who favor more subtle Asian flavors. As for customers wishing to embark

on an Asian crustacean galore, the Grilled Shrimps, marinated and served on a bed of spicy and creamy Japanese mayonnaise will serve as a treat.

The main courses include Five Spice Hoisin Ribeye Steak, marinated in a Chinese style BBQ of five spices, hoisin, and miso, and accompanied with a Thai red curry-flavored mashed potato. The Asian Style Salmon Laksa is a journey into South-East Asian flavors featuring a sambal oelek coated baked salmon that comes with spicy and creamy Malay style Laksa with asparagus and assorted mushrooms, topped with crushed cashew nuts.

Another must-try is the Lamb Massaman Curry with Potatoes, which consists of a lamb shoulder braised in a traditional Thai curry and slow-cooked in tamarind, cardamom, cinnamon and

coconut milk. For those who enjoy richly spiced Indian cuisine, the Malabar

Chicken Curry is a treat of its own. This spicy coastal chicken curry, flavored with coconut milk, traditional coastal spices and fresh herbs, is served with the perfect accompaniment of coconut and pandan rice. An Asian culinary voyage is incomplete without the classic Japanese sushi, their special selection includes lava maki stuffed with Tempura shrimps and topped with spicy crab, salmon and tuna Sashimi pieces, and the traditional salmon, tuna and avocado Nigiri combination.



Fresh ideas to add big flavor to basic roasted chicken

Also known as butterflying, spatchcocking is a simple prep technique that cuts down the time needed to roast a chicken. It does this by changing the shape of the bird, transforming it from a slow cooking football to a faster roasting slab. And the only special equipment you need is a sturdy pair of kitchen shears.

To do this, simply flip the uncooked chicken so the breasts are down. Starting at either the front or back end, find the centre, where the backbone runs down the length of the bird. It will take a little oomph at first, but use the shears to cut down the length of the backbone on one side. Once you have cut all the way, repeat this on the other side of the backbone, which then should come out easily.

Now flip the bird over, grab the cut sides and spread the bird open. Press down on the bird between the breasts; the goal is to flatten it as much as possible. Once spatchcocked, the chicken can be seasoned and roasted as normal, but will take less time. A standard 1 1/2- to 2-kilogram chicken roasted at 218°C will take almost an hour. A spatchcocked chicken takes about 35 minutes.

Now that you have mastered on how to speed up your dinner, you can jazz it up a bit by adding in some flavors.

Here are some fresh ideas for

making your chicken dinner way more interesting.

Ways with roast chicken: Start with a 1 1/4- to 2-kilogram whole chicken. Remove any giblets and neck from the cavity, then use paper towels to pat it dry. Spatchcock the chicken as described above. Place the chicken in a roasting pan. Follow one of the flavoring directions below, then roast at 204 Degrees Celsius until the breast reaches 71 Degrees Celsius and the thigh reaches 79 Degrees Celsius. Allow to rest for 10 minutes before carving.

Citrus-pepper: Blend in four tablespoons softened unsalted butter with two teaspoons black

season with kosher salt and black pepper.

Curry: Rub three tablespoons red curry paste under and over the skin of the chicken, as well as on the inside. Set the chicken over sliced onions and brush the outside with melted butter.

Barbecue: Mix together two tablespoons brown sugar, one teaspoon dried thyme, one teaspoon kosher salt, one teaspoon chili powder, one teaspoon garlic powder, one teaspoon onion powder, 1/4 teaspoon cayenne and 1/2 teaspoon black pepper. Brush the chicken all over with melted butter, then season with the rub under and over the skin and on the inside.

Coriander-orange: Blend one tablespoon ground coriander, one teaspoon kosher salt, 1/2 teaspoon black pepper, the zest of two oranges and four tablespoons softened butter. Rub under and over the skin of the chicken and on the inside.

Coconut-lime: Open a 1/4 kilogram can of coconut milk taking care to not shake it. Spoon off the thick cream from the top of the can and mix that with the zest of two limes, one teaspoon kosher salt and 1/2 teaspoon black pepper. Rub under and over the skin of the chicken and on the inside. While the chicken roasts, stir together two tablespoons lime juice with 1/2 cup of the coconut milk in the can; season with salt and a pinch of cayenne. Serve with the roasted chicken.

Parmesan: Stir together 1/2 cup finely grated Parmesan cheese, 1/2 teaspoon kosher salt, one tablespoon minced fresh rosemary and 1/2 teaspoon black pepper. Brush the chicken with melted butter, and then thoroughly coat with it the cheese mixture.



pepper, one teaspoon kosher salt and the zest of two oranges and two lemons. Rub the mixture under and over the skin of the chicken and inside the cavity.

Simple soy: Drizzle and brush 1/2 cup low-sodium soy sauce all over the inside and outside of the chicken, making sure to thoroughly coat all parts.

Aromatic: Underneath the chicken, place a sliced small onion along with 2 sprigs each of fresh rosemary, thyme and sage. Brush the skin of the chicken with melted butter, then



Give new life to your kitchen leftovers



1 Zest citrus with a Microplane and use the finely grated peel to liven up pasta sauces and vinaigrettes—you will need to do this before slicing and using the fruit.



2 Add cilantro and parsley stems to a pesto to give it a little extra oomph—the food processor will blitz them into a saucy consistency. For woodier, heftier herbs, such as rosemary and thyme stems, add them to stock.



3 Boil ginger scraps with water to make tea - sweeten to taste with honey or simply syrup.

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.



LuLu Hypermarket presents Thailand Fiesta 2016

LuLu Hypermarket, the leading hypermarket chain in the region, launched the Thailand Fiesta 2016 at all their outlets in Kuwait on 31 August. The eleven-day long festival, running from 31 August to 10 September, was inaugurated on 1 September at the Al-Qurain outlet by Ambassador of Thailand to Kuwait H.E. Prasas Prasasvinitchai in the presence of the Hypermarket's top management, as well as a large



crowd of patrons and well-wishers. Following the opening ceremony, the ambassador was led on a tour

of the vast hypermarket, during which he got to view the various fresh and branded products from

Thailand that are available during the festival.

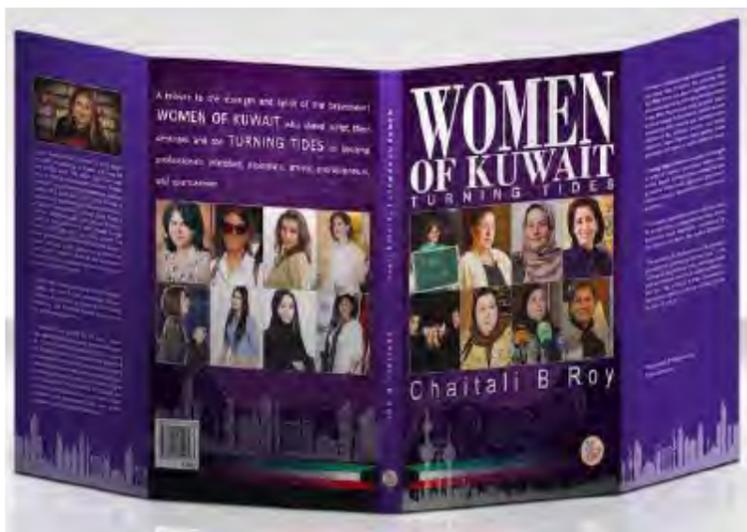
Attractive displays of traditional monuments of Thailand, as well as other aspects of its ancient heritage, highlighting the country's diverse and colorful culture, will draw the attention of shoppers to the festival.

During the promotion period, the hypermarket is offering up a taste of Thailand that is unique and exciting.

Shoppers can take advantage of a range of special offers on branded Thai food products, as well as fruits, vegetables and other delicacies specially imported from Thailand. Popular Thai food brands such as Blue Elephant, Blue Dragon, Palm Fresh and Siam Rich, as well as Simply Asia, Cocofina, Mai Siam, Amoy and Asian, are among the many brands that are on special offer during the fiesta.



Kuwaiti Ambassador to launch 'Women of Kuwait: Turning Tides'



Ambassador of the Kuwait to India H.E. Fahad Ahmad Al-Awadhi will launch the Kuwait-oriented book based on enterprising women, titled 'Women of Kuwait: Turning Tides' by Chaitali B Roy, a resident of Kuwait, on Wednesday, 7 September at his residence in New Delhi.

The book is a compilation of stories detailing the courage and drive of many Kuwaiti women who overcame obstacles and adverse circumstances to pursue



their dreams. The women have challenged stereotypes and help spearhead revolutionary change to

become extraordinary role models for women in the Middle East. Mrs. Roy has included women from almost all fields such as politics, diplomacy, education, sports, art and business.

Many noteworthy names included are Kuwait Energy CEO and Co-founder Sara Akbar, Kuwait's first female government minister Dr. Massouma Al Mubarak, and winner of the fourth Arab Women Awards Kuwait 2016 Dr. Moudi Al Humoud.

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Dwaihi Palace launches exclusive menu to celebrate 20th anniversary

Dwaihi Palace, an excellent multi cuisine restaurant, launched their exciting updated menu to celebrate the 20th Anniversary of Khalid Dwaihi Restaurant Group.

The menu, featuring quality ingredients in a range of distinctive multi-cuisine creations, was introduced at a launch ceremony by famous Kuwaiti singer Mubarak Al Azmi on 1 September at their branch in Farwaniya. Attending the function was Group chairman Abdulla Kananchery and Rashid Kurungottu as well as General Manager Suhail Kananchery. The dishes from the special 20th anniversary menu will tantalize patrons, as they all contain a variety of rich flavors and are infused with vibrant culinary influences.

The dishes, particularly the Kuwait Continental food items, emphasize the

flavorsome appeal of multi cuisine. Combined with the stylish environment and high-quality service, Dwaihi Palace demonstrates its strive towards excellence in all forms.

Through this new experience, the management of Dwaihi Palace restaurant extends their gratitude to their loyal patrons, and invites all to partake in the menu filled with attractive additional options.

It is with the patronage of discerning guests that the restaurant has grown in popularity, and the new menu pays tribute to two decades of Al Dwaihi restaurant Co. thriving in Kuwait and having been made synonymous with passion and creativity.

Dwaihi Palace is located in two areas, Farwaniya: contact no: 24757575, and Salmiya: contact no: 25740888.



ILOA bags prestigious award at 7th International Educational Summit

Indian Learners Own Academy (ILOA) received a prestigious award on the 7th International Education Summit in Delhi on 6 August.

The School Principal, Asha Sharma received a trophy and certificate on behalf of the school at Hotel Meridian in Delhi.

This award has been conferred for teaching pedagogy being followed at school. ILOA has been experimenting with

learner friendly teaching methodology from the very inception.

Out of 225 applications for the award, ILOA and Ryan International were honored for their teaching pedagogy.

The award recognizes ILOA for breaking new grounds in learning by applying innovation in its teaching pedagogy, and making an impact on various categories of intelligences of learners at school.

ICSK announces induction of two Vice-Principals

The Indian Community School (ICSK) announced the induction of two highly qualified Vice-Principals, Ravi Ayanoli and C Sheeja, to the ICSK fraternity.

Mr. Ayanoli, the newly appointed Vice-Principal of ICSK Khaitan, is a 'chemistry education' post graduate (M.Sc.Ed) in first division from prestigious Regional Institute of Education (under NCERT), Mysore. He has rendered his services as Vice-Principal, Academic and Administrative Supervisor, Co-ordinator, resident house warden and teacher at popular residential and day boarding schools.

Being a founder member, his contribution in bringing up DPS Kuwait (FAIPS), since its inception, is well known to the parent community in Kuwait. He has also taught



in ICSE and Vocational higher secondary schools.

Vice-Principal of ICSK Junior, Mrs. C Sheeja, is a first class post graduate in physics from prestigious Presidency College, Chennai. She also possesses her bachelor degree in education from the Madras University.

Starting her career with DPS, Damanjodi, Orissa, she has acquired vast experience in training young minds. She underwent training in



various aspects of education organized by DPS Society, Delhi and AUK, Kuwait.

Mrs. Sheeja, is also a founder member of DPS Kuwait (FAIPS). In order to inculcate leadership skills in students at a younger age, she introduced primary school students' council at DPS, Kuwait. She also enjoys immense popularity as a seasoned physics teacher and possesses excellent organizational skills.

Climate goal edges closer as two largest emitters ratify deal

Continued from Page 1

However, analysts warn that the target of keeping temperature rises below 2C is already in danger of being breached. For 14 consecutive months meteorologists have recorded the hottest month on record, and the UK's Met Office has forecast that 2016 is likely to hit temperatures 1.1C above pre-industrial levels. Average temperatures worldwide are likely to increase more in the coming years as the effect of previous carbon emissions makes itself felt.

In December 2015, world leaders attending the United Nations Climate Change Conference in France, agreed on the landmark Paris Agreement that calls for keeping global temperatures below 2 degrees Centigrade compared to pre-industrial levels and pursuing efforts to limit it to 1.5°C. Other targets in the agreement include reaching zero-net greenhouse gas emissions as soon as possible and achieving a balance between sources and sinks of greenhouse gases in the second half of this century. It also calls for reviewing the progress in climate commitments

every five years and providing US\$100 billion a year in climate finance for developing countries by 2020, with a commitment to further finance in the future.



The agreement comes into force only after at least 55 nations representing 55 percent of total greenhouse gas emissions join by adopting it through ratification, acceptance, approval or accession by their own legal systems. Once the deal comes into force, countries that have ratified it have to wait for a minimum of three years before they exit.

Al Nasser Center promises great deals during its 'Back to School' campaign

Al Nasser Sports Center, the leading fashion retailer, announced the launch of its new 2016-2017 collection of their 'Back to School' campaign. The collection features all key school essentials available at competitive prices to fulfill a student's needs and get them ready to return to school.

There will be variety in the collection for children, with a wide selection of T-shirts, shorts, sports jackets and other clothing items. The diverse choices will appeal and satisfy all tastes. In addition, Al Nasser has stocked a wonderful collection this year comprised of the best school essentials for kindergarten



children. Moreover, medical shoes are available that are specially designed to provide comfortable foot movement and help children with foot issues to enjoy their playing time.

As always, Al Nasser consistently caters to families and their children by providing them with all the school essentials they will need to have another good school term.



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Grand Hyper opens 8th store in Kuwait

Grand Hyper, among the leading hypermarkets in the region, has further expanded its presence in Kuwait with the opening of its latest outlet in Khaitan in the Farwaniya Governorate. The UAE head quartered Regency group's 8th Hypermarket in Kuwait was officially inaugurated by Sheikh Dawood Dawood Salman Al Sabah and Nizar Al Oraifan.

Grand Hyper Kuwait Chairman, Jassim Mohamed Khamees Al Sharrad did the initial sale handing over to Dr. Anvar Ameen, Managing Director-Regency Group and Grand Hyper in the presence of Aboobacker Mohammed-Executive Director, NV Mohammed-

Director, Grand Hyper Kuwait Director Ayyoob Kachery, Dr. Abdul Fathah, CEO Mohammed Suneer, General Manager Thehaseer Ali, Marketing & Business Development Manager Sanin Wasim and several high-ranking officials from various government departments and representatives from local business communities.

Located at Trio Mall in the densely populated Khaitan area, this new 25,000 sq.ft. Grand Hypermarket features an extensive fruit and vegetable market, with the freshest produce exclusively flown in from around the globe. The department



store houses all major brands of garments, electronics, household, toys, stationeries and accessories.

Moreover, the in-house bakery ensures a regular supply of freshly baked Arab and French breads and

patisserie. Grand Hyper promises the convenience of everything under one roof along with International shopping ambience that rivals the best in the world.

Commenting on the opening of the new store Dr. Anvar Ameen, Managing Director, Regency Group for Corporate Management, said "It gives us immense joy in opening our eighth outlet in Kuwait as this new store will make us more accessible and closer to our consumers at Kuwait. We have witnessed an overall growth in the retail segment in the GCC countries and particularly in Kuwait."

Home Centre to introduce category-based offerings



Home Centre, the largest home retailer in the Middle East, launched 'Living' and 'Sleeping' categories this September across the region, offering customers a holistic home shopping experience.

Each new category will house a complete range of distinctive furniture and home accessories

eclectic furniture and accessories, to create designer spaces that integrate high quality products at competitive prices.

Moreover, every week, kiosks in select malls will feature new inspiring living room set-ups curated by Home Centre's team of stylists. On the other hand, Home



for customers to choose from to style their interiors, all within reasonable prices.

With a pallet of more than 300 new living room styles, Home Centre's 'Living Showcase' was launched on 1 September and will enable customers to rejuvenate their homes with a selection of

Centre's 'Sleeping Showcase' which will be launched on 23 September, will pay tribute to the significance of bedrooms in relieving the stress of a long day.

Home Centre will also roll-out exclusive offers during the launch which will be available across all Home Centre outlets.

IMA-YW to organize campaign against wastage of resources

Indian Muslim Association - Youth Wing (IMA-YW) announced in a press conference last month that in recognition of completion of 10 years, the organization will spearhead a momentous campaign against the Wastage of Natural Resources in Kuwait, in association with Masjid Al Kabeer and Ministry of Awkaf. The campaign will operate under the theme 'Fastabiqul Khairat' (Race each other in doing good deeds) and will aim at curbing the negligent and extravagant usage of Kuwait's resources by its residents.

The organizers presented the objectives of the campaign, which was to spread awareness of the ill effects of overindulgence amongst the residents of Kuwait. Various



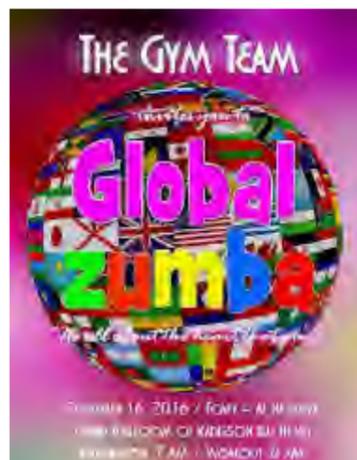
programs and events will be conducted over a period of 5 months under different themes regarding ethics, encouraging tree planting, raising awareness on water wastage, saving the future and conserving electricity.

Recently, IMA Youthwing organized its second event of the campaign against 'Wastage of Natural Resources' with the core topic 'Be Moral To Yourself and Society' at the Saad Mutlaq Isbiyee auditorium on 2 September.

Gym Team launches Global Zumba Fitness Masterclass

Ricky Laxa
Staff Writer

The Gym Team launched Friday morning the first Global Zumba, set for 16 September at 8 am at the foyer of the Al Hashemi Grand



Ballroom. The event, featuring 20 fitness and Zumba trainers representing 20 different countries



and multilingual songs, is a project organized under the patronage of Ida Pellaud, a fitness advocate and wife of the General Manager of Radisson Blu Hotel Philippe Pellaud.

Global Zumba, which carries the theme 'It's all about a heart that gives', highlights assistance for a Filipino cancer victim, who appealed for help to the group for his medical treatments. The wife of the victim is also a fitness trainer in one of the

local clubs in Kuwait.

The Global Zumba will showcase popular songs from the countries represented by each instructor, who will also be clad in costumes from that country. Among the countries represented are: Spain, Hawaii, Lebanon, Philippines, Colombia, Peru, Brazil, Cuba, Mexico, Indonesia, Malaysia, China, UK and India. More instructors are expected to volunteer in the coming week.

Eid al-Adha Festival of the Sacrifice

Eid al-Adha, also known as the Feast of Sacrifice or the Greater Eid, is one of the two most important celebrations in the Muslim calendar, the other being Eid al-Fitr.

Eid al-Adha marks the end of the Hajj, the annual Islamic pilgrimage to Mecca. Hajj is an obligatory religious duty that all adult Muslims must carry out at least once in their lifetime, provided they are physically fit and financially capable of undertaking the journey, and can support their family during their absence.



Hajj is one of the five pillars of Islam and is the largest annual gatherings of people in the world. Eid al-Adha celebrations start after the descent of the Hujjaj, the pilgrims performing the Hajj, from Mount Arafat, a hill east of Mecca. Eid sacrifice may take place until sunset on the 13th day of Dhu al-Hijjah. The days of Eid have been singled out in

the Hadith as "days of remembrance" and considered the holiest days in the Islamic Calendar.

Eid al-Adha is a time when Muslims honor the faith of Prophet Ibrahim. One of the main trials of Prophet Ibrahim's life was to face the command of God to sacrifice his dearest possession, his son Ismail. As Prophet Ibrahim prepared to submit to will of God and prepare for the sacrifice, Shaitan (Satan) tempted Ibrahim and his family by trying to dissuade them from carrying out God's commandment. However, the Prophet drove Satan away by throwing pebbles at him. In commemoration of their rejection of Satan, stones are thrown at symbolic pillars during the Stoning of the Devil during Hajj rites. Eventually, when Prophet Ibrahim attempted to cut his son's throat, he was astonished to see that his son was unharmed and instead, he found a dead ram which was slaughtered. In remembrance of Prophet Ibrahim's willingness to carry out God's command, Muslims during Eid al-Adha sacrifice a sheep, or a cow, camel, goat, or ram depending on the region. Meat from the sacrificed animal, called adhiya is then shared



among family, friends and the poor, with each receiving a third.

The regular charitable practices of the Muslim community are highlighted during Eid al-Adha with efforts expended to see that no impoverished person is left without an opportunity to partake in the sacrificial meal during these days. In some countries, families that do not own livestock can make a contribution to a charity that will provide meat to those who are in need.

Men, women, and children are expected to dress in their finest clothing to perform Eid prayer in a large congregation in an open field called Eidgah or in mosques. Following prayers, Muslims exchange "Eid Mubarak greetings with one another.

Being with relatives is a much-loved part of Eid for many, who look

forward to Eid to spend time with their close and extended families. No matter where people are in the world,

the most special moments during Eid al-Adha for Muslims is when they are close to God and their loved ones.



Healthcare projects lead ongoing constructions in Kuwait

Continued from Page 1

sector accounts for US\$5.5 billion of the total \$12 billion construction projects taking place in the country. Construction in the healthcare sector is showing an uptick throughout the region. According to the report, the overall size of the healthcare economy in the GCC, which was around \$40.3 billion in 2015, is expected to increase at a projected rate of 12 percent per year, to reach \$71.3 billion in 2020.

Dmg Events Middle East, Asia & Africa, the organizers of Kuwait's largest construction event, The Big 5 Kuwait 2016, which commissioned the BNC report released the list of the country's ongoing or upcoming healthcare projects as follows:

Jaber Ahmed Al Jaber Al Sabah Hospital - South Surra: With estimated

completion in November 2016, the \$1.6 billion project includes the construction of a hospital complex over an area of 47,000 square meters. It also features a dental building on an area of 5,000 square meters, a staff and doctor's residency building, and a 3-storey underground car park.

New Farwaniya Hospital Expansion - Al Farwaniya: Valued at \$1 billion and due for completion by the end of 2019, the project involves the construction of a hospital complex, a dentistry building with 100 specialized clinics, 27 operation theaters and 233 ICU beds. Children's Hospital - Al Shuwaikh: The hospital will feature a total of 792 beds, 2,000 car parking spaces, a helipad and a free-standing day care center. Valued at \$850 million, completion is expected in the last quarter of 2018.

Kuwait Maternity Hospital - Sabah Medical Area: Although still at the tender stage, the \$790 million hospital, due for completion in 2018, is expected to handle around 36,000 births annually.

New Al Sabah Hospital - Shuwaikh: The \$635 million hospital currently under construction will cover an area of 88,000 square meters with a capacity of 671 beds and a multi-story parking area.

Cancer Treatment Hospital - Al Sabah Hospital Campus: Due for completion by the end of 2016, the \$574 million hospital will cover 200,000 square meters with program elements like Radiology, Nuclear Medicine, Chemotherapy Units, Surgical Units, Intensive Care Units, Physical Therapy Facilities, an auditorium and a car park building.

Special Needs Education School Complex - Hawally: The project, valued \$504 million, will develop a Special Needs School comprising 16 to 18 buildings with the capacity to accommodate 3,000 students over a 22,000 square meters gross building area. According to industry analysts, the biggest opportunity presented by the Kuwait's construction market is the government's commitment to infrastructure development, followed by fast-tracking PPP projects under the Partnerships Technical Bureau (PTB) and an increasing diversity in PPP projects (i.e. schools, metro, power, rail, parks, energy and health. Private investments are expected to further boost the construction sector with mega real estate development projects thanks to the current commodity prices that keep

construction costs low.

Meanwhile, the Kuwait Authority for Partnership Projects (KAPP) announced that it signed an agreement with the World Bank to help prepare an updated Project Guidebook for the Authority consistent with the provisions of the Public Private Partnership (PPP) Law.

The agreement, which was signed last week at the Authority's Head Office by KAPP's General Manager Motlaq Al-Sanei and the World Bank's Country Manager Dr. Firas Raad, will provide guidance to all public sector entities and private investors on the mechanisms for restructuring and implementing PPP's projects in Kuwait based on the 2014 Law and will serve as a valuable reference document for all parties interested in implementing PPP projects in the country.

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New regulations make GCC schools globally competitive

Tougher regulatory requirements imposed by Gulf Cooperation Council States are prompting contractors and developers to make schools throughout the region more globally competitive and sustainable.

There is an increasing sophistication in the regulatory controls in the GCC market in general, with some specific developments in specific countries. For example, in Qatar, fire regulations are now far more stringent which affects building height and floor distribution and has affected many projects which were planned at Ground+3 floors for student use and now can only go to Ground+2 floors for student use.

Many countries are now being far more focused on sustainability issues as well as environmental

requirements – and are enforcing them,” says Simon Lucas, one of the featured speakers at the International Private Schools Education Forum (IPSEF) scheduled to take place on 27 and 28 September in Dubai.

But school design and build experts also believe that education facilities and design will likely play a key role in differentiating schools as owners seek to stay competitive, given the increasing competition within education market throughout the GCC.

Information technology will continue to dominate how we teach in the 21st Century. As a result there has been a debate in recent years about the relevance of spaces and buildings when the focus has been on the technology and the ability to teach



an international curriculum through the virtual world. We should expect further focus on how school facilities can make the most of technology advancements.

Many GCC countries now have standard designs for their own

indigenous schools and while they do not impose these in any way on international school development, many of the requirements they have developed for local schools are applied to all schools. In terms of design, there are three main

emerging trends:

a) A significant push on ICT enabled learning environments which affects all aspects of design and services;

b) Greater sustainability of environmental systems – air conditioning and airflow, among others and

c) Most importantly, the need for learning spaces to be adaptable over time to meet new curriculum and organizational developments.

The third trend is a key factor in a more rapidly changing environment on both the demand side and the supply side. Included in this is a greater focus we see on the need to see the learning spaces and the equipment / furniture / fittings all as a single design to provide for greater adaptability.



Jordan opens schools to Syrian refugee kids

More than 90,000 Syrian refugee children in Jordan lost one year of their scholastic life when they were unable to attend school last year. However, encouraged by international funding and in a humanitarian gesture, Jordan has promised to make room for all refugee children in its schools by adding more afternoon shifts and hiring thousands of new teachers.

For many refugee children, attending classes that are scheduled to start next week could be their last chance to realize their potential. Experts warn that continuous and extended absence from school could make it next to impossible for many children to realize their capabilities.

The promise of education for all is part of a broader deal reached earlier this year at a conference on aid to Syria held in London. Jordan pledged to give refugees access to legal work and education, as a way of keeping them in the region and discouraging them from migrating to Europe. In return,

donor countries promised hundreds of millions of dollars in aid, concessional financing and trade benefits to pay for the refugee burden and boost Jordan's struggling economy.

However, so far, the aid has been slow to trickle in. Jordan's education minister, Mohammed Thnaibat, said he needs about US\$1 billion over three years to educate refugee children and ease current overcrowding. This money, he said, would help double the number of schools with second shifts to 200, build 500 more classrooms, hire 5,000 teachers and build 300 new schools. But Jordan received just \$80 million so far this year, enough to open schools to all, but not enough for keeping the program going for the entire year.

Close to five million Syrian refugees have fled to Jordan, Lebanon, Turkey, Iraq and Egypt since 2011; Jordan hosts about 660,000 registered refugees, though the total number of Syrians living there is about twice that figure, according to a census last year.

Application for Qatar tourist visa to be streamlined

Qatar Airways and Qatar Tourism Authority signed an agreement with VFS Global – leading provider of visa processing services – in the presence of Qatar's Ministry of Interior that paves the way for an efficient and transparent tourist visa application system to visit Qatar.

The agreement comes as Qatar steps up efforts to attract and welcome more visitors to Qatar in line with Qatar National Tourism Sector Strategy 2030 (QNTSS).

The agreement will enable Qatar to identify and implement the ideal visa solutions for its visitors, while capitalizing on VFS Global's expertise in developing multi-platform visa services, and Qatar Airways' extensive international footprint.

Speaking on the occasion of the signing ceremony, Qatar Airways Group Chief Executive, Akbar Al Baker said, "Qatar Airways has been bringing tourists to Qatar for nearly two decades and today's announcement marks another milestone in our commitment to making Doha a world-class tourist destination."

At the signing ceremony held in Doha, the Chief Tourism Development Officer at Qatar Tourism Authority



(QTA), Hassan Al Ibrahim, commented on the development that Qatar's tourism sector has witnessed in recent years. "Facilitating the visa application process is an important step in our drive to increase the number of visitor arrivals to Qatar, and in raising inbound tourism spending," he said.

Qatar Airways and QTA will be working with VFS Global and the Interior Ministry over the next months to establish the new tourist visa application process, after which full details of the new system will be announced.

Director General of General Directorate of Nationality, Borders and Expatriates Affairs, Brigadier Abdullah Salim Al Ali clarified, "We are pleased to take developments in

our tourist visa application services to the next level by working with our valued partners Qatar Airways and Qatar Tourism Authority. We believe this agreement will optimize resources as well security, while creating a positive impact on Qatar's image and economy."

For his part, the CEO of VFS Global Zubin Karkaria noted, "We are pleased to partner with Qatar Airways and Qatar Tourism Authority to make the Qatar visa application process available to travellers globally, through online and mobile platforms. The new service will leverage on the experience and reliability of VFS in providing seamless visa application services, and will act as an important tool to boost tourism and make Qatar a preferred tourist destination."



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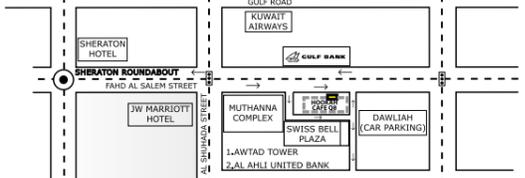


Ice Cream



Turkish Coffee

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Psychologist gives parental tips for raising confident children

Confidence is one of the greatest gifts a parent can give their child. Carl Pickhardt, a psychologist and author of 15 parenting books, says a kid who lacks confidence will be reluctant to try new or challenging things because they're scared of failing or disappointing others.

This can end up holding them back later in life and prevent them from having a successful career. "The enemies of confidence are discouragement and fear," he says. So, as a parent, it's your job to encourage and support your child as they attempt to tackle difficult tasks.

Here are 17 more tips for raising a confident child:

Appreciate effort no matter if they win or lose: When you're growing up, the journey is more important than the destination. So whether your child makes the winning goal for his team or accidentally kicks it out of bounds, applaud their effort, Pickhardt says. They should never feel embarrassed for trying. "Over the long haul, consistently trying hard builds more confidence than intermittently doing well," he explains.

Encourage practice to build competence: Encourage your child to practice whatever it is they're interested in -- but do so without putting too much pressure on them. Harmony Shu, a piano prodigy, told Ellen DeGeneres that she started practicing when she was just 3 years old. "Practice invests effort in the confident expectation that improvement will follow," Pickhardt explains.

Let them figure out problems by themselves: If you do the hard work for your child then they'll never develop the abilities or the confidence to figure out problems on their own. "Parental help can prevent confidence derived from self-help and figuring out on the child's own," Pickhardt explains. In other words, better that your child gets a few B's and C's rather than straight A's, so long as they are actually learning how to solve the problems and do the work.

Let them act their age: Don't expect your child to act like an adult. "When a child feels that only performing as well as parents is good enough, that unrealistic standard may discourage effort," he says. "Striving to meet advanced age expectations can reduce confidence."

Encourage curiosity: Sometimes a child's endless stream of questions can be tiresome, but it should be encouraged. Paul Harris of Harvard University told The Guardian that asking questions is a helpful exercise for a child's development because it means they realize that "there are things they don't know ... that there are invisible worlds of knowledge they have never visited."

When children start school, those from households that encouraged curious questions have an edge over the rest of their classmates because they've had practice taking in information from their parents, The Guardian reported, and that translates to taking in information from their teacher. In other words, they know how to learn better and faster.

Give them new challenges: Show your child that they can make and accomplish small goals to reach a big accomplishment -- like riding a bike without training wheels. "Parents



can nurture confidence by increasing responsibilities that must be met," Pickhardt explains. Avoid creating short cuts or making exceptions for your child. Special treatment can communicate a lack of confidence, Pickhardt says. "Entitlement is no substitute for confidence."

Never criticize their performance: Nothing will discourage your child more than criticizing his or her efforts. Giving useful feedback and making suggestions is fine -- but never tell them they're doing a bad job. If your kid is scared to fail because they worry you'll be angry or disappointed, they'll never try new things. "More often than not, parental criticism reduces the child's self-valuing and motivation," says Pickhardt.

Treat mistakes as building blocks for learning: "Learning from mistakes builds confidence," he says. But this only happens when you, as a parent, treat mistakes as an opportunity to learn and grow. Don't be over-protective of your child. Allow them to mess up every now and then, and help

them understand how they can better approach the task next time. Pickhardt says parents should see "uh-oh" moments as an opportunity to teach their kids not to fear failure.

Open the door to new experiences: Pickhardt says you, as a parent, have a responsibility to "increase life exposures and experiences so the child can develop confidence in coping with a larger world." Exposing children to new things teaches them that no matter how scary and different something seems, they can conquer it.

Teach them what you know how to do: You are your child's hero -- at least until they're a teenager. Use that power to teach them what you know about how to think, act, and speak. Set a good example, and be a role model. Pickhardt says watching you succeed will help your child be more confident that they can do the same.

Don't tell them when you're worried about them: Parental worry can often be interpreted by the child as a vote of no confidence, he says. "Expressing parental confidence engenders the

child's confidence."

Praise them when they deal with adversity: Life is not fair. It's hard, and every child will have to learn that at some point. When they do encounter hardships, Pickhardt says parents should point out how enduring these challenges will increase their resilience. It's important to remind your child that every road to success is filled with setbacks, he adds.

Offer your help and support, but not too much of it: Giving too much assistance too soon can reduce the child's ability for self-help, says Pickhardt. "Making parental help contingent on the child's self-help first can build confidence."

Applaud their courage to try something new: Whether it's trying out for the travel basketball team or going on their first roller coaster, Pickhardt says parents should praise their kids for trying new things. He suggests saying something as simple as, "You are brave to try this!" "Comfort comes from sticking to the familiar; courage is required to dare the new and different," he says.

Celebrate the excitement of learning: Kids look to their parents for how they should react to things. So if you get excited about them learning how to swim, or speaking a new language, then they'll be excited about those things too. "Learning is hard work and, when accomplished, creates confidence to learn more, so celebrate this willingness to grow," Pickhardt advises.

Be authoritative, but not too forceful or strict: When parents are too strict or demanding, the child's confidence to self-direct can be reduced. "Dependence on being told can keep the child from acting bold," he says.

Speed reading

Learning to read more efficiently

If you are like most people, then you probably have one or more reading habits that slow you down. Becoming a better reader means overcoming these bad habits, so that you can clear the way for new, effective ways of reading.

Below are some of the most common bad reading habits and how you can overcome them.

Sub-Vocalization: This is a habit of pronouncing each word in your head as you read. When you sub-vocalize, you 'hear' the word being spoken in your mind, which in turn takes up more time than necessary. To avoid this, you have to first acknowledge the fact that it is there, in your mind, and then practice 'not speaking.' Reading blocks of words also helps, as it is harder to vocalize a block of words. Eliminating sub-vocalization alone can increase your reading speed by an astounding amount.

Reading word-by-word: Not only is it slow to read word-by-word, but when you concentrate on separate words, you often miss the overall concept of what is being said. Practice expanding the number of words you read at a time. You may also find that you can increase the number of words you read in a single fixation by holding the text a little further from your eyes.

Inefficient eye motion: Slow readers tend to focus on each word, and work their way across each line. The eye can actually span about 1.5 inches at a time, which, for an average page, encompasses four

or five words. Related to this is the fact that most readers do not use their peripheral vision to see words at the ends of each line. To overcome this, 'soften' your gaze when you read -- by relaxing your face and expanding your gaze, you will begin to see blocks of words instead of seeing each word as distinct unit.

Regression: Sometimes people get into the habit of skipping back to words they have just read, while, some may jump back a few sentences, just to make sure that they read something right. This is known as regression. When you regress, you lose the flow and structure of the text, and your overall understanding of the subject can decrease. Be very conscious of regression, and do not allow yourself to re-read material unless you absolutely have to.

Poor Concentration: If you have tried to read while the TV is on, you will probably know how hard it is to concentrate on one word, let alone many sentences strung together. Reading should be done in an environment where external distractions are kept to a minimum. To improve your concentration, stop multitasking and start reading.

Approaching reading linearly: We are taught to read across and down, taking in every word, sentence, paragraph and page in sequence. When you do this, there is a tendency for you to pay the same attention to supplementary material as you do to the core information. Overcome this by scanning the page for headings, and by looking for bullet points and things in bold.



Striking a balance in the grading system

Grading is a task which not only impacts the expectations of a student, but is also very challenging for instructors themselves. Not only is it a tedious and time consuming task, it is also responsibility of the evaluator to be fair and not have an inconsistent or biased judgment. Moreover there are different kinds of assignments like presentations, essays, exams, creative activities and more which require grading techniques that are slightly different from each other.

This is also accompanied by the task of making the student focus on exploring the subject and acknowledging its importance and not just concentrating on getting 'good grades'. The process of grading is not as easy as a couple of ticks and crosses and a final score. It involves judgment, fairness, establishing standards, making decisions and deciding what comments would be most useful in guiding a student's learning. Instructors generally feel grading to be a tedious task but there are a few tips that can be used by them to simplify

the process and maintain the quality:

Highlight the errors of the student and explain how to correct it. If it is a subsequent error, it should be highlighted and underlined so that the student pays special attention to it. This method saves time for both the instructor and the student.

Keep the comments simple and understandable so that the student does not repeat the mistake.

The attitude and approach while grading is very important. Students' involvement in learning should be the main criterion for grading and assignments. The grading pattern should be such that it can communicate the student's engagement and practical knowledge of the subject.

Teachers should ensure while grading that their comments have use and are still important. Giving comments on an assignment which cannot further help in future assignments or help improve grades becomes a futile activity and only increases the time and work involved in the process.





THE UNITED KINGDOM

Diverse scenery and rich cultural heritage

Consisting of England, Scotland, Wales, and Northern Ireland, the United Kingdom (UK) - also often referred to as Great Britain, or simply GB - has long been one of Europe's most popular tourist destinations. The country's appeal has much to do with its diverse scenery and rich cultural heritage, the latter encompassing everything from beautifully preserved country estates and castles to many world-class art galleries and museums.



shops, hotels, and restaurants. Other attractions include Manchester Cathedral and the historic Town Hall, as well as a rich cultural scene that includes museums, galleries, and entertainment. Liverpool, just an hour away by rail, offers plenty of cultural excitement, not least because of its association with the Beatles.

Wonderful Windsor: The historic town of Windsor conveniently located a short train ride west of London, offers plenty of fun things for tourists to do. In addition to its lovely Thames-side setting and medieval half-timbered buildings on quaint, old cobblestone laneways, it is also home to spectacular Windsor Castle, the most famous of the UK's royal castles. This grand old castle has served as the summer residence of British royalty for a millennium and is the world's largest inhabited castle. Highlights include the splendid State Apartments containing the Queen's Gallery and dining hall, each with magnificently painted ceilings and woodcarvings, and St. George's Chapel, famous as the home of the Knights and Ladies of the ancient Order of the Garter.



Canterbury: This city has been a draw for pilgrims for more than 1,500 years. The most famous attraction being Canterbury Cathedral, home of

the Archbishop of Canterbury. Now a UNESCO World Heritage Site, this stunning cathedral offers plenty to see, from the intricately carved masonry of its exterior to its magnificent interior, a highlight of which is the beautiful choir with its statues of six English kings. Also of note are the exquisite Miracle Windows, dating from the 12th century and depicting scenes from the life of murdered Archbishop Thomas Becket. Afterwards, be sure to spend time wandering the pedestrianized area of Old City Canterbury with its many preserved historic timber-framed buildings, particularly along Mercery Lane.

Cardiff: Despite being much smaller than both Scotland and England,



Loch Ness remains an extremely popular tourist attraction for travelers heading to Scotland. Here, you can see some of the UK's most beautiful scenery. Highlights include the ruins of Urquhart Castle, overlooking the loch, one of Scotland's largest fortifications. For those wanting to learn about the area's many legends, the Loch

The Cotswolds and the Lake District: Covering almost 1,287 square kilometers of pristine countryside, the beautiful Cotswolds is undoubtedly one of the most photographed corners of the UK. Located an easy day



trip west of London and close to the popular tourist attractions of Bath and Bristol, the Cotswolds includes some of the best parts of the counties of Oxfordshire, Gloucestershire, Somerset, Wiltshire, Warwickshire, and Worcestershire.

To the north of the Cotswolds and covering an area of 1,448 square kilometers is more of England's most beautiful scenery: the Lake District National Park. Encompassing 12 of the country's largest lakes this region is also great to explore on foot, thanks to its more than 3,218 kilometers of trails. Highlights include visiting Scafell Pike, at 978 meters the highest mountain in England, as well as exploring picturesque towns, including Grasmere.



The University Towns of Cambridge and Oxford: The UK has long been a center of learning, with two of its most famous university towns also ranking highly as tourist destinations. An easy commute north of London - and just 128 kilometers apart - Cambridge and Oxford have for centuries been rivals for the title of the country's top academic establishments. Despite this, each location offers plenty of attractions.



London: While it is not impossible to plan a trip to the UK without visiting London, it is certainly not to be advised, as the nation's sprawling capital boasts plenty of attractions to keep you busy. If history is your thing, be sure to visit the Tower of London. Beside the spectacular Tower Bridge on the banks of the Thames, this former palace and prison includes highlights such as the iconic 1,000-year-old White Tower, with its displays of armor and weaponry, and the Jewel House, home to the Crown Jewels. Fans of Britain's Royal Family will want to visit Buckingham Palace, London's Royal home since Queen Victoria's reign. The city's Road area is another must, where you will find Big Ben and the Parliament Buildings, as well as Westminster Abbey, scene of many a royal wedding.

Liverpool and Manchester: Thanks to its international airport, Manchester is often the first stop for visitors to northern England, Scotland, or Wales. Highlights include Castlefield, popular for its well-preserved Victorian houses, canals, and Roman ruins, as well as the many old warehouses now serving as trendy



Wales is home to some of the UK's best attractions, from the breathtaking scenery of its national parks to its many historic castles. One of the best tourist spots is the country's capital, Cardiff. Most travelers begin their visit at Cardiff Castle. In the middle of the city and built on the ruins of a Roman fort, parts of the current structure date back to 1090. Also, spend some time wandering the city's many old Victorian shopping arcades, the best of which can be found around The Hayes, as well as Cardiff Bay, one of the UK's largest redevelopment projects.

Loch Ness: Despite the fact that the legends of mythical monsters have largely been debunked, spectacular

Ness Centre and Exhibition recounts its history.

Ancient Stonehenge and Medieval Salisbury: One of the planet's oldest World Heritage Sites, Stonehenge has been a place of pilgrimage for more than 4,500 years. It was believed to have been erected as a place of worship, and these days, the crowds consist of tourists drawn by the scale of this magnificent monument to mankind's ingenuity.

Be sure to spend time exploring the nearby medieval city of Salisbury, just 16 kilometers south of Stonehenge. You will be rewarded by a chance to visit one of the country's most famous cathedrals, dating back to 1220 and home to an original Magna Carta.

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Traffic jams can injure your health

No longer just a figurative form of speech, 'Sick of waiting in traffic jams', could literally be causing you to fall sick. Pollutants that gather inside cars while waiting in traffic jams or at red signal lights are significantly higher than when the car is moving. A simple solution is to keep the windows closed and to check that the air-dust filter in your vehicle is really functioning.

In 2013, the World Health Organization (WHO) identified outdoor air pollution as a major environmental risk to health and in cities it was classified as being as carcinogenic to humans as smoking was in 1985.

Air pollution contributes to lung cancer, asthma and other respiratory diseases and has been associated with heart disease and stroke. Air pollution was linked to over 3.7 million premature deaths worldwide in 2012.

New research shows that 25 percent of exposure to harmful particles when driving occurs in the two percent of journey time that drivers and passengers spend passing through intersections with traffic lights. At intersections, vehicles slow down, stop, rev up to move when



lights turn green, and they are closer together. This leads to levels of peak particle concentration at a signalized intersection that are 29 times higher than those found in free-flowing traffic. In addition, the cars move slowly, so that drivers are exposed for longer. As the output is ongoing, the pollution does not disperse but

lingers and accumulates. As a result, cars waiting in traffic jams or at red lights contain up to 40 percent more pollution than those that are moving.

Results from the research showed that ventilation system of the car was efficient at removing coarse particles from the air, but as the concentration of coarse particles fell, the number of

fine particles increased. The highest levels of pollution within the car tended to occur when the windows were closed at the traffic lights and the fan was on.

To reduce the amount of pollution exposure while waiting in traffic jams and at traffic lights, the study authors suggest that, motorists should close

car windows and switch off the fan. This, they say, can reduce the chance of breathing in hazardous levels of air pollution by 76 percent. They also recommend setting the fan so that the



air circulates internally. Recirculating the air prevents pollution from entering from outside. They also call for improving the efficiency of filtering systems of vehicles to further benefit vehicle occupants. Other ways that local transport authorities could help alleviate the problem is by synchronizing traffic signals so as to reduce waiting time at signals and building more clover-leaf flyovers that reduce the need for signals and allows traffic to keep moving.

Simple school program stops unhealthy weight gain

A school intervention program costing less than 20 cents per child is stopping unhealthy weight gain among school children in Brazil.

In most developed countries, obesity has reached a plateau but in many developing world nations it is increasing at alarming rates. Without the resources needed to stem the rapid rise in obesity and lacking the capability to efficiently tackle long-term costs of the obesity epidemic to national healthcare systems, many developing countries are taking the easy way out and ignoring the problem.

Scientists, worried about the consequences of this attitude to the health of citizens, have been looking for low-cost solutions that will help prevent people from becoming overweight, starting from childhood. The answer could lie in a new program being tested in schools in Brazil and found to be effective.

'Healthy School, Happy School', a randomized controlled trial program designed to test the effectiveness of an intervention to



stop obesity in children, and aptly named 'Healthy School, Happy School' was conducted in Brazil. In Brazil, rising urbanization and changing eating habits have led to increase in health problems such as obesity, hypertension and other chronic diseases associated with the sedentary lifestyle.

Researchers in Brazil recruited four public schools with students of both genders, aged between five and 16 years. Schools were randomly assigned to one of two groups for nine months: the intervention group (two schools with 73 children), which focused on lifestyle changes at school

and at home, or the control group (two schools with 140 children), which only received the usual recommendations from the regular school curriculum. The average age was 9 ± 2 years, average body mass index (BMI) was 19 kg/m^2 and 55.4 percent were girls.

The study included interventions by specialists in cardiovascular prevention in childhood and adolescence, nutrition experts and psychologists. Intervention activities were held every month in the selected schools through seminars and workshops on

physical activities, healthy eating behaviors and bullying. This last topic was included after talking to children, who reported dissatisfaction with body image and suffering bullying from classmates for being obese.

Afterwards, homework activities which required family interaction and commitment to accomplish the goals were proposed. In addition, schools promoted healthy eating by displaying posters and selling nutritious food in the snack bar.

Results from the study showed that while there was no difference between groups before the intervention, the children in the control group showed a significant increase in BMI after the nine months of the study. BMI in the intervention group remained the same, but there was a significant increase in fruit consumption and physical activity among this group.

The implementation cost of the intervention was very low, at less than 20 US cents per student. This indicated that it could be reproduced in other low resource settings.



Enzyme traced to people with addiction dependency

A research team in Sweden has identified an enzyme whose production is turned off in nerve cells of the brain's frontal lobe when addictive dependence develops. The deficiency in this enzyme leads to continued use of addictive substances such as alcohol despite adverse consequences. The new discovery could mean completely new possibilities for treating alcoholism and other addictions.

The enzyme, PRDM2, has previously been studied in cancer research, but researchers did not know about its function in the brain. It has long been suspected that people with alcohol dependence and other addiction illnesses have impaired function in the frontal lobes of the brain, but the underlying biological mechanisms were not known.

If the brain's frontal function is impaired, it is difficult for us to control our impulses. A person with intact impulse control can walk past a bar on a warm day and think, 'A beer would be nice, but I cannot have one now because I have to get back to work'. An alcoholic does not have sufficient impulse control to refrain, and instead thinks 'It's hot, I'm thirsty and I need that drink'.

PRDM2 controls the expression of several genes that are necessary for effective signaling between nerve cells. When too little enzyme is produced, no effective signals are sent from the cells that are supposed to stop the impulse caused by an addiction.

Researchers found that by developing alcohol dependence in rats there was a down-regulation of PRDM2 production, which in turn led to disruption of impulse control. The rats continued to consume alcohol, even when it is unpleasant. Moreover, when the rats were subjected to stress, they were found to quickly relapse into drinking alcohol. Researchers then knocked out the production of PRDM2 in the frontal lobes of rats that were not dependent, and they again observed that impulse control was disrupted.



Drinking more water linked to several dietary benefits

consumption of plain water by as little as one percent, had lower total daily calorie intake as well as reduced consumption of saturated fat, sugar, sodium or cholesterol.

People who increased their consumption of water by one, two or three cups daily decreased their total energy intake by 68 to 205 calories daily and their sodium intake by 78 to 235 milligrams, according to the researchers. They also consumed 5 grams to nearly 18 grams less sugar and decreased their cholesterol consumption by 7 to 21 milligrams daily. This impact of plain water intake on

diet was found to be consistent irrespective of race, ethnicity, education, income levels and body weight status. This shows that promoting plain water consumption, in place of beverages with calories, can bring about dietary benefits in the overall population without the need for customization based on demographic subgroups.

The study revealed that, on average, participants consumed about 4.2 cups of plain water on a daily basis, accounting for slightly more than 30 percent of their total dietary water intake.

If you are looking to control weight or reduce intake of sugar, salt or saturated fat, then drinking more water could be the ideal solution.

New research, which examined the dietary habits of 18,300 adults found that the majority of people who increased their

Children's online behavior: Boys enjoy gaming; Girls prefer texting

Understanding what kids do while online and what threats they may face will help parents to protect their children. A recent survey by Kaspersky Lab show that boys and girls aged 8-16 behave very differently on the internet, meaning different approaches are required to keep them safe.

Some points to ponder from the survey are that girls like to use smartphones, while boys prefer computers and game consoles. Boys are generally more likely to be addicted to computer games: they

cite them more often in their list of daily online activities, while girls opt for communication on social networks and instant messengers. When it comes to their preferred method of communication, girls cite calls and messages more often, which is unsurprising considering their love of smartphones.

Probably due to their sociability, girls tend to choose family members or friends more often as a source of information, while boys rely more on the internet for news. Boys are also

more likely than girls to think they know how to use the internet and how to protect themselves online.

At the same time, according to the survey, boys are less inhibited on the internet than girls: they provide lots of personal information on social networking sites and pretend to be older than they really are. They also try to bypass parental controls on their devices and hide information about online activity from their parents. And there is something to hide – according to their own admission; boys are more



likely than girls to access content that is inappropriate for children.

The research shows that parents of boys should pay close attention to what their sons are doing online.

They need to use up-to-date parental controls that cannot be bypassed in order to safeguard their wild boys from unwanted or dangerous information, for example, games that are not intended for children. Meanwhile, moms and dads of girls need to pay more attention to whom their daughters are communicating with online. Social networks and messengers are often used by dubious characters with ulterior motives to worm their way into a child's confidence.

Samsung recalls Galaxy Note 7 worldwide

Just a couple of weeks after they went on sale, Samsung has decided to recall 2.5 million Galaxy Note 7 smartphones, due to safety concerns regarding the unit's battery. There have been 35 reported cases of phones either exploding or catching fire, and Samsung is recalling all of the units it has produced so far.

The company says it has identified a problem with the battery cell and will be rectifying it in the coming weeks. That means that if you have already bought a Note 7, you should probably return it or exchange it when Samsung has released an updated model that is considered safe.

Samsung has issued an official statement on how it will exchange devices for customers



in the US. Samsung has announced it will provide customers with a new device as soon as next week.

Note 7 customers taking advantage of Samsung's exchange program will have two

options, as detailed by Samsung's press release: Either exchange current Galaxy Note7 device with a new Galaxy Note7 (as early as next week) or exchange current Galaxy Note7 for a Galaxy S7 or Galaxy S7 edge and replacement of any Note7 specific accessories with a refund of the price difference between devices. In addition, affected customers will receive a \$25 credit on their phone bill or a \$25 gift card for their troubles.

Samsung did not say when the Note 7 will be available for general purchase. The recall of the Note 7 is a blemish on Samsung's so far very successful 2016, and certainly takes some momentum away from the company at a time when it needs it the most.



Sheep that help make maps

It started with tourism advocate Durita Dahl Andreassen asking Google to come over to the Faroe Islands where she lived to help map the area. The self-governing Faroe Islands, which is part of Denmark, is a rugged archipelago in the North Atlantic that had yet to be mapped by Google Street View.

In a blog post addressed to Google, Andreassen explained how she had spent the last few months using sheep equipped with 360-degree cameras to capture images of the Faroe Islands "My sheep are great for capturing the tracks and trails of the Faroe Islands," wrote Andreassen, who works for the Faroe Islands' tourism board, "but in order to cover the big sweeping Faroese roads and the whole of the breathtaking landscape, we need Google to come and map them."

Andreassen's homespun-version of Google Street View – which she dubbed "Sheep View" – made its rounds on the internet in July. Now Google has answered her call. Last week, Google Maps sent a team to the Faroe Islands, bringing 360-degree cameras and a Street View Trekker – a 20kg backpack equipped with 15 cameras – along with them. The equipment is on loan to Andreassen and the Faroe Islanders, and residents and tourists can now borrow cameras from the Islands' tourism office to document the rest of the Faroe Islands for the world to see.

"The Faroe Islands have shown us that even sheep can contribute to Street View," wrote Google Maps in a blog post, going on to explain how anyone can apply to borrow one of its 360-degree cameras through the Street View camera loan program.

Microsoft and Mercedes join to make daily commute more productive

At the ongoing IFA 2016 consumer electronics show in Berlin, Mercedes-Benz announced a new project called 'In Car Office' to incorporate more smart productivity features into your daily commute. The features are going to go live in Mercedes vehicles during the first half of next year, and will add Microsoft Exchange support, which will allow your work calendar, to-do list and contacts help your vehicle offer up suggestions about destinations, calls to make and more.

The In Car Office feature obviously is not intended to turn your vehicle into a mobile workstation so much as it is designed to help you more easily accomplish work-related tasks you would probably do on-the-go anyway.

Mercedes' In Car Office' features will do things like pre-populate the navigation system with destination from your Exchange calendar, and also provide notifications offering to make calls using the in-car voice call system when you have upcoming meetings marked on your calendar.

Japan to make 2020 Olympic medals from e-waste

In a follow up on Rio 2016 Olympic Games' focus on sustainability, Japan plans to make medals out of electronic waste and home appliances for the Tokyo 2020 Olympic Games. This year, Brazil used gold extracted without the use of mercury and silver and bronze from recycled sources.

Smartphones and tablets contain small amount of precious metals such as platinum, palladium, gold, silver, lithium, cobalt and nickel, and cars and homes appliances – fridges, air conditioners – also contain rare metals, as well as base metal such as iron, copper, lead and zinc.

Chemical processes are used to separate the various metals from the rest of the e-waste and industrial scraps collected or purchased by recycling and refining companies that are usually located in China, India and Indonesia.

According to Nikkei newspaper, 650,000 tonnes of small electronics and home appliances are disposed of every year in Japan, but less than 100,000 tonnes are currently recycled. The Japan 2020 Olympics Committee hopes to change this by using recycled e-waste to make medals.

The amount of metal needed will depend on the number and the size of medals to be produced



for the Games. The size of medals has varied in the past editions of the competition, and the 2016 Rio Olympics had the largest medals ever, each 1cm thick in the middle and weighing 500g each. The number of medals produced for the Rio Games was 5,130, while 4,700 were produced for the 2012 London Games.

Using recycled metals will probably be cheaper than buying them on the post market, and in addition, Gold Olympic medals are actually mostly made of sterling silver, and bronze ones of copper, as the IOC minimum requirement for a gold medal is only 6g of pure gold. Making medals out of pure gold would cost tens of millions of dollars as gold is currently 70 times more expensive than silver.

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Eucerin Hyaluron-Filler CC Cream helps in effective anti-aging day care



Since it was first launched in 2008, the Eucerin® Hyaluron-Filler series has become a top seller in pharmacies. Eucerin® is now expanding the line to include the first dermo-cosmetic anti-aging CC cream with light-reflecting color pigments to meet consumer demands for excellent, highly tolerable anti-wrinkle care that also unifies the skin's complexion.

The new Eucerin® Hyaluron-Filler CC Cream allows the consumer to benefit from this effect – and offers even more. The formula with hyaluronic acid plumps up even the deepest wrinkles from inside out and the color pigments unify the complexion, helping to significantly reduce the visible signs of aging. Because the formula includes both high and low molecular hyaluronic acid, the skin is cared for from the inside and outside. The cream provides moisture, and wrinkles and fine lines are 'plumped up' from the inside. In addition, glycine saponin stimulates the skin's own production of hyaluronic acid in the cells of the dermal skin layers – and works right where the deepest wrinkles originate. The color pigments melt on the skin and provide it with a smooth and unified complexion. The cream does not accumulate in wrinkles or fine lines, so they are not unnecessarily accentuated. To protect the skin from sunlight-induced aging, the Hyaluron-Filler CC Cream contains SPF 15.

Hyaluronic acid is one of the most effective anti-aging ingredients as illustrated in placebo-controlled, double-blind studies. The successful formula of the Hyaluron-Filler series is based on Eucerin's® ground-breaking technology that uses long and short-chained hyaluronic acids as well as the proven hyaluronic acid-booster saponin.

In addition, the new Eucerin® Hyaluron-Filler CC Cream also has a color pigment that is lower in concentration than common foundations, allowing better adaptation to the individual's skin color and resulting in a natural, unified complexion. Thanks to the soft pigmentation, users do not need to fear harsh lines or an unsmooth transition along the jaw line. In case higher coverage is wanted, the Eucerin Hyaluron-Filler CC Cream is also perfect as a base before you apply your makeup.

Eucerin® Hyaluron-Filler CC Cream is suitable for all skin types. It moisturizes and smoothens out the skin with a trio of active ingredients including saponin, long-chained and short-chained hyaluronic acid, and they refresh and unify the complexion with color pigments. For best results, use in combination with other Hyaluron-Filler products.

For the summer season, step up your game with fantastic gladiator sandals. They are one of the most trendy footwear options available and are consistently viewed by trendsetters as the most stylish accessory to spruce up an outfit. When you are looking for the perfect pair of gladiator sandals, be sure to select the type that is right for you. They are very versatile, with a great many variations, and are very statement-making.

The flat or wedge style look great worn with casual ensembles while for an evening look, the heeled version are incredibly flattering on most legs and look fantastic under a fitted cocktail dress. Strappy knee-length beauties get a thumbs-up from everyone for their fresh updates include snake prints, unexpected pops of color and beautiful details mixed with a rebellious attitude.

Here are some tips to style gladiator sandals with an ensemble.

With shorts: Update any old shorts, or denim short shorts with a pair of tall gladiator sandals. A looser, distressed/frayed pair of denim shorts will add a more relaxed, vacation vibe. A pair of tailored shorts either short or

GORGEOUS GLADIATOR SANDALS



mid-thigh length, will give your gladiators a more clean-cut aesthetic.

With a printed dress: Get into the vibrant print vibe by slipping into a colorful, patterned dress to take your gladiator sandals to the next level. You may also add a high heel gladiator sandal to a semi-formal bodycon dress and you have yourself a statement-making outfit for a stylish night out. For this combination, keep your accessories simple, as the print



plus the strappy heels add enough drama already.

When you are picking out a dress, stay clear of one with a mix of too many colors. Gladiators are already a statement shoe, so don't overdo it by wearing a colorblock dress with different accent colors.

LBD: The best choice of all dresses to wear with gladiator sandals is the LBD (little black dress). Depending on the style of the dress, you can transform your outfit from festival ready to boho-chic, to city cool in a minute. In any event, your little black dress will go well with your gladiator sandals, regardless of style.

For a strappy dose of glam, pair black gladiators sandals embellished with metallic trimmings with a black dress.

Little white dress: Not into wearing black in the heat, but



still prefer a monotone trend. Then, gladiator sandals united with a little white dress are the summer combination du jour. Look sophisticated with an edgy touch by picking girly favorites such as a crocheted or lace white dress.

Shirt dress: Another popular choice is the shirt dress, with its clean lines and crisp material; this dress type can be styled with many different shoes. So why not throw on a pair of strappy gladiators for some footwear drama.

Orange blush has been spotted on runways and in editorials for a couple seasons now, and you can rock this saturated trend in your own beauty look too. The good news is that this blush color works on all skin tones. Here are some tips on how to choose the right shade for your skin tone and how this warm hue can give your complexion a perfect sun-kissed radiance.

The effect: Oranges, or bright peaches, warm up your complexion the way a bronzer would. The best way to apply it is like a triangle on its side. The highest concentration of color is on the outer two thirds of your cheek—the fleshiest part. The lowest point of your blush should line up with the top of your nostril, and the furthest out on your face should be close to your ear. If you keep the blush concentrated toward the outer part of your cheeks, it will give you a wide-eyed, sculpted look.

Fair and light skin tones: For pale or fair skin tones, it is important to use a light hand and blend thoroughly when using an orange blush. Try dipping your brush into the blush and shaking off excess. Then, use a tap application to the areas of your cheek that you want to brighten up. Fair skin tones should try soft oranges, muted corals and shimmery peaches instead of bright, saturated orange. When peachy shimmer is worn during the day, it really lends some vivacity to fair skin.

Medium and olive skin tones: Medium, olive and tan skin tones can opt for bright coral or go for a bronze-peach hue for a more muted look. On deeper skin tones, coral will

Outstanding Orange Blush



read perfectly as a warm and rich pinch to your cheeks. Also, a matte finish is perfect for everyday wear. A peachy shade can warm up your complexion any time of the year to make you look naturally sun-kissed.

Dark skin tones: For skin tones that are dark, you want a deep reddish coral that is pigmented enough to provide a healthy, luminous flush—but be careful not to overdo it. Start light and build color, rather than piling it on, especially with a matte blush. With matte, too much too soon reads more dramatic and harsh. If you don't want to go matte, a great shimmer blush can brighten up the apples of the cheek for a warm radiant look.

Proper application: For a fail-proof



execution, the first and most important step is creating an even base—exfoliating will smooth your skin's texture, and for blending cream blushes, moisturizing is key. If you are using a powder

formula, you have to loosen excess powder before you swipe it on your cheeks. You want to create the look of a vibrant flush without any concentrated patches of color. Most women prefer a powder blush as it has more staying power on oily skin, and if you have blemishes or dark spots on your cheeks, powder can go over your concealer whilst a cream blush can rub away your base makeup. Liquid stains are another option that is easy to blend and resist smudging once dry.



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This year September brings only one thought in the minds of the people of Kerala and that is 'Onam'. This festival, which brings this coastal state of Kerala to vibrant life, is a 10-day festival of merriment with folk culture taking center stage.

Onam, a festival celebrated every year with great zeal, is a tribute to the beloved King Mahabali. The state of Kerala triumphed under the rule of King Mahabali.

Though he was an Asura (demon), he performed exceptionally well as



a King. His people were never short of anything under his rule; it was a golden era for them.

King Bali was greatly respected for his undying devotion to god and for his selfless sacrifice for his people. Since then, the state of Kerala has been celebrating the festival of Onam in remembrance of King Bali; and the Onam 2016 celebrations will again be an event to remember.

The festival of Onam is celebrated in the month of Chingam, as per Malayalam calendar.

This time of the year is the harvest time for the farmers and as such, it is also called the harvest festival of Kerala. The festival is celebrated by people of Kerala and their communities abroad.



Onam Sadya

Some of the popular Sadya recipes are listed below:

Avial: In a pan of hot water, add one sliced carrot, 50 grams long beans, 50 grams drum sticks, 50 grams yam, 50 grams French beans and 50 grams white pumpkin. Add 1 ½ teaspoon salt and ¼ teaspoon turmeric powder and bring to boil.

Meanwhile, combine ½ cup grated coconut, ½ teaspoon cumin seeds, 1-3 green chillies and ¼ teaspoon



turmeric powder and grind to form a coconut masala paste.

Once the vegetables are done, add the coconut masala, mix well and cook till the water nearly evaporates.

Add some raw curry leaves and set aside. For tempering, heat ¼ bowl coconut oil in a pan, add ½ teaspoon cumin seeds and eight to ten curry leaves and let them splutter. Then, pour this onto the vegetables, mix well and serve.

Pulissery: Pulissery is an authentic Kerala recipe made with buttermilk and ash gourd that produces a perfect

blend of subtle flavors. Onam Sadya is the center of attraction for Onam. Sadya, which in Malayalam means 'banquet', is a multi-course meal that features over 24 dishes on a banana leaf.

Blend ½ cup grated coconut along with two garlic pods, two shallots, ½ teaspoon cumin seeds and two green chillies into a fine paste. Keep it aside. Take a pan and add one cup sliced and



chopped ash gourd pieces in ¾ cup of water and cook over low flame.

Once the gourd is cooked well, add the grated coconut paste and curd to the mix. Leave it to simmer in a low flame. Turn off the stove when the curry is just brought to a boil. Make sure the curd does not boil for more than a minute or two.

Heat two teaspoon coconut oil in



a pan and add ½ teaspoon mustard seeds and ¼ teaspoon fenugreek seeds. Just when they start spluttering, add ¼ teaspoon red chili powder and two sprig curry leaves. Finally add ½ teaspoon turmeric powder and salt to taste.

Sauté until it turns golden brown. For more spicy touch add more red chili powder. Now finally add this mix to the prepared pulissery. Stir it well and serve with hot rice.



Erissery: Blend ½ cup grated coconut along with two cloves garlic, ½ teaspoon cumin seeds, three to four green chillies, ½ teaspoon turmeric powder and ¼ teaspoon pepper powder into a fine paste. Keep it aside.

Cut one pumpkin into small cubes and boil. Add ½ teaspoon turmeric powder and salt before cooking. Mash the cooked pumpkin pieces with a spatula. You can also leave few cubes instead of mashing the whole mix.

Now add the blended coconut paste to the pumpkin mash and let it simmer on a medium flame.

In a separate pan, heat two teaspoons of oil and add 1/2 teaspoon mustard seeds. Just when they start to splutter, add four red chillies and one sprig curry leaves. Then add ¼ cup grated coconut. Fry until the coconut turns brownish in color and finally mix it in the main dish.

Rasam: Soak a lime sized tamarind in warm water for five minutes and squeeze out the juice.



Heat a little oil in a pan and add three to four crushed garlic cloves, one green chili and one finely chopped tomato. Let the tomato cook for a while, until it becomes soft and juicy. Now add the tamarind juice, ¼ teaspoon turmeric powder, salt to taste, handful of chopped coriander leaves and three cup water.

Bring it to a boil and then reduce the flame. Add the rasam powder prepared by coarsely grinding together three teaspoons black peppercorns, two teaspoons cumin seeds, ½ teaspoon coriander seeds, two teaspoon toor dal and two red chillies, add ½ teaspoon asafetida powder. Let it simmer for about five minutes. Do not let it boil.

Meanwhile, heat oil in a pan; add ½ teaspoon mustard seeds and seven curry leaves. Once it splutters add it to the rasam. Garnish with some fresh chopped coriander.

Moong dal payasam: Soak 200 grams moong dal in water.



Heat some ghee in a pan and add four to five cinnamon and four green cardamom pods. Saute for a minute.

Drain the dal and add it to the cooking mixture. Add water and cook for some time. Remove and leave it to cool.

Blend the dal to make a thick puree. Heat four tablespoons ghee in a pan and add the dal paste, 2 ½ tablespoons sugar, green cardamom powder, ½ cup thick coconut milk and ½ cup milk. Cook for some time and serve.

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