

Kuwait's ambassador launches book 'Women in **Kuwait: Turning Tides'**







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Financial undercurrents hint of glimmer in economy

urrent deficit budgets are only → a short-term phenomenon and the budget balance in Kuwait will turn back to surplus by 2019 on the back of recovering oil prices, says the latest review of the country's economy by BMI Research, a division of Fitch continue to remain negligible over the next decade even if oil prices stay relatively low at an average of \$67 per barrel over the next ten years.

The research and analytics firm pointed out that Kuwait government's attempts to increase non-oil revenue,

Group, the global leader in international financial information services.

In support of their optimistic bearing, BMI pointed to Kuwait's low public debt, which it said would

cut government spending, rein-in subsidies, increase fees for services to expatriates and introduce valueadded tax (VAT) by 2018, in line with other Gulf Cooperation Council (GCC)

states, would all work to help plug the deficit gap. However, the firm warned that these measures would fail to compensate for the fall in oil revenues and that total revenues were expected to recover to 2014 level only by the end of the coming decade.

Moreover, the government's ability to implement serious economic reforms would be limited by a watchful parliament, which is likely to block many of the government's spending cuts. On the spending front, BMI Research said it believed that Kuwait's sovereign wealth fund, which was estimated to be around \$592 billion at the end of 2015, would help the government tide over current budget deficits, fill-in for any emergency expenditure and avoid any full-blown fiscal crisis.

Also, the report said public expenditure was expected to increase at a much slower pace than over the past decade. Between 2006 and 2015, government spending growth averaged 18 percent, well above the 0.5 percent average forecast for the next 10 years.

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Calls for Kuwait to redouble efforts in protecting human rights





uman trade constitutes a flagrant violation of human rights and dignity of the individual, said Minister of Justice, Awgaf and Islamic Affairs Yaqoub Al-Sanea. Emerging after a meeting with Maria Grazia, the United Nations Special Rapporteur on Trafficking in Persons, Minister Al-Sanea reiterated that human rights in Kuwait are safeguarded by the country's constitution and by national legislations.

The UN Special Rapporteur was on a five-day official visit to Kuwait to assess the situation of trafficking in persons, especially women and children, and to identify the progress made and challenges remaining in combating this phenomenon in the country.

During her visit, Ms. Garcia met with a number of government officials from the Ministry of Justice, Ministry of Social Affairs and Labor and the Public Authority for Manpower. She also met and discussed with members of the Anti-trafficking unit and the Department of Domestic Labor of the Ministry of Interior and held interactions with members of the

Judiciary and the Kuwait Institute for Judicial and Legal Studies. She also visited the Women's Shelter for Domestic Workers under the Ministry of Social Affairs and Labor, as well as the Women's prison, the private nurseries for children of women prisoners and the Immigration detention center for women. She also engaged with members of civil society organization working on the issue of human trafficking and related matters, as well as with representatives of the United Nations Agencies and members of the diplomatic community.

At the end of her visit, the UN Special Rapporteur delivered a statement in which she expressed her gratitude to the Government of Kuwait for inviting her and extending full cooperation to assess first-hand the situation in the country. She also appreciated the access she was given to obtain information on the current legislative, policy and institutional framework and programs in place to address human trafficking in the country.

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Summit on refugees remains silent on climate migrants

political leaders from around the world will gather in New York at the United Nations, where the UN migrants.

n Monday, 19 September, General Assembly will be hosting a high-level summit to address large movements of refugees and



The summit aims to bring countries together behind a more humane and coordinated approach to one of the biggest crises currently facing the world — more people have been forced from their homes today than at any time since the end of the Second World War. Photos of streams of people fleeing from their homes have become iconic images over the last 18 months. There are now over 65 million people in the world who have been forced from their homes.

It is anticipated that the UN Summit for Refugees and Migrants, as well as President Obama's Leaders' Summit on Refugees, to be held on the sidelines of the

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Economic power of women in GCC on the rise

Entrepreneurship among women and the crucial role this plays in the economic growth and development of the region is widely understood and encouraged by governments of the Gulf Cooperation Council (GCC) states.

increased rate entrepreneurial and business activity among women and their influential role in the economies of GCC states is exemplified in a new report by Al Masah Capital, a leading asset management and advisory firm in the region. The report titled, 'GCC Women - Entrepreneurs in a New Economy' shows that small and

medium enterprises (SME) led by women manage assets worth US\$ 385 billion. Government policies aimed at reducing dependence on foreign labor, changing cultural mores, increasing levels of literacy and educational opportunities are encouraging women entrepreneurs to play an increasing role in the economic transformation of the region.

The availability of diverse employment opportunities, technological advances and the democratization of information are also motivating many women to start their own businesses. According to the report the gender



gap in entrepreneurial intentions has significantly reduced in recent years. With the percentage of women entrepreneurs going up from 4 percent in 2011 to 10 percent in 2014, the next wave of female entrepreneurships in the region could help push through gender parity in this field.

This has spurred regional governments to collaborate with non-governmental bodies to identify and develop programs to support women entrepreneurial intentions and activities. Although so far the success rate is hovering at around 40 percent, this is rapidly increasing

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The World Bank's Recipe for Irrelevance



Devesh Kapur Professor of Political Science at the University of Pennsylvania

World Bank President Jim Yong Kim's nomination for a second term is inexorably moving forward with a lack of transparency that has become all too typical. Many observers are once again gnashing their teeth at the United States' continued monopoly the top post, despite the poor performance of past US nominees. As the late Yogi Berra once put it, "It's like déjà vu all over again."

The US has been particularly brazen in subverting the nomination process to ensure Kim's re-appointment. For starters, despite having another ten months left in his first term, Kim - surely with the US government's blessing – asked the Bank's Executive Board to accelerate the appointment process. The Board agreed - with no notable dissent – and even shortened the selection process to a mere three

A compressed schedule makes it difficult for World Bank members to rally around an alternative candidate. And Kim already had a head start, after quietly lobbying member governments at the G7 summit in Japan this May and in personal visits to China and India in recent months.

Moreover, as the incumbent, Kim can grant favors to win support: make loans that play to influential shareholders' pet preferences, promise certain countries spots on the leadership roster, and stamp the Bank's imprimatur on particular governments' own domestic initiatives. Given the contents of Kim's political toolkit, this match was never going to be played on a level field.

Many people can stomach means questionable they



but this has not been the case with Kim, who is among the worst presidents in World Bank history. His administration has been marked by authoritarianism and capriciousness, and he has forced out senior managers at unprecedented rates, sometimes requiring the Bank to reach quiet settlements with those affected. In four years, the president's office has had five chiefs-of-staff, and several of the Bank's senior women have left, hinting at a capricious leadership culture.

Last month, in a letter to the Bank's board warning of a "crisis of leadership" under Kim, the World Bank Staff Association wrote, "We preach principles of good governance, transparency, diversity, international competition, and merit-based selection. Unfortunately, none of these principles have applied to the appointment of past World Bank Group Presidents."

Kim has set such a low bar for the Bank presidency that it would not be difficult to find a better candidate. A short list would include Ngozi Okonjo-Iweala, a former finance minister of Nigeria; Nandan Nilekani, an entrepreneur who led an impressive bio-identification program in India; and Tharman Shanmugaratnam, consistently generate positive ends, Singapore's deputy prime minister.

But even if Kim were to go, America's problematic role would remain. The US has long insisted that the Bank's president be a US national, and yet it has repeatedly nominated unsuitable candidates to run the institution. For example, former US Deputy Secretary of Defense Paul Wolfowitz's World Bank stint, from

Each major power knows that if monopoly control is threatened in one sphere, then it is threatened in all spheres, so they hang together to avoid being hanged separately.

June 2005 to July 2007, was a disaster, but the US faced no consequences (such as losing the right to choose the next nominee).

The US has chastised China for rejecting the Permanent Court of Arbitration's ruling against Chinese territorial claims in the South China

for another term - in the face of objections from the World Bank's own staff - the US is showing itself to be no less defiant when its own interests are at stake.

There is nothing new or surprising about great powers making and breaking rules as it suits them. The surprise has been emerging economies' apparent nonchalance regarding America's roughshod reign at the World Bank. While other member governments often express outrage at the US monopoly over the Bank's leadership, and at Europe's similar monopoly over the International Monetary Fund's leadership, they, too, are willing participants in the charade.

One reason is that countries are happy to strike their own side deals to ensure generous lending. This fact is reflected in the World Bank Group's official leadership, where the first three people listed after the president - hailing from Brazil, China, and India, respectively - are carefully distributed by nationality.

A second reason is that, while emerging-economy members dislike the US monopoly, they are even more worried about the prospect of a president from a rival emerging economy. The Europeans and Japanese Sea. And yet, in supporting Kim have their own monopolies – over welcomed with a collective shrug.

the IMF and the Asian Development Bank, respectively - and the Chinese have created their own with the Asian Infrastructure Investment Bank.

These arrangements amount to a cabal of mutual complicity, whereby world powers designate economic spheres of influence through regional governance institutions. Each major power knows that if monopoly control is threatened in one sphere, then it is threatened in all spheres, so they hang together to avoid being hanged separately.

But, perhaps most important, the world's emerging powers no longer need the World Bank as much as they once did. Having found their own alternatives for most of what the Bank does, their indifference to a second term for Kim suggests that they simply don't think the Bank matters much anymore. Indeed, it is the US, whose global influence is waning, for which maintaining control at the World Bank matters the most.

So, because US President Barack Obama's administration not bothered to follow credible procedures in making its nomination, much less select a better candidate, a failed World Bank president will get another crack at the job. By the time he leaves, his successor may well be



EXCLUSIVE to THE TIMES KUWAIT

The Islamic State's Problem with Women



Fatima Sadiqi Professor of Linguistics and Gender Studies at the University of Fez, Morocco, and a recipient of a Woodrow Wilson Center Fellowship.

t is telling that women feature heavily in the Islamic State's rise and fall. While ISIS's craven massacre of Yazidi women in Iraq and Syria helped put it on the map, its gradual downfall is coming partly at the hands of Kurdish women fighting against it on the front lines.

It is easy to see a simple revenge story in this progression, but deeper reading points to the fundamental role of women in ISIS's ideology, and



to Islam (if they were not Muslims), enslaved, systematically raped sometimes by multiple jihadist militants - and bought and sold.

These women's tragic stories suggest that the ISIS pseudo-state was built on the total subjugation of women, and the group has indeed frequently crafted brutal, misogynistic propaganda to express and promote its ideology. ISIS has institutionalized physical

and psychological violence against women through fatwas (religious decrees) issued by senior ideologues. Worse still, this practice has been exported to other extremist groups, such as Boko Haram in West Africa, which pledged allegiance to ISIS in early 2015.

The group's ideology requires the 'erasure' of women's civil rights and their full subordination to the family structure and the men who control it. The sanctioned course of a woman's life is to remain at home and raise young jihadists to fight for the state. Women who transgress the ideal role of wife and mother by seeking autonomy or selfexpression outside the family are severely punished.

This is all based on a perverse interpretation of Islamic law, which, not surprisingly, still operates only in the domain of family law. In this context, women are needed to legitimize the fatwas upholding the ruling ideology; but they also make for useful scapegoats when needed

Against this backdrop, it is especially ironic to see Kurdish women soldiers in the front line of the United States-led coalition fighting ISIS in Syria and Iraq. Recent military operations have reclaimed territory that was long under ISIS's control, including areas south of Mosul, the group's capital in Iraq. The images from these victories, featuring women, are an antidote to ISIS's poisonous propaganda, and they encourage more women to resist the group's ideological dictates.

The message seems to be spreading. As ISIS's grip on territory loosens, so, too, does its control over women. The most memorable image from the liberation of the Syrian city of Manbij was that of women burning their burqas and publicly denouncing ISIS atrocities.

These powerful symbolic gestures will have both shortand long-term effects. In the short term, they are a public assertion of women's autonomy; after so much propaganda and brutality, many in the region no longer thought such behavior was possible. In the long term, images of women actually killing and capturing ISIS fighters amount to the first nail in the coffin of the group's ideology, which is founded on the false premise of feminine inferiority.

Because ISIS put women at the center of its ideology, women are a significant hidden threat to it. By demonstrating their personal agency against ISIS's dictates, women freed from its control remind the world that the group has hijacked Islam's universal values and perverted its teachings.

It is fitting that strong and courageous women should help defeat a group whose founding myth rests on the violent subjugation of women. Women's role as fighters, perhaps more than anything else, will ensure that the tenets of ISIS - particularly its lethal brand of patriarchy - are rejected outright.



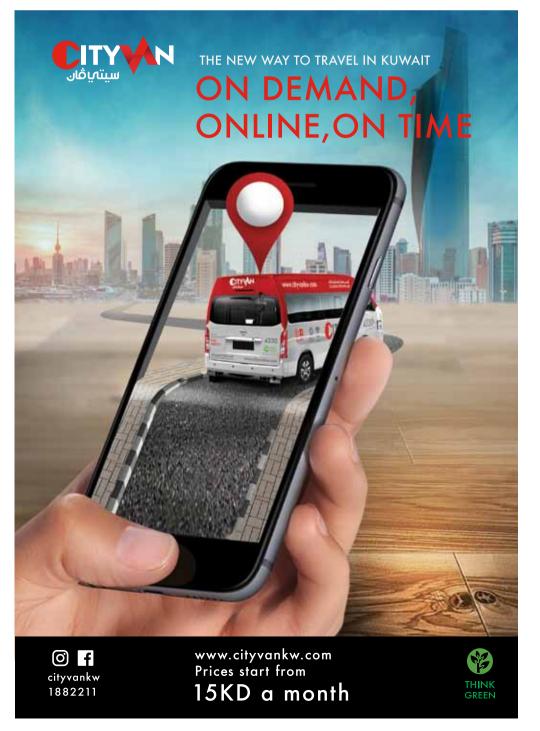
It is fitting that strong and courageous women should help defeat a group whose founding myth rests on the violent subjugation of women.



their future role in its denouement. When ISIS captured territory in

2014 to establish its self-proclaimed caliphate, it wanted to stage a spectacle that the world would be unable to ignore. So it resorted to the mass abduction, murder, rape, and enslavement of women, especially among the minority Yazidis. ISIS's brutality against its female captives was intended to humiliate the enemy and send a warning to anyone who did not adhere to its extremist, radical interpretation of Islam.

In January and February 2016, Human Rights Watch interviewed 15 Yazidi women and girls and 21 Sunni Muslim Arab women who managed to escape from ISIS. Most of them spent more than a year in captivity, and say they were forced to convert



The case against cash



Kenneth Rogoff
Professor of Economics and Public Policy
at Harvard University and recipient of
the 2011 Deutsche Bank Prize in Financial
Economics, he was the chief economist
of the International Monetary Fund from
2001 to 2003. The co-author of This Time
is Different: Eight Centuries of Financial
Folly. His new book, The Curse of Cash,
was released in August 2016.

The world is awash in paper currency, with major country central banks pumping out hundreds of billions of dollars' worth each year, mainly in very large denomination notes such as the \$100 bill. The





\$100 bill accounts for almost 80% of the US's stunning \$4,200 per capita cash supply. The ¥10,000 note (about \$100) accounts for roughly 90% of all Japan's currency, where per capita cash holdings are almost \$7,000. And, as I have been arguing for two decades, all this cash is facilitating growth mainly in the underground economy, not the legal one.

I am not advocating a cashless society, which will be neither feasible nor desirable anytime soon. But a less-cash society would be a fairer and safer place. With the growth of debit cards, electronic transfers, and mobile payments, the use of cash has long been declining in the legal economy, especially for medium and large-size transactions. Central bank surveys show that only a small percentage of large-denomination notes are being held and used by ordinary people or businesses.

Cash facilitates crime because it is anonymous, and big bills are especially problematic because they are so easy to carry and conceal. A million dollars in \$100 notes fits into a briefcase, a million dollars in €500 notes (each worth about \$565) fits into a purse.

Sure, there are plenty of ways to bribe officials, engage in financial crime, and evade taxes without paper currency. But most involve very high transaction costs (for example, uncut diamonds), or risk of detection (say, bank transfers or credit card payments).

Yes, new-age crypto-currencies such as Bitcoin, if not completely invulnerable to detection, are almost so. But their value sharply fluctuates, and governments have many tools with which they can restrict their use – for example, by preventing them from being tendered at banks or retail stores. Cash is unique in its liquidity and near-universal acceptance.

The costs of tax evasion alone are staggering, perhaps \$700 billion per year in the United States (including federal, state, and local taxes), and even more in high-tax Europe. Crime and corruption, though difficult to quantify, almost surely generate even greater costs. Think not just of illegal drugs and racketeering, but also of human trafficking, terrorism, and extortion.

Moreover, cash payments by employers to undocumented workers are a principal driver of illegal immigration. Scaling back the use of cash is a far more humane way to limit immigration than building barbed-wire fences.

If governments were not so drunk from the profits they make by printing paper currency, they might wake up to the costs. There has been a little movement of late. The European Central

Bank recently announced that it will phase out its €500 mega-note. Still, this long overdue change was implemented against enormous resistance from cash-loving Germany and Austria. Yet even in northern Europe, reported per capita holdings of currency are still quite modest relative to the massive outstanding supply in the eurozone as a whole (over €3,000 per capita).

Southern European governments, desperate to raise tax revenue, have been taking matters into their own hands, even though they do not control note issuance. For example, Greece and Italy have been trying to discourage cash use by capping retail cash purchases (at €1,500 and €1,000, respectively).

Obviously, cash remains important for small everyday transactions, and for protecting privacy. Northern European central bankers who favor the status quo like to quote Russian novelist Fyodor Dostoevsky: "Money is coined liberty." Of course, Dostoevsky was referring to life in a mid-nineteenth century czarist prison, not a modern liberal state. Still, the northern Europeans have a point. The question is whether the current system has the balance right. I would argue that it clearly does not.

A plan for reining in paper currency should be guided by three principles. First, it is important to allow ordinary citizens to continue using cash for convenience and to make reasonable-size anonymous purchases, while undermining the business models of those engaged in large, repeated anonymous transactions on a wholesale level. Second, any plan should move very gradually (think a decade or two), to allow adaptations and mid-course corrections as unexpected problems arise. And, third, reforms must be sensitive to the needs of low-income households, especially those that are unbanked.

In my new book, The Curse of Cash, I offer a plan that involves very gradually phasing out large notes, while leaving small notes (\$10 and below) in circulation indefinitely. The plan provides for financial inclusion by offering low-income households free debit accounts, which could also be used to make government transfer payments. This last step is one that some countries, such as Denmark and Sweden, have already taken.

Scaling back paper currency would hardly end crime and tax evasion; but it would force the underground economy to employ riskier and less liquid payment devices. Cash may seem like a small, unimportant thing in today's high-tech financial world, but the benefits of phasing out most paper currency are a lot larger than you might think.



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Billions pledged to strengthen agriculture

ike other smallholder farmers in Africa, the Weiteithye Farmers Group in Mwala, Eastern Kenya, lacks access to inputs, financial services and skills in agri-business, efficient machinery for processing produce, market information and new technology, among others.

All that looks set to change, if authorities can effectively channel the US\$30 billion that was pledged by major development institutions, the private sector and African leaders at the Sixth African Green Revolution Forum (AGRF), held in Nairobi, Kenya, from 5 - 9 September.

The pledged funds are intended to support investments to increase production and income for smallholder farmers and local African agriculture businesses over the next decade. The Africa Agriculture Status Report 2016, launched at the AGRF, highlights the importance of privatesector investment in all aspects of agriculture, such as inputs, as well as the agricultural value chain, including production, processing, marketing and transport.

Speaking at the AGRF, Kenya's President, Uhuru Kenyatta, pledged \$200 million to support 150,000 young farmers and agricultural entrepreneurs to access markets, finance and insurance over the next five years.

The African Development Bank (AfrDB) announced investments of US \$24 billion in the coming decade to drive Africa's agricultural transformation. The contribution will support the private sector to unlock the potential of African agriculture.

A fertilizer firm, OCP Africa, committed to investing \$150 million over the next five years to support local fertilizer distribution, storage and blending, while the World Food Programme promised to purchase at least \$120 million each year in agricultural products



from smallholder farmers through a partnership called the Patient Procurement Platform.

The Bill and Melinda Gates Foundation, for its part, pledged \$5 billion, a portion of which will go towards crop and livestock research, strengthening data, and improving systems to deliver innovation and information; and to provide better

tools to farmers. The next six years will see Africa's agriculture benefit from \$3 billion pledged by the International Fund for Agricultural Development.

The Rockefeller Foundation committed to contributing US \$180 million towards investments in human resilience to catalyze agricultural transformation, while the Kenya Commercial Bank, East Africa's largest commercial Bank will invest \$350 million in loans for smallholder farmers, 50,000 of them women and another 50,000 youth.

Targeting women and youth is priority for the AfDB. Through its Affirmative Finance Action for Women, the Bank will help to leverage \$3 billion for women farmers and entrepreneurs. The Bank is already rolling out its ENABLE (Empowering Novel Agri-Business Led Employment) Youth initiative, in partnership with the International Institute of Tropical Agriculture.

The program seeks to bolster entrepreneurship vouth agriculture and agri-business. The initiative will see the Bank train the next generation of agriculture entrepreneurs, also referred to as 'agri-preneurs', in several countries, and provide them with seed money through banks to finance their bankable business plans.

New projects lure private investments to East Africa

Three states in East Airica waite product as take up projects worth about \$10 billion to fast-track Three states in East Africa want private investors to economic development and lift millions out of poverty.

Uganda, Tanzania and Rwanda unveiled projects worth \$9.9 billion at a recent Global African Investment Summit held in Kigali. Analysts believe the three countries are capable of attracting investors because East Africa still presents opportunities for businesses looking for quick returns on investments.



Uganda, Rwanda and Tanzania presented projects valued at \$7.3 billion, \$1.5 billion and \$1.08 billion respectively, pointing to the region's growing appetite for private capital inflows to stimulate growth.

Tanzanian authorities are looking for investors, among others, in the rehabilitation and expansion of three airports and also construction of a new one. The projects up for investment include a new airport at Msalato for travel to the new capital at Dodoma at a cost of \$165 million, a \$40 million upgrade to the existing Arusha Airport to facilitate the handling of large cargo — incomes are still quite low.

and passenger planes, as well as reduce pressure on the Julius Nyerere International Airport. An additional \$125 million is needed for rehabilitation of Lindi Airport in the southwest, and \$30 million for upgrading Manyara Lake Airport in Serengeti Park.

Tanzania also seeks to position itself as the main logistics hub for oil, gas and petrochemical industries. Recent oil and gas discoveries in Uganda and Tanzania have placed the two countries on investors' radar. At least 2.3 billion barrels of oil have been discovered in Uganda and Kenya together, while Tanzania has discovered more than 55 trillion cubic feet of natural gas, one of the largest reserves in the world. While Uganda and Kenya are expected to begin oil production next year, Tanzania plans to start exploiting LNG in 2019.

Rwanda came out strongly to market high-end tourism products. The country has lined up a number of projects, mainly in tourism sector that when developed through public-private funding mode are likely to help Rwanda grow its conference tourism. The projects that Rwanda is marketing are the Kigali Cultural Village, Deluxe Resort-Golf Course, Gihaya Island Resort, Hot Springs Eco resort Hotel and Strip Rubavu.

Meanwhile, Uganda is seeking over \$300 million to develop an ICT park on a 17-hectare piece of land. It is hoped the park will provide 16,000 jobs when completed.

Analysts say East African countries are competitive investment destinations as they have maintained a strong economic growth despite persistence of low commodity prices. Tanzania is currently growing at around 7 percent per annum, Rwanda is forecast to grow at 6.0 percent for 2016, and the Kenyan economy is growing at over 5 percent. A market in expansion is always attractive to investors, even when per capita



frica Mercy is the largest non-Agovernmental hospital ship in the world run by the international charity Mercy Ships. The ship was acquired in 1999 and built specifically for the Mercy Ships mission and has since had volunteers from over 45 nations serve onboard.

Dr. Leo Cheng, a maxillofacial reconstructive surgeon with the UK National Health Service, spends two to three weeks of his leave each year volunteering on board the Africa Mercy. His patients suffer from large benign tumors on the face and neck. Many of them have never received any kind of healthcare before they meet him. Earlier this year, Dr. Cheng joined the Africa Mercy to travel to Tamatave in Madagascar, where more than 90 percent of the population live on less than a dollar a day. For every 10,000 residents, there are only two physicians and three hospital beds available. The Africa Mercy has five state-of-the-art operating rooms and advanced equipment to help make to witness," Dr. Cheng added.

fast and accurate diagnoses. Using latest technologies and equipment, Dr. Cheng and the other clinicians on board are able to reduce patient waiting times and referrals

Once a patient has been diagnosed, the Mercy Ships team can proceed with treatment. Dr. Cheng performs about two to three operations a day but he finds that for many of his patients, the journey towards healing begins by offering human contact and acceptance, which sometimes starts with a simple handshake. Many of Dr. Cheng's patients have been shunned by their families and by society because of their deformities.

"So many of the patients I meet on board are trapped behind their facial tumors and from my experience, the healing process begins when you show them a bit of human contact and acceptance. Seeing the tremendous joy and happiness that overcomes the patient once their tumor or deformity is removed is such a special moment





Calls for Kuwait to redouble efforts in protecting human rights

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She clarified that trafficked victims in Kuwait are usually migrants from South and Southeast Asia, the Middle-East and increasingly from throughout Africa, who arrive in the country mainly for employment in the domestic work, construction and hospitality sectors. The victims of trafficking are, for the most part, subjected to forced labor and labor exploitation including domestic servitude and in some cases sexual exploitation, particularly forced prostitution. Moreover, some



domestic workers flee their employers as a result of deception about the type and conditions of employment by recruitment agencies in countries of origin, and exploitation by their employers in Kuwait. Some domestic workers have also been forced into prostitution.

Positive achievements: The Special Rapporteur commended the Government of Kuwait for its Anti-Trafficking in Persons and Anti-Smuggling Law 91/2013, which aims to eradicate this phenomenon in Kuwait, and for the establishment of the Anti-Trafficking Unit within the Ministry of Interior, which is dedicated to addressing human trafficking in the country. She also lauded the establishment of two shelters for women, which to date has received over 7,000 domestic workers fleeing their employers. While praising Kuwait for taking an active and determined

role in countering domestic servitude, she encouraged the government and other institutions to redouble efforts to better prevent trafficking and protect its victims.

She added that, following her visit to the Women Shelter for Domestic Workers run by the Ministry of Social Affairs and Labor, she was impressed by the high standard and quality of the government funded shelter, which accommodates up to 500 female domestic workers at a time, as they await possible voluntary repatriation or reemployment by another employer. She also praised the Public Authority of Manpower for actively engaging in combating trafficking through its regularly revised labor laws and regulations and labor inspections of businesses. She also lauded the government for taking steps to foster bilateral, regional and international cooperation to combat trafficking in persons.

Areas of concern: Notwithstanding these positive steps she said, there were a number of challenges that must be addressed by the Government of Kuwait, if it is to succeed in effectively combating trafficking in persons and protecting the human rights of trafficked persons.

One area of grave concern that the Special Rapporteur noted was the 'kafala' system that bounds every worker to a particular employer as a sponsor and which creates a situation of vulnerability that favors abusive and exploitative work relationships. She pointed out that often domestic workers are deprived of their documents and of their mobile phones, which prevents them from communicating with their families and from establishing social relationships outside. They are obliged to work long hours and are eventually mistreated and beaten. In this context hundreds of them flee their employers every year.

She pointed out that some labor recruiting companies in countries of origin, but also in Kuwait, have been

complicit in trafficking, through their use of deceptive recruiting techniques to bring in migrant workers on the basis of unenforceable contracts and nonexistent positions, while promising employers to recruit workers who are well-trained but turn out to be unskilled. Given the government's immigration policy based on repatriation of undocumented migrants, she also expressed concerns of the possibility of trafficked person being either not identified or misidentified as irregular migrants, detained and subsequently deported without provision of adequate opportunity for social reintegration and recovery.

Moreover, she added that migrant workers are often coerced into paying labor broker fees in Kuwait, which according to Kuwaiti law, should be paid by the employer; this makes workers highly vulnerable to trafficking and forced labor. She called on the government to exert further efforts to curb practices such as withholding of passports, payment of inadequate wages, long working hours and confinement to the workplace, which sometimes amount to trafficking for domestic servitude.

She also lamented that the rate of prosecution of cases for all types of trafficking remains very low, while convictions rate for trafficking was even lower. She pointed out that the capacity gap of government authorities, law enforcement agencies, judicial

authorities and labor inspectors, to identify cases of trafficking in persons based on the 2013 anti-trafficking and smuggling law, limits the prosecution and punishment of all forms and manifestations of trafficking in persons.

Recommendations: She recommended more stringent implementation of the Anti-Trafficking in Persons and Anti-Smuggling law, as well as other labor laws. The setting up of a National Human Rights institution with an independent statute, which includes trafficking as a human rights issue, would also further the anti-trafficking drive, she noted.

Furthermore, she called for abolishing the sponsorship (kafala) system and to fast track the intention to establish a government owned recruitment agency. She added that in line with the recent law acknowledging the rights of domestic workers, the area of domestic workers should be placed under the competence of the Ministry of Labor and the Public Authority for Manpower, which implies full recognition of equal rights of domestic workers. She noted that increasing engagement with civil society organizations would help collect credible data on the phenomenon of human trafficking, its causes and consequences.

With regard to trafficked persons she called for better protection and assistance to all victims of trafficking, including those victims of labor trafficking, domestic servitude, refugees and asylum seekers and children, with full respect for their human rights. She called for closing the capacity gap by adequately training staff to identify trafficking and exploitation while screening vulnerable persons, including exploited migrant workers and domestic workers.

She pointed to the need to remove absconding charges against people who have been sheltered as a consequence of trafficking and exploitation, and establishing an exemption from employers' approval for job transfer.

Finally, she called for establishing a victim fund that will provide comprehensive compensation scheme for victims of trafficking.

Prevention: Measures to prevent trafficking, outlined by the Special Rapporteur, included creating public awareness about all forms of trafficking in persons including for domestic servitude, forced labor, sexual exploitation and removal of organs.

Developing, strengthening and increasing options for safe migration and legal employment channels, while acknowledging that the current approach to migration management, especially in relation to the recruitment of foreign or migrant labor via unscrupulous employment agencies, may at times favor the activities of traffickers. Speedily investigating, prosecuting and convicting traffickers, including employment agents involved in different forms of labor exploitation and sex trafficking based on existing anti trafficking law.

The Special Rapporteur also called on Kuwait to ratify and domesticate relevant international human rights instruments, including the International Convention on the Protection of the Rights of all Migrant workers, as well as strengthen partnership with source countries and extend cooperation for exchange of information and mutual legal assistance with these countries.









Kuwait's ambassador launches book by Chaitali Roy 'Women in Kuwait: Turning Tides'

SAHRIZVI

Special to The Times Kuwait

mbassador of Kuwait to India H.E. AFahad Ahmad Al Awadhi lauded Kuwaiti women for their immense contribution to the progress of their their dreams, at times against immense odds, and helped shape the evolution of Kuwait as a modern state.

In her brief speech, the author Chaitali B. Roy spoke of her long association with Kuwait and said that idea of this book took roots 15 added. The book, she said, was a tribute to those women whose contributions transcend geographical boundaries and help provide better understanding of contemporary issues.

Chaitali Banerjee Roy has been in print media and radio broadcasting in Kuwait and India for twenty years. As Special Correspondent for Arab Times, and as Editor and Producer for Radio Kuwait, she has been working on features and articles, and producing audio documentaries and special shows since 2001. Her work, which spans art, culture, society, history, women of Arab and the Islamic world, brought her in touch with many inspiring Kuwaiti women who left an indelible impression.

As she said, it was her strong desire to capture the stories of some of these women in a book. "My whole idea was to preserve the narratives of this courageous woman and to break stereotypes about Kuwaiti women in particular and Arab women in general," she explained.

Chaitali also spoke of her passion for multiculturalism, saying that she also writes on art and culture and she viewed the book in that perspective.

Naresh Kumar, representing the publisher of the book Har Anand, said he was so happy to be a part of this project, adding, "I sincerely believe this century belongs to women and their contribution, and this is a wonderful book that will clear so much misgivings about the power and contribution of women in not only Kuwait but in the entire region."

One of personality mentioned in the book Dr. Haifa Al Ajmi, the first woman to achieve a PhD in Heavy Oil Management in the GCC, flew down especially for the book launch. Dr. Haifa also spoke briefly on the women force which is emerging as role model. She is a Bedouin woman, who has with the active support of her family, risen above her circumstances to pursue her ambitions. "I got support from my parents and my family that helped me to give shape to my dreams," she said.

Present at the book launch were Ambassadors from Bahrain, Yemen, Oman and other countries besides the Chief of Arab League Mission in India, in addition to several leading businessmen and renowned personalities.



Flow House - a unique and exciting experience



Hamad M. AlKhonaini

General Manager, Flow House Kuwait

Flow House's conceptualization began as a piece of California in Kuwait. It's a merger of two franchises, Flow Rider and Clear lounge. This day retreat occupies a space of 10,000 square meters in Bu Hulaifa, next to Kuwait Magic, and includes a beachfront, family pool, a specialized kids' pool, and daily cabins.

Flow rider is a wave-forming generator that allows people to master surfing, and enjoy it all year long. Flow house has 3 flow riders installed on site; two made for adults, and third dedicated to the juniors.

On the other hand, the Clear lounge, an underwater oxygen bar allows visitors to experience life underwater. The clear lounge utilizes Sea Trek's helmet diving technology to pump scented oxygen to the users while they enjoy underwater activities. This 20 minute experience gives players enough time to communicate with magnetic boards, take photographs in the underwater photo booth, play Jenga, and shoot high power bubble guns.

Flow house provides three types of family cabins, double or single; which include a bathroom, living room, a bar and a terrace. The cabin prices differ depending on size and the view it provides, and their prices range from KD 15 to 45. These cabins also provide 5-star hotel services throughout the day.

The complete Flow House journey can be experienced for an entry fee of KD 18, inclusive of the Clear lounge, or KD 12 for adults, KD 3 for the help, and KD 8 for the handicapped. Our facilities are all handicap accessible. Aside from providing a friendly and comfortable environment, the amusement park abides to the highest standards of cleanliness and safety. Guests are welcome every day from 10 am to 10pm.



country. He said that Kuwaiti women play a stellar role in the development and progress of modern Kuwait with their contribution in all spheres of life be it academics, international relations, art and culture, politics or journalism.

The ambassador was speaking at the launch of the book, 'Women in Kuwait: Turning Tides' authored by senior journalist Chaitali B. Roy, which was organized at the Kuwait Embassy premises in New Delhi.

Adding that women in Kuwait today excel in all field and their contribution has been enormous, the ambassador noted that Kuwaiti women were given voting rights way back in 2005 and today their participation in the democratic process is remarkable. He said that women were participating in a big way in the electoral process and their voting percentage went as high as 53 percent.

Ambassador Awadhi said that the book will go a long way in making people realize the importance of Kuwaiti women and their laudatory role in shaping the society and coming generation.

'Women of Kuwait: Turning Tides' encapsulates the stories of seventeen Kuwaiti women who dared to chase

book, for putting confidence in me and sharing their personal experiences," she stated.

years ago when she looked closely to

the work and contribution of Kuwaiti

women. "I am so happy and indebted

to the seventeen noble souls whose

stories have been encapsulated in the



Chaitali said that India and Kuwait have shared long history of good relations that withstood the test of time, both culturally and economically. "I am sure this book will go a long way in fostering better understanding between the two great nations," she

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Some of the best things in life for instance custardy and warm apple pies involve homemade caramel sauce. Despite the fact that it is universally pleasing, making caramel is a technique that intimidates many home cooks. Below are some of the most common caramel sauce mistakes and how to avoid them.



Using the wrong pot: Preparing caramel sauce with a thin or flimsy pot is a bad idea. The sugar around the edges of the pot will turn hot too quickly and burn before the rest of the caramel has cooked. To avoid, opt for a heavy-bottomed pot, like an enameled Dutch oven.

Dumping in all of the sugar at once: Adding all of your sugar in one go means that it will not liquefy uniformly. Avoid getting sugar that is a perfect amber in some places and clumpy and raw in others by adding it in one or two layers. Some recipes call for two rounds of cooking. In which case, you can add in the first part and swirl the pot, moving the sugar around its surface to account for any hot spots. Once the first addition has liquefied and taken on some color, add the rest.

Not setting up your Mise en Place: Setting up mise en place means having all of your ingredients prepped and ready to go before you start the cooking process. This is always helpful, but imperative when making caramel sauce. At its most basic, caramel sauce is cooked sugar combined with cream and butter (any other flavoring agents, like vanilla, are welcome additions). The dairy is what gives the caramel its pourable, spoonable texture. Adding it to the hot sugar also immediately arrests the cooking process-the cool or room-temperature ingredients drops the temperature of the caramel—so it is important to have them next to the pot. Wait a few seconds too long to add them, and your caramel could overcook.

Pulling the caramel too soon: The deeper the color, the more complex the flavor. Remember that it will stop cooking as soon as you add the butter and cream, so take it right to



the edge. Deep amber is what you should be aiming for. Unlike a steak, which will have 'carryover' cooking time after you remove it from the heat, a caramel sauce will not keep darkening once you pull it. That said, it can go from deep amber to burnt very quickly, which brings us to the last common mistake.

Trying to multitask: Do not attempt to juggle multiple kitchen tasks while cooking caramel—and definitely do not walk away from the stove. Distraction can lead to a blackened disaster. Stay focused and stay present, and your caramel will be picture-perfect, every time.



Caramel sauce

To prepare carametric combine one cup sugar, one of tartar and 14 pinch of cream of tartar and 1/4 cup water in a medium saucepan over medium heat and stir until the sugar dissolves. Cook, without stirring and occasionally swirl the pan for even cooking, until the mixture turns amber

Remove from heat; slowly add ¼ cup fresh apple cider, ¼ cup heavy cream, one teaspoon vanilla extract and ¼ teaspoon kosher salt (mixture will bubble vigorously), whisking to combine.

Return pan to medium heat and bring to a vigorous boil. Reduce heat to a simmer and cook, stirring to dissolve any caramel bits for about a minute. Remove from heat and let cool. Set aside. Caramel sauce can be made a week ahead. Cover and chill. Rewarm slightly before using.



Easy ways to reduce fat in food:

Steam with flavor: Instead of water, steam with flavorful ingredients (such as vegetables) that create moist heat and end up on your plate.

Less yolk, more white: Rather than eliminating yolks altogether, just use fewer. You are still reducing fat, and you will avoid the rubbery texture obtained by using only egg whites.

Bake, do not frv: There is no need to fry in a lot of oil to get a crispy breadcrumb crust. Before baking, moisten the crumbs with a little oil; coat chicken or fish. Bake until golden, and the crust will be just as crispy.

To use less oil, broil: A broiler heats from the top, so you need very little oil to prevent food from sticking to the cooking surface.







Al Nasser Sports inaugurates new branch in Farwaniya

A l Nasser Sports Centre (NSC), one of the biggest outlets for apparel, accessories and sports equipment in Kuwait, launched its new branch on Habib Mnawer Street, beside Mgatir Complex in Farwaniya on Thursday, 15 September.

Leading the new outlet opening were Nasser Rasheed - Al Nasser CEO,



Sameh Esmath - Senior Planning Manager, Zafar Ishtiaq - IT Director, Abdul Kareem - Senior Merchandiser , Omar Reffai - Property Manager, Gorden Norbert- Store Operations Manager, Mr. Eyad - Area Manager, Mr. Mashood - Area Manager, Mr. Salman - Area Manager and Mr. Mehmood - Far-

waniya 2 store manager. The ceremony was witnessed by a large gathering of well-wishers. NSC is currently running a Clearance Sale and a Back To School promotion where visitors can find a range of school-related products and a variety exclusive Al Nasser merchandise marked at special prices.

Amitabh Aur Main concert

to be held on 23 September



Indian Youth Society, a leading brand name for quality event planning, is staging Amitabh Aur Main, following several successful shows in India, on September 23 at the American International School, Maidan Hawally.

The program, Amitabh Aur Main, which is an event conceptualized by playback singer Sudesh Bhosale has received great response at all venues it has been performed so far.

Playback Singer Sudesh Bhosale is the only multi-talented and versatile artist in the Film Industry, who is known as 'The Voice of Amitabh'. He has rendered many super hit songs as playback for Amitabh Bachchan and performed live in many shows in India and abroad.

In this three-hour program, Sudeshji will be adapting some of

the most popular songs and iconic dialogues of Amitabh Bachchan which would capture the essence of his performance till date in addition to sharing his experience about working with Amitabh Bachchan during the recordings and live concerts. He will be accompanied by singer Amol Yadav who has given Playback in quite a few films and Arpita Thakkar, an accomplished playback singer from Mumbai.

Amitabh Aur Main is based on the memorable charisma created by Amitabh Bachchan onscreen.

Some of the songs Bhosle and team are expected to perform are 'Intehaan Ho Gayi Intezaar Ki', 'Jumma Chumma', 'Kajraare, Meri Makhna' and 'My Name is Anthony Gonsalves' among many others, interspersed with Big B's hit dialogues.





Al Bustan launches BBQ Wednesday

Ricky Laxa

Staff writer

The Al Bustan Terrace and Restaurant launched Wednesday night its BBQ season with the attendance of invited guests, members of the media and diners.

The popular British Trio Jazz band performed during the dinner. The lavish spread of the international buffet comprised of a variety of salads, soups, cold cuts and hot food with a generous selection of mouthwatering desserts and fruits. A pasta section was also available with thin crust fresh baked pizza. The terrace outdoor showcased fresh seafood cooked according to the diners tastes, traditional cuisine and dishes such as Shawarma, Kebabs, Tandoori,



roasted meat and Japanese deep fried tempura. The bar also prepared a variety of mocktails in the likeness of Mojito prepared in different flavors. Aside from BBQ Wednesday, Al Boom Restaurant also introduced its seafood night Tuesday and will launch steak night in October. Food and Fun Friday will commence on 15 September with buffet and cooking activities for kids on the side. The Sky Lounge offers sushi and lights snacks and venue for several events and important occasions.



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Kuwait's Paralympics gold medalist to receive cash award

hmad Al-Mutairi, the national athlete Awho won the gold medal in the men's 100-meters wheelchair race at the Rio 2016 Paralympics, is to receive a cash prize of \$30,000 awarded by the Kuwait Disabled Sports Club (KDSC).

Al-Mutairi, who claimed the gold with a record-breaking time of 16 seconds, is one of six athletes from the KDSC participating in the Paralympics; the other five athletes are Mohammad Al-Odwani, Nasser Saleh, Mohammed Mejbel, Abdullah Al-Saif and Atef Al-Dousary.

Announcing the award, the President of



KDSC, Shafi Al-Hajeri said the award was a "token of appreciation" for Al-Mutairi's efforts. He added that the KDSC will join forces with the Public Authority for Sport (PAS) to encourage Kuwaiti athletes to achieve similar accomplishments in upcoming sports events.

Earlier the Minister of Information and Minister of State for Youth Affairs, Sheikh Salman Sabah Al-Salem Al-Humoud Al-Sabah, congratulated the gold medalist saying that his win had made a national achievement for Kuwait at the international sports event.

Indian Embassy issues guidelines for grant of OCI card

The Indian Embassy in Kuwait has been receiving queries from Kuwaiti nationals married to Indian women or those having parents/ grandparents as Indian nationals regarding eligibility for grant of Overseas Citizen of India (OCI) card. The position with regard to the grant of OCI by Government of India is given below:

A foreign national, - (i) who was a citizen of India at the time of, or at any time after 26th January, 1950; or (ii) who was eligible to become a citizen of India on 26 January, 1950; or (iii) who belonged to a territory that became part of India after 15 August, 1947; or (iv) who is a child or a grandchild or a great grandchild of such a citizen; or (v) who is a minor child of such persons mentioned above; or (vi) who is a minor child and whose both parents are citizens of India or one of the parents is a citizen of India - is eligible for registration as OCI cardholder.

Besides, the spouse of foreign origin of a citizen of India or spouse of foreign origin of an Overseas Citizen of India Cardholder and whose marriage has been registered and subsisted for a continuous period of not less than two years immediately preceding the presentation of the application is also eligible for registration as OCI cardholder.

Therefore, the spouse (for example, Kuwaiti national) of foreign origin of a citizen of India or spouse (for example, Kuwaiti national) of foreign origin of an Overseas Citizen of India Cardholder and whose marriage has been registered and subsisted for a continuous period of not less than two years immediately preceding the presentation of the application is also eligible for registration as OCI cardholder.

Benefits of OCI card holders:

- Multiple entry and multi-purpose lifelong visa to visit India.
- Exemption from reporting to Police authorities for any length of stay
- Parity with NRIs in financial, economic and educational fields except in the acquisition of agricultural or plantation properties.

Registration for grant of OCI card:

For those seeking registration as OCI, visit http://passport.gov.in/oci/. For those seeking OCI card in lieu of PIO, visit http://passport.gov.in/oci/

Since the OCI card is received from India by post after verification/ clearance by concerned authorities in India, it may take about 60 days for receipt of OCI card. (Since the application is made on-line, the applicant can also check the status on-line).

For more information: Contact, Shri K.K. Pahel, First Secretary (Consular and Community Affairs), No: 22533315, 97229948.



ICSK Senior hosts special assembly on Teachers' Day

special assembly to commem-Aorate Teacher's Day was conducted at the Indian Community School Kuwait by students of class XI-F on 5 September. A heartfelt inspirational speech about the importance of teachers was delivered on the occasion.

Gifts were presented to staff

members by students as a token of gratitude, which was followed by an interesting skit.

Senior Administrator and Principal of ICSK Senior Dr. V. Binumon addressed the students on the occasion and appreciated the efforts of the class in conducting the assembly.



LuLu Hypermarket celebrates **Onam and Eid Fest 2016**

uLu Hypermarket, the leading ■hypermarket chain in the region, celebrated the much-loved festivals of Onam and Eid with a promotional campaign that included competitions and festive programs.

Special offers on a large variety of items, including food products and festival-related pieces, were the hallmark of the campaign, with offers for Eid celebrations starting on 8 September and that for Onam starting on 11 September.

Sharing the jovial spirit of the festivals, LuLu Hypermarket organized a 2-hour program on 15 September that highlighted the traditional elements of Onam and Eid. Dancers clad in colorful costumers performed traditional dances and musical numbers from both festivals. A large gathering of people were on hand to witness and share in the jubilation of the festivals.

A special draw of the campaign was the Eid and Onam cultural September. Traditional Eid and Onam team, Madhu, received KD100 worth outlets.



songs and dances were the highlight of the cultural evening, with the 'Puli Kali', a traditional Onam folk dance, and energetic renditions of 'Chenda Melam', a rhythmic performance on drums, drew loud cheers from the audiences.

Another fun-filled activity organized for the occasion was a floral carpet competition held on 15 September where 10 teams presented their vibrant and decorative floral programs that were held on 14 and 15 — carpets or 'Pookalams'. The winning — create a distinctive experience at its

gift vouchers, while gift vouchers of KD75 and KD50 were distributed to Chandramohan and Nayana Santhosh, the second and third placed teams respectively. All participating teams were appreciated for their efforts with KD20 gift vouchers each.

The extensive preparation done by Lulu Hypermarket to encourage customer participation and provide wholesome family entertainment highlights the retailer's keenness to

TVS Hyder Group celebrates 16th anniversary

TVS Hyder Group, one of the leading Cargo and Travel operators in the region, celebrated their 16th anniversary on 12 September at Kuwait Teachers Society hall, Dasma

The function was organized in honor of the employees who have contributed to the growth of the company.

In attendance at the event were Dr. S.M. Hydel Ali, Chairman-TVS HYDER Group, as well as representatives from various Travel Airways, TVS Hyder Group Managers, who had come from other countries, and dignitaries from different communities here in Kuwait.







Rich vocals enrich performance of MADZ concert

he National Council for Culture Arts and Letters (NCCAL) under the patronage of Secretary General Ali Al-Youha and in association with the Philippine Embassy in Kuwait organized a musical concert showcasing the University of the Philippines Madrigal Singers (MADZ), a highly acclaimed choir group.

The event happened on 7 September at the Abdulhussain Abdulredha Theatre in Salmiya with a large audience comprised of Philippines Ambassador to Kuwait H.E. Renato Pedro Villa and members of the diplomatic corps, distinguished guests as well as Kuwaiti and Filipino nationals.

The group participated in another show for the Filipino community



on Saturday, 10 September at the Movenpick Convention and Royal Suites in Shuwaikh, which was organized by the Philippine Embassy in collaboration with the International Trade Holdings Company, KSC.

In a semicircle arrangement, a

trademark of their performance, MADZ delivered an engaging and cohesive vocal spectacle. Their performance featured excerpts from Giaochino Rossini's 'William Tell Overture', as well as many harmonious renditions of a number of hit songs that included, Bruno Mars' 'Marry You', Cyndi Lauper's 'True Colors' and John Legend's 'All of Me', and threw in some popular Philippine folk songs into the mix. By being richly stylistic and infusing an emotive range into their singing, they filled their versions with many unique elements. Moreover, the synergy of the chorus was brilliant and achieved a pleasant balance that showed a new understanding of the music in a confident and expressive performance.

Their recital of the Filipino love song 'Bukas na lang kita Mamahalin' was expressively emotional before they transitioned to a more upbeat pace of 'Da Coconut Nut' that encouraged laughter from the audience. The finale, the recreation of the sights and sounds of the African jungle which blended with Elton John's "Circle of Life," sung in an effervescent lively blend concluded the concert with a thunderous applause.

Each member through their own vocals elevated and strengthened the base of the songs. The audience found the chorus group's performance riveting and gave them standing ovations.

Many audience members expressed their appreciation for the concert and stated it was a wonderful evening. On their part, the Madz group expressed their delight that their first concert in Kuwait was a huge success and was grateful to the audience for attending.

The Philippine Madrigal Singers are an illustrious group that was formed in 1963 and are comprised of students, faculty and alumni from different colleges of the University of the Philippines (UP). The troupe has built a sterling reputation by winning high honors in many prestigious international choir competitions, namely Arezzo and Gorizia in Italy, Marktoberdorf in Germany, Spittal in Austria, Neuchatel in Switzerland, Cantonigros, Tolosa and Torrevieja in Spain.

UPKAR association to host **Annual Day talent show**



Uttar Pradesh and Uttaranchal Kalatmak Rangmanch (UPKAR), the oldest association registered with the Indian Embassy, will hold their Annual Day talent show celebration on 23 September at the Indian Embassy auditorium from 5:30pm to 9:30pm.

The program will include presentations from UPKAR members and guests. A draw will be held during the event with prizes awarded to lucky winners. Prior confirmation is required to attend the program. Dinner and refreshments will be served at the end. Please visit the Around Town section on The Times website to register.

Summit on refugees remains silent on climate migrants

Continued from Page 1

UN summit, will seek to better protect migrants and refugees during their perilous journeys. However, a draft declaration — the final version of which is expected to be the main output from Summit along with individual announcements - has stopped short of including specific commitments.

The report prepared for the Summit by UN Secretary General Ban Ki-moon acknowledges that the international community has been "struggling for years to find better ways to resolve violent conflicts in many parts of the world and to mitigate the impact of climate change and disasters. Alleviating extreme poverty, food insecurity, lack of decent work, inequality, tackling discrimination and human rights violations and abuses, establishing rule of law, mitigating the impact of disasters and climate change are all massive tasks."

As a way to assist those forced from their homes and reduce necessity for people to flee, the report urges countries to come good on commitments already made, including meeting the goals in the 2030 Sustainable Development Agenda, and the outcome of the World Humanitarian Summit held in May.

While it is promising that the UN has noted the role of climate change impacts in driving people from their homes, and as a factor fuelling both disasters and conflicts, the Summit seems prepared to do little to head off these interconnected and burgeoning crises in a coherent way. Experts are calling for implementing the Paris Agreement on Climate Change and the Sendai Framework for Disaster Risk Reduction to be added to that list. They point out that dealing with these problems individually and in crisis mode, will hamper the effectiveness of our responses.

The Intergovernmental Panel on Climate Change has described climate change and migration as a 'key risk', with a changing climate having 'significant consequences' for migration flows at particular times and places, creating both risks and benefits for migrants and states.

Climate impacts such as more intense or frequent natural disasters, warming and drought, sea level rise, or competition over natural resources which can lead to conflict can all play a role in human movement. Communities, from small Pacific islands, to Alaskan villages are already relocating in response to the impacts of climate change.

At the Paris Climate Talks last year, it was agreed that a taskforce on climate displacement would be established to help deal with this issue, but work is yet to begin. Taking action on climate change by curbing pollution and building the resilience of communities are critical ways to reduce the risk of more and more people being exposed to such crises. As extreme weather events increase in number and intensity, we need to factor in early planning to protect migrants



Indian Government organization heads' meet Minister Gen. VK Singh

ountry heads of Indian Govt. Organizations working in Kuwait, Ashok Kumar Angural, TCIL, Hirak Mukheriee. Air India, Siddhartha Mukherjee, Oriental Insurance, Devesh Kumar, LIC, Ram Mohan Reddy, New India Assurance and Rajeev Sakhuja, LICHFL, had an exclusive meeting with General VK

Singh, External Affairs Minister during his recent visit to Kuwait.

Indian Ambassador H.E. Sunil Jain and Deputy Chief of Mission, Shri Shubashis Goldar were also present during the meeting. The meeting hosted a discussion about the working and performance of their respective organizations.











Indian Minister of State for External Affairs holds significant meetings during Kuwait visit

eneral (Dr.) V. K. Singh (Retd), Hon'ble Minister of State for External Affairs, Government of India, visited Kuwait on 6-7 September, 2016. During the visit, he held a wideranging discussions with H.E. Sheikh Sabah Al-Khaled Al-Hamad Al-Sabah, First Deputy Prime Minister & Foreign Minister and H.E. Mr. Khaled Suleiman Al-Jarallah, Deputy Foreign Minister, on bilateral, regional and community

It has been agreed by both sides that the meetings for the bilateral institutional mechanisms viz. Joint Ministerial Commission (JMC), Foreign

Office Consultations (FOCs) and various Joint Working Groups (JWGs) would be held regularly to further strengthen cooperation in various areas. Hon'ble Minister also met with H.E. Hind Al-Sabeeh, Minister of Social Affairs and Labour (also Minister of State for Development and Planning Affairs) to discuss issues concerning Indian workers, both in domestic as well as private sectors, including the repatriation of about 29,000 Indians, who do not have valid visas, and non-payment of salaries to Indian workers in Kharafi National. During meeting with H.E. Sheikh

Faisal Al-Homoud Al-Malek Al-Sabah, Governor of Farwaniya, he discussed issues concerning Indian community residing in Abbasiya. He also visited a labour camp of Larsen & Toubro executing a GC-30 project of Kuwait Oil Company (KOC) and interacted with about 350 workers.

A reception was held by Ambassador in the honor of visiting Minister on 6 September, where he interacted with about 60 prominent Indians from various walks of life in Kuwait.

The Hon'ble Minister unveiled the statue of Mahatma Gandhi on the Indian Embassy premises on 7 September, the first statue in the Gulf region, to promote Gandhi's message of peace, communal harmony, nonviolence and cleanliness.

He held media and community interactions in the Embassy with about 350 members of the Indian community, who shared the issues concerning them. He also paid a visit to prominent Indian Businessman in Kuwait, Mathunny Mathews (popularly known as Toyota Mathews) at his residence and wished him a speedy recovery. Mr. Mathews played an active role in the evacuation of Indians during 1990-91.

During his visit to Kuwait, the Minister visited various places of historical and cultural importance viz. Kuwait Towers, Grand mosque, Fatima Zahra Mosque and Al Hashemi-II, the largest dhow ever built.

All issues concerning Indian community were addressed during the visit particularly the recruitment of nurses, Indian Community School, parental visas to Indian nationals born before 1950, land for a Hindu temple, cremation facilities, status of Indian prisoners, commutation of death sentence of 17 Indian nationals and surge in pricing by Air India.

Shifa Al Jazeera Medical Group Chairman Dr. Rabeeullah honored during musical night



r. Rabeeullah, Chairman of Shifa Al Jazeera Medical Group, has been honored with a special memento in Bahrain on Eid day for his outstanding contributions to community welfare and charity.

The memento was presented by Amal Kooheji, CFO of Tamkeen, during the Kumar Sanu, Alka Yagnik, Anuradha Poduval Musical Fiesta held at Indian School, Bahrain. Rahim Athavanad, Chairman and Managing Director of

Rami production, Sheela Anil, Personnel Manager, Shifa Al Jazeera Medical Center and Sreelakshmi Jagathi Sreekumar, Marketing Executive, Shifa Al Jazeera Oman, were also present on the occasion. Dr. Rabeeullah is renowned for his philanthropic activities. For him, charity begins at home in every sense of the word and he is well-known for spearheading a number of philanthropic endeavors.

IES hosts the Seventh Edition of KQ Matters in Olympic Style



The seventh edition of the ■ illuminating KQ Matters, a mega quiz competition, hosted by IES (Bharatiya Vidya Bhavan), held its grand finale in the IES auditorium on Thursday, 8 September.

KQ Matters was graced by the auspicious presence of the most distinguished Chief Guest Dr. Ramesh Pandita, consultant of Hematology at Kuwait Cancer Control Center. The other notable personages present were the Chairman of Bharatiya Vidya Bhavan institutions in the Middle East, N.K. Ramachandran Menon, his better half, Mrs. Sudha Ramachandran, the eminent Principal of IES, T Premkumar and many other distinguished guests. Students and teachers of the participating schools, the parents, and

the staff of IES were also in attendance. The six participating school teams

comprised of two quizzers each from United Indian School (UIS), Carmel School Kuwait (CSK), Indian Learners Own Academy (ILOA), Gulf Indian School (GIS), Indian English Academy School (Don Bosco) and the host school were ushered on to the KQ platform by the Sports Captain of IES, Sai Krishnan, with the Olympic torch light.

KQ Matters 2016 shone with the theme Olympics, from the decorated rostrums to the warriors of the intellectual combat in their Physical Education uniforms. The teams were named Atlanta 1996 (GIS), Sydney 2000 (IES), Athens (2004), Beijing 2008 (ILOA), London 2012 (IEAS – Don Bosco) and Rio 2016 (UIS).

The team London 2012 (Indian English Academy School), comprised of aspiring scholars, Jason Miranda and Shawn Siby scored 73 points which entitled them to the KQ Matters everrolling trophy, a cash award of KD500 and certificates. Scoring 50 points, team Atlanta 1996 (Gulf Indian School) made up of Yash Y Alva and Athul Rajeev bagged the second position and team Rio 2016 (United Indian School) represented by Don Mathew Shaji and Ajith Suresh Nair finished third with 42 points. The first and second runners up positions entitled them to cash prizes of KD300 and KD200 respectively. The winners and the participants were honored with cash prizes, trophies, mementos and certificates by the Chief Guest, the Chairman and the Principal.



Expo 2020 spurs realty investments in UAE

ityscape Global 2016, one of the ✓ largest and most influential real estate investment and development events in the region, recently drew hundreds of international realty investors and developers looking to leverage Dubai's lucrative real estate space.

The show, which ran from 6 -8 September at the Dubai World Trade Center, saw a large number of developers showcasing properties that aim to fill the potential huge demand for real estate and developments ahead of the Expo 2020 Dubai, in less than four years' time.

With participation by over 180 countries, and with more than 25 million visitors projected to attend, the World Expo 2020 in Dubai is expected to significantly impact real estate and development activity across the UAE. The six-month long expo, to be held between October 2020 and April 2021, will be a singular platform to showcase the creativity and innovation of humankind and the partnerships and friendships they foster globally.

The Expo 2020 site is located in the emirate's flagship urban project, Dubai South, a purpose-built, 145sq km airport city. Cityscape Global aimed to throw the limelight on the legacy that would be generated by the Expo and how it would form a part of the residential lifestyle opportunities for thousands of individuals within Dubai South, in the run up to, and post, the mega-event.

Dubai South is envisioned as a multimodal platform supporting a number of activities and related businesses with the purpose of developing into a key economic global hub. Dubai South's Residential District, which sits adjacent to the Expo site, is being master-planned to offer world-class community living within an urban environment.



Reem bint Ibrahim Al Hashemi, Minister of State for International Cooperation and Director-General of Bureau Dubai Expo 2020, said: "We are building a site that will be home to an exceptional event, and the basis for a hub in the UAE knowledge economy that ensures our Expo creates a lasting legacy, at the heart of the wider development of Dubai South.

For his part, Khalifa Al Zaffin, Executive Chairman, Dubai Aviation City Corporation and Dubai South, said, "At Dubai South we are actively engaged in creating a long lasting and sustainable legacy beyond Expo 2020,

through a forward thinking masterplan that creates the framework for Dubai's future economy.

"Hosting the US\$7 billion Expo 2020 Dubai will showcase Dubai's capabilities to the world as well as serve to attract entrepreneurs, businesses and investors to explore the lucrative opportunities that the UAE has to offer," he said.

Expo 2020 Dubai is expected to stimulate economic activity in the UAE, with the scale of investments spurring a positive effect on various market segments and employment numbers. With nearly a third of the world's population within four hours flying distance, millions of visitors are expected for the event. This impact of hosting the Expo, and the international showcase it provides, is expected to encourage demand for residential properties as well as boost sectors such as hospitality and tourism.

Global austerity hits haj pilgrim numbers

The number of programs and Haj Saudi Arabia for the annual Haj The number of pilgrims arriving in dropped significantly this year, with Saudi authorities confirming that only around 1.86 million pilgrims, including around 1.3 million international pilgrims, attended this year's

and the number from within Saudi Arabia falling by half, the overall haj-related business has been down by over half, said Marwan Abbas Shaaban, head of the kingdom's National Committee for Haj and Umrah. The Haj pilgrimage is one of the five pillars of Islam and every



The sharp drop in number of pilgrims, from a high of nearly three million pilgrims a few years back, has led to dramatic fall in sales for Saudi businesses catering to haj visitors. Many tradesmen complain that not only has there been a fall in number of visitors, but also those who do come have less money to spend.

With the number of visitors from abroad falling by around 20 percent Muslim who is physically able and has the financial means is expected to travel to Makkah in Saudi Arabia during the annual haj month at least once in a lifetime. Muslims also visit the holy city at other times of the year for pilgrimages known as umrah.

Saudi Arabia, along with its Gulf and Arab neighbors, is suffering from the fall in global oil prices that has cut state budgets, lowered wages and reduced lavish domestic spending. War across the Middle East has also hit the haj. The current war of words between the Kingdom and Iran is also a reason for the fall in numbers this year. Iran has barred its citizens from attending this year's haj, accusing Saudi authorities of lax safety standards following the death of over 2,000 pilgrims during last year's pilgrimage.

Yet another reason for falling attendance at the annual pilgrimage is the construction underway in Makkah, which has been ongoing for over three years in an attempt to increase the area's capacity to receive pilgrims in future.

Makkah's mayor Osama bin Fadl Al-Bar is more optimistic, he said, the renovations to expand Makkah's Grand Mosque and nearby hotels, which have turned the area into a tangle of cranes, would drive future business and let the city accommodate 3.7 million haj pilgrims in 2020 and 6.7 million by 2042.

As part of a reform plan to wean Saudi Arabia offits dependency on oil, the government aims to encourage even more visits to Makkah outside of haj season, raising annual pilgrim numbers to 30 million by 2030 from 8 million at present.



'Rainforest' in the desert

ore than 3,000 plants, animals and birds, including the world's largest indoor, man-made, life-sustaining tree, thrive in a tropical rainforest right in the midst of a scorching desert environment.

It is not a mirage; it is the newly opened Green Planet at City Walk in the United Arab Emirates. Designed as an enclosed ecosystem, the fourstorey Green Planet recreates the enchanting world of the tropical rainforest inside a modern concrete and glass bio-dome.

This new educational and recreational facility is set to raise awareness for the delicate balance of nature and the preciousness of one of our world's oldest living ecosystems with its bio-diversity to sustaining life on this planet.

Expressing his pleasure at the opening of this man-made tropical biosphere on 1September, the Head of Operations at Green Planet. Christopher Davis said, "This is a slice of nature. Imagine a tropical rainforest in the Amazon; we've taken a cut out of that, brought it here to the middle of the desert. All of the animals that you see here, the trees, the plants, butterflies, reptiles, you name it are from different rainforests around the world. Green Planet will not just be a place to escape the arid Dubai heat, but also a place to also learn about how rainforests work." Up to fifteen educational programs in five areas of eco-exploration are scheduled for children aged 3 to 14.

"The goal is certainly education, that's a primary one. We have a lot of plans for school children to come in to learn a lot about nature", Davis added. But what about the energy it takes to turn a desert into the tropics, especially when it comes to precious fresh water? "The interesting thing





about this building is it is actually a LEED (Leadership in Energy and Environmental Design) certified building, which is a relatively hard thing to get. It means that there is a certain energy conservation point to it from the very design, all the way through construction and now through operations. The waterfall we have here is a recycled waterfall, very little water use..." He added that all visitors entering the dome must pass through an airlock which helps to maintain the internal ecointegrity of this immersive vertical facility.

"The Green Planet is an ecology museum, and we want visitors to both have a good time, see something beautiful, but also learn something important about nature, and the way nature works," explained horticulturist Halpern. "There is a great deal of life, a great deal of diversity, and that's why this ecology museum in Dubai centers on the tropical forest, as it is the best to tell the story of an ecosystem."

Economic power of women in GCC on the rise

Continued from Page 1

as formal entrepreneurial education and training gathers pace and helps women to bring their ideas to fruition and successfully own and manage established businesses. The report notes that high unemployment rates, limited access to formal finance, regulatory and social constraints, striking a work-life balance, inadequate training and access to information, and lack of female-friendly entrepreneurship policies are some of the main barriers and challenges faced by women entrepreneurs in the region.

Recognizing this many GCC governments have amplified their efforts towards addressing existing challenges by introducing a range of empowerment measures across the political, business and educational arenas such as marked regulatory improvements, lower entry and exit barriers, increased representation in female literacy rates.

Meanwhile, the report found that improvement in social conditions driven by changing demographic patterns and gender diversity in the private sector were some of the key growth drivers of women participation in the workforce. As a result, adult female (25+) participation in the GCC's labor force in 2015 increased to 32 percent, growing at 6.8 percent CAGR in the last decade. Female literacy rate in the GCC is also at par or above the developing nations across the world; nearly 100 percent among 15-24 year olds and almost 90 percent on average among adult females (age 25-64).

Corroborating the growing interest of GCC women in business, the '2015 Forbes List of The 100 Most Powerful Arab Business Women in the Middle East' featured nearly 50 percent of women from the GCC. Women in the

chambers of commerce, and improved GCC are taking leadership roles in private and family-owned businesses, while also participating in politics and government affairs. The report states that these women have a high preference for roles in the private sector with the banking, investment and finance sector leading the way with 18 percent.

> Meanwhile, many female achievers said that while great strides have been made in promoting gender diversity, the oil and gas industry, which is the prime provider of employment in many GCC states, is still struggling with exceptionally low female-to-male ratios. However, as the energy sector becomes more competitive under global market pressures, it is expected that gender balance will increasingly emerge as a definitive factor in the success of organization and this could trigger rapid transformation of the

Education and the Invisible Child



Gordon Brown Former Prime Minister and Chancellor of

the Exchequer of the United Kingdom, is United Nations Special Envoy for Global Education and Chair of the International Commission on Financing Global Education Opportunity.

n his 1952 novel, Invisible Man, the late Ralph Ellison famously portrayed American blacks as silent, long-suffering, and entirely unnoticed by the majority white population. In 2016, there is a new - and global invisible class: the 260 million boys and girls who are currently denied access to basic education.

Today's invisible victims are refugee children holed up in tents, shacks, and hovels who will never enjoy a first day at school; they are the millions of 9-12-year-olds condemned to child labor, and the millions of young girls destined for child marriage and denied an education simply because of their gender. Ensuring a better future for these children is the civil-rights struggle of our time.

Out-of-school children are losing out because of our failure to invest in education; but so, too, are another 600 million boys and girls who are in school, but not learning. In low- and middle-income countries, half of all primary-school-age children don't learn basic literacy and numeracy skills. All told, 900 million of the world's 1.4 billion children reach adulthood un- or under-educated. According to a forthcoming report from the International Commission on Financing Global Educational Opportunity (the Education Commission), which I chair, members of this neglected majority lack the skills they will need to succeed in a quickly changing global labor market.

In the interconnected world of the future, children will need to be taught information-technology and computational skills if they are to find gainful employment. However, in lowincome countries, where technology is most needed to improve educational services and inclusive growth, only 10 percent of pupils attend schools with internet access.

To close these education gaps, a 'business-as-usual' approach is unlikely to suffice. Indeed, by 2030 — the year by which the UN sustainable development



agenda promises to deliver universal basic education — 1.5 billion adults will have had no education beyond primary school. Worse still, half the world's young people will still be entering the workforce with no recognizable qualifications, and will probably suffer long periods of unemployment.

For years, the international community has held summits promising to redouble its commitment to education. But, time and again, it has failed to fulfill that promise, thus depriving the next generation of the most valuable gift it could bestow. In 2002, nearly 13 percent of overseas development aid went to children's education; today, that figure is 10 percent, and in low-income countries it amounts to no more than \$17 dollars per child, on average.

By short-changing the world's children, we are squandering the most valuable untapped resource we have. Moreover, we could be setting the stage for a modern doomsday scenario, because an entire generation of uneducated, alienated young people will make easy prey for extremists and terrorist organizations.

Fortunately, how to improve educational outcomes isn't a secret: the best schools hire dedicated and competent teachers and administrators, and teach curricula relevant to children's future needs. Moreover, the Internet enables the poorest children in the remotest areas to access the world's best libraries and teachers. With auditing and accountability systems, we can make future investments dependent on results, and transform every classroom into a learning hub for every child.

Toward this end, the Education Commission — which includes leaders from government, academia, business, and economics — just published a roadmap and a proposed global budget to provide universal, high-quality

primary and secondary education. Our evidence shows that if developing countries can adopt domestic reforms to match the results of recent success stories, such as Vietnam, they can deliver education for all by 2030.

For our program to succeed, the global investment in education will need to rise steadily from \$1.2 trillion now to \$3 trillion by 2030; and low- and middle-income countries will need to modernize their education sectors by increasing their domestic investments to 5.8 percent of national spending, 1.8 percent above the current average.

If countries are willing to make this level of commitment, they should not fail to deliver universal education for lack of funding.

To ensure that the money is there, the Education Commission is offering detailed proposals to reform the current global framework for funding education, and to bring multilateral development banks together to

prioritize education and release new resources.

Education is the most cost-effective investment we can make, so the economic case for increased funding could not be clearer. The Education Commission's goal is to make today and tomorrow's children a 'learning generation'. If we succeed, we expect low-income countries' per capita GDP to be 70 percent higher by 2050 than it is now.

By contrast, if the world succumbs to inaction and paralysis, we predict that it will cost global GDP \$1.8 trillion by 2050. The brunt of this cost will fall on low-income countries, where 25 percent of populations will still live in extreme poverty. Those are the quantifiable costs of ignoring an invisible generation of young people; the other costs, in terms of lost opportunities and ravaged, alienated lives, are impossible to quantify, but should be equally worrisome.

Financial undercurrents hint of glimmer in Kuwait's economy

Continued from Page 1

BMI Research said that with falling revenues and limited cuts in spending, it forecasts Kuwait's fiscal balance to turn negative in 2016, and remain so only temporarily. "In our view, the Kuwaiti government will face only three years of deficits (2016, 2017 and 2018). From 2019, oil prices will have recovered enough for the country's budget to return to surpluses," the

"For the rest of the decade, Kuwait will therefore post budget surpluses, albeit smaller than the ones

recorded during the oil boom. As a result, the country's public debt — estimated at only 4.4 percent of GDP in 2015 by the IMF — will remain negligible. We expect the Kuwaiti economy to see modest growth over 2016 and 2017, forecasting real GDP growth of 1.5 percent and 2.0 percent, respectively, from 1.4 percent in 2015," it added. After a long period of stagnation, the Kuwaiti investment outlook also appears to be improving, while an uptick in oil output will support growth over the coming quarters, noted the research firm. However, the report cautioned, Kuwait's ever-volatile

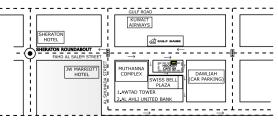
political situation would remain a key downside risk to economic activity, alongside the country's overreliance on hydrocarbon revenues.

The report cautioned that like other GCC states, Kuwait's fiscal balance is dependent on the country's hydrocarbon exports and international oil prices have an overwhelming bearing on the country's finances. Oil revenues have accounted for more than 90 percent of all government receipts for more than ten years. During the commodity boom years of 2007-2014, Kuwait's budget surpluses averaged 20 percent of GDP.











Online courses are a wonderful way to earn a degree without having to attend campus, however these courses are demanding. What a student needs is time management and a slightly different attitude towards learning. For those who are considering opting for an online course, here are a few do's and don'ts to consider.

- Schedule a specific time to attend: The key to success in an online class is to treat the class as if it has a classroom schedule. The advantage of online learning is that students can access the course at convenient times. A major disadvantage here is that the class can easily be forgotten or delayed. So it is best to schedule time on at least two different days to access the course shell. There will also be work outside the shell, so time for research and to study must be scheduled in
- Read the instructions carefully: Most online classes have a link in the home section for the syllabus. Download and read carefully the given instructions and in case of doubt, contact the instructor. Leave no room for future confusion or difficulties.
- Take a virtual tour of the class: Online shells are not difficult to navigate. Click on all the links and explore the class, preferably on the first day. Make sure you understand all the terms being used in the course. Becoming comfortable with navigating the course shell is vital to success in the class.
- Contact the instructor with questions: Each course should and will provide you with a way to contact the faculty. There could be a virtual office or you could obtain their number and email address which is available in almost all sites. Make sure you are clear about your doubts and not end up confusing the faculty all together.
- Read all the assignments before you post: It is tempting to just check into the course, post opinions, turn in a short paper, and try to take a test or quiz with the book open. This is not wise. Tests and quizzes are timed, so using a book is often not helpful. Discussion posts and papers are often graded in the same way with a rubric. Online courses require a great deal of work. Opinions are not welcome; research information is. Completing the reading is vital to success in the class.

- Think this is a self-paced course: Online courses allow students a great deal of adaptability but they not self-paced courses. There are deadlines to every assignment and students have to keep up with their work. Thinking of completing the course in its last week is a poor idea.
- Try to 'sit in the back row' of the course: There is a great deal of difference in sitting in the last row of a classroom and 'sitting in the back row' of a virtual class. There is work due every week from every student. In many ways, an online course is much more demanding than a ground based course. There are no lectures to sleep through, no back row to hide in.
- Think it will be easier than a ground based course: Once again online courses have work due every week that requires reading, studying or even lab work. Lectures might be recorded in podcasts or software, and these cannot be skipped. Faculty does not lecture on the information in the text, so students must read the text and supplements.
- **Sign in only once a week:** Most online courses require students to post at least twice a week. Often there are announcements posted by the faculty early in the week with information about the assignments. Students who attempt to sign in and complete at the last minute will be buried under the work load and faculty has their own way of tracking how much work a student has put in. For all these reasons, it is imperative for a student to sign in twice a week, starting early so that they do not get into trouble.
- Plagiarize: Plagiarism is a very serious issue. Since students will be working online, it is easy to surf the web for answers and even easier to copy and paste information. But it is also equally easy for the faculty to test your paper for plagiarism. To be on the safer side, avoid plagiarism no matter how hard the assignment or questions might be.



lot of people clam up when Lit is their turn to make a presentation, regardless of how many people are present in the room. Do not worry. This is a common reaction to many speakers and the good news is that it is easy to overcome these pesky hang-ups by following these tips.

Relying on filler words: People use filler words ("um," "ah" "like," "you know,") when they are uncomfortable with silence or lacking confidence. To overcome this, record yourself to understand where you are using filler words and train yourself to simply pause instead of using a filler word. Pause is a gift to the listener because the listener needs time to process what you are saying.

Vocal fry: This is a sound a speaker makes in their throat when they run out of air as they speak. These mistakes often tend to distract the audience from the main topic. To overcome, take a deep breath and deliver one sentence at a time to get a sense of what it feels to have enough air in your lungs. Next, record yourself speaking to understand what the vocal fry sounds like, and practice eliminating the vocal fry through breathing.

Sounding cold or aggressive: Many speakers struggle to sound warm and friendly while still commanding authority. When people focus too much on sounding formal, assertive or smart, they can come off as cold and aggressive. Over-articulating is one of the ways people can sound excessively distant. Instead of articulating every letter, the trick is using a strong intonation on the parts of the words that have the most information, and not on the less important sounds like prefixes, conjunctions and prepositions.

o all students struggling with ■ Maths and parents worried about their children's performance, the human brain is mightily gifted with calculation, logical interpretation and reasoning ability. All you need to do is unlock this potential and train your brain to calculate quickly and accurately.

To begin with, it is extremely important for the kid to improve the basic calculations namely division, multiplication, addition and subtraction, decimals, fractions, percentages and ratios. The basic calculations should be practiced in a time-bound manner for about three to six months so as to increase the speed and accuracy of the student in the subject. Since weak students lack understanding of previous concepts, learning all previous lessons relevant to the present class syllabus are vital. In about an hour of practice per day, half an hour should be meant for practice and the rest for learning previous

Tests should be designed starting with simple and easy questions to improve the confidence of the students, the difficulty level being gradually increased week after week.

Students should be consistently



Getting rid of the maths fear

encouraged and inspired during this practice course and never discouraged at any point. Having said that, they should also be corrected when they commit mistakes.

By the end of this practice, the student will have developed good speed and accuracy in calculations. Also he/she would have relearned and revised all relevant previous lessons and worked on his/her shortcomings. There will definitely be a drastic improvement in their scores, performance and most importantly, in their confidence level.



Fried, grilled or baked foods could affect diabetes risk

new study suggests that Achanging the way you cook could help reduce the risk of getting type 2 diabetes.

Cooking by boiling, steaming or poaching appears to be the safest way to cook, say researchers behind the study When you fry, grill or bake foods - also called dry-heat cooking – foods produce substances called advanced glycation end products (AGEs), higher levels of which have been linked to insulin resistance, stress on the body's cells and inflammation. These are troublemakers in terms of diabetes risk.

Insulin is a hormone that helps blood sugar from food get into cells for energy. Without insulin, or with insulin resistance, too much sugar

remains in the blood. This can lead to serious problems for the heart, eyes, kidneys and other organs.

For their study, the researchers wanted to see if a low-AGE diet could offer protection to people already at risk of developing type 2 diabetes. The researchers randomly assigned study participants to one of two diet groups. The regular-AGE diet group included 49 people; the low-AGE diet group had 51.

All were at least 50 years old. And they had at least two of the following five health concerns (or were on medications for these problems): a large waist circumference (40 inches for men, 35 for women); high blood pressure; low HDL (good) cholesterol; high triglycerides (another type of blood



fat); or elevated fasting blood sugar

Those in the low-AGE group were told to avoid frying, baking or grilling foods. Instead, they were encouraged to boil, steam, stew or

poach their meals -- in other words, cook with water. The participants were specifically told not to change the types of foods they ate, just the preparation of those foods.

The regular-AGE group was

instructed to continue cooking as they already did.

Following a full-year of study, it was found that in the low-AGE group, all the parameters for stress and inflammation improved and insulin resistance came down. Body weight also dropped slightly in the low-AGE group, and no side effects were seen from their new diet preparation methods.

Researchers point out that though AGEs are increased by cooking, there are many foods that are, on their own, high in AGEs. For instance, vegetables and other plant foods are not as high in AGEs, whereas red meat and cheese seem to have the most. So, in addition to changing how we cook, we also need to be aware of what we are eating.



 $oldsymbol{I}$ t is not enough to encourage kids to eat right, exercise more or limit their screen time; parents should lead by setting the right example says a new research study.

Although any support parents can give is good, children are more likely to meet guidelines if parents demonstrate their support by being actively engaged. That means taking your child to the park for play, making healthy food options readily available and restricting screen time.

The researchers found that parents who

took their kids to places where they could be physically active, such as playgrounds and sports programs, were twice as likely to report their kids met exercise guidelines as those who did not.

Parents who participated in the activities with their kids were 35 percent more likely to report their children met the guidelines, compared to those who did not.

Also, parents who made raw fruit and vegetables available between meals were nearly five times as likely to report their kids met those nutrition guidelines, the study

Parents who ate at home but away from the TV were 67 percent more likely to say their kids ate enough fruits and vegetables. And parents who enforced rules on TV, tablets and other electronic devices were twice as likely to report their kids followed screen guidelines.

While all these things take some parental effort, the payoff in the form of healthier more active children is definitely worth it.

Europeans most worried about vaccine safety



you thought that it was people in tribal regions of Pakistan or in some African countries who held the belief that vaccines were dangerous, then think again. It turns out that the people who are most skeptical about vaccine safety live in Europe.

Researchers indicate study findings could help policymakers recognize and address issues to increase public confidence in vaccines.

Vaccines are considered by the scientific community and a majority of the public to be one of the greatest medical breakthroughs of the 20th century. Diseases such as diphtheria, polio, and tuberculosis once though incurable have been significantly reduced and, in the case of polio, nearly eradicated from the world mainly on account of vaccines.

However, not everyone is convinced about the safety and effectiveness of vaccine. Although this group is a minority, recent outbreaks of measles - a disease preventable by vaccination - demonstrates how negative attitudes of a few, could become a problem for authorities and pose a danger to the rest of the world.

A new study, which aimed to find the rates of skepticism about vaccines, surveyed over 66,000 people across 67 countries. While most individuals surveyed had positive attitudes toward immunization, among those who held negative views, there were significant variances in attitutdes. The European region had the majority of vaccine-skeptical countries, with France topping the list at 41 percent of people disagreeing that vaccines were safe - more than three times the global average of 12 percent

Other countries with high levels of individuals concerned about the safety of vaccines included Bosnia and Herzegovina (36 percent), Russia (28 percent), Mongolia (27 percent), with Greece, Japan, and Ukraine at

The countries most confident in the safety of vaccines were found in the South East Asian region including Bangladesh (only 1 percent of people with a negative view of vaccine safety), Saudi Arabia (1 percent), Argentina (1 percent), Indonesia (3 percent), and Thailand (6 percent).

As a whole, the European region had the most people - 15.8 percent - who disagreed that vaccines are safe, compared with the South East Asian region, with 4.4 percent of people disagreeing on the safety of vaccines.

The investigation also found that older people - 65 and above - were generally more positive about vaccinations than people in other age groups.

Refusal to vaccinate may pose public health problems worldwide, such as causing diseases including polio, measles, and meningitis to make a comeback in countries where levels of infection have drastically reduced in

Laser pointers cause serious eye damage in kids

Eye experts warn that though laser pointers may look harmless, when children are allowed to play with them they could end up causing damage to their own eyes or that of other kids. These damages could range from blurry vision to blind spots or potentially



Part of the problem is unreliable labeling and unregulated sales of laser pointers, which are readily available in many office supply stores. Research shows that a significant percentage of both red and green laser pointers are labeled as having between 1 and 5 milliwatts of power outputs. That amount is supposedly safe to the eyes. But, most devices tested for a research study found they had power outputs

greater than 5 milliwatts.

Location is everything when it comes to damage to the retina from lasers. If the laser hits you at an angle, you may notice nothing and be totally asymptomatic. But if it hits your central vision, you may have dramatic loss of vision immediately that never recover

Treatment options for retinal damage resulting from laser pointers are scarce. In some cases surgery may be required for complications stemming from the injury, but most cases can only be monitored through observation.

Some ophthalmologists may prescribe corticosteroids to patients to reduce inflammation inside the eye, but this option is controversial due to lack of research in humans.

Researchers are urging adults such as health professionals, teachers and parents to educate children about the dangers of laser pointers and to discourage or limit their use. Children should be told not to point them in their eye or into others' eyes, as once the injury occurs, there is very little that can be done to rectify it.

New compound stops malaria with single dose

Researchers found a chemical compound that can stop malaria in mice with a single low dose. Scientists hope their early work will now lead to new drugs for people afflicted with malaria.



Malaria is spread to humans by the bites of infected female mosquitoes and it is estimated that about half of the world's population is at risk of catching the disease. According to the World Health Organization (WHO), in 2015, there were 214 million new cases of malaria and 438,000 malaria deaths.

Aside from avoiding bites by using insecticides and bed nets, people can protect themselves against malaria by taking antimalarial drugs. But existing treatments are less than perfect – people have to take repeated doses.

Moreover, the parasites that cause malaria are developing resistance to these drugs. Along the Cambodia-Thailand border, one type of malaria parasite · Plasmodium falciparum - has become resistant to almost all available antimalarial medicines.

The newly discovered chemical compound targets an enzyme called phenylalanyl-tRNA synthetase and appears to wipe out parasites before they can multiply in the liver and be released in bigger numbers into the bloodstream. Pointing out that a single dose antimalarial drug potentially reduces costs and removes the issue of patients not completing the course of treatment, the researchers said their findings could lead to the discovery of better anti-malarial compounds in the future.



Endless sunshine, stunning scenery and beautiful sandy beaches

ong a favorite destination for ■North Americans, Mexico is also becoming increasingly popular with tourists from Europe seeking to enjoy the country's seemingly endless sunshine, stunning scenery, and beautiful sandy beaches - not to mention its astonishingly rich cultural heritage. The country is also rich in flora and fauna, as it is spread across climate zones that encompass everything from arid deserts to lush tropical rainforests.



Mexico City: Sprawling, thrilling and thriving with culture, Mexico City is not just one of the largest cities in the world, but one of the most exciting to visit. Travelling here is like taking a trip through time: you can climb pre-Hispanic pyramids, snap photos of colonial buildings and dine at an avant-garde restaurant-all in one day.



Guadalajara: Second only to Mexico City in size, Guadalajara, capital of the state of Jalisco, has successfully conserved its unique mix of colonial and native Tapatíos influences. Famous for its broad avenues flanked by picturesque parks and fine old buildings notable

for their European flair, Guadalajara is a hotbed of traditional Mexican culture, from the mariachi music that seems to emanate everywhere, to its fascinating Charreadas, a type of rodeo that is usually accompanied by festivities such as dancing, singing, and plenty of great food.

Chichén Itzá: The magnificent Mayan city of Chichén Itzá is one of Mexico's most visited archaeological sites, as well as one of the biggest and best restored. Highlights of a visit to this UNESCO World Heritage Site are numerous, from the massive El Castillo - also known as the Pyramid of Kukulkán, and at 30 meters high, the site's tallest structure - to the Caracol, an almost 1,000-year-old observatory that stands testament to just how advanced the Mayans were. Also of interest are the site's numerous statues, including many examples of the famous Mayan Chacmools holding their sacrificial vessels as they continue to protect these old temples.

Guanajuato: Designated a UNESCO World Heritage Site thanks to its many old colonial buildings, winding lanes, and narrow alleys, Guanajuato is a city that just begs to be explored on foot. Known as an art city, Guanajuato is home to many fine galleries as well as interesting museums, none more so than the Museum of Quixote, dedicated to the works of Spanish writer Miguel de Cervantes.

Copper Canyon: Chihuahua, one of Mexico's most northerly states shares the border with New Mexico in the US and is home to one of the country's most visited natural attractions, the stunning Copper Canyon. In a region known as the Sierra Madre Occidental and consisting of a spectacular group of deep canyons, Copper Canyon is in



fact larger and deeper than its better known cousin, the Grand Canyon. Taking its name from the distinctive copper green coloring along its steep canyon walls, these amazing natural structures were formed by six rivers that converge in the Rio Fuerte before draining into the Gulf of California. Thanks to the area's increased popularity as a travel destination, there are numerous options available to those wanting to explore this area of outstanding natural beauty.

The Ancient Fortress of Tulum: Famous as the only fortified Mayan settlement located on the coast, the ancient city of Tulum is one of

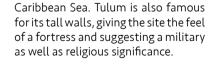
the Yucatán Peninsula's most visited attractions. In the Mayan Riviera and within easy reach of the beaches of Cancún, Playa del Carmen and



Cozumel, the site's well-preserved ruins can be seen for miles around due to their location atop 12-meter high cliffs overlooking the beautiful



Mexico City's Historic Center: A 15-square-kilometer UNESCO World Heritage Site boasting more than 1,400 important colonial buildings from the 16th to the 19th centuries, it is here in the Historic Center that you will find most of Mexico City's major attractions, many within walking distance of Constitution Square, the city's bustling main plaza, including the National Palace, the Metropolitan Cathedral, and the Templo Mayor with its Aztec relics. Adding to the whole experience are the huge volcanic mountains overlooking the city, Popocatépetl and Iztaccíhuatl, each over 5,000 meters tall and offering a perfect excuse to get out and explore the stunning scenery in this part of the Mexican Highlands.



Cuisine: Mexican cuisine is just as complex as any other world cuisine, such as those of China, France, Italy and Japan. It is created mostly with ingredients native to Mexico, as well as those brought over by the Spanish conquistadors, with some new



influences since then. In addition to staples, such as corn and chili peppers, native ingredients include tomatoes, squashes, avocados, cocoa and vanilla. Some of the famous Mexican dishes include tacos and enchilada.



Cancún and the Mayan Riviera: Lying along a beautiful stretch of coastline on the Gulf of Mexico are the resort destinations of Cancún, Playa del Carmen, and the island of Cozumel, collectively known as the Mayan Riviera. This magnificent area on the tip of the Yucatán Peninsula attracts of up to eight meters.

millions of visitors each year and boasts numerous fun activities such as dolphin and stingray swims, snorkeling among reefs and tropical fish, as well as scuba diving in the world's largest underwater museum, a spectacular collection of sculptures submerged at depths



without worrying about what hairstyle you are going to wear - not to mention, how you will possibly find time to create the perfect hairstyle to go with your outfit.

o save you awful hours of troubled decision making, L here are some quick-and-easy updos that will keep you looking totally together all day long. Whether you prefer a ballerina bun or topknot, these hairstyles will get you out the door and to your next party in 10

Bow Bun: Not just for dressing up packages, this adorable bow bun requires a fraction of the time a painstakingly wrapped gift takes. Simply follow these steps: gather your hair into a tight ponytail right below the crown of your head. Be sure there are no bumps or lose strands. Secure your ponytail with



a hair tie, but don't pull it all the way through, leaving a loop (or loose bun). Split this loop in half to create your two bow loops. Take the remaining free hair and wrap it over the middle of your bow. Secure in place with bobby pins. To finish, give your hair a thorough spritz from the hairspray, and you are ready.

Tousled Topknot: Every gal needs an elegant go-to hairstyle that she can whip up on the fly, and this tousled topknot fits the bill. It doesn't take more than five minutes, and it still looks very polished. Plus, it works for any hair texture (though second day hair holds best). Follow these steps:

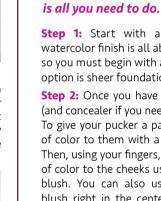


create a side part in your hair, and gently move the front of your hair or bangs to one side to get a soft swirl. Loosely pull hair into a high ponytail, and secure with a hair-tie. Wrap the length of your ponytail around the elastic band, leaving a piece out in the back for the braid. Secure the topknot with bobby pins. Braid the piece of your hair you left out, and wrap it around the base of the bun. Finally, secure with bobby pins and hairspray.

Swirl Bun: It is a perfect hairstyle for a casual event and looks especially great on sleek straight hair. Follow these steps: separate hair into two large sections, about halfway down the back of your head. Tie the pieces of hair together like you would a shoelace, but without the bow. Take the top



strand of hair and wrap it around the center, creating a large donut shape around where your hair is tied.





Step 1: Start with a fresh face. Having a watercolor finish is all about a light and airy feel, so you must begin with a clean canvas. Your best option is sheer foundation.

Step 2: Once you have applied your foundation (and concealer if you need it), start with your lips. To give your pucker a painterly feel, add a touch of color to them with a glossy lip stain or gloss.

Then, using your fingers, dab a touch of color to the cheeks using a cream blush. You can also use a creamy blush right in the center of the lip to create a beautiful and naturallooking pouty effect.

Step 3: Next, you want to highlight the key features of your face. Apply highlighter on the bridge of the nose, the Cupid's bow and the inner corners of the eyes. Fun fact: You don't have to use a traditional highlighter. Actually, a rose gold

eye shadow works even better for this look. In order to increase the dimensional quality of the cheekbone structure, apply the blush higher on the cheekbone near the hairline, and brush a bit of bronzer across the jawline, cheeks and hairline.

Step 4: When it comes to the eye makeup part of this look, get creative. As a base to your eye look, sweep a violet-pink blush across the lid and crease of your eyes, be sure to blend your crease up and out. The vibrant pigment of the blush will actually look very sheer, due to the lack of a neutral eye shadow base - which is exactly the look you're going for. Then, take an even lighter shade of blush and apply it to the crease, blending up and out. Step 5: In true watercolor fashion, this look

isn't about staying in the lines. Then, apply the lighter blush slightly above the brows, and be sure to blend out any harsh lines. When you try something this unique, you want to let people know you're doing it on purpose and are breaking the traditional rules.

Step 6: Now it's time to channel your inner painter, because you have to blend some serious

> colors. Start by adding a coralorange blush to the top and bottom of the outer corner of your eye. Be sure to paint on the blush with a light and airy application. To illuminate the colorful shadow, use your finger and lightly dab on some slightly shimmery liquid eye shadow in a rose gold hue. This will create a natural highlight on the eye, and make your eyes pop. Then, mix a small amount of setting spray with a blue eye shadow, so it

is a little more watery. Using an angled precision brush, paint the blue shadow into a straight line through the crease of your eye (do not follow the natural arch). Take your favorite (soft) green shadow, and paint the outer two-thirds of the bottom lash line - being sure to blend, spreading it across the length of your eye. You should have zero harsh lines - like shades of water.

Step 7: To clean up the look, dab concealer under your eyes and be sure to blend. Then, apply a smidge of liquid liner to the upper, outer corner of your eyes, and sweep on blue and purple mascara for extra oomph and fun. And voilà! You are officially a walking piece of art and a makeup

Trendy midi-skirt

t first blush, the midi-skirt might seem like a challenging length. After all, it's the same length as your babysitter's button-front sundresses the kind of fusty, adult-approved clothing that is about as cool as Vitamin

D milk. But, midis have replaced micro dresses, and below-the-knee skirts as the hem length du jour because of a very simple reason: they hit your leg at the skinniest part of your ankle, thus, giving you an extra visual boost in height.

To wear them, you have got to extricate yourself from the mindset in which midi = matronly. With the right design details, worn with

the right shoes and the right top tucked in the right way, it can immediately become a Fashion-Week-worthy ensemble. Here is one example, a slim top tucked into a midi skirt, with a pair of leg-lengthening shoes. In this case, a boot with a platform gives this outfit a



evening face or even your Sunday brunch makeup. To get makeup worthy of art, here





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Fitness trackers vulnerable to hacking

Some of the top-selling brands of fitness trackers that monitor wearers' heart rates, sleeping patterns and movement among other things are putting user data and privacy at risk, according to a new report.

According to online security firm, Symantec, the rush to embrace gadgets that can make our lives more convenient has once again left security behind in the dust. Using simple techniques, Symantec's security experts were able to pick apart numerous glaring holes in fitness trackers and other common wearable gadgets.

The security experts found that some devices could easily be tracked, many used applications that send data in easily-hackable plain text format, and others had poor serverside security. They found that most wearable gadgets transmit their MAC address, which can be used to identify them. Once that device can be linked to an individual, tracking that individual becomes a rather trivial matter - the researchers didn't even have to force a remote connection.

Device applications were even less secure, said Symantec. According to its findings, more than 20 percent of wearables did not use any kind of encryption at all when sending data up to the cloud. From a privacy perspective things do not get much better. As well as reporting to the manufacturer's server, most also share data with various marketing



and advertising firms.

Developers were also criticized for their poor privacy policies.

Worryingly, some 52 percent of apps had no privacy policy at all, while others were slammed for poorly segregating data at the server side.

Symantec's report comes less than a week after HP Fortify published its own study about the Internet of Things (IoT) glaring lack of security. It found that some 70 percent of popular IoT devices contain vulnerabilities, including weak password protection, insecure apps and unencrypted data transmissions.

Myki stores passwords securely on your phone

With everything getting hacked everywhere, having secure passwords is the need of the hour. However, the trouble with having tough to crack passwords, is remembering them. This has led to a spurt in online password management services. But many people do not want to trust their passwords to a cloud service that could have access to them.

A new startup called Myki is now aiming to change this dependence on online services and instead store the critical data right on your own phones. Here is how it works: When a user decides to log into a service they will choose to log in through Myki. They then authenticate that login on their phone through the Myki app, which is locked by fingerprint or PIN in addition to managed remotely, and the password and login is dropped into the browser.

Through an administrative panel, users can authorize a variety of services, whether traditional browser logins or complex enterprise software, for login through Myki. The company generates passwords for



those services that are then passed over to the phone and kept there instead of online. The passwords and login signals relay back and forth from the phone in order to log into various services, and administrators can assign passwords to be reset on a regular basis.

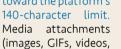
Myki is also constantly reporting back information about the logins and other kinds of irregular behavior, aiming to keep as many tabs on your password usage as possible. If something gets breached (through user fault or just a general hack) administrators can instantly trigger a mass reset, issuing new passwords to every user. Users operate the app using their phone number rather than typical credentials in an attempt to ensure that everything revolves around owning and operating a phone.

There is always a risk for sticking all your passwords in one place. If your phone is compromised for some reason, like stolen by someone who somehow manages to crack the core security and Myki, they will have access to everything to which you have given Myki access. To get around that Myki users can quickly revoke access to the device.

Myki is hoping to take that level of security one step further, and make it even easier to log in and out of services. Time will tell if having everything locked away on your phone will work out in their favor, but it does provide far fewer touch points where individuals can capture your sensitive information, and this in itself is a better

Twitter to introduce new, longer tweets

Twitter is about to make, as early as next week, a big change to the way that tweets work, by cutting down on exactly which types of content count toward the platform's 140-character limit. Media attachments



polls, etc.) and quoted tweets will no longer reduce the count. The extra room for text will give users more flexibility in composing their messages.

Twitter first announced plans to stop counting extras like photos, videos, and user polls toward the limit back in May, but gave no firm date on when the shift would occur. Another new adjustment to the character limit is that usernames will no longer count when they are at the beginning of replies, giving users additional room for discussion. It is unclear whether all of these changes will occur simultaneously; certain content types may gradually stop counting against the character limit in stages.

The company has previously considered dramatically extending the maximum length of tweets. But in January, Twitter walked that back a bit and praised the 140 limit — originally implemented so that tweets could fit within SMS messages. Twitter said it would "never lose" the creativity, brevity, and speed necessitated by the character limit, even as it continues looking into new ways for users to express themselves more thoroughly beyond 'tweet-storms' and screenshots of the iPhone's Notes app.

Samsung software patch for Note 7 limits charging capacity



Samsung is patching its recalled Note 7 for people in South Korea who do not wish to return their devices. The software update will attempt to avoid any battery explosions by only letting devices charge up to 60 percent, and will roll out on 20 September. Samsung has not yet said whether the update will be available abroad or whether users will be forced to patch.

In the 12 days since Samsung recalled 2.5 million of its Note 7 phones over batteries overheating and exploding, US carriers have suspended their sales of the phone and the Federal Aviation Administration began "strongly advising" people not to take the devices on planes. So far there have been more than 70 cases of the phones overheating in the US.

Samsung is reportedly going to start shipping new phones in South Korea on 19 September and launched an exchange program in the US earlier this month. Replacement phones in the US will be marked with a



Apple's new operating system, iOS 10, temporarily bricks iPhones

pple just released iOS 10, Awhich promises to be the best version of the platform to date. Unfortunately, some users are complaining that the update is bricking, or making their phones as useless as a brick for making calls.

Apple has issued a statement that it has resolved the issue already, but for anyone who was affected, here is a quick-and-dirty guide to getting your phone back to normal:

Connect your iPhone to your Mac or PC and open iTunes.

At this point, you will need to force restart your phone and put it in recovery mode. To do that, press and hold the Sleep and Home buttons. Keep holding until you see the recovery mode screen.

You should soon see a prompt

in iTunes that asks you whether you want to update or restore. Select Update to continue with the upgrade process. Repeat steps 1-3 if setup takes longer than 15 minutes.

When the installation is complete, go ahead and set up your phone. And that should take care of it. If it does not work, well, lucky for you AppleCare is usually pretty good at resolving this kind of thing. Get on the phone or make your way to an Apple Store without delay.

If you have not updated your phone, maybe you should hold off for a little while to make sure things have all shaken out. You can use that time to back your phone up to iTunes and / or iCloud — that is something you should always do before a software update, anyway.

Instagram allows filtering abusive words from comments

Instagram started allowing certain high-profile users The filter specific words out of their comments section earlier this summer. Last week the company announced that it would now roll out the feature to everyone.

Users can specify which custom words they want hidden from their comments and also turn on the 'hide inappropriate comments' feature, which hides



comments containing words that are typically flagged as inappropriate. This can all be accessed by clicking the gear icon. Instagram is also updating the way it displays comments: they will be ranked algorithmically to show the most relevant comments first, as opposed to the two most recent.

This update was first rumored in July, along with the idea that Instagram could eventually let users turn off their comments section entirely. However, so far, there have been no indications that Instagram is following up on removing comments, nevertheless it is good to note that the company is at least learning from the failures of its fellow social media sites like Twitter that routinely struggle to protect users

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