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Smooth leadership transition, underlines depth of democracy

H.H Sheikh Mishaal Al-Ahmad Al-Jaber Al-Sabah sworn in as Crown Prince



THE TIMES REPORT

A week after being sworn in as the new Amir of Kuwait, His Highness Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah named Sheikh Mishaal Al-Ahmad Al-Jaber Al-Sabah as the new Crown Prince of Kuwait.

Announcing the appointment of Sheikh Mishaal, the Minister of Amiri Diwan Affairs Sheikh Ali Jarrah Al-Sabah said in a statement on Wednesday, 7 October: "The honorable Al-Sabah family has blessed the recommendation of His Highness the Amir, Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah, may God preserve and protect him, to appoint Sheikh Mishaal Al-Ahmad Al-Jaber Al-Sabah as the new Crown Prince of Kuwait." His Highness Sheikh Mishaal Al Sabah, (born 1940) is a half-brother to His Highness the Amir, and the seventh son of the 10th ruler of Kuwait, Sheikh Ahmad Al-Jaber Al-Sabah. Before being named as Crown Prince, Sheikh Mishaal was, by protocol designation, the Minister and Deputy Commander of the Kuwait National Guard.

On Thursday, His Highness the Amir, welcomed Sheikh Mishaal at the Seif Palace and invited him to take the constitutional oath before him. Following the constitutional oath, His Highness the Amir expressed "great confidence" in Sheikh Mishaal and urged him to continue in the service



of the nation and to achieve its interest as the new Crown Prince.

The oath-taking ceremony at the Seif Palace was held in the presence of the Minister of Amiri Diwan Sheikh Ali Jarrah Al-Sabah, Head of Diwan of Crown Prince Sheikh Mubarak Faisal Al-Sabah, Deputy Minister of Amiri Diwan Sheikh Mohammad Abdullah Al-Sabah, Amiri Diwan Undersecretary and Director of His Highness the Amir's Office Ahmad Al-Fahad and head of Amiri Protocols Sheikh Khaled Al-Abdullah Al-Sabah.

The Kuwait Constitution mandates that the appointment to the post of Crown Prince needs the approval of Parliament, and accordingly on Thursday, a special session of the National Assembly was held to ratify the nomination. All 59 members who attended the special session approved the nomination and pledged their support to the new Crown Prince. Sheikh Mishaal then entered the House to take his official oath of office before Parliament.

Pledging to defend the rights of people and the stability of the country in his oath of office, the new Crown Prince said: "I swear by Almighty Allah to respect the Constitution and the laws of the State, to defend the liberties, interests and properties of the people and to safeguard the independence and territorial integrity of the country and be loyal to the Amir."

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Time to rise to the occasion

BY GEOFFREY MARTIN,
EXCLUSIVE TO THE TIMES KUWAIT

A painful transformation is coming to Kuwait and we need to realize and accept this change. The international economy is changing, relations between countries are changing, oil revenues are changing. Even domestic politics is expected to change with the death of the late Amir Sheikh Sabah Al Ahmad Al Sabah, and the ascension to power of His Highness the Amir Sheikh Nawaf Al Ahmad Al Sabah and His Highness the Crown Prince Sheikh Meshaal Al Sabah.

With all these rapid changes taking place,



many things are also likely to change for expatriates in Kuwait. Much of the expected change has now been accelerated by the arrival and impact of the COVID-19 crisis. Many expatriates caught in the crisis had poor experiences during the last six months. The lockdowns in Mahboula, Jleeb Al Shuyoukh, and Farwaniya along with other areas,

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Women in Diplomacy

Women in Diplomacy is our new feature that highlights women diplomats in Kuwait, as well as women who use informal 'hearts and minds' diplomacy to further strengthen relations between two countries. Over the coming period, through a series of interviews with these dynamic women in diplomacy, The Times Kuwait will provide readers with valuable insights and glimpses into their lives as they go about making a difference in relations between countries. In this issue US Ambassador Alina L. Romanowski answers questions from The Times Kuwait in an exclusive interview.

See Page 3



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Over 200,000 denied entry to GCC states on health grounds



More than 200,000 expatriates from Asian countries have been denied entry to the six Gulf Cooperation Council (GCC) states on account of being medically unfit, reveals a statement from the GCC Health Council.

The GCC Health Council, a pan-GCC health entity that provides health clearance for granting visas to expatriates from the seven Asian countries of Bangladesh, India, Indonesia, Nepal, Pakistan, Philippines and Sri Lanka, said nearly three million people from these states are currently registered on its online health portal.

The medical fitness program, which was introduced by the Health Council in 1995, seeks to ensure that expatriates applying for a visa to any of the GCC states are medically fit and free from contagious diseases. It is also aimed at preventing unscrupulous middle-men from taking advantage of expatriate visa applicants by charging them exorbitant medical examination fees, as well as to reduce or avoid the falsification of medical reports.

Since 2002, expats from the seven Asian states seeking residency visas to a GCC member state, had to obtain a health fitness certificate, attested by the GCC Approved Medical Centres' Association (GAMCA). This measure was aimed at preventing unscrupulous agents from taking advantage of the expats by charging medical fees. To that effect, the GCC Medical Committee formed the GCC Approved Medical Centres' Association (GAMCA) in the seven countries. The GAMCA has been authorized to administer, monitor and approve mandatory medical examinations of expatriates applying for residency or student visas to GCC states, before being granted visas.

As part of the visa application process, an applicant has to visit a medical centre

assigned by GAMCA in their country to undergo and pass various tests before being granted a visa. On arriving at their destination country, the expatriate will undergo further tests to ascertain their health, and anyone failing the test would be denied entry.

According to the new report from the GCC Health Council, before the screening program began, 17 percent to 20 percent of those who entered the six-nation bloc were estimated to be medically unfit. The percentage gradually decreased to approximately 2 percent after the medical screening tests were initiated, and then to 0.5 percent after implementing the online link system and the introduction of a bar-code mechanism by some embassies and consulates of the GCC countries.

Banks to pursue loans taken by stranded expatriates

Expatriates who have not repaid their loans to local banks because they are stranded outside the country, due to either travel restrictions or expiry of their residency status, will still be obliged to settle their loans, say sources at local banks.

Banks in the country are understood to have expressed their intention to pursue expatriate defaulters or their sponsors in the country, to retrieve the due loan amounts. Some banks have reportedly sought the services of 'collection agencies' to persuade sponsors to pay back the loan amounts or negotiate with the creditor banks.

The banks are said to have started assessing the due amounts and will initiate legal measures against defaulters including freezing their assets, while leaving the door open for negotiated settlements.

In terms of value the loans to expatriates are likely to be only a small share of the total outstanding dues of local banks, as foreigners are limited to the amount they can borrow, and the loans are usually linked to their salaries and under the guarantee of their companies. Among the stranded expatriates with pending loans are those working with the ministries of education and health, as well as engineers working at government entities.

Port workers to be paid long-due salaries



Over a hundred Indian workers engaged at the Al-Shuaiba Port are to have their salaries that have been pending since June paid immediately.

The reimbursal comes after the staff from the Public Authority of Manpower (PAM) received complaints of the non-payment of salaries, and visited the workers at their place of residence in Mangaf to solve the problem.

Officials from PAM stated that they had received complaints about non-payment of salaries, failure to renew residency visas, inadequate housing facilities and the withholding of passports of the workers.

The employer's file with the Authority is understood to have been temporarily suspended due to the company's failure to pay the workers, and legal representatives of the company were summoned by PAM to resolve the dispute in accordance with the legal framework.

Tareq Yousuf Al Shumaimry
Editor-in-Chief

extends his heartiest Congratulations to

His Highness the Amir
Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah

His Highness the Crown Prince
Sheikh Mishaal Al-Ahmad Al-Jaber Al-Sabah

on the occasion
of their assumption to power.

Kuwaiti women play a critical role in society

US Ambassador Alina L. Romanowski

BY REAVEN D'SOUZA
MANAGING EDITOR

United States Ambassador Alina L. Romanowski, who took over in February as the top diplomat to represent her country in Kuwait, in a wide ranging interview with The Times Kuwait, speaks at length about women in diplomacy, the challenges they face, and what she enjoys most about being a diplomat. She also gives her candid impressions on Kuwait, its people, and society, based on her brief interactions over the past seven months that she has been in the country.



Can you please tell us a little bit about your background and how you entered the diplomatic profession? Also, please tell us more about your previous postings.

My interest in international affairs started when I was a young child. Different cultures, different languages, and international travel were all very much part of my upbringing. Both my parents immigrated to America, and our dinner table conversation was often about our families "back home" and the different experiences they had growing up. Our family also moved to Switzerland for a year where I started school and learned French, and we traveled all over Europe.

After high school, I went on to study Middle East history and international relations at the University of Chicago in the mid-1970s, a prudent choice considering how fast world affairs were evolving at the time.

America was coming to grips with Watergate, Margaret Thatcher ushered in a new era in Britain as the first female prime minister, OPEC brought the global economy to its knees after proclaiming an oil embargo, and a historic peace treaty was signed by Israel and Egypt. It was a dynamic decade to say the least. I became fascinated by international politics, and how countries, people, and governments worked together to resolve their conflicts and make progress in developing their economies, governance, and security.

After completing my master's degree, I moved to Washington D.C. to begin my career with the U.S. government and work on developing and implementing U.S. foreign policy and national security. I've proudly served for almost 40 years across various U.S. government agencies, including the State Department, the Department of Defense, the U.S. Agency

for International Development, and the Central Intelligence Agency.

This is my first time serving as ambassador and I'm proud to represent my country in Kuwait. I look forward to marking two important milestones next year: 60 years of U.S. – Kuwaiti diplomatic relations and 30 years since the U.S. led an international coalition to liberate Kuwait.

What challenges have you faced as a woman diplomat? How easy or difficult do you think it is for women to work in diplomacy? What effect does it have on your family life?

The challenges women diplomats face today are no different than those faced by women in other professions. We work hard, can work long hours, can be called away from our families on short notice. To succeed, we build professional networks, look for strong mentors, and seek opportunities where we can demonstrate our best qualities. Those women in senior ranks need to be role models for, and bring along, the next generation of women diplomats.

Diplomacy is a profession like many others that needs more women. It wasn't until 1949, twenty-five years after the U.S. Foreign Service was established, when President Harry Truman appointed America's first female ambassador. Today, around 60 percent of Foreign Service generalists and over 70 percent of Foreign Service specialists are men. Without a doubt, we need to encourage more women to join its ranks and become ambassadors.

But times are changing, and women across the world are making progress.

Several countries currently have, or have had, female heads of state: Germany, Switzerland, New Zealand, Bangladesh, Norway, Finland, to name a few. Moreover,



in the Arab region, the percentage of female representation in parliament increased from 10 to 18 percent between 2012 and 2017. Even when it comes to peacekeeping, UN statistics show that peace agreements are more likely to last when women are included at the negotiating table.

Being a diplomat is not easy, regardless of gender. In the fast-paced world of international politics, we play an important role by representing the United States overseas and strengthening our relationships with countries across the globe.

It's also a fun and rewarding career, especially if you have an ear for language, a passion for learning about other cultures, and an analytical temperament. A diplomat's career can also offer their families to a unique opportunity to travel and live overseas.

CONTINUED ON PAGE 8

“ This is my first time serving as ambassador and I'm proud to represent my country in Kuwait. I look forward to marking two important milestones next year: 60 years of U.S. – Kuwaiti diplomatic relations and 30 years since the U.S. led an international coalition to liberate Kuwait. **”**



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New India Education Policy 2020

EXCLUSIVE to THE TIMES KUWAIT

Vision and Mission

The Times Kuwait, in collaboration with eminent educationist and principal of Indian Learners' Own Academy in Kuwait, Asha Sharma, is starting a regular fortnightly column on education that aims to apprise our readers about the latest developments in education, and in particular on the new National Education Policy 2020 (NEP 2020) that was unveiled recently by the Indian government. If you have any queries about NEP 2020, its clauses and its implications on you as a student, or as a parent of a school-going child, we would like to hear from you, send your queries to editortimeskuwait@gmail.com. Principal Sharma will be providing you with the most accurate answers and right guidance to all your questions.



ASHA SHARMA
Principal
Indian Learners' Own
Academy

The task of formulation of the New Education Policy (NEP) started as early as January 2015 and its final discussion took place in a meeting of the standing committee of Human resource development on 7 November 2019. During this course of time there was rigorous brainstorming with people representing different educational and ideological ideas, different cultural and social backgrounds and different regions of the country, a range truly reflective of diversity of India. The committee incorporated views of some of the leading thinkers in education. It was clearly fortified that NEP must be relevant and applicable for at least two decades in this dynamic and fast changing nature of education in this era.

The vision of NEP 2020 has been crafted to ensure that it touches the life of every citizen to create a just and equitable society. The idea is to ensure inclusive and equitable quality in education by 2030. NEP was greatly influenced by the 'Declaration of Human Rights' adopted by United Nations General Assembly, which states that "everyone has the right to education; education

shall be free, at least in the elementary and fundamental stages; education shall be directed to the full development of human personality and to strengthen respect for human rights and fundamental freedom for all; it should result in the full development of human personality".

Training to look within: The NEP has, for the very first time, made it necessary for learners to be trained to introspect or look within and know themselves. It was thought imperative that each learner should know his/her strengths and weaknesses. Each learner has their own learning style which may be different and one of its own kind. Rote learning has been discouraged and enquiry based experiential learning has been encouraged. Whatever is learnt at school should help children to deal with life problems, hence whatever is being taught must have reference to the life of students. Life skills have been granted their due place. NEP focuses on education throughout life which is based on four pillars

- 1. Learning to learn:** Acquiring a body of knowledge and learning on how to learn, so as to benefit from the opportunities in education throughout life.
- 2. Learning to do:** Acquiring not only an occupational skill but also the competence to deal with many situations and work in teams and a package of skills that enables one to deal with various challenges

of working life.

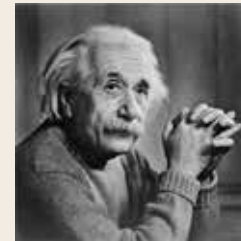
- 3. Learning to live together:** Developing and understanding other people and an appreciation of interdependence in a spirit of respect for values of pluralism, mutual understanding, and peace.
- 4. Learning to be:** Developing one's personality and being able to act with autonomy, judgement and personal responsibility, while ensuring that education does not disregard any aspect of the potential of a person: memory, reasoning, aesthetic sense, physical capacities and communication skills.

Holistic education: NEP focuses on holistic development of students through critical thinking and creative skills. Students must develop not only cognitive skills but also social and emotional skills. It is not enough for students to learn 'foundational cognitive skills' of literacy and numeracy, and 'high order cognitive skills' such as critical thinking and problem-solving skills, but also soft skills, including cultural awareness, empathy, perseverance, teamwork and leadership among others. Both children and adults are expected to acquire these competencies. A competency being defined as a combination of knowledge, skill, and its practice to make it a habit.

The NEP 1986/92 was formulated before the age of the internet. It could not foresee the radical changes which the internet has brought. Today's techno kids will use technologies which have

not yet been invented and they would enter jobs which we cannot visualize now. There is a possibility that today's learners may have to change two to four kinds of jobs as per the requirements of society as jobs in future will be need-based.

They will have to sensitize themselves with the requirements of the society to innovate something new or mould their working style as per the requirements for which artificial intelligence, coding, economic marketing, and subjects like life skills are given importance. They will have to equip themselves with



Einstein to a group of children: "Bear in mind that the wonderful things you learn in your schools is the work of many generations. All this is put into your hands as your inheritance in order that you may receive it, honor it, add to it, and one day faithfully hand it on to your children. Thus, do we mortals achieve immortality in the permanent things that we create in common".



"Education is not the amount of information that we put into your brain and runs riot there, undigested, all your life. We must have life-building, man-making, character-making assimilation of ideas. If you have assimilated five ideas and made them your life and character, you have more education than any man who has got by heart, a whole library. If education is identical with information, the libraries are the greatest sages of the world and encyclopedias are the greatest Rishis."

- Swami Vivekananda

new skills and 'learn how to learn'. Education will not come to an end with schooling or higher education, each person would be needed to equip himself with the latest and become a lifelong learner.

Purpose of NEP to enhance the quality of life and everything taught at school should have some learning objectives related to life. In order to achieve this, the learning curriculum has to undergo a sea change, after reaching an agreement with universities, on which discussions are reportedly underway.

Kuwait to continue distinguished bilateral relations with India

S A H RIZVI
NEW DELHI, BUREAU CHIEF
THE TIMES, KUWAIT

Ambassador of Kuwait to India H.E. Jasem Al Najem has said that the State of Kuwait under the wise and able leadership of His Highness the Amir of Kuwait Sheikh Nawaf Al Ahmad Al Jaber Al Sabah, will continue to maintain the same distinguished bilateral relations with India.

"Kuwait and India will continue to extend support and cooperation on issues of regional and international importance for the mutual interests of the two nations," said the ambassador in a recent press release

He added that Kuwait has also deeply appreciated the gesture of Indian Government in announcing a one-day state mourning on 4 October, as well as suspending all official engagement and celebrations across India as



a mark of respect to the soul of the late Amir of Kuwait. "The people of Kuwait thank the people and Government of India for the noble gesture and in sharing the grief and mourning on the death of late Amir Sheikh Sabah Ahmad al Sabah," Ambassador Al Najem said.

He also sent a letter of thanks to the Indian

Minister for External Affairs Dr. S. Jaishankar for his condolence visit to the Embassy and registering his statements in the condolence book, and attesting that the late Amir was exceptionally well regarded in India.

The new Amir of Kuwait is considered among the most prominent political figures to have witnessed the process of building the state of Kuwait since it gained its independence in 1961, and as one of the contributors in laying the foundation and achieving the development of modern Kuwait.

His Highness the Amir Sheikh Nawaf Al Ahmad Al Sabah is also hailed as the true founder and spiritual father of the Ministry of Interior having worked tirelessly in developing the integrated security system, in addition to modernising defense and security system of the country to maintain security and stability of Kuwait and its people.

Quarantine of medical staff cut to seven days

Home quarantine period for doctors and other medical staff working for the Ministry of Health (MoH), and are returning from abroad on special flights, has been reduced to 7 days, instead of the 14 days mandated for others. The shortened quarantine period comes in light of the urgent need for the services of these staff in the fight against the coronavirus pandemic.

During the home quarantine period, the medical personnel will have to download the 'Shlonik' app so as to enable MoH to monitor the quarantined staff in addition tracing the people who have had contact with them. Those under quarantine will have to enter all their vital data and communicate with MoH medical teams monitoring the situation, if they experience any of the coronavirus symptoms.

Bill calls for preferential loans to SMEs

Small and medium enterprises (SMEs) that have been struggling to stay afloat due to the coronavirus crisis have been thrown a lifeline with the government presenting a draft bill in parliament that would allow local commercial banks to grant loans on preferential terms to SMEs.

In addition to granting loans, the draft bill details that the loans will be delivered



in several tranches based on the financial situation of each individual SMEs. One of the conditions for SMEs to avail of the loans is that they should not terminate any of their Kuwaiti employees and they would have to hire a set percentage of nationals in their workforce.

The Central Bank of Kuwait will be mandated to follow up and supervise the implementation of the bill once approved.

The bill also stipulates that banks will have the authority and discretion to determine the loan amount taking into account the credit status and potential risks of the business. The loan amount is set at a maximum of KD250,000 for each SME; payable within five years, and there is a grace period provided for the start of installments ranging from two to three years.

Ministries cite difficulties in cutting budget

The government's plan to reduce its expenditure by 20 percent, as part of austerity measures in the face of financial constraints and persisting annual budget deficits, has run up against a roadblock with several ministries saying the cuts were unrealistic and instead requesting added financial support to that outlined in the budgets.

Ministry of Finance had earlier called on state ministries to reconsider the budget estimates for each ministry and to slash expenditures to reach the percentage determined by the

government. While many ministries have reduced expenditures at the required rate, several others, including health and education ministries, have informed the finance ministry that it was not possible to reduce their budgets by 20 percent as it would affect vital work at these entities.

Ministry of Education has made clear that it will be unable to adhere to the 20 percent reduction, noting that the very chapter in their budget, dedicated to salaries, consumes 93 percent of the budget. The ministry noted that it had been asked to



reduce around KD430 million from the approved budget, but no matter how it squeezed it could not reduce more than KD20 million from the outlined budget as otherwise the educational

sector would be adversely affected.

For its part, the Ministry of Electricity and Water said that while it had decided to reduce the size of some contracts, it could not postpone

any of its new tenders, as there is an urgent need for these projects to meet the increasing demand for electricity and water.

Meanwhile, the Ministry of Public Works said that while it had engaged in austerity measures at the level of cleaning staff, guards and car contracts, it could not compromise on necessary maintenance work. Moreover, the ministry had to make sure the budget cuts would not affect the bonuses and support provided to national manpower.



CONGRATULATIONS

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RECIPE

Bulgur-chana fritters

(Preparation time 10 to 15 min.)



Ingredients:

- 1 cup soaked and boiled Black Chana
- 1 cup soaked bulgur
- 1/2 cup grated carrot
- 3 tbsp. wheat flour
- 1/4 cup finely chopped parsley
- 1/4 cup finely chopped cilantro
- 1 tbsp. ginger-garlic paste
- 1/2 tsp. green chilli paste
- 1/2 tsp. black pepper powder
- 1/2 tsp. amchoor powder
- 1/2 tsp. coriander-cumin powder
- 1/4 tsp. cinnamon-long powder
- 1 tsp. Kitchen king masala
- Salt as per taste
- Water as per needed
- Oil for cello fry

For the yogurt Dip:

- 1 cup yogurt
- 1 tsp. honey
- Salt as per taste
- 1/4 tsp. chilly flakes

Preparation:

- Take boiled chana in a chopper and chop them coarsely
- Strain bulgur to remove excess water
- Now in a large bowl mix all ingredients together and season with all spices and flour for binding mix well, if needed sprinkle little water to make soft mix.
- Now switch on the gas and place frying pan to heat, till then.. prepare yogurt dip
- Take yogurt in a bowl whisk it. Add honey, salt and chilly flakes mix it well.. dip is ready to serve
- Now add oil in a pan over medium high heat and keep 1 scoop mix, slightly flatten it with help of spoon and shape it, keep others too.... like this
- Fry 3-4min. on each side or until golden brown
- Transfer to paper towels to remove excess oil.
- Now serve hot with Honey Yogurt Dip.

Indian Chef Chhaya Thakker, who has a huge following online on WhatsApp and YouTube will be sharing her favorite recipes and cooking tips with readers of The Times Kuwait. For feedback, you can write to editortimeskuwait@gmail.com



Chef Chhaya Thakker

Thought
for the
week

To give without any reward,
or any notice, has a special
quality of its own.

– Anne Morrow Lindbergh

Overcome your
sugar cravings

Ask Mira: Eating Right to Live Happy & Healthy

If you are one of those people who constantly find themselves craving for a sugary treat, then you might have sugar cravings.

The causes of these cravings can vary a lot among people, but in general can be due to hormonal imbalances especially in insulin and serotonin, unhealthy diets, stress and fatigue, as well as various eating disorders. These cravings can also somehow be linked to emotional eating.

Do you know that sugar is a kind of drug? Yes, in fact the more sweets you take in, the more your body will ask for it the next time.

Here are five easy tips that can help you overcome your cravings for sugar:

1- Do not ever start your day with a sweet breakfast: As I mentioned before, sugar is a drug. If you are going to start your day with a donut and a juice for example, you will raise your insulin level and will feel a craving for more sweets for the rest of the day.

Instead, a cup of milk with cereals, an omelet or even a sandwich with turkey and cheese are great options to start with.

2- Brush your teeth after having breakfast, lunch and dinner: This method works a lot. The taste of the toothpaste will do a lot to reduce or prevent your cravings. If, after 10 minutes, you still want sweets, chew a menthol gum.

3- Remove your temptations: Go through your refrigerator, and get rid of all cakes, ice cream, and cheesecakes. Do the same in your office; remove all those tempting cravings from your drawer. Out of



Sight, out of mind.

Leave some nuts, some dry fruits, and just one piece of dark chocolate to satiate your sweet tooth. Remember that you need some sweets during the day, for you not to binge on it later on.

4- Go for high quality snacks: That means you need to read labels and thus make healthy choices. Instead of having a whole candy bar, go for the small piece of chocolate that says 70 percent dark chocolate. Instead of the milky ice cream scoop, choose the sorbet which is half the sugar and calories.

Instead of milkshakes and juices,

make a fresh fruit salad, add some sweeteners to it, or why not a little light chocolate syrup.

5- Do not skip any of your three meals: Avoid skipping meals (especially breakfast) and have small frequent meals every 2 to 3 hours to keep your blood sugar level stable. This method will also eliminate your body's need for a quick sugar fix.

To subscribe to my diet programs, don't forget to log in to: www.eatlikemira.com.

Mira is a go-to source for nutrition and wellness and writes a weekly column in The Times Kuwait on nutrition and also answers your queries. You can send in your questions to infotimeskuwait@gmail.com



Time to rise to the occasion

CONTINUED FROM PAGE 1

in an effort to contain the spread of the virus led to its own horrors beyond that expected from a viral infection.

While my spirit was uplifted by those who took up the call to help alongside government agencies to fill the gap and help those in need, I was personally shocked at how poorly many companies treated their employees leaving them without salaries and basic food needs. Landlords coldly demanded rent, turned water and lights off, and turned on fellow human beings in ways I could not truly imagine. The xenophobia and hatred of expats, of specific nationalities, not by the government, but by the average person and people we know and work for, shook my soul.

Many of these issues and hateful reactions in hard times are often inevitable. A post-oil future was always an eventuality and the need for such a large expatriate workforce in Kuwait, built on little more than oil revenues, was always going to be only a temporary phase for the country.

A leaner, smaller Kuwait economy, with all the painful transitions involved, was always expected and it is here now whether we like it or not. Many of the things that brought expats to the country are changing. Salaries are lower, and the prices of food and goods are higher. It is becoming more difficult to have a family here, or to get a drivers' license, and with changes in demographics expected soon, it will be difficult to transfer residencies, or to keep a job.

What expatriates need to do in this difficult

time is to stand firm. Know the law and what it means for your life. Basic labor laws protect everyone's rights in Kuwait. For example, having your salary credited to your bank account, a salary that matches that on your salary certificate, and getting paid on time is a right, not a suggestion.

More important than knowing the law is knowing how to advocate for yourself when these things go wrong. Do not give in to fear. A lot of unfounded fears are perhaps just as dangerous as an unethical employer or some bureaucratic process you do not know. Learn Arabic if you do not know it. Enroll in classes, speak with your friends. Once you know the rules in the language of the country, much of the fear and paranoia disappears.

Probably the most important point is to listen

to qualified professionals. A qualified professional is not someone who has lived in Kuwait for a long time, it is someone with merit and qualification. Do not listen to rumors. Much of the information floating around on social media are purely false and some unlicensed media purposely spread false information in Kuwait. These are not credible. Read them for entertainment only.

The economic situation is changing and it is time for you to change. However, the only change that we can truly control is in ourselves. So, rise to the occasion. Stand firm in the law, treat others with respect, and avoid fake news. This will be a testament to yourself and others.

Geoffrey Martin is a lead analyst and partner with Vek Consulting. He writes on regional economic and political issues.

Mobile apps that make life easier in Kuwait

RUBAB HASSAN
TIMES REPORT

A return to how life was at the start of 2020 is some way off. Even with lockdown restrictions relaxed, coronavirus still affects our lives in many ways. While it is difficult to predict how long it would take to regain normalcy, it is fair to say that the pandemic has made us more dependent on technologies than ever before.



From Zooming colleagues to neighborhood WhatsApp groups, digital platforms have become the new normal for many of us to work, get fit, get educated or entertained. Mobile phones have transformed from being a mere communication device to an instrument that through its various 'apps' or applications allow us to solve a wide range of problems that help make our lives easier and better.

For its part, the government in Kuwait



has launched various mobile apps in an attempt to make the day-to-day lives of its residents easy. Downloading these apps could help citizens and expatriates navigate many of the challenges faced by them in these troubled times.

You can download the following apps for free on your iOS or Android mobile phones:

Kuwait Mobile Id App: The Public Authority for Civil Information (PACI) recently launched an updated version of their mobile app. The app is now a phone-based Civil ID for identity verification. It can also be used for authenticating government and non-government services and serves as a trusted

digital signature for electronic documents and transactions. The app can act as a proxy for your physical civil ID and can help if your new ID has not been issued physically but it has been updated online.

Setting this app on your phone is fairly straightforward, after installing the app all you need to do is input your Civil ID number and serial number and it will authenticate by asking to upload a selfie and then automatically will pull all your information in the app.

Kuwait Finder: Kuwait Finder is a search engine for finding addresses and provides a turn by turn traffic navigation. Developed by PACI, this app is extremely user-friendly and can be logged into by using any of your social media accounts (Facebook, Google, Twitter), phone numbers, email address, or even as a guest.

This app enables you to engage in many essential tasks, including:

- Exploring 360 street-views of any location
- Searching categories to find the closest gas stations, hospitals, cafes, restaurants and more
- Finding landmarks on parcels of land via "What Is Here?" feature
- Locating and finding your current address via current location
- Viewing local funerals and its details including the time and location for each funeral (Men/Women)
- Viewing live traffic on a digital or satellite map
- Saving address or location as a favorite
- Viewing search history
- Providing textual and voice instructions during navigation guidance till arrival to destination
- Introducing Head-up Display (HUD) with a realistic view for safer navigation with voice instructions
- Sharing any location including your current location with other users via top social media applications such as WhatsApp

Apart from the two apps mentioned above, there are other apps from government entities such as from the Ministry of Health and the Ministry of Interior. However, these apps appear to be in the developing phase as they suffer from glitches that make them less reliable. In future, these apps are expected to allow us to book a medical appointment on our phone, carry our medical records in the app, download leave certificates, and carry out many other government services online.







extend their heartiest
congratulations to

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on the occasion
of their assumption to power.





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BOOK REVIEW

Migrate Goa

There are books that go much beyond page numbers, the latest one in my hand is one such book.

As a review writer, I had to analyze the fundamental idea of the book rather than analyzing the writing style, chapter divisions and the literary philosophy.

Gaspar Crasto's 238-page book 'Migrate Goa', a collection of four fictional stories is interwoven with curious incidents and familiar characters set all across the globe and much in a dreamland of a place called Goa. It is really a book that tells stories many of us already know — ambitious dreams, infatuated love, and humdrum life. Four amazing and captivating novelettes, all written in first person, I am sure each story will take the reader into a world of wishful thinking and unimaginable reality.

There are many things one can learn from the book. The settings are there to engross the reader and some warning signs too that can help people wishing to buy a land in Goa. This is well depicted in the story 'Plots for Sale'.

In 'First Night', the character's enigma is exposed on the first night of his marriage, while each chapter of 'Every Heart has a Story' is a story in itself; it could be anyone's story. The 'title' story gives an insight into what the impending dawn could bring to one of the most loved and visited places in India and the world over — Goa. The author depicts Goa as the most loved and visited place in India and the world over, which is a fact of course. His beautiful description of



Goa in his introductory page itself should flutter every Goan heart and make them feel proud for being Goans.

Although 'Migrate Goa' may not bring chills known with Konkani 'romance' writers like Reginald Fernandes or Bonaventure D'Pietro, or international writers such as Sydney Sheldon, Fredrick Forsyth or India's very own Chetan Bhagat, a copy of this book should be a treasure in every Goan home — simply for

the intimacy that the book holds and brings towards Goa. As rightly pointed out by the writer, much literature is produced by authors from other states but little by Goans.

My advice: Read the book, get inspired, and instill the art of reading books in others; an art which is dying with the younger generation.

You can get a copy of this book on Flipkart and on Amazon.

- By Agnello A. S. Fernandes

BOOK REVIEW

Small Talk and Simple Things

'Small Talk and Simple Things' is a melt-in-the-mouth read that can turn your average weekend into a relaxing, fun one. The stories in the book are highly relatable and smooth for anyone who is looking for a memorable book to read during the weekend.

This book does indeed bring back memories for those who have been through the process of 'arranged marriages' with several stories and incidents that touch you at different levels.

For those of you who are unaware of the concept of 'arranged marriage' or about to experience the process, the book will introduce you to the concept in a seemingly easy way through narrated experiences of individuals who have been through the process.

What is best about 'Small Talk and Simple Things' is how well the stories flow and how the narration walks you in the shoes of different characters while you read each chapter.

Although some may think the topic is a bit controversial, the way each chapter is narrated takes away this controversy while throwing new light on the topic for the readers.

Indeed, with just 12 hand-picked stories the book inspires readers to take a chill-pill towards the process of arranged marriages and can be defined as a short and sweet joy to read.

The author, Meryl Elizabeth Mathew is a logistician by profession and a writer by passion. Her love for creative writing has resulted in several published articles and lead to creative writing classes for kids.

Support this budding writer by picking up a copy of her first published book, 'Small Talk and Simple Things' available on Amazon, Notion Press, Flipkart, Google Play, Kobo and Ibooks.



Kuwaiti women play a critical role in society

CONTINUED FROM PAGE 3

Do you face any obstacles being a woman diplomat in Kuwait, especially in the Kuwaiti diwaniya culture?

The U.S. and Kuwait enjoy a longstanding close relationship. Since arriving in Kuwait seven months ago, I have certainly felt a warm welcome. I was especially happy, and even pleasantly surprised, to have been received so well on social media with my own Twitter account. I think the diwaniya is every diplomat's dream. It offers visitors like me the chance to visit different segments of Kuwaiti society and learn about their rich culture and traditions. COVID restrictions have limited my ability to visit diwanis, but I look forward to doing so once they reopen.

Thanks to technology, I've been able to overcome some of the limitations that the pandemic has placed on all of us. I've participated in dozens of online discussions with journalists, civil society groups, local business owners, academics, and even students in Kuwait. I will admit, as a diplomat, it's still not like meeting and talking face-to-face.

What do you enjoy most about being a diplomat?

I remember giving a presentation over ten years ago while serving in the Bureau for Education and Cultural Affairs in Washington.

I spoke to young Foreign Service officers at a town-hall meeting about the importance of international exchange programs and the incredible opportunities they offer to build mutual understanding between America and countries around the world. Essentially,



that's what my job boils down to today as U.S. Ambassador to Kuwait. Cooperating with the people and government of Kuwait to build on the work of my predecessors and cement long-lasting ties between our two countries is what I enjoy most about my job.

Who is your role model in the field of diplomacy?

I admire Colin L. Powell, who had a very distinguished career serving as the Secretary of State, National Security Advisor, and former chairman of the Joint Chiefs of Staff during the first Gulf War. His leadership and service to others has inspired so many. Powell worked

closely with presidents of both political parties to benefit the United States, and I deeply respect that. As chairman of the Joint Chiefs of Staff, Powell drove the strategy behind the American military's victory in the first Gulf War. As Secretary of State, he deeply impacted foreign policy.

Powell was also a trailblazer. He was the first African American Secretary of State. A son of immigrants who grew up in the Bronx, a very diverse New York City borough, Powell learned to connect with people of all stripes and backgrounds. He embraced cultural diversity and viewed differences in perspective as an asset, which is important in the work of diplomacy.

Tell us about your experience in Kuwait as a diplomat. What are some of the responsibilities you have undertaken so far? And what will your main priorities be during your tenure?

I have had a positive experience thus far in Kuwait despite the challenges presented by COVID-19. Currently, I am working with the Government of Kuwait to implement many of the initiatives we have mutually agreed on under the U.S. - Kuwait Strategic Dialogue, which serves as an essential framework for our countries to build even stronger foundations.

I am focused on deepening our cooperation on regional and bilateral issues, for example working with Kuwait to preserve the security and unity of the Gulf and addressing Iran's malign influence in the region.

The state of our economies is a primary concern. The United States and Kuwait have a trade volume of nearly \$5 billion, and I am working closely with the American Chamber in

Kuwait to ensure American businesses remain active here.

I'm also looking forward to deepening our cooperation in education, health care, border security, community preparedness, e-learning, and doing business virtually.

How do you see the role of women in Kuwait society?

Kuwaiti women, like their counterparts in America, play a critical role in society. Since securing the right to vote in 2005, they have gone on to succeed as ministers, lawmakers, and civil society leaders.

In the last two months alone, Kuwaiti women managed to score several victories as they continue in their fight for equality.

Thanks to the diligent lobbying efforts of Abolish153, an advocacy group led by a team of Kuwaiti women, the National Assembly passed an important domestic violence bill. Additionally, amendments were made to the medical guardianship law, giving mothers the right to authorize medical treatment for their children without requiring male consent.

And in a landmark move, one that sets a precedent for the rest of the Gulf region, Kuwait welcomed eight women to the judiciary for the first time in the country's history.

Finally, as we gear up to celebrate three decades since the liberation of Kuwait, we should take time to pause and reflect on those who sacrificed their lives during the Iraqi occupation, 89 of whom were women. Asrar Al-Qabandi, Wafa Al-Amer, Sana Al-Foudari, and Suad Hassan are some of the Kuwaiti women who fought for their country and defied the occupation. I am inspired by their bravery and heroism.



Indian Community Support Group

(Under the patronage of Embassy of India, Kuwait)

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Congratulations to

His Highness the Amir

Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah

His Highness the Crown Prince

Sheikh Mishaal Al-Ahmad Al-Jaber Al-Sabah

on the occasion

of their assumption to power.

We wish them success and pray for their long life.

Is lockdown-2 a possible option?



Over three dozen deaths related to coronavirus infection in a week and continued high daily infection rates are prompting a rethink among health officials about enforcing stricter restrictive measures on movement of people. Several relevant authorities are calling for at least a partial lockdown, especially given the lax attitude among many to complying with the various health and safety guidelines outlined by the Ministry of Health and others.

Minister of Health Dr. Basil Al-Sabah is expected to hold a meeting with top health ministry officials to review the situation and discuss any additional measures needed to stem coronavirus infections. He is then likely to present the conclusions of the discussions with the Council of Ministers during an extraordinary session of the Cabinet on Monday or Tuesday, so as to enable the Council to take appropriate decisions.

The World Health Organization (WHO) and health authorities in several countries have also warned of a potential second-wave of the virus infection with the onset of winter, with many countries in Europe said to be already experiencing a second wave of infections.

Though it is not being actively

considered for the moment, a return to partial or full lockdown remains an option, a health official stated. The official warned that medical authorities will be forced to recommend a second close-down of the country, in the event that the coronavirus infection takes a dramatic turn for the worse, or infection rates surge to the point that hospitals and the health system can no longer cope with the disease.

The idea behind partial or full lockdowns is to decrease the chances of people intermingling and thereby rapidly spreading a virulent disease. Keeping infection rates within limits, allows the health system to cater to patients efficiently. However, if the number of patients increase dramatically, health facilities could become overwhelmed and reach the stage where it is unable to provide appropriate medical treatment to everyone.

He noted that there were many reports of citizens' negligence and violation of health requirements, as they now travel and return from abroad freely without any essential need. In addition many citizens were found to be holding public gatherings, not maintaining social distancing, and not wearing masks in public. These practices have resulted in an increase in the number of deaths and new infections, and placed extensive pressure on the intensive care departments of health facilities.

Emphasizing the need for people to be aware that the coronavirus pandemic is not yet over, and that there was a strong likelihood of a second-wave, the official urged the public to behave responsibly, and to strictly adhere to the health and

safety guidelines issued by the health authorities. Wearing face masks in public, maintaining social distance, frequently washing hands and sanitizing surfaces, are practices that should become a regular feature of life, said the official.

He added that although the number of infected people needing critical care are coming down, and recovery rates were improving, this should not be a reason for complacency or laxity in adhering to health and safety requirements. Acting responsibly would allow all of us to slowly and safely return to normal life, said the health official.

In the meantime, it has been reported that the quarantine period for two weeks for those returning from abroad will not be changed, and that it will depend on local and global developments of the pandemic. It was also clarified that people in quarantine are strictly monitored and there have been no lapses in recent weeks. They point out that patients in quarantine are monitored by an online system, and necessary action would be taken against anyone found violating quarantine.

On the other hand, a source at the Directorate General of Civil Aviation (DGCA) has been quoted as saying that the removal of countries from the banned list, from where direct passenger flights to Kuwait are banned, is an ongoing process and that countries could be added or removed from the list depending on the infection situation in those countries as reported by relevant health authorities. He also added that in light of the current circumstances there were no plans to open up the airport facilities for use by everyone.

LuLu Exchange launches Send Smart, Win Smart mega draw for customers



LuLu Exchange, one of the largest financial services providers in the country, has launched a three-month Mega Draw for customers availing its in-branch or digital remittance service.

The campaign, under the banner of Send Smart, Win Smart, will run from 1 October to 30 December, 2020, and will include 13 weekly draws.

The company has not placed any minimum limit on the transfer amount to be eligible for the weekly draws, thus allowing every customer to participate in the draw. 133 winners will be selected over the period and will receive a plethora of electronic devices and shopping vouchers as prizes.

The draw is open to all customers in Kuwait who transact either via the company's branches or its digital offering, LuLu Money. Customers who transact via the LuLu Money app will have double the chance to win (Two tickets will be generated per LuLu Money transaction).

Prizes include a 3 MacBook Pro, 13 iPhone 11 Pro, 26 Apple Watches and 91 LuLu Shopping Vouchers worth KD10.

Customers can access more information about the ongoing campaign on LuLu Exchange's social media handles.



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Al-Jaber Al-Sabah**

His Highness the Crown Prince
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on the occasion of
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BY HERMOINE MACURA-NOBLE
SPECIAL TO THE TIMES KUWAIT



Healthy, clear skin with minimal makeup is now the ultimate external expression. It's also the reason why consumers are choosing to become more educated about what they are putting on their skin. Checking labels for ingredients and product transparency is the new norm when it comes to skincare which has led us all to search far and wide for 'clean beauty' – a term used to refer to products that use no pesticides and feature ingredients that were grown organically.

Buying the perfect skincare will never be a waste of money which is why it's important to establish a solid skincare foundation including a cleanser moisturizer, and sunscreen. "When your skin looks and feels healthy, you instantly start glowing, and your skin texture will naturally improve in clarity. The better your skin looks, the less makeup you'll need to correct imperfections," Explains Makeup Artist & Beauty Entrepreneur, Zareen Shah.

Good skincare takes effort even for celebrities like Rihanna who are known to have naturally amazing skin. Apparently as a teen, she was overwhelmed by all of the skincare options out there and even tried a product that discolored her skin. Ultimately, after years of exposure to so many skincare solutions, Rihanna dreamed of creating a



The New Culture of Skincare

skincare line that was clean, simple, effective and for all people. "Fenty Skin is everything I wish I had back then," she says. "I wanted it to feel approachable, easy, and to take the pressure off choosing a routine, so I created one for everyone."

Ingredients that work with your skin are also important as the scientific breakthroughs that are behind them. Developed by a world-leading expert in stem cell research, Professor Augustinus Bader has spent 30 years unlocking the body's innate processes to self-heal and uncovered how to reawaken cells that go dormant over time due to aging or trauma. Professor Bader's mission started with the intention to help burn victims, particularly children with traumatic injuries.

In 2008, he formulated a groundbreaking wound gel that heals even third-degree burns without surgery or skin grafts. It works by carrying a set of healing signals to the site of the wound or burn, triggering the damaged skin cells and facilitating perfect healing. Augustinus Bader Skincare was born out of this breakthrough. All three creams by the brand contain patented TFC8® (Trigger Factor Complex) technology, which supports the skin's natural processes, leaving all skin types – mature, dry, oily, or sensitive – looking restored and regenerated. TFC8® is comprised of natural amino acids, high-grade vitamins and synthesized molecules naturally found in skin. It guides key nutrients and powerful natural ingredients to the skin cells, creating an optimal environment for the body's innate processes of repair and renewal.

Another favorite ingredient that yields results is Salicylic Acid – which is a must-have skincare ingredient to tackle blemish-prone skin. UK based indie beauty and skincare brand, NIP+FAB features masks, serums and cleaners, that claim to unclog pores, increase cell renewal and to keep skin glowing throughout the day. Powered by blemish-fighting salicylic acid, sebum-reducing lotus flower and the hydration hero, hyaluronic acid, this range offers a natural and effective exfoliation that lifts away dirt and locks in hydration. "It's very easy for skin to get congested in the heat.... Your exfoliation processes should include a mixture of physical exfoliation such as scrubs and chemical exfoliation as well," Adds Shah.

NIP+FAB also features Day Pads which are infused with salicylic acid, Egyptian & Asian Lotus flowers and Aloe Vera to reduce redness, calm skin & provide hydration. The Night



Pads are formulated with potent Salicylic acid and a protective skin complex to support the healing process and speed up skin recovery time.

Allowing your skin to breathe means also opting for tinted sunscreens, tinted moisturizers or tinted foundations and using your concealer only where you need to such as your under-eye area, pigmentation spots or areas that require more uniformity. "I call this technique pin-point concealing... You target only the areas that need coverage. The heat, sweat, humidity, all of these can aggravate your skin and even trigger acne. Keep it simple for yourself and avoid caking your skin with an overload of products during the warmer months," explains Shah.

And last but not least, the digital age means more high tech beauty tools. The skincare industry is becoming more tech driven, with demand surging for tech powered beauty products that are effective and personalized. Skin tech devices that deliver fresh and individualized skincare have become extremely popular. Among the latest creations is Romy Paris's at-home skincare personalization devices as well as Led therapy treatments which work wonders on acne prone skin.



Hermoine Macura-Noble is the first Australian English speaking News Anchor in the Middle East. She is also the Author of Faces of the Middle East and Founder of US based 501c3 charity - The House of Rest which helps to ease the suffering of victims of war. For more from our Contributing Editor, you can follow her on Instagram @Hello_Hermoine

Saudi PIF in discussions to buy stake in LuLu Hypermarket

Saudi Arabia's sovereign wealth fund, Public Investment Fund (PIF), is said to be in discussion to buy stakes in the UAE-based LuLu Hypermarket chain of retail outlets.

The sovereign wealth fund is reportedly in early stage talks with Yusuff Ali M.A., the Indian-born Chairman and Managing Director of LuLu Group International, over buying stakes in its subsidiary, LuLu Hypermarkets, the largest retail hypermarket chain in the Gulf region. While it was not clear how large a stake the PIF was seeking to buy or when it would materialize, talks that were initiated over a month ago are reportedly continuing.

LuLu Hypermarket, with retail outlets in all the six Gulf Cooperation Council (GCC) states, as well as in Egypt, India, Indonesia and Malaysia, and distribution companies located in India, the US, Europe, Middle-East and the Philippines, is among the most popular hypermarket brands in the region.



LuLu Group International, the multinational conglomerate with an annual turnover in excess of US\$7.4 billion has a diversified portfolio that includes hypermarket operations, shopping mall

development, manufacturing and trading of goods, hospitality assets, and real estate. PIF, which manages \$360 billion in assets, is the main financial backer of the kingdom's ambitious Vision 2030 plan, which aims to transform Saudi Arabia by opening up the economy and diversifying its revenue sources.

Spearheaded by Saudi Crown Prince Mohammad bin Salman, the vision's strategic plan includes among others expanding the kingdom's hospitality, leisure, tourism and retail sectors to create millions of jobs for Saudi youth. On the retail side, PIF has already invested \$500 million in e-commerce venture Noon, and indirectly funded the IPO of Saudi mall operator Arabian Centres 4321.SE.

Abu Dhabi state-owned holding company ADQ, with direct and indirect investments in more than 90 companies across key sectors of the emirate's economy, is also said to have invested \$1 billion in LuLu earlier this year.



Huge demand sends Dubai-Kuwait airfares soaring

Airfares from Dubai to Kuwait have soared in the last week due to high demand for airline seats and limited availability of flights. With only three daily flights operating from Dubai to Kuwait, the average single, one-way, economy-class fare has gone up from around KD75 previously, to over KD700 now, with no seats available for the next two weeks or more.

Among the reasons cited for astronomical airfares are, a ban imposed by Kuwait on passengers arriving directly from 34 countries, and limiting the number of flights allowed to land daily in Kuwait. Many expatriates with valid residency visas in Kuwait and belonging to the 34 countries on the banned list, have during the past

month been arriving in Kuwait from Dubai and other GCC states, after spending 14 days in quarantine there.

Passengers have been forced to take this two-step route as the authorities in Kuwait allow passengers from banned countries to enter Kuwait, provided they reside for at least two weeks in a country not on the banned list, and produce a health certificate from an authorized health center, attesting they are coronavirus-free immediately prior to their arrival in Kuwait.

Also, since Kuwait International Airport is currently operating at 30 percent capacity, it has limited the total number of passengers transiting the airport to 10,000 and the number of daily international flights to

100. This has led to a huge backlog of passengers, especially among those looking to fly in from Dubai which has been allotted only three daily flights to Kuwait.

The authorities have scheduled a second-phase reopening of the airport when it will operate at 60 percent capacity by February 2021, and a return to full capacity expected only by August of next year. Since many expatriates prefer to spend quarantine in Dubai before embarking for Kuwait, the demand from there remains high and correspondingly the fares. At the same time, return airfare from Saudi Arabia, Qatar or Turkey ranges between KD160 to KD260 per person. Many travel agencies have seized the opportunity and offer attractive travel



packages to expatriates looking to return from the countries on the banned list by spending the quarantine period in Dubai for prices that start at around KD150 per day for a 16-day quarantine, excluding airfare.

PACI to launch home delivery of Civil ID

The Public Authority for Civil Information (PACI), in association with a local company, is said to be readying the launch of a home delivery system for Civil IDs.

The State Audit Bureau is understood to have given its approval for the initiative with the condition that it should be launched within the next three months. The service is likely to cost 650 fils per Civil ID and would be valid for one year.

PACI also announced that it had recently updated its Kuwait Mobile ID app to be operational on iPhone devices, and that the work timings at its head office in South Surra had been extended from 6am to 8pm on weekdays. The timing extension has been implemented in order to facilitate transactions by citizens and expatriates, including obtaining Civil IDs, renewal and change of photos, registration of first-time servants, completion of birth and nationality data for those who have reached the age of 18 years, registration of family, and visas for Article 24, 23 and 19 And 18 and 17 through the electronic envelope.

Participants invited for Toyota Dream Car Art Contest 2020

Toyota Dream Car Art Contest, one of the largest global art contests for children, invites participation from all corners of the globe to share ideas about the future of mobility by drawing their dream cars. The contest aims to cultivate children's imagination and artistic expression through the creation of artworks.

In Kuwait, Mohamed Naser Al-Sayer & Sons, a subsidiary of ALSAYER Holding, has invited entries for the 14th Toyota Dream Car Art Contest 2020. ALSAYER is conducting this event to profile the best talent and choose National Winners, who will be eligible to represent Kuwait in the World Toyota Contest. Winners will be announced and awarded with certificates and attractive prizes.

At the World Contest in Japan, the jury will select Best Finalist from each age category. This year's grand prize winners, as well as special award winners, and their representative schools will be receiving attractive cash rewards to be utilized for academics, in line with the terms and conditions of



the contest. ALSAYER ensures all necessary Covid-19 protocols are in place for the safety to conduct this activity.

There are three age categories for the contest: Under 8 years; 8-11 years; and 12-15 years.

Guidelines for the contest: Selected ALSAYER showrooms are distributing free A3 size drawing sheets. Parents or guardians can collect it from ALSAYER Jabra Showroom, Fahaheel Service Center, Rai Showroom, Aswaq Al Qurain Showroom, Ardiyah

Delivery Center, and the Parts Center Sharq.

Deadline to submit finished drawing sheets is on or before: 16 December, 2020, at ALSAYER Holding, Building 2, Shuwaikh Free Zone.

Eligibility: The contest is open to anyone in Kuwait, aged 15 years old or younger.

Terms & Conditions: The images should be hand-drawn, color artwork of the artist's 'Dream Car'. The artwork should also include a brief about the illustrated dream

car. Any standard drawing medium can be used for the artwork, including coloring pencils, crayons, watercolors, or markers. However, no digital drawings, or those resembling previous Toyota Dream Car Contest drawings, famous paintings or trademarked characters will be accepted for the contest.

Keep in mind that the artwork could be viewed by people from around the world, so children should aim to bring out the full creativity and expression to their dream car drawing.

Contestants can contact the numbers below to enroll in the 'Toyota Dream car Art Contest', as well as to obtain the forms and drawing sheets.

Contact support: ALSAYER CSR Team:
Contact Details: Email: dreamcar@alsayergroup.com
Tel : 1803803 - Ext. 1091, or Send Whatsapp on: 97283357
To view previous years' artworks visit: <https://www.toyota-dreamcarart.com/wining-artworks/>

Smooth leadership transition, underlines depth of democracy

CONTINUED FROM PAGE1

In his televised remarks on assuming the post of Crown Prince, His Highness Sheikh Mishaal thanked the Speaker, the Prime Minister and National Assembly deputies for their support and loyalty. "I seek with you to draw a bright future," with democracy as a source of "stability" and defending national interest within the constitution," said the Crown Prince.

Affirming his commitment to work for the betterment of Kuwait and its people, he said, "I will continue to be the faithful citizen who works for prosperity of his nation, defending its interests, preserving national unity, seeking progress, committed to our religion and deep-rooted national principles, and keen on meeting aspirations and hopes of the nation and citizens."

He added that Kuwait would uphold its regional and international commitments and would continue along "its path of peace and democratic approach". He also pledged to "raise the banner of popular participation and promote a tolerant spirit that rejects division." Expressing gratitude to H H the Amir Sheikh Nawaf Al Ahmad Al Jaber Al Sabah for "the honor" of naming him as Crown Prince, and pledging allegiance to him, the Crown Prince promised to work with the Amir to continue the legacy of the late Amir in a "country of constitution, democracy, public participation and credibility in deeds before words."

The new Crown Prince, who has shunned public-facing roles and stayed aloof from family feuds and political wrangles in the past, has preferred to work quietly behind the scenes. Though he is reported to have declined repeated offers to take up senior ministerial posts in various previous cabinets, he

is nevertheless considered a strong influence and advocate behind many of the government's recent decisions, especially those related to security and stability of the country.

A 1960-batch graduate from the acclaimed Hendon Police College in North London, His Highness the Crown Prince has since 2004 been the Deputy Commander of the Kuwait National Guard, under the command of His Highness Sheikh Salem Al-Ali Al-Sabah, the eldest member of the ruling family. Previous to being Deputy Chief of the National Guard, Sheikh Mishaal was the head of State Security Services from 1991. And, prior to the invasion and occupation of Kuwait by Iraqi forces in 1990, he served for many years in the Interior Ministry and was the head of the general investigation department from 1967 until 1980.

During his tenure at the helm of various security apparatuses in the country, His Highness the Crown Prince has been accredited with bringing about transformative reforms to these entities, including restructuring and modernizing the Kuwait National Guard into an independent combat institution, capable of lending efficient support to the country's armed forces, as well as to its internal safety and security entities.

With the smooth transition to a new but conventional 'old guard' leadership in the country now complete, the predictions by some foreign policy analysts that change at the helm in Kuwait would bring about a sharp slant in its domestic and foreign policies have proven unfounded. The Amir, and his choice of the new Crown Prince, are seen as a circumspect and deliberate selection in a turbulent time, designed to ensure more of continuity and stability in style of leadership, rather than for any radical generational change in the

profile of those in saddle of power, as witnessed in some of the other GCC states.

The general consensus among political pundits is that the new Amir and his newly appointed deputy will steer the country along the well-trodden policy path that it has followed in the past. On the domestic side, since both leaders have a background in the state's security affairs, their focus could more likely be on strengthening internal stability by pursuing economic reforms and aiming for political consensus.

On the foreign policy front, the country is expected to continue its independent, nonpartisan policies on regional issues, and remain committed to solidarity with Arab and global causes on the international stage. It is highly unlikely that both new leaders will be willing to spend time and effort in attempting

to patch up recurring regional rivalries, or take on the mantle of the 'peacemaker', which was a leitmotif of the late Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah.

Following the official oath-taking ceremony in Parliament, the National Assembly Speaker Marzouq Al-Ghanim said that Kuwait has shown exemplary consensus in ensuring continuity in the leadership of the country. "The State of Kuwait has once again demonstrated its pioneering, extraordinary and historic example of calm and smooth transfer of the powers for ruling the country," said Al-Ghanim.

Pointing out that the smooth transition stemmed from Kuwait's adherence to the principles outlined in the concordats written by the wise founding fathers of the nation, the Speaker said: "We are people who have been ruled by the gracious Al-Sabah Family with their support and

allegiance, backed up by two documents and solid conventions — the shura (consultative) concord dating back to more than 400 years, and the Constitution concord drafted more than 58 years ago.

Addressing His Highness Sheikh Mishaal Al-Sabah, who was present in the session along with senior leaders, the Speaker congratulated the new Crown Prince on the confidence bestowed upon him by His Highness the Amir. Noting that Sheikh Mishaal used to be close confidant of the late Amir, the Speaker lauded the professional leadership shown by the Crown Prince during his tenure as Deputy Chief of the National Guard and underlined his performance on the basis of justice and equality, as well as his renunciation of nepotism.

For his part, His Highness the Prime Minister Sheikh Sabah Khaled Al-Hamad Al-Sabah voiced his pride on the rapid and trouble-free shift of powers saying the easy process reflected Kuwaitis' commitment to a "rational and responsible practice of democracy". He added, "We, as the State of Kuwait, are proud of accomplishing the process of calm and obstacle-free transfer of the authority according to the Constitution, carrying out the measures in a few days, thus depicting the practice of a responsible and conscientious democracy."

His Highness the prime minister also called for adherence to national unity and placing all potentials for engaging "in the battle of reforms, construction, development and maintaining our country's security and stability." He congratulated the new Crown Prince and the people of Kuwait, and expressed his hope that the country would witness efforts for bolstering its security, stability and prosperity in the years ahead.

Busting many aging myths

As animals go, humans perform relatively well in terms of longevity. Estimates suggest that before the 1500s life expectancy was around 30 years in all regions of the world. Since 1900 the global average life expectancy has more than doubled and is now above 70 years. In 2019 the country with the lowest life expectancy was the Central African Republic with 53 years, while in Japan life expectancy was highest with 83 years.

The World Health Organization (WHO) estimates that between 2000 and 2050, the proportion of the world's population over 60 years will double from about 11 percent today to over 22. With the aged population set to increase to twice as many people in the next 30 years, it is worth considering some of the myths associated with this segment of the demographic.

Physical deterioration is inevitable: Partially true. As we age, our body does experience wear and tear from decades of use, but the good news is that people can often slow down this physical deterioration process. A health guideline from WHO explains that increasing physical activity and improving diet can effectively tackle many of the problems frequently associated

with old age, including reduced strength, increased body fat, high blood pressure, and reduced bone density. Studies have also shown that the expectations older people have about their physical capability as they age seems to play an important role in the adoption of an active lifestyle, and this may influence health outcomes. So, although some deterioration is likely, managing expectations will help individuals make better life choices to maintain physical health and fitness later in life.

Another study that looked at individual attitudes to aging during late middle-age found that older individuals with more positive self-perceptions of aging, measured up to 23 years earlier, lived 7.5 years longer than those with less positive self-perceptions of aging. In short, keeping active, eating right, and maintaining a positive outlook can often slow the physical deterioration associated with older age.

Older adults should not exercise: Not true. According to research in neuropsychobiology, keeping active can boost muscle strength, reduce fat, and improve mental health. One study, which put 142 adults aged 60–80 through a 42-week weight-lifting regime, found that the exercise regimen increased dynamic muscle strength, muscle size, and functional capacity of the participants.

While people with prior medical conditions should consult their doctor before embarking on new exercise regimes, the vast majority of older adults can and should indulge in some form of physical activity. Elderly people need less/more sleep: The jury is still out on this as some people say that as one ages your body needs more rest than younger

adults; they point to the nap that elders are known to take during the day. However, others maintain that seniors need less sleep and as proof they show that many older adults tend to rise early.

As the human body changes with age, it can disrupt the circadian (daily) rhythms that influence various aspects of physiology, including the sleep-wake cycles. It is true that older adults often have more difficulty getting to sleep and their sleep tends to be more fragmented, which could possibly explain their need for a nap during the day.

Similarly, certain diseases that occur more commonly in older adults, such as osteoarthritis, osteoporosis, chronic obstructive pulmonary disease (COPD), or congestive heart failure can cause discomfort and make sleeping more challenging. In addition, certain medications that older adults are likely to be taking such as beta-blockers, bronchodilators, corticosteroids, decongestants, and diuretics, can interfere with sleep and lead to them waking early or taking naps during the day.

Only women get osteoporosis: Not true. Osteoporosis or the condition where bones gradually become weaker as one ages affects both older women and men. However, the disease tends to be more common in women — with around 1 in 3 women over 50 worldwide suffering from osteoporosis, while only 1 in 5 men experience a bone fracture related to osteoporosis in their lifetime.

Brain functioning slows with age: Not true. To explain let us examine two related terms: Cognitive decline, which refers to a gradual decrease in mental functioning with age; and dementia, which refers to a group of symptoms



affecting memory, thinking and social abilities, which interfere with daily life.

According to the WHO, while dementia increases with age, it does not affect all elderly people. Worldwide only an estimated 5–8 percent of people over 60 have dementia, which means that 92–95 percent of people in this age bracket do not suffer from this condition.

Contrary to popular opinion, cognitive decline does not necessarily signal the start of dementia.

While people who go on to develop dementia tend to experience cognitive decline first, not all people who experience cognitive decline will develop dementia. One study showed that while an estimated 22 percent of people in the United States aged over 71 experience cognitive decline, only less than a fifth (20%) of these cases go on to develop dementia.

As the above statistics show, cognitive decline is not inevitable. Most of the myths surrounding age seem to center on inevitability, but there is nothing cast in stone about old age. Although certain aspects of health might decline with age, none of the above is inevitable for everyone.

Sleep deprivation affects positivity



Previous studies have linked a host of physical health conditions with a lack of sleep, now a new study by researchers at the University of British Columbia in Canada have found psychological links to sleep deprivation.

Scientists found that after an insufficient night of sleep, people have a reduced capacity for remaining positive when faced with emotionally challenging events, and are also less able to enjoy positive experiences. Together this results in more stressful days for people who do not get enough sleep.

The study found that while people experience something positive, such as getting a hug or spending time in nature, they usually feel happier, but when a person is deprived of regular sleep they do not have as much of a boost in positive emotions from their positive events.

Stress is associated with a range of harmful effects, compounding the damage done by sleep deficits. Health authorities recommend at least seven hours of sleep each night, but studies show that one in three adults do not meet this standard in most parts of the world.

To explore the effects of insufficient sleep, the study team collated the sleep pattern and psychological response of nearly 2,000 participants, half of whom were women, for over a week. The individuals kept daily diaries noting their sleep pattern at night, as well as detailing the events, both positive and negative, they encountered during the day.

The pattern that emerged from the diaries show a lowered ability to remain or feel positive when participants had less sleep. When experiencing stress, they found it harder to maintain emotional equilibrium. And when good things happened, feelings of joy or happiness were muted.

The consequence of sleep deprivation may be more than unpleasant — earlier research has found links between an inability to retain feelings of positivity and inflammation, as well as death. Inadequate sleep has been shown to increase the risk of mental disorders, chronic health conditions, and premature death. The new study shows that even minor night-to-night fluctuations in sleep duration can have consequences in how people respond to events in their daily lives.



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World mourns the passing away of

Late Amir Sheikh Sabah Al Ahmad Al Sabah

Italian President praises former

Kuwait ruler as farsighted leader for

his country's modern transformation



Sergio Mattarella
President of Italy

I have learned with deep sadness the news of the passing away of H.H. the Amir of Kuwait, Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah and I would like to express to the ruling family and all the friendly people of Kuwait the most heartfelt condolences.

Kuwait loses a heedful and farsighted leader that has allowed the Country, in all these years, to transform itself into a modern nation and increasingly focused on regional integration. In this context, with wisdom and also determination, His Highness was able to make Kuwait a central actor for the perseverance of dialogue and stability in the region and in our common neighborhood. In this mourning circumstance, I renew to the ruling family and to the friendly people of Kuwait the expressions of the most sincere condolences of Italy and of my personal closeness.

Kuwait Amir receives condolences

from Armenian President

His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received a condolences cable on Tuesday from Armenia's President Armen Sarkissian over the passing of His Highness the late Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah.



The president expressed his heartfelt condolences and commiserations to His Highness the Amir and the Kuwaiti people, praising the huge contributions of the late Amir to Kuwait's development and humanitarian work. In response, His Highness the Amir sent a message highlighting his gratitude and appreciation for the warm sentiments.

Kuwait Amir receives condolences

from King Philippe of Belgium



His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received a condolences cable on Tuesday from the King Philippe of Belgium over the passing of His Highness the late Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah.

King Philippe expressed his heartfelt condolences and commiserations, praising the huge contributions of the late Amir in support of regional peace and humanitarian issues. In response, His Highness the Amir sent a message highlighting his gratitude and appreciation for the warm sentiments.

Kuwait Amir receives condolences

from Irish President



His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received a condolences message on Tuesday from Ireland's President Michael D. Higgins over the passing of His Highness the late Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah.

The president extended his heartfelt condolences and commiserations, praising the late Amir's legacy and contributions to ensuring good neighborly relations and the peaceful settlement of global conflicts. Separately, he congratulated His Highness the Amir on his assumption of power, wishing him success. In response, His Highness the Amir sent a message highlighting his gratitude and appreciation for the warm sentiments.

Guyana President offers condolences

by praising the late Amir's legacy

characterized by generosity

His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received a condolences message on Tuesday from Guyana's President Irfaan Ali over the passing of His Highness the late Kuwaiti ruler Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. The president expressed his heartfelt condolences and commiserations to His Highness the Amir and the Kuwaiti people, praising the late Amir's legacy, characterized by generosity and his role in boosting bilateral relations. In response, His Highness the Amir sent a message highlighting his gratitude and appreciation for the warm sentiments.



Kuwait Amir receives cable of

condolences from Senegal President



His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received a cable of condolences on Monday from Senegal President Macky Sall in which he expressed his deepest sorrow and condolences to His Highness the Amir and the people of Kuwait over the death of the late Amir His Highness Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. Sall recalled the great contributions of His Highness Sheikh Sabah Al-Ahmad in serving humanitarian and Islamic issues. His Highness the Amir replied with a cable to Sall, expressing his appreciation and gratitude for the sincere condolences and sentiments, wishing the leader good health and wellness.

Kuwait Amir receives condolences

message from President of Somalia



His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received on Monday a condolences message from Somalia's President Mohamed Abdullahi Farmajo for the passing of His Highness the late Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. The president expressed his heartfelt

condolences and commiserations. In response, His Highness the Amir sent a message highlighting his gratitude and appreciation for the warm sentiments.

Kuwait Amir receives cable of

condolences from New Zealand

His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Sabah received a cable of condolences on Monday from New Zealand Governor-General Dame Patricia Lee Reddy, expressing her deepest sorrow and condolences over the death of His Highness the late Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah.



She recalled Sheikh Sabah Al-Ahmad's key role in developing relations between both countries, and his efforts in enhancing peace and stability in the Middle East.

His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah replied with a cable, expressing His Highness's thanks and gratitude for her sincere condolences and sympathy for this great loss, and His Highness also thanked her for hailing His Highness late Sheikh Sabah Al-Ahmad good deeds, wishing her everlasting health and wellness.

Mauritania offers

condolences to Kuwait Amir



His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received at the Amiri airport, Monday, President of Mauritania Mohamed Ould Ghazouani and the accompanying delegation. Ghazouani is in Kuwait to pay respect to the late Amir His

Highness Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah.

Ghazouani also offered condolences to Speaker of the National Assembly Marzouq Al-Ghanim, Deputy Chief of the Kuwait National Guard (KNG) Meshal Ahmad Al-Jaber Al-Sabah, Sheikh Jaber Al-Abdullah Al-Jaber Al-Sabah, His Highness Sheikh Nasser Al-Mohammad Al-Ahmad Al-Sabah, His Highness Sheikh Jaber Al-Mubarak Al-Hamad Al-Sabah, His Highness the Prime Minister Sheikh Sabah Al-Khaled Al-Hamad Al-Sabah, and other figures.

Algeria offers condolences to Kuwait Amir

His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received at the Amiri airport, Monday, representative of the Algerian President Abdul Majeed Tabun, Prime Minister Abdelaziz Djerad

and the accompanying delegation. Djerad is in Kuwait to pay respect to the late Amir His Highness Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. Djerad also offered condolences to Speaker of the

National Assembly Marzouq Al-Ghanim, Deputy Chief of the Kuwait National Guard (KNG) Meshal Ahmad Al-Jaber Al-Sabah, Sheikh Jaber Al-Abdullah Al-Jaber Al-Sabah, His Highness Sheikh Nasser

Al-Mohammad Al-Ahmad Al-Sabah, His Highness Sheikh Jaber Al-Mubarak Al-Hamad Al-Sabah, His Highness the Prime Minister Sheikh Sabah Al-Khaled Al-Hamad Al-Sabah, and other figures.





Kuwait Amir receives condolences from Djibouti leader on demise of late ruler of Kuwait



His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Sabah received on Monday a call from Djibouti President Ismail Omar Guelleh, who expressed his condolences over the demise of His Highness the late Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah.

The president prayed for mercy on the soul of the deceased and for solace for the ruling family. In response, His Highness the Amir extended his appreciation and gratitude for the warm sentiments expressed by the president.

Lebanese President offers condolences to Kuwait Amir

His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received at the Amiri airport, Monday, Lebanese President Michel Aoun and the accompanying delegation. Aoun is in Kuwait to pay respect to the late Amir His Highness Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. Aoun also offered condolences to Speaker of the National Assembly Marzouq Al-Ghanim, Deputy Chief of the Kuwait National Guard (KNG) Meshal Ahmad Al-Jaber Al-Sabah, Sheikh Jaber Al-Abdullah Al-Jaber Al-Sabah, His Highness Sheikh Nasser Al-Mohammad Al-Ahmad Al-Sabah, His Highness Sheikh Jaber Al-Mubarak Al-Hamad Al-Sabah, His Highness the Prime Minister Sheikh Sabah Al-Khaled Al-Hamad Al-Sabah, and other figures.



Pakistani President conveys heartfelt sympathies for the Late Amir Sheikh Sabah



The President of Pakistan, Dr Arif Alvi today visited Kuwait to extend heartfelt sympathies over the sad demise of late Amir of Kuwait Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah with the new Amir of Kuwait His Highness Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah.

During the meeting, he underlined that Pakistan's thoughts and prayers are with the Al-Sabah family and brotherly people of Kuwait.

He also highlighted that Pakistan has lost a close and trusted friend. The late Amir's contribution to Pakistan-Kuwait friendship and his efforts for regional peace and stability would always be remembered.

The two leaders agreed to enhance bilateral relations in all spheres between the two countries.

Yemen President offers condolences on demise of late Amir

Yemeni President Abd Rabbo Mansour Hadi and his accompanying delegation arrived in Kuwait, Monday, to offer condolences on the late Amir His Highness Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. Minister of the Amiri Diwan Sheikh Ali Jarrah Al-Sabah received the Yemeni President and his accompanying delegation.



Sierra Leone Ambassador recalls late Sheikh as a father for all nations

H.E. Haja Ishata Thomas.
Ambassador of Sierra Leone to Kuwait



On behalf of His Excellency Dr. Julious Maada Bio, President of the Republic of Sierra Leone, the Government and the people, the Embassy of Sierra Leone in the State of Kuwait and on my own personal behalf, I wish to convey sincere heartfelt condolences to the Government of the State of Kuwait, the Royal Family and

people of Kuwait for the sad demise of Sheikh Al Sabah Al Ahmad Al Jaber AL Sabbah. He was indeed a great leader, philanthropist, and father for all nations.

His contributions to the world's platform will forever be cherished. The people of Sierra Leone mourn with the friendly people of Kuwait as we remember him as a true friend indeed.

May Allah grant his soul in Arjana, Amen

Afghanistan President offers condolences to Kuwait Amir

His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received at the Amiri airport, Monday, President of Afghanistan Ashraf Ghani and his accompanying delegation who are in the country to offer condolences on the passing away of His Highness the late Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. Ghani also offered condolences to Speaker of the National Assembly Marzouq Al-Ghanim, Deputy Chief of the Kuwait National Guard (KNG) Meshal Ahmad Al-Jaber Al-Sabah, Sheikh Jaber Al-Abdullah Al-Jaber Al-Sabah, His Highness Sheikh Nasser Al-Mohammad Al-Ahmad Al-Sabah, His Highness Sheikh Jaber Al-Mubarak Al-Hamad Al-Sabah, His Highness the Prime Minister Sheikh Sabah Al-Khaled Al-Hamad Al-Sabah, and other figures.



Kuwait Amir receives message of condolences from Laos President



His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received on Sunday a message of condolences from President of Laos Bounnhang Vorachith in which he expressed in the name of his country and people the deepest sorrow and condolences over the death of His Highness Sheikh Sabah

Al-Ahmad Al-Jaber Al-Sabah, former Amir of Kuwait. His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah replied with a cable to President Vorachith, expressing His Highness' thanks and gratitude for his sincere condolences, while wishing him everlasting health and wellness.

Kuwait Amir receives message from French president offering sympathies



His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received on Sunday a message of solace from French President Emmanuel Macron on the death of the late Amir His Highness Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah.

The French president lauded the late Amir for his generosity, well seen role in boosting relations between the two friendly countries and his contributions to achieve security and stability at the international and regional levels. Moreover, President Macron wished His Highness the Amir Sheikh Nawaf patience and endurance amid the distressing event, the demise of his predecessor, Sheikh Sabah Al-Ahmad. Reciprocating, His Highness the Amir Sheikh Nawaf sent President Macron a cable forwarding his gratitude for his true sentiments of sympathy and solidarity toward the calamity.

Kuwait Amir receives condolence cable from Philippine President



His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received on Sunday a message of condolences from Philippine President Rodrigo Duterte on the demise of the late Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. The Philippine president praised the late Amir

for boosting bilateral relations. His Highness the Amir Sheikh Nawaf sent him a message in reply, expressing deep gratitude for his solace on the grave event, also addressing him with good wishes for him and his nation.

Kuwait Amir accepts condolences from Prince Charles

His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah received on Sunday Prince Charles of Wales who offered condolences on the demise of the late Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. Prince Charles was accompanied by a number of officials. Prince Charles also expressed condolences to National Assembly Speaker Marzouq Ali Al-Ghanim, Sheikh Meshal Al-Ahmad Al-Jaber Al-Sabah, Deputy Chief of the National Guard, Sheikh Jaber Al-Abdullah Al-Jaber Al-Sabah, His Highness Sheikh Nasser Al-Mohammad Al-Ahmad Al-Sabah, His Highness Sheikh Jaber Al-Mubarak Al-Hamad Al-Sabah, His Highness the Prime Minister Sheikh Sabah Khaled Al-Hamad Al-Sabah and Sheikhs. Prince Charles and his entourage were received at the airport upon arrival by Minister of the Amiri Diwan Sheikh Ali Jarrah Al-Sabah.



Taiwan President Tsai offers her condolences on demise of late ruler of Kuwait

The President of the Republic of China (Taiwan), Dr. Tsai Ing-wen conveyed her heartfelt condolences to His Highness Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah on the passing of His Highness Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah on September 29, 2020.

In her letter to the Amir Sheikh Nawaf, dated September 30, 2020, President Tsai addressed that the world has lost a giant among leaders. Sheikh Sabah was known as the wise man of the region, who led the State of Kuwait during a time of change and challenges.



President Tsai Ing-wen also extends her sincere congratulations on behalf of the Government and people of the Republic of China (Taiwan), to His Highness Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah as the 16th Amir of the State of Kuwait. Wishing Kuwait continued success and prosperity, and His Highness Amir be healthy and mighty.

In her congratulatory letter, President Tsai wishes that through the continuous joint effort, the bilateral economic relations, the mutual understanding and friendship between Taiwan and the State of Kuwait will be further strengthened in the years to come.



Congratulations to

His Highness the Amir

Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah

His Highness the Crown Prince

Sheikh Mishaal Al-Ahmad Al-Jaber Al-Sabah

on the occasion
of their assumption to power.

