



## DIMENSIONS

Magical Journey into Yoga

3

12



## ISSUES

Teaching Journalists How to Survive

8

## LOCAL

Non-accredited certificate holders to be terminated



[www.timeskuwait.com](http://www.timeskuwait.com)

# Optimism on economy, well-founded or wishful thinking



## THE TIMES REPORT

A recent survey of top management in the region shows nearly three-quarters of Chief Executive Officers (CEO) hold a positive business outlook for the next 12 months and are confident that challenging global, regional and local environments will be successfully managed.

This optimism is reflected in robust spending plans outlined by private sector companies in the region, with two-thirds of the polled CEOs confirming that will either likely or very likely make a significant capital investment during the year.

The 2019 edition of the 'Business Barometer: Gulf CEO Survey' conducted by Oxford Business Group, a global research and advisory firm, revealed that top executives in the region remain largely upbeat about the economic



outlook. Response to the survey came from a cross section of economic sectors, with 80 percent respondents being from the private sector and comprising 45 percent from local firms, 15 percent from regional businesses and 40 percent from international companies,

The survey showed that an overwhelming 72 percent of the CEOs viewed local business conditions as positive or very positive for the coming 12 months. Majority of business leaders also found the level of transparency in

[...CONTINUED ON PAGE 9](#)

Hello   
**KUWAIT**  
*An Expatriate*

The life of an Indian expatriate in Kuwait

Is that your story.....?????

Most people I know here came to Kuwait, the Promised Land, for maximum two years, or "to make enough money" and go back home. Countless Felafel and Shawarma sandwich years later, they are all still

here, greyed quite a bit, but very much here.

Kuwait is like that. One starts off earnestly in a job, wants to work hard (and hopefully continues to do so).

[...CONTINUED ON PAGE 8](#)

# GRAND CHICKEN CAPRESE





HALAL

**1878787**  
Delivery provided by Zitaat & Talabat

Talabat Zitaat



# MAGICAL JOURNEY INTO YOGA

BY MERYL MATHEW  
SPECIAL TO THE TIMES KUWAIT

**A**n art, a science, a philosophy or a spiritual practice, the debate on what exactly yoga is never seems to subside. To know, learn and fully understand yoga is said to be near to impossible, but we can all start on this journey of discovery by speaking to someone who has mastered this practice.

Kuwait has more than a few yoga practitioners who have trained for ages and are willing to share with others what they have learned along the way. Santhosh Sebastian is one such practitioner; hailing from India and living in Kuwait since 2015, he is young,

“

When I started learning and practicing yoga, I had no idea that one day I would become a teacher for this beautiful art. I believe that as unique individuals we can all find our purpose with dedication and passion for whatever we do in life.

”

motivated and enthusiastic about spreading the message and benefits of yoga to everyone.

Having started practising advanced level of body balance and flexibility from his childhood, he has been systematically practicing yoga for more than 15 years. Santosh has represented his university at the national level yoga championship in India and is always on the lookout for a balanced lifestyle and great health. His search has taken



him to most of the popular yoga destinations in India so as to live, learn and experience from various yoga gurus.

“From the time my master first asked me ‘Who I am’, I have been searching for an answer by ardently learning and practicing yoga in an attempt to open new facets related to my body, mind and soul. As I travel on this journey of discovery I am slowly getting to know myself and to understand the purpose of my life. This, I believe, has been my greatest achievement so far, although I do still need to learn a whole lot more.”

Santhosh believes that it is yoga and its teachings that have helped him balance his life, both professionally and personally. “It’s easy to manage time if you synchronize your body clock and the vibes within you. It can define your sleep time, sleep depth, energy level and body relaxation, this is called Yoga Nidra. Three hours of Yoga Nidra is equal to



six hours of normal sleep,” explained Santosh.

You cannot travel in all directions but you need to pick and choose the direction you would like to travel and experience. I have picked the direction that I wanted to experience in yoga and accordingly practice a combination of traditional, Ashtanga, Hata and modern yoga. I call it ‘Satyug Yoga’; which is my personal experience.

I call it ‘Satyug Yoga’; it’s my personal experience. Satyug Yoga is all about adapting yogic lifestyle in this modern era; the objective is to let the body follow what the mind

dictates, and for the mind to understand what the body needs. It is a close and synchronous connection between mind and body.

“In order to understand which practice suits you the best, you need to first know, respect, feel and trust yourself. Then learn about all



types of yoga practices from experienced masters before choosing the type of yoga that best suits us and makes us feel at peace.”

“When I started learning and practicing yoga, I had no idea that one day I would become a teacher for this beautiful art. I believe that as unique individuals we can all find our purpose with dedication and passion for whatever we do in life.”

To begin your journey with yoga, first understand what you need. You can practice yoga for different needs such as to alleviate stress, focus the mind, lose weight, increase stamina, enhance flexibility, relieve muscular pain, or for general fitness.

Then understand your strengths and weaknesses; seek the right master to learn from — if you can control your thoughts on your own then self-mastering techniques are better. Learn the basics clearly and then begin to regularly practice the various poses by maintaining and feeling each pose as you perform it. To understand more read up on the subject or listen to those more experienced in yoga.

Some of the benefits to be derived from yoga include:

Increasing your mental strength —



Dhyana for the mind; increasing your stamina through breathing techniques — Pranayama; Increasing flexibility through asanas for the body; increasing focus and concentration and improving balance of life through inner happiness, peace and positive vibes.

The practice of yoga can also cure certain types of illness. Most of our sickness is due to our lifestyle, genetics and ignorance towards our body. Yoga defines a healthy lifestyle which improves blood flow and awareness about ourselves, by which we can identify sickness from its initial stages and take the necessary precautions.



Meditation, a part of Ashtanga Yoga is a key element in gaining mastery over your thoughts. Meditation or ‘dhyana’ is the seventh limb of the total eight limbs of yoga. It comes from the Sanskrit roots ‘Dhi’ meaning intellect, and ‘Yana’ meaning journey. When we are able to focus on something and control our thoughts, this is the basic level of meditation.

In Dhyana one must focus their mind on an object, subject, circumstance or nature and then practice to become absorbed in it. Once this is achieved then one must prepare for the physical part of meditation, which is the solid foundation. Ideally, we can practice some asanas so that our body is comfortable with being completely still for a while. Once we find our own comfortable position, also make sure you will have silence around you and that you will not be interrupted for a while. Start with just five to ten minutes at a time until you are able to practice longer periods of mediation.

We all practice meditation in our daily lives, one way or another. For example, while we pray, while we read and understand its meaning, while we listen to music and drive, while we work, while we listen to a lecture on a topic that interests us. During all these moments we are focused. This is called laya in yoga. Laya meaning absorption.

To those wishing to pursue a career in yoga and would like to know more on the subject, I can only quote my master who advised me the same when I was first starting out in this field:

It is a lifestyle that we need to learn, practice and feel before one can start teaching.

‘Yoga is a bundle of unlimited knowledge we can keep learning until our last breath. It is a lifestyle that we need to learn, practice and feel before one starts teaching. In the end, do not focus on becoming a yoga teacher, instead focus on becoming a good human being, the other things will follow.’



## Czech Republic marks 101st anniversary of its founding



A grand reception was organized by the Ambassador of the Czech Republic H.E. Martin Dvořák, on the occasion of the 101st Anniversary of the country's Independence, at the Crowne Plaza Hotel on 28 October. Minister of State for National Assembly Affairs Dr. Fahad Al-Afasi was the chief guest on the occasion, which was attended by members of the diplomatic corps, special invitees, and media personnel.

In his address to the gathering, Ambassador Dvorak lauded the close bilateral

relations between the Czech Republic and Kuwait. Emphasizing that the Czech Republic remains a strong ally of Kuwait, he added that there are many commonalities between the two countries. He pointed out that his country was one of the first to open an embassy in Kuwait in 1963, and stressed that the relations between the two countries have continued to develop over the years.

The ambassador also spoke about the various cooperation and cultural exchanges between the two countries, and added that

current \$100 million annually. Speaking on the tourism potential of his country and its various attractions, the ambassador revealed that thousands of Kuwaitis visit the Czech Republic to avail of health facilities provided by the country's numerous sanatoriums and health springs.

To view more pics, please visit here: <https://www.timeskuwait.com/news/czech-republic-marks-101st-anniversary-of-its-founding/>

## Air Arabia holds Destination Road show



Air Arabia in coordination with the Embassy of Kyrgyzstan and the country's Ministry of Culture, Information and Tourism held a business-to-business (B2B) tourism event to highlight the tourism opportunities in Kyrgyzstan.

The event, which was held at the Best Western Plus Hotel, Salmiya on 28 October, was attended by Ambassador of Kyrgyzstan H.E. Samarguli Adamkulova, along with Air Arabia Team in Kuwait and Deputy Minister of Tourism of Kyrgyzstan Maksat Damir Uulu. Representatives of Kyrgyz tourism companies and travel agencies in Kuwait attended the event. In their inaugural speech Air Arabia gave a brief presentation on Kyrgyzstan and elaborated on the Air Arabia flights to the country.

Ambassador Adamkulova extended her thanks to all the guests for attending the event and also thanked Air Arabia for their continuous support in promoting tourism to Kyrgyzstan.

Following the presentation, there was B2B meetings between representatives of Kuwait and Kyrgyzstan travel and tourism companies.

A raffle draw held at the end of the event saw two winners receiving return air tickets on Air Arabia from Kuwait to Bishkek. Guests were then treated to a scrumptious dinner.

To view more pics, please visit here: <https://www.timeskuwait.com/news/air-arabia-with-kyrgyzstan-tourism-department-and-kyrgyz-republic-embassy-holds-destination-road-show/>

## Create your own Winter Wonderland with REDTAG



which blends fashion and design to bring a whole new mood to your home.

Pretty colours like blush and green will surely uplift the mood in those gloomy winter days. Knitted and faux fur cushions and throws in comforting textiles are key details for this season. Add warmth to your home with colourful items to create an exciting style mix for every room.

This Winter brightens up your home with REDTAG furnishings during cloudy and dull days. Check out our winter collection in stores now!

As Winter approaches and the days get shorter, our focus shifts inside to concentrate on everything to do with our homes. REDTAG's winter home collection is full of new pieces, which celebrate the time of year and spice up our lives with fresh seasonal trends.

The shift in season also brings new ideas for every room in the house. Why restrict layers to fashion alone, this is the time to layer up and create beautiful textures at home as well. Create your own cosy Winterland with REDTAG Homeware,

## GCC citizens sentenced for cheating government

Two Gulf Cooperation Council (GCC) citizens have been sentenced by the Criminal Court to seven years in jail and ordered to repay the salaries they received illegally from the government over the years.

The case diary shows that the first suspect, a GCC male citizen had been working in the Ministry of Defense after forging documents to show he was a Kuwaiti citizen, including by providing a fake Civil ID. In addition, the man was also accused of obtaining a fake driving license and an education certificate.

In the other case, a GCC woman citizen was jailed for submitting fake certificates to prove that she was a Kuwaiti citizen, in order to obtain monthly payments and allowances from the Ministry of Social Affairs.

**Our Branches**  Licqaf فرقان

 شرق SHARQ 22425131 22425132	
 ايليت ELITE 95554591 95554592 95554593	
 ملتي كوزين MULTICUISINE 25729292 25729293	
 مارينا مول MARINA MALL 22244523	
 حوالى HAWALLY 22626782 22626783 22626784	
 الشرقيه FARWANIYA 24726126/7 24740003/4	
 اكتروبيكا EXOTICA 23900026/7 23733020/40 95554590	
 الفاهيل FAHHEEL 23911174 23911175	
 صافر الريان AL-RAYAN 23911174/5 97644421	
 الجهراء JAHRA 24565111 24565222 24565333	
 شرم الشيخ SHARM EL-SHEIKH +20.69.3604548 +20.014.7545590/8	

**Since 1985**

**MUGHAL MAHAL** *Everyone's First Choice*

**مغل محل** *الاختيار الأول للجمع*

*The art of Serving People is not Everybody's cup of Tea. It takes more than Ambience, more than just a Smile. It takes a very special warmth that lights up a Service... That is gracious and attentive coupled with Amenities and Discreteness.*

**Management**

**Our branches are Google Street View enabled** 

**Supermarkets** 

**32 Years of Quality**

**المقر الرئيسي (برج وربة) - شرق - قطعة ٤ - شارع محمد الجابر - الدور الخامس - تلفون: ٢٢٦٦٣٢٠٠٣ - فاكس: ٢٤٤١٣٢٣٣ - ص.ب: ٢٢٨٣ - المصادف ١٣٢٠ - الكويت**

[www.mughalmahal.com](http://www.mughalmahal.com)



## Cook perfectly slurpable soba noodles

**S**o you want to buy soba, those slippery, slurpable noodles you have been dreaming of eating in soups for days. However, if you are not exactly sure where to start, do not worry, here are some tips.

**First, know the basics:** Soba is a Japanese noodle made from buckwheat flour and water, and sometimes a bit of whole-wheat flour to keep the noodles from deteriorating. Making soba by hand is an intensely complicated process that artisans spend years studying. But while the absolute best soba is made in small batches and sold fresh, soba for your weeknight life is readily available at the grocery store.



**Then, know what to look for:** Generally speaking, buckwheat flour should always be one of the first ingredients on the label, and the list should be relatively short. You are looking for a high ratio of buckwheat flour to whole-wheat flour: Ideally, the noodles will contain around 70–80 percent buckwheat (this is the nihachi-style). Anything containing a higher percentage of buckwheat is prone to falling apart during the cooking process. But too little buckwheat means your noodles will be prone to gumminess and bloating (and they will not be as nutty-tasting).

This ratio of buckwheat to whole-wheat flour can vary widely depending on the brand and variety. But a good rule of thumb is that the larger the percentage of buckwheat in the soba, the darker gray-brown the color will be.

Soba noodles play nicely with creamy sauces and crispy leaves.

Now, cook it carefully. Cook small batches of noodles in lightly salted boiling water right before you're ready to eat. Soba thrives with space, so make sure to leave ample room for the cooking noodles to swirl around the pot freely so that they don't tangle into a sticky mess.

**The thinner the soba, the faster it will cook.** Most soba cooks between

3–5 minutes, never longer, but always follow the cooking instructions on the package of your soba. The best way to prevent things from glomming up is to be hyper-vigilant while cooking. Once you have thrown your noodles into the pot of boiling water, stay stove-side. This is not the time to go grab your phone from another room or daydream. Once a few minutes have passed, pull them out and immediately serve your noodles.

If things do get gummy, drain the noodles, rinse them under cold water, and plunge them into an ice bath. This will stop the cooking process while washing away some of the starch.

Now you are ready to sip and slurp your way to soba-induced bliss. Whether you are twirling these noodles into a delightfully chilled noodle salad or topping it with crispy cubes of tofu, go forth with pride, you soba star you.

**Soba soup with shrimp and greens:** Dashi is the sort of super-powered broth that every cook should know how to make. One of the building blocks of Japanese cuisine, the most popular dashi is made from just two ingredients (kombu and katsuobushi a.k.a. bonito flakes) and comes together in fewer than 15 minutes. That makes it the fastest route to a slurp-able, umami-rich broth (with no long simmers or bags of chicken bones necessary). Here, it's the base of a super savory soup packed with poached shrimp, nutty soba, and tons of greens.

### Mistakes to avoid:

- Whatever you do, don't cook soba as you would traditional Italian pasta.
- Do not salt the water before cooking.
- Do not cramp the noodles in the pot; give them enough space and water to move around.
- Do not overcook them. They need only about four to five minutes in the water to reach a desired al dente texture.
- Finally, in order to avoid the gummy quality that so often befalls so much soba, rinse the noodles immediately after straining them.
- This is perhaps the most important step of all. After pouring the noodles into a colander, transfer them to a bowl of cold water and whirl them around. Or simply rinse them under running water. Keep them moving in or under water for a minute or so to remove the excess starch that creates that gummy texture. May your noodles never clump again.

## Thought for the week

**The art of knowing  
is knowing what to ignore**

- Rumi

## Healthy oil consumption

**Ask Mira: Eating Right to Live Happy & Healthy**



**O**il is very necessary for cooking, and there are a number of good healthy oils that can enhance your health and your culinary creations. Special oils have to be used for cooking that have health benefits.

Here are a few great picks,

**Coconut oil:** Contains healthy fats called medium-chain fatty acids (MCFAs) such as Lauric acid and Capric acid, which have anti-microbial properties, so this oil supports the immune system. It is best used as an alternative to butter and margarine in medium-heat bald.

**Olive oil:** They have the highest percentage of heart-healthy fat of any oil. Its antioxidants provide anti-cancer benefits. It is best used in salad dressings and for sauces recipes.

**Walnut oil:** Health benefits include lowering the risk of heart diseases, as this oil is rich in antioxidants and

contains melatonin that regulates your digestive system. It is best used in baking, dipping, stir-frying and for salad dressings.

**Canola oil:** It is rich in essential omega-3 alpha-linolenic (ALA) and omega-6 linoleic acid that help prevent heart diseases. Best used for baking and stir-frying. It is also useful for sautéing vegetables or adding in salad dressings.

**Avocado oil:** Filled with Monounsaturated fat that helps to reduce your risk of heart disease, cancer and diabetes. It lowers LDL cholesterol and raises HDL cholesterol. You will find it beneficial for

dipping frying and grilling.

Do not forget one teaspoon of unsaturated oil has 45 calories, so be careful about the portion.

Never use olive oil for your omelette or for any stir-frying. This oil will be transformed to Trans-fat and so it loses all its health benefits.

To subscribe to my diet programs,  
don't forget to log in to:  
[www.eatlikemira.com](http://www.eatlikemira.com).



*Mira is a go-to source for nutrition and wellness and has joined The Times Kuwait team in a new weekly column discussing nutrition and answering queries. You can send in your questions to [infotimeskuwait@gmail.com](mailto:infotimeskuwait@gmail.com)*

## Soba noodles with crispy kale



### Ingredients

- 1 medium bunch curly kale, ribs and stems removed, leaves coarsely chopped (about 4 cups)
- 1 1/4 cups unsweetened coconut flakes

- 1/3 cup nutritional yeast
- 1/2 tsp. kosher salt, plus more
- 2 Tbsp. plus 1/2 cup extra-virgin olive oil
- 8 oz. dried soba noodles
- 3 Tbsp. tahini
- 2 Tbsp. plus 2 tsp. soy sauce
- 1 Tbsp. honey
- 2 tsp. toasted sesame oil, plus more for drizzling
- 1/2 tsp. crushed red pepper flakes, plus more for serving
- 1 lime

### Directions

Place racks in upper and lower thirds of oven and preheat to 375°. Toss kale, coconut, nutritional yeast, 1/2 tsp. salt, and 2 Tbsp. olive oil in a large bowl to coat. Divide mixture evenly between 2 rimmed baking sheets and roast, tossing and rotating baking sheets halfway through, until kale is crisp and coconut

is golden brown, 15–20 minutes.

While kale is roasting, cook noodles in a large pot of boiling water according to package directions. Drain and rinse under cold running water. Shake off any residual water and place noodles in a clean large bowl.

Combine tahini, soy sauce, honey, 2 tsp. sesame oil, 1/2 tsp. red pepper flakes, and remaining 1/2 cup olive oil in a small bowl. Finely grate zest from lime directly into bowl; halve lime and squeeze in juice (about 2 Tbsp.). Whisk dressing until smooth, then pour about half of it over noodles; toss to coat.

Add half of kale mixture to noodles and toss to incorporate. Drizzle in more dressing as needed, tossing until noodles are creamy; season with salt. Pile remaining kale on top. Drizzle with additional sesame oil and sprinkle with more red pepper flakes.



## Turkish embassy marks 96th anniversary of country's National Day

**O**n the occasion of the 96th anniversary of Turkey's National Day, Ambassador of Turkey to Kuwait H.E. Ayse Hilal hosted a reception on 29 October.

Minister of Information and Minister of State for Youth Affairs Mohammad Al-Jabri was the chief guest on the occasion, which was attended by members of the diplomatic corps, special invitees and media personnel.

In her address to the gathering, Ambassador Hilal pointed out that 29 October, 1923, was a fundamental turning point in Turkish history. "On this date, our heroic nation faced



challenging conditions that started under the leadership of Gazi Mustafa Kemal Atatürk and the national sovereignty was established. The foundations of a modern nation-state were laid with its institutions and organizations."

On the relationship between

Turkey and Kuwait, the ambassador said: "The relationship between our two countries depends on strong ties, particularly between the people and leaders, as well as historical and cultural ties."

She pointed to the importance of raising the level of economic

relations between Turkey and Kuwait, and called on business people to exert more efforts to contribute to building the future that people of the two countries want.

The Turkish Ambassador also read a speech by Turkish President Recep Tayyip Erdogan on the occasion of the country's National Day. Speaking to the media on the sidelines of the function, Minister Al-Jabri emphasized the keenness on coordination between governments of Kuwait and Turkey on several issues, mainly joint relief projects. Describing Kuwaiti-Turkish ties as deep-rooted, he noted that they are

supported by His Highness the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah and Turkish President Recep Tayyip Erdogan.

The Kuwaiti minister extolled the relations between the two countries, and emphasized that they are growing particularly in the commercial, economic and cultural fields, as well as through Kuwait's campaigns and programs in relief camps in Turkey.

To view more pics, please visit here: <https://www.timeskuwait.com/news/turkish-embassy-marks-96th-anniversary-of-countrys-national-day/>



## Kuwait Airways receives second A320neo aircraft

**K**uwait Airways received on Saturday, 2 November its second out of 15 new A320neo aircraft purchased from European aircraft maker Airbus. The arrival of the aeroplane, which has been named Al-Jahra, at Kuwait International Airport's new Terminal 4 was announced on the state carrier's official Instagram profile.

The order comes as part of the airline's plans to revamp its fleet and will be followed by another 13 assorted aircraft models from the French-based manufacturer. The plane is expected to commence flights after the completion of procedural matters. The airline, founded in 1953, currently flies to 50 global destinations.

## Eithad and Air Arabia join hands to launch Abu Dhabi's first low-cost carrier

**E**ithad Aviation Group, owner of the national airline of the United Arab Emirates, and Air Arabia, the Middle East and North Africa's first and largest low-cost carrier, today announced the signing of an agreement to launch 'Air Arabia Abu Dhabi', the capital's first low-cost carrier.

Eithad and Air Arabia will establish an independent joint venture company that will operate as a low-cost passenger airline with its hub in Abu Dhabi International Airport. The new carrier will complement Eithad Airways' services from Abu Dhabi and will cater to the growing low-cost travel market segment in the region.

Tony Douglas, Group Chief Executive Officer, Eithad Aviation Group, said: "Abu Dhabi is a thriving cultural hub with a clear economic vision built on sustainability and diversification.

With the emirate's diverse attractions and hospitality offerings, travel and tourism play a vital role in the economic growth of the capital and the UAE. By partnering with Air Arabia and launching Abu Dhabi's first low-cost carrier, we



are serving this long-term vision".  
Adel Al Ali, Group Chief Executive Officer, Air Arabia, said: "Home to the first low-cost carrier in the MENA region, the UAE has developed over the years to become a world leading travel and tourism hub. We are thrilled to partner with Eithad to establish Air Arabia Abu Dhabi that will further serve the growing low-cost travel segment locally"

**Haldiram's**

The Original

IRRESISTIBLE INDIAN SWEETS

CLASSIC INDIAN  
Gulab Jamun

CLASSIC INDIAN  
Rasgulla

CLASSIC INDIAN  
Soan Papdi

Sole distributor in Kuwait

Al-Othman & Al-Bisher Trd. Co. W.L.L.  
P.O. Box: 22984 Safat 13090 Kuwait  
Tel: +965 247 16 819 / 247 55 074  
Fax: +965 24755073 / 24760108  
Email: obtckwt@qualitynet.net  
www.obtckwt.com

40+ years of Continued Excellence Since 1974

# Crime Beat

## Gambian woman claims Kuwaiti family kept her as slave for 4 years

A Gambian woman claims she is a victim of human trafficking who was trafficked from Gambia to Middle East and finally to Cleveland and kept her as a slave for 4 years reports Fox news.

A 31 year old female called Cleveland police on 15 October at 11 pm, who appeared with scarf and scared said she had just escaped from an apartment in the Reserve Square Apartments building. According to an incident report, the woman told investigators she is a native of The Gambia who was sold to a family in Kuwait. She spent the next four years working for the family as a 'laborer' whose job it was to look after an ailing grandmother who was brought to Cleveland on 12 August to be admitted in prestigious Cleveland Clinic. The victim told police that she never had a chance to escape because the Kuwaiti family locked her in her bedroom neither she was allowed to talk to anyone. Three months into their stay in Ohio, the Gambian woman finally saw an opportunity to flee when the family went out one evening two weeks ago. An investigation into the woman's allegations of human trafficking is under way.

## Expats caught trading in maids

In the first nine months of the year, detectives from the Ministry of Interior (MoI) had arrested 150 members of various expatriate gangs who were indulging in maid trade. The investigations revealed that the gang members, who opened fake domestic worker recruitment offices, incited Asian maids to run away from their sponsors and then sold them to new sponsors for a hefty fee. The arrested members have since been deported from the country and have been blacklisted to prevent them from re-entering Kuwait again.

Also, the maids who escaped from their original sponsor have been placed in detention. Sources at MoI confirmed that over the past three years more than 1,800 men accused of trading in maids had been arrested. Official records show that those arrested and deported for violating the Domestic Workers Act has come down from increased pressure by the authorities on such activities. From a total of 860 people who were arrested and deported for infringing the Domestic Workers Act in 2016, the numbers dropped to 520 violations in 2017 and 420 violations in 2018.

## Court refuses bail to royal, hearing date set

In a setback to a member of the royal family who stands accused of threatening a police officer, the Criminal Court refused to release the defendant on bail and adjourned hearing on the case to 12 November.

Court proceedings against the royal was brought about by a police officer who filed a case accusing the defendant of threatening him for not kowtowing to an illegal request. Earlier, the Deputy Prime Minister and Minister of Interior Sheikh Lt. Gen Khaled Al-Jarrah had met with the officer and asked him to go ahead in applying the law. The Public Prosecution heard the testimony of the officer and issued a decision to find and arrest the suspect. The suspect was arrested and charged with threatening the plaintiff, misuse of mobile phone, and posting offensive remarks in violation of the Cybercrimes Act. The defendant denied all charges and insisted that he had nothing to do with the relevant audio clip, as he was sleeping at that time and he had no idea who took his mobile phone.

## Drunk driver causes accident on Seventh Ring Road

Traffic patrols responding to a reported accident on Seventh Ring Road were surprised to find the Pakistani driver who caused the accident by losing control of his vehicle and colliding with a road barrier was highly intoxicated.

Security personnel summoned to the accident site swiftly arrested the drunk driver and referred him to the competent authorities for further action. Police also seized two bottles of alcohol from his vehicle.

## Women in Leadership Economic Forum 2019 attended by over 600 guests

HERMOINE MACURA – NOBLE  
SPECIAL TO THE TIMES KUWAIT

Gathering women and men from various sectors, the 10th Anniversary Edition of the Women in Leadership (WIL) Economic Forum by Naseba opened on 29 October at the Address Sky View Hotel in Dubai under the theme, 'Daring to Build a Better Future'.

The 2-day forum is the largest female economic empowerment platform in the Middle East and brings together leading regional and international organizations such as Siemens, Facebook, Allergan, FedEx, Philip Morris, PWC, General Motors and Emaar Hospitality to share their success stories on gender parity and inclusion.

In keeping with the growing recognition globally that the pace of women economic empowerment must be rapidly accelerated, over 50 thought leaders and panelists engaged in insightful conversations and informative sessions on advancing Gender diversity in our societies and economies. Dr. Mark Esposito, Co-founder, Nexus Frontier Tech, made a case for 'Diversity in Times of Change' in his keynote speech. He questioned, "Why do many organizations still struggle to create inclusive workplace culture?"

The CEO's Panel on 'A Plan of Action for Diversity' moderated by Hadley



Gamble, Anchor CNBC, highlighted key milestones achieved in recent years and roadmap for the next five years by some top companies. Franco Atassi, Senior Vice President Smart Infrastructure, Siemens Middle East, spoke on why gender equality is good for everyone – not just women and what is the role of male allies in achieving parity.

Also, in attendance was H.E. Linda Rama, Economist and Wife of the Prime Minister of Albania, who spoke on what current political leaders need to do to ensure they leave a positive legacy for a better future.

Talking about building and leading a diverse team, Ramsey Morad, Vice President, India Middle East and Africa, Allergan Middle East, elaborated on the key steps that leaders need to take to inspire diversity and inclusion.

Hermoine Macura-Noble, TV Anchor & Founder of Straight Street Media, engaged in a fireside chat with Marianela Mirpuri, Board Member of the Mirpuri Foundation and the mastermind behind their extraordinary project HERA. Scheduled to be completed by 2023, HERA is an ambitious project to create a better future not only for women – but for all people by developing – a multi-purpose sustainable city. At the heart of HERA City will be the HERA Centre – a multi-functional area housing international conventions – seminars, workshops, exhibitions, events and festivals among other things.

Part of the program included exciting workshops on inclusive leadership, including one by Straight Street Media on how to create communicate with excellence in a transactional world.

## Lulu Hypermarket holds Diwali Celebrations 2019



Lulu Hypermarket, the leading supermarket in the region celebrated Diwali, the Indian 'Festival of Lights', with a colorful 'Diwali Celebrations 2019' event. A large gathering of shoppers, eager to avail of the special prices and products offered on the occasion, thronged the supermarket's Al Rai outlet where the function was held on 26 October.

The festive atmosphere was enhanced with traditional dance performances that reflected the vibrancy of the Diwali celebrations. The event was marked by exciting competitions, promotions and a delectable variety of mouthwatering Diwali sweets.

The main attraction of the day was the 'Rangoli competition', with a total of around 10 teams competing to design the best 'Rangoli' art. The first place winning team received a valuable gift worth KD100, while the second and third prize winning teams were accorded gift items worth KD75 and KD50 respectively. In addition, consolation prizes were awarded to the remaining teams.

A wide variety of colorful accessories, dresses and special Diwali sweets were on offer at very special prices during the festive celebrations.

**THE**  
**TIMES**  
KUWAIT'S PREMIER WEEKLY NEWS MAGAZINE

# Join the Conversation

@timeskuwait

@thetimesq8

@thetimeskuwait

[www.timeskuwait.com](http://www.timeskuwait.com)



## Reception held to mark Austrian National Day

**A**mbassador of Austria to Kuwait H.E. Sigurd Pacher held a reception to mark his country's National Day. The event held at the ambassador's residence on 30 October was attended by Assistant Foreign Minister for Europe Affairs, Ambassador H.E. Walid Al-Khubaizi, as the chief guest along with a large gathering of diplomats, top government officials and the Austrian community in Kuwait.

Speaking on the occasion, Ambassador Pacher remarked that the relations between

Austria and Kuwait are based on solid foundations of mutual trust and respect. He also lauded the visit by Chairman of Kuwaiti Chamber of Commerce and Industry, Ali Al-Ghanim to Vienna, and added that he hoped the visit would intensify economic and trade relations between Austria and Kuwait.

On the issuance of visas to Kuwaitis, the Austrian Ambassador pointed out that the consular section issues about 10,000 visas annually. He added that many Kuwaitis also have long-term Schengen visas and up to

25,000 Kuwaitis are estimated to visit Austria annually. He also mentioned that issuing visas to Kuwaitis takes only three working days.

For his part, Ambassador Al-Khubaizi emphasized the strength of diplomatic relations between Kuwait and Austria, which began in 1965 and led to the opening of the Austrian Embassy in Kuwait in 1979 and the Kuwait embassy in Vienna in 1984.

He pointed out that next year marks the 55th anniversary of the establishment of these relations. He also praised the visit by

Austrian Chancellor Sebastian Kurz to Kuwait last March.

Stating that Kuwait Investment Authority had invested over US\$629 million in Austria, Ambassador Al-Khubaizi revealed that there would soon be visits by economic officials to work on the joint committee between the two countries.

To view more pics, please visit here: <https://www.timeskuwait.com/news/reception-held-to-mark-austrian-national-day/>

## MP seeks to stop hiring of expatriates in public sector

The fourth session of the 15th legislative term got off to a good start with expectations of continued bashing of expatriates in the days ahead. Hitting the first volley against expatriates, MP Khaleel Al-Saleh said that the hiring of expatriates in the public sector should cease immediately, as it comes at the expense of jobs for citizens.

He added that a submission would be made to the National Assembly to reform the parliamentary human resources development committee, in

order to effectively address the replacement policy and solve the issue of unemployed citizens.

Elaborating on his plan, the lawmaker said the newly formed committee would move things forward at an accelerated pace. He said that if the parliament gives the go ahead, the Civil Service Commission (CSC) would be called upon to urgently resolve the unemployment issue, by first providing the full statistics on the number of unemployed citizens and their relevant qualifications.

## NAFO-Kuwait celebrates Onam-2019



National Forum (NAFO) Kuwait celebrated 'Onam 2019' on Friday, 18 October, at the Salmiya Indian Model School (SIMS). The celebrations started with the lighting of Bhadradeepam performed by honorable Chief Guest H.E. K. Jeeva Sagar, Ambassador of India-Kuwait and NAFO officials.

The function started off with national anthems of Kuwait and India, followed by a prayer song in Sanskrit by Manisha Menon.

R. Vijayakrishnan-President of NAFO briefly introduced the Chief Guest through his presidential address. While inaugurating the day long function, Ambassador H.E. K. Jeeva Sagar, thanked NAFO for organizing such events aimed at nurturing unity and harmony among the community beyond of region and religion.

The day's cultural programs commenced with a graceful Rangapooja, followed by spell-bounding Thiruvathirakali, and then the renowned 'Sopana



Sangeetham' singer Eloor Biju, who was flown from India to Kuwait, enchanted the entire audience. This year's Onam function also witnessed the bid of farewell to NAFO Life Member P.S. Krishnakumar and his spouse Shobha Krishnakumar presented with memento as an admiration of valuable contributions to NAFO.

Variety cultural entertainments by NAFO talent, such as thematic classical dance show-'SWASTHI', Kids Fusion Dance by more than twenty little, Group Songs, Onapattu and group medley provided stellar entertainment.

A wonderful skit 'My Thream' staged by NAFO Gurukulam disciples and their mothers dressed in traditional costume of 12 different Indian states was a beautiful sight. The core cultural events also included number of solo dance performances, solo songs and a Group Nadan Pattu. A delicious Onasadya which was catered by one of the most popular chef in Kuwait was served to all attendees.

## Why do Indian associations want embassy registration?

**T**he High Court in the Indian capital has sought a response from the Ministry of External Affairs (MEA) following a plea challenging the decision of the Indian embassy in Kuwait to deregister over 200 associations.

Justice Navin Chawla of Delhi High Court issued the notice following a petition by one of the deregistered associations, the Overseas Nationalist Cultural People, Kuwait, which has contended that the embassy had arbitrarily decided whom to deregister. "The Indian Embassy deregistered the Indian Associations in Kuwait in a selective manner without any reason attributable to it," the petitioner contended in its plea filed through advocate Jose Abraham.

The petitioner said it had registered with the embassy on 21 December, 2017 for a period of three years, which was to expire on 20 December, 2020. "However, when the new Ambassador took charge at the embassy, he unilaterally decided to deregister over 200 Indian Associations previously registered with it, without any cogent reason for arriving at such a decision."

According to the petitioner, several deregistered associations had made a representation to MEA in September to evolve a mechanism of deregistration, under which they would be given

a chance to place their case before the embassy. In their representation, the associations had also asked the MEA to allow them to continue until their period of registration expires, the petition said, adding that they decided to move the High Court as the ministry had not responded to their request. The association has sought the Court's directions to the MEA to take a decision on the representation made to it by the associations.

Indian Embassy had found several associations either inactive or being run contrary to the embassy guidelines. Some of the associations' aims and objectives were no longer relevant while other associations did not fulfill the criteria for which they were formed. Several Indian Associations have sprung up over the years and many of whom claim to represent sections of the community contrary to the facts. Members of Indian associations hardly comprise of 5 per cent of the total Indian population and mostly leverage their positions for personal benefit.

The Indian embassy has been quick to identify inactivity, misuse of position by office bearers, violation of constitution, vested interests and various other activities that associations indulged in prior to de-recognizing them. Opportunity to present their grievance was also given and some associations had been re-recognized after consideration.

**Darbar**  
دَارْبَار  
RESTAURANT

**Buffet Dinner**  
every Thursday & Friday

**Buffet Lunch**  
every Friday & Saturday

**Now KD 4**

Cold Beverages Free along with every Buffet

Buffet Includes Shrimp Biryani & Shrimp Curry

KUWAIT CONTINENTAL HOTEL  
22527300; Ext:5, 94075445, 94075442

# Non-accredited certificate holders to be terminated

In a move to increase pressure on public sector workers to have their certificates accredited, the Public Authority for Manpower (PAM) is discussing with the Civil Service Commission (CSC) on how to strictly implement the new accreditation law.

The new law will prevent the employment or continued employment of any worker who has not accredited his or her certificates. Sources revealed that since most of the public sector workers who have not accredited their certificates so far are expatriates, it will be easy to terminate them.

Under the new implementation process

being contemplated by the CSC and the PAM are that expatriate teachers would be given a grace period until the end of the academic year or maximum to the end of the summer vacation to present accredited certificates or face termination.

Expat doctors will be provided with even less grace period, as they will have to accredit their certificates within three months. On the other hand, expats working in other public sector entities will have to pass special professional tests set by the CSC, failing in which will automatically lead to their termination.



resigned from the education ministry during the past three years — with 1,780 resigning in 2016, followed by 2,489 employees in 2017 and an additional 2,210 leaving the ministry in 2018. He added that this number included those Kuwaitis who had taken voluntary retirement ahead of their retirement age.

With thousands of citizens leaving the education ministry and fewer Kuwaitis joining the sector, it is unclear what steps the ministry will take to find adequate teaching and non-teaching staff other than employ more expatriates, with or without accredited certificates.

## US embassy announces launch of 'Discover America 2019'

The US Embassy, in collaboration with the American Business Council of Kuwait (ABC), is pleased to announce the launch of Discover America 2019, from 30 October - 9 November.

Now in its seventh edition, Discover America is an annual event aimed at highlighting US fashion, food, film, music, education, tourism, automobiles, sports, and businesses. The event will take place



across various locations in Kuwait including hotels, shopping centers, grocery stores, movie theaters, and universities.

The 11-day series of events kicked off on October 30 with a Barbeque Dinner at Jumeirah Messilah Beach Hotel. To showcase American foods and products, Sultan Center will offer discounts on many of its 4,000 American products during its 'Taste of America' promotion. As a

first-time event, and in collaboration with Harley Davidson, Discover America this year will include a motorcycle ride on the Sheikh Jaber Causeway. In addition to Harley Davidson Club members, the event is also open to the public.

A public cooking class hosted by Williams Sonoma will take place on November 4. Also on that day is a screening of an award-winning documentary film 'America's Musical Journey', as narrated by Morgan Freeman, at VOX Cinema. Also at VOX Cinema, there will be a special screening of the 2019 award-winning documentary 'Apollo 11.' On November 6, music enthusiasts and American cuisine lovers will be able to enjoy both music and food when the AFCENT band will perform American pop and rock classics at the Crowne Plaza Hotel's BBQ night. The public will also get the chance to hear the AFCENT band play for free at Marina Crescent on November 7. Discover America 2019 will conclude on Friday, November 8 with a free 5K fun run/walk at the Boulevard outdoor track.

Throughout the Discover America program, the US Embassy team, including Chargé d'Affaires Larry Memmott, will attend events and visit various US retail outlets that are promoting US products and brands. A full schedule of events is available on the US Embassy website: <https://kw.usembassy.gov/>

## CONDOLENCES



### Mrs. Juliana D'cunha

Wife of Late Victor Baptist D'cunha, passed away on Wednesday 30th October 2019.

She leaves behind her Sorrowful Family:

Mother of Vinod, Vijay and Veera

Mother-in-law of Angela, Pallavi and Kelvin

Grandmother of Vivaan and Verona

May her soul Rest In Peace

## Lulu Hypermarket launches 'Hello Winter 2019'



Lulu Hypermarket, the premier retailer in the region, is providing shoppers with a range of warm options for the winter season with its latest promotion, the 'Hello Winter 2019'. The promotion was launched at the hypermarket's Al Rai outlet on 31 October in the presence of top Lulu Hypermarket management in Kuwait and a large gathering of shoppers and well-wishers.

A special 'Kids Winter Fashion Show' was held on the occasion lending more excitement and enjoyment to the event. Similar Winter Collection Fashion Shows are slated to be held on various dates at other Lulu hypermarket outlets. In addition, a 'Bloggers Meet' was arranged as part of the launch ceremony at the Al-Rai outlet so that Kuwait's online opinion-formers could review and comment on the event, while also allowing shoppers to meet and interact with their favorite bloggers.

The 'Hello Winter 2019' promotion, which is being held from 31 October to 12 November at all Lulu Hypermarket outlets, includes a diverse and exciting range of winter clothing and accessories at very

special prices. Everything from fashionable winter garments to comfy footwear designed to provide warmth and style during the cold winter months are on offer during the promotion period. Discover branded, quality winter-wear at unbeatable prices from popular brands such as Arezzo, Cortigiani, Debacker, Eten and John Louis during the promotion period. Among the hot-selling items on offer are a number of stylish jackets, sweaters and winter clothing accessories that combine affordability with style. Also, the wide range of winter-wear choices for children, including collections that are fun and casual, allow kids to make a fashion statement at very special prices.

Lulu Hypermarket has a loyal and passionate customer base that continues to grow year after year. The secret to this strong brand loyalty lies in the hypermarket's steadfast commitment to offer shoppers the widest range of high-quality products, from around the world, at very competitive prices, and in an ambience that provides for an enjoyable shopping experience.

## The life of an Indian expatriate in Kuwait

...CONTINUED FROM PAGE 1

You share an apartment with some kind folks (who pass on Sambhar and Chutney to you on bad days, on the good they pass on some fried shrimp). You begin to get comfortable with the non-iron bedsheets and Jamaiyas laden with easy-to-serve yoghurt and 'long life milk'. By then your status has risen back home because you work in this oil-rich, highest per-capita-income Wonderland.

Ma beckons from home that they have found a "nice, homely" girl for you. So you rent your own one bedroom apartment, put out few cheap "Banta" chairs, and blend in some Ikea "As Is" furniture just for it to not look so cheap. Few Friday market visits later, your house and heart are ready to receive the new bride.

If winter is here can spring be far behind? Stacks of Pampers (whatever would young mothers do without them?) appear in the by now crowded home. The patter of tiny feet, Cartoon Network, pushchairs and colic occupy your waking and sleeping hours. The MBA you well intended is long forgotten with the stress of how to ask the boss for a raise, now that your child will start play school, and you can't cope with the instalments for your new place back home. The raise never comes, or if it does it is too meagre to write home about.

The luckier ones find fresh opportunities and move up the economic ladder, but never out of Kuwait. You upgrade your car and home, and generally grow to be a part of Kuwait, or rather Kuwait like a sandy desert spirit becomes ingrained

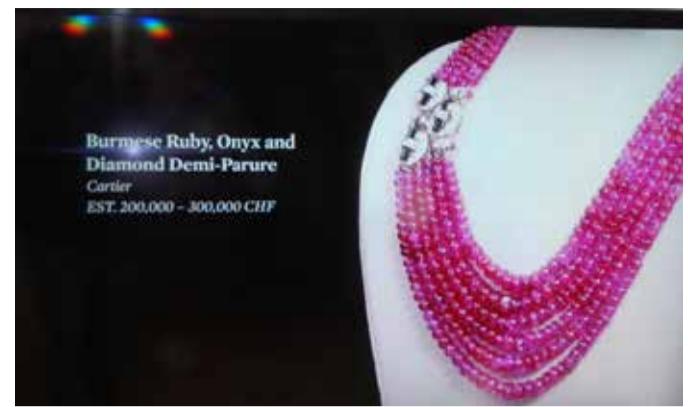
into you with The Avenues reigning as the best weekend hangout.

Just because it seems the in thing to do, you apply for migration to a Western country, knowing full well in your heart that you may never be able to start a new life in another strange land. The taxation everywhere else hurts. So do the new fees here, but can you leave Kuwait? The general view was that once the health insurance was levied, there would be an influx of expatriates fleeing Kuwait. No one I know has left for those reasons.

Leave Kuwait, and miss the Houmos and Mutabel and all the Vaasta you built up, are you kidding? Life goes on, with bodies and souls flitting in and out of Lulu Hypermarket, The Avenues, the new malls that have sprung up like mushrooms and hey don't forget Edee Stores. Soon one Thursday blends into another (another weekend, so quickly?) and next thing you know you are boarding a flight to drop your son or daughter to University.

Time has flown, and you and your friends of yesteryears still meet occasionally, and discuss who has greyed more, and who's cholesterol is threatening. The whole point of who "made enough money" but never returned home is never brought up. Endless weekend dinners, get together, beach picnics, pot lucks and problems, growing up pains, career ups and downs, friends who are like family, birthdays and anniversaries, visit visas and residences later, Kuwait is HOME.

- BY SANDEEP JAMWAL  
EXCLUSIVE TO THE TIMES KUWAIT



## Reception highlights Sotheby's Geneva jewelry auction

**A**mbassador of Switzerland to Kuwait, Dr. Benedict Gubler, and the Directors of Sotheby's Auction House hosted a reception at his residence on 31 October to celebrate the upcoming auctions titled 'Magnificent Jewels and Noble Jewels', which is slated to be held in Geneva on 13 November.

A select gathering of distinguished guests attended the function. Speaking on the occasion, Ambassador Dr. Gubler stated, "It is

a great pleasure for me to welcome in Kuwait, Mr. Frederic Watrelot, Senior Watch Specialist, and Miss Daniela Maschetti, Chairman Jewelry Europe, from Sotheby's Geneva, Switzerland."

Introducing the prestigious Swiss brand, which contributes to developing the world's art and economy, he noted that Sotheby's Geneva has played host to sales of jewelry and watches for over 40 years.

Inviting the guests to enjoy the evening, the Swiss Ambassador quoted Irish poet and

playwright Oscar Wilde who said, "Art for Art's sake; art seeks to bring beauty into everyday life; art is a passage to a magical world. Having said so, I invite you all to enjoy this exceptional evening." A presentation was then held for those attending the event, which featured a range of magnificent jewels, noble jewels and important watches.

To view more pics, please visit here: <https://www.timeskuwait.com/news/reception-highlights-sothebys-geneva-jewelry-auction/>

## MP Abdulla Al Kandari to launch investigation committee

**M**P Abdulla Al Kandari along with five MPs signed a resolution to form a committee at the National Assembly to launch an investigation into the work of the Ports Corporation over the past decade.

The aim of the investigation is to look into former officials at Kuwait Ports, who facilitated illegal usurpation of state land by Kuwait and Gulf Link Holding Co. K.S.C. (KGL).

As the fourth ordinary session of the 15th legislative term got underway on Tuesday, 29 October with an official inauguration by His Highness the Amir Sheikh Sabah Al-Ahmad Al-

Jaber Al-Sabah, who called on the people and lawmakers to set aside their differences and unite to protect Kuwait from internal and external threats.

However even before the doors to the venerable Abdullah Al-Salem Hall were opened, lawmakers had filed a string of interpellations and questions against ministers and other authorities.

In this context, it is worth noting that Kuwait Port Authority was one of the investors which lost heavily in The Port Fund, an investment fund that was set up in 2007 by the now discredited KGL Investment, a subsidiary of KGL.



## Breast Cancer Awareness month at ESF

**T**he English School Fahaheel (ESF) held its annual Breast Cancer awareness month which culminated in a Pink Day.

The day included a host of activities including a presentation to Upper School students, a bake sale and a Pink Hat parade by the Lower School. This special fundraising month raised over KD1000, which will be donated towards Breast Cancer research.



## Optimism on economy, well-founded or wishful thinking

...CONTINUED FROM PAGE 1

place for conducting business as good, with 71 percent describing it as high or very high. In addition, 80 percent of those surveyed said that the prevailing business and personal tax environment was competitive or very competitive on a global scale.

The upbeat sentiment among C-suite personnel could be well-founded, or it could just be wishful thinking prompted by the need to toe a politically-correct line on the economy, or to assure owners and shareholders of their management prowess. Governments in the region will be crossing their fingers and hoping it is the former.

Faced with the prospect of falling oil revenues, growing budget deficits and sluggish growth, governments in the six-nation Gulf Cooperation Council (GCC) bloc have been looking at diversifying the economy and increasingly turning to the private sector to spur future economic growth and development, as well as find employment for the millions of young nationals joining the labor pool each year.

International entities such as the World Bank and the International Monetary Fund have for long been urging governments in the region to diversify the economy, and warning that reliance on a single commodity to propel wider economic prosperity in the future was not a viable option. With the growing awareness that depending on hydrocarbon revenues, which had seen their countries achieve rapid growth and development in the past, was fast becoming untenable, governments in the region appear to have heeded the warnings.

A strong wake-up call for economic diversification came to the region in mid-2014 when a precipitous fall in oil prices led to a chokehold on the free-wheeling, oil revenue based, spending of governments. Drop in oil revenues

led to the shelving or trimming of several projects and programs; the slashing of subsidies on fuel and utilities; and the introduction of much-needed fiscal, economic and administrative reforms.. In order to overcome consecutive annual budget deficits and tide over immediate expenses, the GCC states also had to dip into their stashed-away sovereign wealth funds, as well as issue bonds on international debt markets.

Realization that sovereign wealth funds worth hundreds of billions of dollars could be easily depleted without continued replenishment from surplus oil revenues, and growing awareness that relying solely on an oil income that is subject to the vagaries of international market trends, was not long-term sustainable approaches, GCC governments began rolling out plans to diversify their economies away from its over-dependence on hydrocarbon revenues.

Diversification is also key to the strategic long-term visions that leaders in the region have envisioned for their countries, including the New Kuwait 2035 vision endorsed by His Highness the Amir of Kuwait Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah, and the Saudi Vision 2030 espoused by His Highness the Crown Prince Mohammad bin Salman al Saud of Saudi Arabia.

Though the pace in implementation of diversification plans and economic reforms has varied among the states, with some countries going way ahead of other laggards, the sense that diversification is imperative has been acknowledged by governments in all six states of the bloc.

However, expanding the economy from its public-sector dominated oil-driven model into non-oil streams is easier said than done. It requires wholehearted buy-in from the private sector through investments, expertise, competition and by providing employment opportunities for citizens. But, the private sector, wary of government schemes from past experiences and

heedful of geo-political instability prevailing in the region, is rather reluctant to invest locally. In addition, many risk-averse banks in the region are generally not keen on lending to the private sector, which in turn limits the ability of companies to invest in new ventures.

Despite some projects being highlighted as examples of highly successful private sector involvement in recent years, they are in fact public-private-partnerships that involve government-guaranteed loans, subsidized raw material and 100 percent buy-back by the state. Many of these projects are also in the energy and utilities sector that was previously dominated by the state. In most cases, the only private sector involvement in these projects is that of a middle-man.

Also, expecting the private sector to pick up the tab for governments' overindulgence over the years and pamper citizens by offering them public sector wages to work in private firms is not a realistic option.

Moreover, many citizens who feel entitled to high-salary, life-long public sector jobs with all its perks and privileges, are not keen to accept private sector work that entails work in a competitive and challenging environment, especially at a lower pay scale and with fewer privileges.

Governments are understandably keen for the private sector to take on the burden of providing employment opportunities to young nationals, but the sector's requirement of expertise and competency runs counter to abilities and skills offered by national manpower.

This shortage of qualified national manpower was also reflected in the 'Business Barometer CEO Survey', which revealed that skill gaps exist across all sectors of the economy, including in leadership, engineering and research and development, as well as in information, communication and telecommunication technologies.

Finding suitable employment opportunities for the region's growing youth demographic has

been a major stumbling block in the government efforts to diversify economies. Bridging the skills gap would require governments to reform the educational system so that graduates are equipped with the necessary skills to meet market demands. But despite billions of dollars being invested over the last two decades in human resource development schemes, outcomes in the region have been less than desirable.

For instance, a recent State Audit Bureau report in Kuwait was highly critical of a scheme run by the country's Ministry of Education in collaboration with the World Bank for failing to achieve its objective of improving the quality of school education in Kuwait. The Bureau blamed the Education Ministry for failing to properly implement, supervise and follow-up on the recommendations made by the program.

Obviously, some GCC governments need to redraw their diversification plans with a new emphasis on encouraging private sector investments from local, regional and international sources, in 'real' non-oil sector projects. Governments also need to implement, without any backtracking or diluting, the necessary reforms and initiatives needed to ensure sustainable long-term growth and continued prosperity for people in their countries.

In order for economic diversification and private sector participation to have any genuine chance of succeeding, many GCC citizens will have to forego deeply entrenched cultural narratives. They need to understand that expecting oil revenues to continue trickling down from state coffers to individual bank accounts is no longer feasible. In addition, their sense of entitlement to well-salaried public sector jobs, free health, housing and education, generous state subsidies and negligible tax burdens forever, needs to be revisited, if governments plan for a sustainable future for the region are to be realized.

EXCLUSIVE to THE TIMES KUWAIT

# Oceans as an Investment Priority



EMMA NAVARRO

Vice President of the European Investment Bank.

The Earth's oceans face many threats, none of which have quick fixes. Still, the solutions are known, and with a sufficiently broad coalition of partners, we can get the ball rolling on a number of fronts.

A wide range of human activities, from burning fossil fuels to overfishing, have been degrading the oceans for years. By increasing the absorption of carbon dioxide, global warming is acidifying the oceans and reducing oxygen levels, harming or killing marine plants, animals, and other organisms. And as the ice caps melt, rising sea levels are increasingly putting hundreds of millions of people in coastal areas at risk.

Moreover, owing to a lack of modern treatment plants in many cities, especially in Africa and Asia, sewage is being dumped into rivers and canals, where it eventually runs off into the oceans, introducing large amounts of plastic particles and toxins. The tons of trash dumped daily into streets, backyards, rivers, beaches, and coastal areas also end up in the oceans. Many of these products, such as grocery bags and bottled-water containers, contain hazardous chemicals that are eaten by fish

Over three billion people depend on oceans for their livelihoods. Ocean and coastal resources and industries annually contribute about \$3 trillion (5% of world GDP) to the global economy and offer huge potential for further growth, job creation, and innovation.

and then consumed by people, leading to a wide range of health issues.

Fixing these problems will require cooperation at all levels. It will also require new resources, and not just to repair eroded coastlines and prepare for rising seas and extreme weather. We must crack down on illegal fishing, fund research, and develop lower-carbon sea transportation



and sustainable seafood production. Moreover, we urgently need to devise better methods of plastic collection and forms of reusable packaging, while improving wastewater treatment and storm-water management to keep plastics and other waste out of the waterways in the first place.

Saving the oceans should not be an afterthought. More than three billion people depend on the oceans for their livelihoods. Ocean and coastal resources and industries contribute about \$3 trillion per year (5% of world GDP) to the global economy and offer huge potential for further growth, job creation, and innovation. Oceans are also a major source of renewable energy and natural resources. Their environmental value is huge. Oceans have taken up between 20-30 percent of human-induced carbon dioxide emissions since the 1980s. They produce over half of the world's oxygen, and transport heat from the equator to the poles, thus regulating our climate.

From our side, fostering a sustainable 'blue' economy has been one of the priorities of the European Investment Bank. We have launched several initiatives to facilitate cooperation in cleaning up the oceans and safeguarding marine-based economic activity. Through our Blue Sustainable Ocean Strategy, Blue SOS, we will invest up to €2.5 billion (around \$2.8

billion) over five years, while mobilizing at least another €5 billion for investments in projects to protect the ocean economy. Among other things, these investments will address coastal erosion, help fisheries process and preserve food, make shipping more environmentally friendly, and improve research into biotechnology products.

Moreover, in partnership with the German and French development banks, we have created the Clean Oceans Initiative, which recently welcomed Spain's development bank as a new partner. This joint initiative is providing up to €2 billion in financing over five years for projects that collect plastics and other waste before it reaches the ocean. Most of the plastic that ends up in the oceans comes from trash discarded in coastal areas or near rivers by the two billion people who lack waste-collection services. In fact, some 90 percent of all the plastic arriving in the oceans from rivers comes from just ten countries, mainly in Africa and Asia.

Finally, the EIB is a key financier in the Sustainable Ocean Fund, which is raising \$100 million to invest in as many as 20 ocean projects in emerging markets to improve the whole seafood supply chain.

Some might wonder why the EIB is pursuing development work outside Europe, or advocating for the world's oceans. The reason is that we see sustainability challenges as not just

ecological, but economic. When a big institution like the EIB gets involved in an issue, it can attract private capital that would not have shown up otherwise. Encouraging innovative projects in the 'blue' economy is not so much a question of more money. It is also about lifting barriers to new projects, and reducing investment risk. When our climate experts give their stamp of approval to a project, that catalyzes more financing from private investors, pension funds, sovereign wealth funds, and insurance companies. And when such investors see that they can profit from green projects, the results benefit not just the ocean, but also workers and consumers.

We need to show that climate investments do not have to be too risky, and we need to promote more public-private partnerships. That is why the EIB is increasing its technical assistance and advisory services to make clean and sustainable ocean projects more attractive for other investors.

Now, we are looking for more partners. We need leaders, governments, businesses, and other institutions to take the bold steps necessary to safeguard our oceans, clean up our rivers, and end the pollution of these vulnerable ecosystems. The urgency of the challenge cannot be overstated. We should protect the oceans as if our future depended on it, because it does.

“  
“

[www.timeskuwait.com](http://www.timeskuwait.com)  
**TIMES**  
 KUWAIT'S PREMIER WEEKLY NEWS MAGAZINE  
 STAY UPDATED WITH COMPLETE NEWS  
**AT YOUR FINGERTIPS**

Email us on  
**subscribethe-times@gmail.com**  
 to receive your free copy every week directly to your inbox  
 For latest News Updates please visit  
[www.timeskuwait.com](http://www.timeskuwait.com)

eventstimeskuwait@gmail.com  
 +965 2481 0109  
 +965 2481 4404

Like us on Facebook [@timeskuwait](#) Follow us on Twitter [@thetimesq8](#) Follow us on Instagram [@thetimeskuwait](#)



- News
- Interviews
- Issues
- Dining in Kuwait
- Around Town
- Lifestyle
- Travel
- What's On in Kuwait
- Classifieds
- and more...

# The Lost Promise of 1989



MARK LEONARD

Director of the European Council on Foreign Relations.

After the collapse of communism in Europe in 1989, many dreamed of building a united and free continent with the European Union at its core. But 30 years later, Europeans have awoken to a new reality. In Western Europe, political leaders are vetoing further enlargement of the bloc out of fear that Eastern Europeans are not ready to embrace liberal values. And in Central and Eastern Europe, there is growing resentment toward Western Europe over its response to immigration and other issues.

These dynamics were on full display this month in the qualifying rounds for the Euro 2020 soccer tournament, where a match between England and Bulgaria became a contest between two fundamentally different notions of European identity. The match, held in Sofia, had to be paused twice for the home-team fans to be warned against racist behavior, including Nazi salutes and monkey chants directed toward England's black players.

After the game, British elite opinion was united in a fever of moral righteousness against the perceived barbarity of the Bulgarian fans. With multiculturalism having become a central part of the British national story over the last 30 years, many ethnic minorities worry that continental Europe's perceived racism is a throwback to an ugly era of inequality and exclusion.

Hence, one of the ironies of the Euro 2020 episode is that it is being cited as further evidence in support of the United Kingdom's decision to leave the EU. According to the pro-Brexit camp, ending automatic immigration from Europe will make it easier for people from India, Bangladesh, Pakistan, and the Caribbean to settle in the UK.

While Britain has gone from implicitly tolerating racism to celebrating multiculturalism over the past 30 years, it has also developed an allergy to freedom of movement from Central and Eastern Europe.

Viewed from the Bulgarian side, though, Britain's moral proselytizing looks like hypocrisy. After all, Bulgarian and Romanian immigrants were the targets of racist rhetoric during the 2016 Brexit referendum campaign. And as many in the Bulgarian media have pointed out, England's own racist hooligans were responsible for the deadly disaster at Heysel Stadium in Belgium in 1985. If the motive behind Brexit is to preserve quintessential Englishness, Eastern Europeans pose no greater threat than multiculturalism does.

In *The Light that Failed*, a brilliant look back at the legacy of 1989, Ivan Krastev of Vienna's Institute for Human Sciences and Stephen Holmes of New York University argue that the fall of the Berlin Wall marked the beginning of an age of imitation, rather than "the end of history." When former Soviet bloc countries in Central and Eastern Europe started trying to replicate



the culture, values, and legal frameworks of Western Europe, those dreaming of a free and unified Europe had plenty to cheer about.

The problem is that millions of people in these countries realized that if the goal was to become just like Germans or the British, it would be easier simply to move to those countries, rather than undergo the painful process of transforming their societies into simulacra of others. As a result, one in five Bulgarians — disproportionately comprising the most liberal and best-educated segment of the population — emigrated to Western Europe.

As Krastev and Holmes show, those left behind have increasingly compared their own prospects not to those of their parents, but to the lucky elite who resettled to live the Western dream. This has led to widespread frustration and anger toward the post-communist class of liberal reformers in Central and Eastern Europe. Not only did these Western-oriented elites fail to meet the unrealistic expectations of Western imitation; they also allowed for a mass exodus of talent.

When the refugee crisis erupted in 2015, it fed into already deepening fears of demographic extinction among post-communist countries' remaining native-born populations. And as we have seen in recent years, these anxieties have created an ideal political environment for illiberal populist and nationalist politicians like Hungarian Prime Minister Viktor Orbán and Poland's de facto ruler, Jarosław Kaczyński.

"While the East is still homogenous and mono-ethnic," Krastev and Holmes write, "the West has become, as a result of what anti-liberal politicians consider a thoughtless and suicidal immigration policy, heterogeneous and multi-ethnic." As a result, the age of imitation, with its tacit acceptance of Western superiority, has come to a decisive end.

A similar process of inverse cultural mirroring was on display in the English-Bulgarian soccer match and its aftermath. Both sides claimed to be morally appalled by the actions of the other.

While Britain has gone from implicitly tolerating racism to celebrating multiculturalism over the past 30 years, it has also developed an allergy to freedom of movement from Central and Eastern Europe. Bulgaria, by contrast, very much wants to remain in the EU, but has become terrified of further demographic change

fueled by emigration and inflows of newcomers from the Middle East and elsewhere.

The situation doubtless would look perverse to an onlooker visiting from 1989. Who would have thought that Britain would be fleeing the EU, or that those advocating it would base their case on an argument in favor of ethnic diversity? And how many Central and Eastern Europeans

would have predicted that their own governments would be trying to recast the EU as an illiberal project?

As is often the case, deep historical shifts tend to show up first in popular culture, and only then in formal politics. That is why we should look at the complex legacy of 1989 not only in the formal celebrations being held in Berlin, but also in the stands of a soccer stadium in Sofia.

**DAWAT INTERNATIONAL** دعّوات العالمية ١٩٩٢

We Serve Best Indian Mughlai & Chinese Cuisine

Catering Services

Live Cooking Stations / Authentic Cuisines  
Customized Catering Services for all Occasions  
Indian / Chinese / Arabic

Dawatq8

BNEID AL GAR (SHARQ)  
96624964, 22411728  
ABU HALIFA  
55666074, 23724254

Order Online **Talabat** carriage

Service, Quality & Price together

EXCLUSIVE to THE TIMES KUWAIT

# Teaching Journalists How to Survive

**DIANE FOLEY**

*President and Executive Director of the James W. Foley Legacy Foundation.*

In 2014, two years after kidnapping my son, James Wright Foley, while he was working as a freelance correspondent in Syria, the Islamic State tortured and killed him. Jim's murder underscored the extraordinary risks journalists take to report the news in dangerous areas, and the need for stronger action to protect them.

In 2018, over 80 journalists were killed worldwide, with more than half having been deliberately targeted. While many of these crimes took place in conflict zones, especially Afghanistan and Syria, nearly half occurred in countries not at war, led by Mexico, India, and the United States, where four journalists were killed when a man opened fire in their Annapolis, Maryland, newsroom.

Journalists are not safe in Europe, either. In Slovakia, the 27-year-old Ján Kuciak was killed in his home, along with his partner, Martina Kušnírová, after investigating allegations of tax evasion and fraud involving high-ranking officials and businesspeople.

Perhaps the most prominent recent example is Jamal Khashoggi. A Washington Post columnist and prominent critic of the Saudi government, Khashoggi went to

As violence against journalists has risen, calls for greater accountability have grown louder. As it stands, impunity is rampant, not least because of the frequent involvement of government officials or other powerful figures.

Saudi Arabia's consulate in Istanbul to pick up documents he needed to marry his Turkish fiancée. Soon after he entered the compound, he was tortured, murdered, and dismembered.

As violence against journalists has risen, calls for greater accountability have grown louder. As it stands, impunity is rampant, not least because of the frequent



involvement of government officials or other powerful figures. Bringing those responsible for abducting, imprisoning, torturing, and murdering journalists to justice is critical to create an effective deterrent.

But working to increase accountability is not enough; steps must be taken to increase the safety of journalists now. First and foremost, this means ensuring that journalists – especially the freelance and locally based journalists who are most at risk – have the knowledge, skills, and resources to protect themselves while engaging in potentially dangerous reporting.

That is the goal of the A Culture of Safety Alliance. Founded in 2014 — following the murders of Jim and three other American journalists (Steven Sotloff, Marie Colvin, and Luke Somers) in conflict zones — the ACOS Alliance is an international coalition of media outlets, press freedom organizations, and journalists championing safe and responsible journalistic practices for freelance and local reporters worldwide.

The ACOS Alliance urges news organizations and journalists to adopt the Freelance Journalist Safety Principles. Recommendations include securing adequate medical insurance; carrying out

a careful risk assessment before traveling to hostile or dangerous environments; and ensuring sustained access to expert safety information. Moreover, the principles emphasize that news organizations must "show the same concern for the welfare of local journalists and freelancers that they do for staffers."

The James W. Foley Legacy Foundation — a US-based non-profit that Jim's family founded a month after his murder — supports the ACOS Alliance, as part of our mission to promote the safety of journalists worldwide. For example, in line with the safety principles, we are working to expand access to Hostile Environment and Emergency First Aid Training (HEFAT) courses.

Because HEFAT courses can be prohibitively expensive for freelancers, we collaborate with ACOS partners to provide grants covering the full cost. We must continue to find creative ways to deliver HEFAT to the journalists who need it most.

But the need for education on safety arises long before a journalist receives an assignment in a dangerous environment. That is why our foundation, in partnership with the Medill School of Journalism at Northwestern University, has also developed a safety guide for graduate

schools to use to educate journalism students on how to protect themselves. We are now piloting a similar guide for undergraduate journalism students at Marquette University's Diederich College of Communication.

These modules identify the potential dangers of reporting not only in conflict zones, but also in ostensibly non-threatening environments. And they provide aspiring young journalists with the risk-assessment and digital-security skills they need to keep themselves safe as they perform a range of tasks, from interviewing subjects to meeting with sources. That way, when they start their careers, they will already be in the habit of taking the necessary precautions. All journalism schools should add such modules to their curricula, thereby ensuring that their graduates are as skilled at staying safe as they are at reporting the news.

Journalists provide a vital public service, but they should not have to give up their lives to do it. As the world commemorates the International Day to End Impunity for Crimes against Journalists on November 2, we must not only seek justice for the brave journalists who have died in the line of duty, but also give current and future journalists the tools they need to stay safe.

**TIMES**  
KUWAIT'S PREMIER WEEKLY NEWS MAGAZINE

Send an email to  
**subscribethe-times@gmail.com**  
to receive your free copy every week directly to your inbox.

For latest News Updates please visit [www.timeskuwait.com](http://www.timeskuwait.com)

Find us on Instagram @thetimeskuwait

Like us on facebook @TimesKuwait

Follow us on twitter @thetimesq8

**THE WHOLE WEEK IN ONE MAGAZINE**

**infotimeskuwait@gmail.com**  
+965 2481 0109  
+965 2481 4404

**TIMES**  
Residence to be linked to passport validity

# Longevity aided by a 'quiet' life

**T**here are plenty of potions, practices and advice on how people can live longer by staying mentally sharp as they get older. But now new research suggests that less may be more when it comes to your brain activity.

After an in-depth analysis of donated brain tissue from people who died at ages from 60 to more than 100, researchers from Harvard Medical School say that the longest-lived people had lower levels of genes related to neural activity. The findings suggest that a calm brain with less neural activity could lead to a longer life.

A protein labeled REST, which suppresses neural activity was found to be associated with neural activity and mortality. In experiments on worms and mammals, boosting REST led to lower neural activity and longer lifespans while suppressing it did the opposite.

The study shows that daily periods of slowed activity, whether spent in meditation, unitasking, or simply being still or sleeping are as important for brain health and longevity as activity and exercise. Although it weighs only about one-seventieth of our body weight, the brain consumes nearly a third of the energy produced by the body. Researchers now

contend that when it comes to our brains and our bodies, less is more and that rest is best.

So how do you go about calming the brain in a world that seems to be always on the run. Here are some steps you could emulate in your life to quieten things down, for a while at least. **Mindfulness:** A great way to lower stress and heighten mindfulness is to be more aware of your body. A few gentle stretches and awareness of where you are holding your tension allows you to acknowledge your body and realize what really is going on

Another exercise in mindfulness is to establish a habit that sets events into motion. Something as simple as touching a doorknob before meeting with a person creates a moment to focus on why they are doing what they are doing and how they are going to connect with the person. This habit is a great way to be present with a person you are engaging with.

**Meditation:** This works hand-in-hand with mindfulness because it provides a helpful barometer of one's mental state, allowing you to see where your mind is at. Even 5 or 10 minutes a day of meditation can make a difference in bringing mindfulness to your activity during the whole day.

**Listen:** Often while engaged in a discussion it is quite easy to stop listening to others while you wait for your chance to speak or respond to the speaker. One way to recognize that you are only hearing but not listening to someone is to watch your thoughts. Thinking about what you are thinking, will provide you with the wake-up call to be present and not miss the moment; to actively listen to what someone else is saying.

**Downtime:** A simple exercise to show you whether you are truly living the life you want to live is to create two charts: one to show how you would like to divide the 24 hours of your day, and one to show how you actually spend your time. While the breakdown will likely include time away from the office or work, it often does not include any time that is truly free downtime. What is designated as free time is usually given over to exercising, reading or spending quality time with family. Intentionally setting out some really 'free', unstructured time for yourself every day can help.

**Recognize burnout:** Many people do not accept burnout until they are fully burnt out. Recognizing burnout early can help with reassessing and re-prioritizing. Symptoms of burning out can include emotional exhaustion, lack of a sense of personal accomplishment, a



lack of excitement, and a pervasive mood of irritation. Things that were not a big deal in the past suddenly seems a big issue. That is the point where you want to step back before you get to the point where you are really not effective at your job, nor effective at living the life that you want to live. Then it becomes a lose-lose situation.

**Seek mentors:** It is always good to learn from the best. If you cannot physically attend relaxation courses, read up on mindfulness and meditation. Look for positive examples from people who have managed to find the right balance between their job and their life.

## Antibiotic resistance gains strength

**S**ince the 1940s, when scientists first discovered that powerful drugs could save people's lives, doctors have used antibiotics to prevent and treat bacterial infections. However, over the past two decades, rampant use and misuse of antibiotics have led to infectious bacteria becoming resistant to many of these drugs.

Antibacterial resistance has emerged as one of the greatest public health threats. In recent years, researchers have gathered more details on just how severe antibiotic resistance has become. They have now found evidence that we have reached a frightening new milestone, with an extremely drug-resistant bacteria, *Pseudomonas aeruginosa*, developing resistance very quickly to one of the last resort drugs used to treat it.

*Pseudomonas aeruginosa* — a bacteria that can cause a range of infections, including urinary tract infections, bone and joint infections, and respiratory infections — developed resistance to the antibiotic ceftolozane-tazobactam in just 22



days. Similar resistance to antibiotics commonly used to treat a range of stomach infections has nearly doubled in 20 years. In fact, resistance to commonly used antibiotics — such as clarithromycin — is increasing at the rate of 1 percent each year.

To measure just how resistant the population has become to antibiotics and identify which treatments can be used in the future, researchers conducted surveys on how effectively people responded to various antibiotics in 1998, 2008, and most recently, in 2018. For the 2018 survey, the researchers studied 1,232 patients from 18 countries in Europe who had contracted a *Helicobacter pylori* (*H. pylori*) infection, a harmful

bacterium associated with gastric ulcer, lymphoma and gastric cancer.

The researchers found resistance to the antimicrobial clarithromycin — which is commonly used to treat *H. pylori* — had grown from 9.9 percent in 1998 to 21.6 percent in 2018. In addition, there has been significant growth in resistance to other powerful antibiotics, including levofloxacin, metronidazole, amoxicillin, tetracycline, and rifampicin compounds.

There is growing realization and concern, especially among health authorities, that if left unchecked continued antibiotic resistance could lead us to a 'post-antibiotic world' in which infections are no longer treatable and healthcare services worldwide could become disrupted.

According to the health experts, we need to slow down the use of antibiotics and use them only when necessary. Physicians prescribing antibiotics need to exercise discretion and only prescribe antibiotics when they may help patients. Additionally, patients also need to recognize the limitations of antibiotics.

## Electrospun fibers for use in medical field

**A** manufacturing process that combines the amazing properties of one material with the powerful benefits of another to form a fine fiber could find innovative uses in industry, textiles and even medicine.

Called Electrospinning, it involves two or more liquid polymers being pumped into a nozzle that produces drops, which turns into a superfine jet when an electric voltage is applied to it.

The new product is composed of a core of one material surrounded by a sheath of another. It appears deceptively simple but the chemistry of the final product is what makes it so versatile, as it combines polymers with properties that you do not normally find in nature. The large surface area and custom properties of the fibers make them an ideal drug-delivery system. Patients who have to take drugs multiple times per day for conditions such as Parkinson's disease might be able to take a single long-acting dose made from electrospun medicines. Electrospun medicines with fibers that only dissolve at a particular acidity in the digestive system can be made to delay or extend the release of the active ingredients.

Researchers could also put drug molecules on the inside for a treatment surrounded by pain-relief molecules on the outside. The electrospun fiber would also be used as a tampon-like application to trap and kill sperm, or it could release anti-infective drugs to prevent sexually transmitted diseases. Other innovative uses for electrospun fibers in the medical field are only being discovered.



**Dr. RAJASEKHARAN**  
MBBS, MS, M.Ch(Urology)  
Urologist



**Dr. JUSTIN STEPHEN**  
MBBS, MS, FRCS (Edinburgh)  
General Surgeon



**Dr. ABEER IBRAHEM**  
MD.  
Dermatology & Cosmetology



**Dr. RESHMY RICHARD**  
MBBS, DCH, DNB  
Specialist Pediatrician



**Dr. NITIN SIVADAS**  
MBBS, DNB  
General Medicine



**Dr. ASWATHY MOHAN**  
MBBS, MS (Ophthal)  
Ophthalmologist



**Dr. GEHAN YOUSRY**  
Master of Gynec & Ob  
Gynecologist & Infertility Specialist



**Dr. PRAGATHI NAMBIAR**  
MBBS, DNB (OBG) MNAMS  
Gynecologist & Infertility Specialist



**Dr. SOWMYA R SHETTY**  
MBBS, MS (ENT)  
ENT Specialist



**Dr. ARUN KUMAR P V**  
MBBS  
General Medicine



**Dr. M.G. RAJESH**  
MBBS, MS, DNB MNAMS (Ortho)  
Orthopedician



**Dr. MEGA MENON**  
BDS  
DENTIST



**Dr. HALA AHMAD MOHAMAD**  
M.B.Ch  
General Practitioner (Clinical Dermatology)



**Dr. ABDUL NASSER C**  
MBBS, DNB  
Family Medicine



**Dr. JESNA RAJAN**  
MBBS, MD  
Consultant Radiologist



**BADR AL SAMAA MEDICAL CENTRE**  
More than healthcare... humane care

Block - 4, Street - 39 Near Farwaniya Garden, Kuwait



**NOW WE ACCEPT AFFIYA INSURANCE**  
**نحن نستقبل تأمين عافية الآن**

OCCUPATIONAL HEALTH DEPARTMENT

Pre-Employment - Periodic - Confined Space Checkups as per KOC - KNPC Standards

We accept all major insurance cards

# عافية بطاقة التأمين مقبولة

NEXT CARE GlobeMed MetLife Alico Bupa gis KFH Insaf NAS Al Amal Insurance Co. L.L.C. WAPMED TPA

Kuwait | Sultanate of Oman | UAE | Kingdom of Bahrain | KSA | Qatar | www.badralsamaahospitals.com



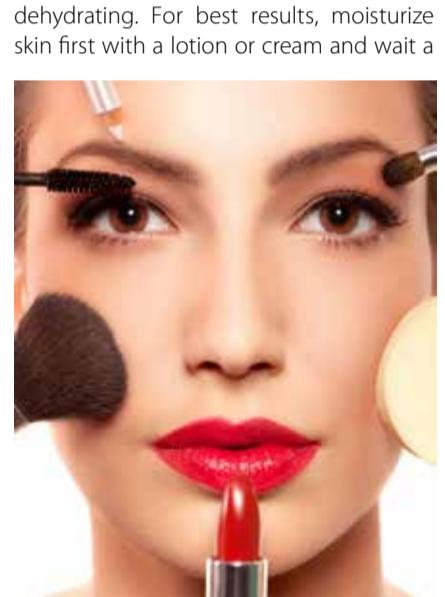
## SOLUTIONS TO MAKEUP PROBLEMS

**W**hy does mascara clump, lipstick land on your teeth and your blush head south shortly after you apply it? Here are some solutions to some cosmetic conundrums.

**Under-eye concealer looks so obvious:** You're probably choosing a color that is too light for your skin tone. Choose a concealer that's one shade darker than you think you are. Next, mix your concealers with your foundation to make sure the color is correct and then lightly tap it onto the dark areas under your eyes.

**Keep lipstick off of your teeth:** Apply a primer to keep lip color from migrating. Then, apply lipstick. Next, stick your finger in the center of your mouth and pull it out. This way the lipstick that would be near your teeth comes right off on your finger instead.

**Blush fades quickly:** Color can fade when the skin is dehydrated because the skin literally drinks up any moisture on the surface. Look for a gel or a tint blush with sodium PCA or sodium hyaluronate acid. These are humectants which glue moisture to the skin's surface and stop the skin from



dehydrating. For best results, moisturize skin first with a lotion or cream and wait a

few minutes until it's absorbed. Then, apply a cheek stain or cheek gel followed by a powder blush. Buff a translucent powder on top and your rosy glow will last.

**Eye shadow slips into the crease soon after application:** Your shadow heads south because there's nothing on your eyelids to help it stay put. To keep shadow in place you need a 'shadow dropper stopper' like an eye primer. An eye primer is a lightweight product that you apply to lids



before putting on your shadow. This base coat gives the color pigments in your eye shadow something to adhere to so it stays where it's supposed to.

**Your mascara clumps:** Mascara is a wax, oil and pigment based product that can solidify a little with age and literally dries out, which results in clumps. This can happen to all mascaras, which is why you should replace yours every three to six months. That said, the thicker formulations will clump faster. It's better to have a thinner mascara that you can build up on the lashes. Other clump-busting tips: don't pump air into the mascara and clean the wand with a tissue after each use. Apply mascara on clean lashes – putting it on top of old mascara can cause clumps. Lastly, keep an extra, clean mascara wand to pull through the lashes after you have applied your mascara.



**Choose your colour:** While many fashionistas go for dark-tinted shades, this trend covers the whole spectrum. Go for a mod look with mirrored sunglasses in neon frames or choose pastel colours. You will look fabulous if you stick to a classic shape like an aviator or Ray-ban pair as the reflective tint is trendy enough on its own.

**Try a top knot:** All eyes will remain on your standout shades if you choose a simple hairstyle. It is easy to find a chic top knot tutorial online that is funky and simplistic to elevate your whole look. A chic updo is perfect for a workout, on the job style or holiday traveling.

**Complement with extras:** Amp up the shine on your sunglasses by topping your whole outfit with a few awesome accessories. For example, you can tie up your neon green aviators with darker shades of emerald or blue touches in a blanket-sized scarf you wrap around your neck. Keep everything cohesive by choosing colors in the same family without being too matchy-matchy. Finally, add a pop of bold lip color for one last touch.

**Go oversized:** Not only are oversized jackets one of the coziest things on the planet, but it's also one of the chicest. Paired with skinnies, or trousers—the oversized fit is so on-trend right now, you can practically wear it with anything and get away with it. A pair of perfectly round shades lends a hippie feeling to this otherwise basic style of jacket and jeans. Also known as "teashades," this trendy shape hasn't changed much since models made them part of their signature look for fashion week.

**Stick to the basics:** A dress paired with a



## Accessorize with mirrored sunglasses

**S**unglasses might seem like a summer-only staple, but they can become a winter necessity perfect for protecting your eyes from the glare of the sun, especially while driving. Walk out in style and make an icy statement with reflective shades. Here is a little styling advice.

## Trendy statement rings

**T**hey're flirty, they're sexy and they are on every stylist's finger! Here are some tips on how to go about making a statement with a huge finger ring and add zing to your overall appearance.



**Pretty pearls:** The hottest fashion from the Jazz Age that followed hot on the heels of the release of 'The Great Gatsby' is the amazing pearl ring. Pearls in abundance are one of the tropes of this trend and pearl rings are still very much in! Pick one in soft grey or peach pearls that you can wear during the day or for an evening out. Wear this one piece of jewellery to glam up a simple white tee or a maxi dress. Stunning pearl statement rings are a great way to add a touch of beauty to your ensemble without looking gaudy or over the top. Jewellery is the easiest solution to wearing pearls, such lovely pearl statement rings look both simple and royal.



**Layers of loveliness:** Layered rings are cocktail rings that cover a sizeable part of your finger. These wonders are a single piece which twist around your finger and cover nearly the entire length of it. Look lovely in layers! These amazing layered embellishments are so stylish that they are perfect for nights out and a casual brunch.

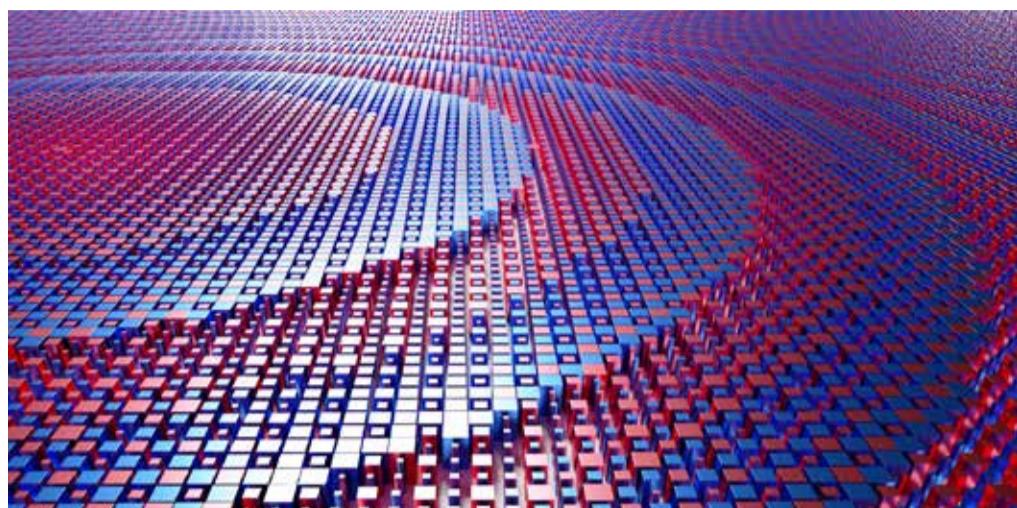
**Crystal capers:** Rings encrusted with crystals are not to be passed up. From floral motifs with diamond petals to gold and silver skulls with Swarovski eyes, there are many variations of this statement style. Look for something special to amp up your style this season. Rings that come with multi-colored jewels add a double dose of dazzling drama for your whole ensemble.

**Rack em and stack em:** Stacking your rings so as to mimic layers is another interesting way to work the ringed look. A number of thin rings, each set with a different stone, stacked on your fingers will give you an eye-catching effect. Apart from a cute stack ring, keep the rest of your look simple so you don't go overboard with the accessories. Also, a stacked ring with a watch is quite a charming ensemble.

**Geometric:** Rings in different art deco-inspired geometrics are very popular. From shimmering pearls in angled formations to rings shaped like triangles and squares to emulate famous pieces of contemporary art and architecture, the styles are endless. Find amazing striking geometric statement rings to give your outfit some eye-catching glamour. You have so many shapes in neon, rectangular in silver and many rings adorned with brilliant rhinestones. These geometric rings always have a slight twist to them, and throw on a couple of cool spiky bracelets for an edgy touch.

**Illustrious silver:** Don some metal magic with a softly shimmering silver statement ring. This is a subtle yet classic way to work an amazing accessory that suits nearly any outfit you put together from your casual combos to an elegant cocktail dress.

# Spider-eyes inspire depth-sensing camera



A new technique that mimics how spiders use their eyes to sense the distance to their prey or move away from danger, could help develop the next-generation depth-sensing 3D cameras. The 'spider-eye' lens being developed could help new mobile phones, as well as household gadgets and 'intelligent' robots that have increasingly begun pervading our homes to 'see' in 3D.

The tiny, hairy head of spiders does not have space for structured light projectors to measure distance to objects, yet they are able to see where they are going and what they are seizing quickly and effectively. How spiders achieve this has been the topic of research among scientists for quite a while.

It has been shown that in spiders each of its eyes is a depth-sensing system. Each eye is multi-layered, with transparent retinas seeing the image with different amounts of blur depending on distance. The differing blurs from different eyes and layers are compared in the spider's small nervous system to produce

an accurate distance measurement — using incredibly little in the way of 'hardware'.

Researchers at Harvard have now created a high-tech lens system that uses a similar approach, producing the ability to sense depth without traditional optical elements. The 'metalens' created by an electrical engineering research team detects an incoming image as two similar ones with different amounts of blur, like the spider's eye does. These images are compared using an algorithm also like the spider's — at least in that it is very quick and efficient — and the result is a lovely little real-time, whole-image depth calculation.

The process is not only efficient, meaning it can be done with very little computing hardware and power, but it can be extremely compact: the one designed by the Harvard team was only 3 millimeters across. The small size allows the lens to be mounted or embedded not only on self-driving cars and industrial robots but also small gadgets, smart home items and, of course, phones.

## Summit to decide future of 5G, weather forecasts



Heated negotiations on the future of 5G and its implications on weather forecasting are taking place at the World Radiocommunication Conference that is being held in Sharm el-Sheikh, Egypt, from 28 October to 22 November. The month-long conference is convened every three or four years by the United Nations International Telecommunication Union to review and revise radio regulations.

More than 3,000 delegates, hailing from nearly every country in the world are gathered at the Red Sea resort in a bid to resolve an ongoing turf war over highly prized radio frequency bands used by meteorologists and at the same time coveted by telecommunication companies.

Prominent scientists have already expressed their concerns on the debut

of 5G wireless networks, which promise customers faster internet speeds but also inadvertently interferes with radio frequencies that meteorologists rely on to make weather forecasts.

The conflict arises because 5G networks will be using a frequency band very close to the one that weather satellites use to observe water vapor. That interference could cost lives and fortunes when it comes to preparing for disastrous weather events.

Previous generations of cellular wireless technology, like 4G and LTE, operate along lower radio frequencies. To achieve the superfast speeds, 5G will need to be able to operate at frequencies higher than what exists for 4G and LTE. One of those frequency bands is just above 24GHz, but just under 24GHz is the frequency at which water vapor molecules emit a little bit of a radio signal.

This tiny signal from the water vapor layer is very valuable to scientists who are studying the weather. They are worried that 5G could be a noisy neighbor, unintentionally leaking signals into bands next door, which could interfere with their ability to monitor water vapor. Studying water vapor is important for predicting the trajectory of storms, forecasting sunny weather or rain, and keeping tabs on the changing climate.

## Spaceplane lands nearly two years after launch

A surveillance spaceplane, owned by the United States and operated by the country's Air Force, touched down safely at the NASA Kennedy Space Center in Florida on 27 October. What made the landing so special is that the plane had been in orbit around the Earth for the past 780 days, spending more than two years continuously in space to set a new record.

The super-secret X-37B Orbital Space Vehicle, as it is formally known, was launched on its fifth such mission aboard a SpaceX Falcon 9 rocket on 7 September, 2017. The long sojourn in space allowed the unmanned vehicle to set a new record by eclipsing the previous record of 718 days set by the spacecraft in its fourth mission.

"The safe return of this spacecraft, after breaking its own endurance record, is the result of the innovative partnership between government and industry," Gen. David L. Goldfein, Air Force chief of staff, said in a statement. He added, "The sky is no longer the



limit for the Air Force and, if Congress approves, the new US Space Force."

The first flight of the X-37B took place in 2010, but what the spaceplane does while in orbit around the Earth has remained a mystery ever since. The entire missions of the X-37B is clandestine and has been classified for the past decade. The Air Force has opened a tiny crack into this curtain of secrecy to reveal that the just accomplished mission did carry a number of small satellites into space.

The only thing known from images of the X-37B is that it resembles a mini-Space Shuttle, is around 10-meters long and was built by Boeing Corporation. It could probably be used to conduct experiments that last for long periods of time in space, or the Air Force could be testing technologies to help them develop a reliable, reusable, unmanned space test platform.

**Shifa Al Jazeerah Medical Center**  
Farwaniya - Fahaheel

**Al Nahil Int'l Clinic**  
Jleeb Al Shuyoukh

**CONTACT US:**  
Farwaniya    60 749 749  
Fahaheel    65 959 534  
Jleeb Al Shuyoukh    60 057 477

**Working Hours 7am to 12.00pm**  
We accept all major insurance cards

**Our Specialties**  
Diabetology & Internal Medicine | OB & Gynaecology | Pediatrics  
Dermatology & Cosmetology | Orthopedic | ENT Surgeon | Radiology  
Ophthalmology | Dental Surgeon | General Medicine | Physiotherapy  
X-ray & Ultrasonography | Laboratory & Pharmacy

**Working Hours 7am to 12.00pm**  
We accept all major insurance cards

**Farwaniya - Opp. Police station & Co operative Society - Tel: 24 73 40 00**  
**Fahaheel - Mecca Street-Near Roundabout - Life Tower - Tel: 239 19 020**  
**Jleeb Al Shuyoukh, (Abbasiya) - Khalid Al ashhab st. Tel: 24 34 70 90**  
www.shifaaljazeeracom.kw - www.alnahilclinic.com





# SPECIAL DEAL



BULK QUANTITY NOT APPLICABLE



**1.490 KD**

برديكس دجاج مجمد ١٢٠٠ جم ٢ حبة

PERDIX WHOLE CHICKEN 2X1300GM



**1.595 KD**

ساديا دجاج مجمد ١٢٠٠ جم ٢ حبة

SADIA WHOLE CHICKEN 2X1200 GM

TROFROOT INSTANT DRINK POWDER ASSRTD 500 GM



**0.395 KD**



**2.450 KD**  
Grand  
KITCHEN  
BASMATI RICE 5KG  
2.250 KD



**1.790 KD**  
Grand  
Sunny  
COOKING OIL 5 LTR  
1.690 KD



**2.490 KD**  
كاشري او سعدي اكس ال ٥ كجم  
COUNTRY BASMATI RICE XL 5 KG



**1.890 KD**  
Grand  
Nestle Kit Kat 2 Finger 36X20.5 GM  
1.790 KD



**2.495 KD**  
أو سعدي ٥ كجم من جوهر العدنى  
DOLLY'S INDIAN XL BASMATI RICE 5 KG



**1.890 KD**  
Lipton Yellow Label Tea Packet 2X 400 gm



**0.690 KD**  
AL ALALI WHITE OATS 2KG



**4.290 KD**  
Grand  
SONALE PARBOILED RICE 18 KG  
3.990 KD



**1.990 KD**  
Afia Sunflower Oil 2 X 1.8 LTR + 750 ML



**0.975 KD**  
الماراي حلوي طازج كامل الدسم ٢.٨٥ لتر عائلة  
AL MARAI FRESH FULL FAT MILK 2.85 LTR FAMILY PACK



**0.370 KD**  
APPLE ROYAL GALA / KG



**0.345 KD**  
ORANGE NAVEL-SOUTH AFRICA / KG



**0.595 KD**  
PEARS ROSEMARY - SOUTH AFRICA / KG



**0.185 KD**  
POMEGRANATE - EGYPT / KG



**0.375 KD**  
GRAPES WHITE SEEDLESS / KG



**3.490 KD**

شكيلة فستق امريكي / كجم

PISTA USA ASSORTED/KG



**0.390 KD**  
KIWI / KG



**0.525 KD**  
RED PLUMS / KG



**0.190 KD**  
CARROT - CHINA / KG



**0.345 KD**  
ELEPHANT YAM / KG



**0.545 KD**  
GINGER - CHINA / KG



**2.850 KD**

كافشو مكسرات هندي / كجم

CASHEW NUT INDIA/KG