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AI in schools can improve teaching, enrich learning

THE TIMES KUWAIT REPORT

Kuwait has a high literacy rate of 96.4 percent, well-above the world average of 87.5 percent, indicating that nearly all of the population above the age of 15 can read and write. But a high literacy rate does not necessarily correlate to high levels of education. When measured against regional and international benchmarks, educational levels in Kuwait leave a lot more to be desired.

Despite spending over 5 percent of its GDP on education in recent years, and notwithstanding the repeated attempts to improve educational outcomes through initiatives in collaboration with international institutions, educational levels in Kuwait have not achieved the desired results. Teaching levels and learning outcomes in the country continue to remain far from ideal.

Although a number of reasons can be attributed to relatively low educational



outcomes, including the lack of a clear long-term vision and planning, what is more important is to urgently examine and incorporate practical measures that can improve teaching

and learning outcomes. In this regard, the introduction of generative artificial intelligence (AI) in the educational landscape is a possibility worth exploring.

In a recent article, education experts at the World Bank, Tracy Wilichowski and Cristóbal Cobo, provided several insights into the potential for AI to improve the efficiency and effectiveness of teachers, and enhance learning experiences in school. The article warrants the attention of policy-makers and needs due consideration by educationists in Kuwait. The immense potential for generative AI to improve teaching efficiency is only beginning to be realized worldwide, Kuwait could well become a pioneer in this field.

Given that teachers are arguably the most important school-based determinant of whether and how much students learn, the authors suggest several practical measures that policy-makers can implement to enable generative AI-driven technologies to support teachers. Although AI is not a silver bullet solution to all educational woes, it can nonetheless provide several pragmatic benefits.

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Kuwait Stock Exchange liquidity hits KD 2.85 billion in February

The average daily trading value in the past month reached approximately KD 167.8 million, marking an 84.4 percent increase compared to January's average of KD 91 million.

A specialized economic report revealed that liquidity in the Kuwait Stock Exchange reached approximately KD 2.85 billion in February.

The Al-Shall Consulting report, issued on Saturday, stated that the average daily trading value in the past month reached approximately KD 167.8 million, marking an 84.4% increase compared to January's average of KD 91 million.

The report noted that February 2025 was more active than January 2025, with the First Market Index rising by 4.7%, the Main Market Index increasing by 1.1%, and the General Market Index—which reflects the performance of both markets—gaining 4.1%. Meanwhile, the Main Market 50 Index rose by 1.6%.

According to the report, stock exchange liquidity in the first two months of this year (covering 38 trading days) amounted to approximately KD 4.581 billion, bringing the average daily



trading value for the period to KD 127.3 million—a 92.4% increase compared to the same period in 2024, when it stood at KD 66.2 million. The report further highlighted that liquidity trends in

February indicate that half of the listed companies received only 2.9% of total liquidity. Among them, 50 companies received just 0.9%, while three companies recorded no trading activity at all.

Regarding relatively small but liquid companies, the report stated that 12 companies (including two from the First Market) with a market value of about 4.9% of the total listed companies' value attracted 21.4% of the stock exchange's liquidity. This suggests that large liquidity activity continues to bypass half of the listed companies, favoring those with smaller market values instead.

Boursa Kuwait Securities Company, established in April 2014, manages the stock market operations in Kuwait. Since 2016, it has played a key role in advancing communication, growth, and innovation in the stock market while supporting the Capital Markets Authority, issuers, investors, and other stakeholders.

Minister assures food quality, price stability during Ramadan

Minister of Social Affairs, Family, and Childhood Affairs, Dr. Amthal Al-Huwailah, on an unannounced inspection tour of several cooperative societies across various governorates, said the visits were intended to assess Ramadan preparations at the coops, monitor product availability, quality, offers and prices, as well as ensure their compliance with ministry regulations.

In a press statement following the tour, the minister said that the tour was part of her commitment to ensuring the availability of high-quality food products and monitoring

special Ramadan offers in a way that meets customer needs through organized mechanisms that prevent violations.

She emphasized that the ministry is closely monitoring the adherence by cooperatives to ministry regulations governing cooperative societies and ensuring that goods are provided in line with consumer requirements during the holy month. She also stressed the importance of compliance with these regulations to maintain market stability and protect the rights of shareholders and consumers.

During the tour, Al-Huwailah met with



several citizens and listened to their feedback on the services provided by cooperative societies. She affirmed that the Ministry places great importance on addressing public concerns and continuously improving cooperative work in line with the highest standards.

Al-Huwailah concluded her tour by reaffirming the ministry's commitment to ongoing field supervision of cooperative societies to ensure the best services and strengthen their role in achieving food security and consumer price stability during Ramadan.

Mohamed Naser Al Sayer & Sons Est. Co. launches new brand of premium accessories "SAYARTI BY ALSAYER"



To further strengthen brand portfolio as well as to offer customer wide range of choices enhancing their journey at every touchpoint, Mohamed Naser Al-Sayer & Sons Est. Co. held the launch ceremony of new accessory brand SAYARTI BY ALSAYER. The event was attended by Mubarak Naser Al Sayer (CEO – ALSAYER Group), Bader Musaed Al Sayer (CEO – Al Dhow Holding), Bengt Schultz (COO – ALSAYER Group), Abdulaziz Kiradoh (COO – ALSAYER Group), Desmond Lew (Senior Business Director, Parts and Group Logistics), Khalid Nayfeh (Deputy General Manager, Accessories), distinguished delegates from principals, Senior Management Members, team members from Toyota and Lexus Group Sales, Service, Parts along with representatives of the press and media.

Mubarak Naser Al Sayer, CEO – ALSAYER Group emphasized the dedication of Group Parts and Accessories team to meeting the evolving desires of Toyota and Lexus customers in Kuwait. He reaffirmed the company's

unwavering commitment to quality, stating, "Each Sayarti accessory undergoes rigorous testing to guarantee its performance and durability. Our Accessories Center is equipped with the latest technologies and boasts a talented technical team dedicated to achieving excellence. Looking ahead, we are poised to explore innovative solutions and expand our operations to meet all customer expectations."

Desmond Lew, Senior Business Director – Parts & Group Logistics said, "Directly translated from Arabic, SAYARTI literally means 'my car'. With the launch of SAYARTI BY ALSAYER Toyota and Lexus owners will now be able to personalize their car like never before and with the peace of mind of the quality and customer service that ALSayer is renowned for".

The core of SAYARTI are its four strategic pillars, developed from customer insights and automotive trends.

- **Protected:** Offering products designed to safeguard the vehicle's exterior and interior, ensuring long-lasting protection.

- **Connected:** Offering products that enhance the vehicle's connectivity and convenience.

- **Accessorized:** Offering products designed to enhance the vehicle's style and appearance.

- **Off-Grid:** Offering products for outdoor pursuits and off-road exploration.

"The four pillars of Sayarti were developed through market research, which helped us understand the evolving needs of our customers. By integrating these insights and aligning with automotive trends, we deliver premium-quality accessories that meet the unique demands of our customers and enhance their driving experience" commented Khalid Nayfeh, Deputy General Manager – Accessories.

Unparalleled Standards

SAYARTI is committed to driving innovation with accessories that seamlessly blend style, functionality, and cutting-edge technology, reflecting each customer's personal expression. The brand is dedicated to unparalleled standards, utilizing precision tools and

processes to ensure exceptional quality and reliability. With a team of trained technicians and high-standard fitment center equipped with advanced technologies like laser engraving and precision cutting machines, SAYARTI guarantees superior craftsmanship, seamless integration, and a premium finish.

At the launch event, attendees viewed the latest Toyota Land Cruiser, Lexus LX600, and NX350 models, each outfitted with exclusive body kits designed to enhance their bold presence, as well as a Prado featuring an off-road kit. The Toyota Camry also made an appearance, prominently displayed with a newly designed aero kit, underlining SAYARTI's commitment to elevating both aesthetics and performance.

Customers are invited to visit ALSAYER's Toyota showrooms in Shuwaikh, Ahmadi, Abu Fatira, and Jahra to explore the full range of SAYARTI accessories. Expert assistance and premium service are readily available to help visitors find the ideal accessories for their vehicles.

Ukraine's independence is a firm commitment to self-determination

By Mykola Dzhydzhora
Chargé d'Affaires of Ukraine in Kuwait

Three years ago, the Russian Federation launched a full-scale military invasion of Ukraine, escalating the armed aggression that began 11 years earlier with the annexation of Crimea and conflicts in Luhansk and Donetsk.

While we desire peace more than anyone, it must be both just and lasting. To achieve this, Ukraine introduced its Peace Formula, rooted in the principles of the United Nations Charter, which emphasizes territorial integrity and sovereignty. Despite over 200 negotiation rounds and twenty ceasefire agreements since 2014, Russia's aggression escalated on 24 February, 2022.

Ukraine needs peace through strength to prevent any future aggression. For 11 years, Ukrainians have shown extraordinary courage and heroism—fighting not only for our survival, statehood, and territorial integrity but also for



the freedom to pursue our own development and determine Ukraine's future.

Despite the war, Ukraine remains one of the world's key contributors to global food security.

Today, one hectare of Ukrainian farmland feeds 18 people worldwide for a year. We supply more than 100 countries, providing food to over 400 million people.

Ukraine launched the humanitarian food program 'Grain from Ukraine', which aims to deliver Ukrainian grain and food to countries in urgent need. Under this initiative, with the financial support of partners, Ukraine has delivered nearly 290,000 tons of agricultural products to 12 African nations, in addition to Yemen, Palestine, and Sudan. This has helped feed over 11 million people.

We seek to support the Syrian people in overcoming the post-war period and ensuring Syria's food security, considering the dire humanitarian situation in the country. On 27 December, 2024, through the 'Grain from Ukraine' program, around 500 tons of wheat flour were sent to Syria.

We have initiated the international humanitarian coalition 'Food from Ukraine' to ensure the supply of essential products to

Syria, such as cereals, vegetable oil, sugar, and poultry. Ukraine is also firmly committed to ensuring the food security of the Palestinian people by providing additional food supplies to Gaza.

Ukraine has paid a heavy price in this war, but it has never stood alone. Many friendly nations have supported us from day one, welcoming millions of displaced Ukrainians and providing various forms of assistance. For that, Ukraine will always be grateful.

We greatly appreciate the support we have received from Kuwait at the United Nations following Russia's full-scale invasion—Kuwait's endorsement of key UN resolutions, its principled stance on recognizing Ukraine's sovereignty and territorial integrity, and its humanitarian support.

I am pleased to note that last year, trade between Ukraine and Kuwait nearly tripled, reaching \$337 million. We are eager to strengthen our bilateral cooperation with Kuwait across all areas.



KSR to launch Ambition-3 and Ambition-4 rockets in 2025

Kuwait Space Rocket (KSR), the country's pioneering space initiative, dedicated to advancing rocketry, scientific research, and the Arab world's role in the global aerospace industry, announced plans to launch two groundbreaking rockets—Ambition-3 and Ambition-4—from Oman in 2025. The launch announcement, made during the Etlaq Launch Conference 2025, marks a significant leap forward in advancing Arab space capabilities, solidifying KSR's role as a pioneer in regional space exploration.



KSR Founder Naser Ashknani took the stage, presenting his company's inspiring journey—from its early beginnings to its successful rocket launches—before unveiling the company's next bold steps:

- Ambition-3 – A 15km altitude rocket is set to break the world record for the highest altitude ever reached by a sucrose-powered rocket.
- Ambition-4 – A 20km altitude rocket powered by KSR's proprietary MOON DUST propellant—a non-toxic, high-energy solid fuel uniquely developed by KSR for optimal performance and sustainability.
- Ambition-5 – KSR's first suborbital launch vehicle, bringing Kuwait closer to offering commercial space services in the Arab world.

In a major milestone for KSR, Ashknani also announced the company's first Seed Funding Round, set for early 2026, calling on visionary investors to join the mission of making the Gulf a leader in space exploration.

"This isn't just about launching rockets; it's about launching a new era for the Arab space industry—and we are proud to be launching Kuwaiti rockets from Omani soil," said Ashknani.

The decision to launch from Etlaq Spaceport in Oman highlights the deep historical ties between Kuwait and Oman—nations that have collaborated for centuries—and leverages the spaceport's strategic coastal location between the Arabian Sea and the Indian Ocean for safe and efficient

With its sights set on pushing the region's aerospace capabilities to new heights, KSR is calling on the Arab world to unite in leading the next frontier.

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Fadia Survive & Thrive commemorates World Cancer Day

Fadia Survive & Thrive (Fadia S&T) celebrated World Cancer Day by expanding its 'Fadia Volunteer Ambassadors Program'. Embracing this year's theme, 'United with Our Uniqueness', the organization hosted a lively community event with a strong turnout, highlighting the power of unity in the fight against cancer.

Fadia Survive & Thrive's annual World Cancer Day event consistently aligns with the international campaign of the Union for International Cancer Control (UICC), the Switzerland based international non-governmental organization, dedicated to uniting and supporting the cancer community globally. As a dedicated member of UICC, Fadia S&T remains committed to the ideals of the international organization.

Additionally, Fadia S&T proudly holds membership in the ABC Global Alliance in Lisbon. The World Cancer Day 2025 campaign, 'United by Uniqueness', focuses on placing people at the heart of cancer care, embarking on a three-year global journey from awareness to action.

This year's Fadia World Cancer Day was held on 9 February, at Boulevard Mall and Park. The event



brought together volunteers and participants from diverse backgrounds and nationalities, including patients, caregivers, patient advocates, nurses, public health specialists, prevention experts, and community leaders.

This year's campaign highlighted personal stories from caregivers, patients, prevention specialists, and patient advocates. Among these was a true story featured in the Arabic book "A Glimmer of Hope" by author Abdullah Al-Abdulsalam. The event also welcomed

international survivors and public health specialists who shared their experiences in person. Many volunteers joined the Fadia Volunteer Ambassador Program, where each ambassador will represent the Fadia Survive & Thrive cause within their communities and networks. As part of the Ambassador Program, the event featured an awareness session by Dr. Alisher Kahharov, a member of the Fadia Survive & Thrive scientific advisory board, who joined via Zoom from Uzbekistan to discuss the crucial role

of sleep in supporting the immune system.

Dr. Rania Azmi, president of Fadia Survive & Thrive, also highlighted key pillars of quality of life and emphasized the importance of infection and sepsis prevention, especially for vulnerable groups such as the elderly and those with advanced conditions.

The World Cancer Day is an initiative of the UICC, the largest and oldest international cancer organization committed to uniting the global community in the fight against cancer.

'Nirem Musical Festival 2025' celebrates Nepali art and culture

By Raj Malla
Special to The Times Kuwait

Nirem Musical Festival 2025, organized annually by Nirem Production, concluded in spectacular fashion in Kuwait. Held at the Aspire School auditorium in Jleeb Shuyoukh, the festival showcased Nepali art, literature, music, and media, attracting thousands of Nepali audiences and music enthusiasts.

Ambassador of Nepal H. E. Ghanashyam Lamsal, graced the occasion as the chief guest. The festival, which was led by Nirem Production's chairman, Prem Kumar Jimée, also welcomed representatives from NRNA, the Federation of Nepali Journalists, various social organizations, business communities, and other key stakeholders, adding to the significance of the celebration.

This year's festival showcased renowned Nepali singers Trishna Gurung and Himal Sagar, who traveled from Nepal to captivate the audience with nearly half a dozen of their popular songs. Their mesmerizing performances



thrilled the thousands in attendance. The event was further elevated by emerging local bands and singers, whose energetic performances added to the excitement of the evening.

Nirem Production believes that events like these help Nepalese living abroad stay connected to their homeland through music. Organizing such an event is not just about adding another program to the list, the main objective was to bring Nepalese in foreign lands closer



to their country's art, culture, and literature. They successfully achieved that goal with this grand event, stated Surendra Limbu, the event coordinator. Moreover, with BIC Exchange as the

main sponsor and support from various local businesses, the festival drew an overwhelming crowd of over a thousand attendees, making it a resounding success.



Al Rashed Shipping Co. celebrates Kuwait's National & Liberation Days with heritage and history

Al Rashed International Shipping Co., a leading name in Kuwait's maritime industry, marked the nation's National and Liberation Days with vibrant celebrations, on Monday, February 24.

The celebration at Al Rashed International Shipping Co.'s office was a vibrant tribute to Kuwait's heritage, where each department took part in a spirited competition, breathtaking decorations at their workspaces to showcase national pride and the country's rich cultural

legacy. All the ten floors of the Shipping Co.'s building buzzed with creativity and patriotism as individual departments participated in the competition, each showcasing Kuwait's rich cultural heritage through stunning decorations.

Replicas of traditional Kuwaiti cafés, crafted with intricate details, beautifully captured the essence of the nation's history, while a striking model of a traditional wooden dhow, symbolizing Kuwait's proud maritime legacy,

became a standout attraction.

The celebration was further enriched by impressive exhibits featuring traditional Kuwaiti items such as pottery, textiles, and artifacts, offering a captivating glimpse into the nation's cultural legacy. Walls adorned with historical photos and artistic illustrations took visitors on a visual journey through Kuwait's rich heritage.

The vibrant display of Kuwaiti flags, colorful lighting, and traditional setups added to the festive atmosphere, while Diversey's own products were innovatively designed to reflect Kuwaiti expressions.

The experience was brought to life with the aroma of freshly brewed Arabic coffee filling the air, complemented by the delightful taste of traditional sweets and dates, immersing everyone in the warmth of Kuwaiti hospitality.

The fusion of creativity and cultural heritage

made the celebration truly unforgettable. Each display reflected a deep sense of national pride, turning the event into a vibrant tribute to Kuwait's legacy. Kudos to everyone who participated, showcasing their talent and passion, and making the celebration a remarkable and cherished experience!

The decoration competition was meticulously evaluated by Mr. Bassim Al-Rashed and Ms. Saba Bassim Al-Rashed, who carefully assessed each department and floor. The judging criteria focused on creativity, cultural expression, thematic representation, and visual impact.

Amidst an atmosphere of excitement and anticipation, the winners of the competition were announced, celebrating the teams' creativity and dedication. CFO Pradeep Menon honored the winning departments with well-deserved appreciation and cash awards.



DHL: Connecting Kuwait to the world, seamlessly, efficiently, quickly

DHL's operations in Kuwait are particularly focused on facilitating global trade and serving the growing e-commerce sector, with innovative services like DHL easySHOP. We pride ourselves in connecting Kuwait to the world.

Makram Raad Country Manager of DHL Express



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In an exclusive interview with Country Manager of DHL Express, Makram Raad, The Business Year discussed his career journey, beginning with his experience in Dubai and Bahrain before arriving here in Kuwait. Raad sees Kuwait as a country full of untapped potential, with a promising Vision 2035 that can position it as a leader in the region. He emphasized DHL's long history in Kuwait, servicing the country since the 1970s, and praised its strategic location for global trade, as well as its safe, tax-free environment, ideal for foreign investment.

Can you provide an overview of your role and the evolution of the Kuwaiti market within DHL Express?

I began my career at DHL about 12 years ago, starting as a territory manager in Dubai's Jebel Ali Free Zone. After eight years in the UAE, I moved to Bahrain to serve as a commercial manager, where I experienced the challenges of the global pandemic. This is where purpose prevailed, and it was obvious that we were saving lives, improving lives, and connecting people, which was essential for us.

I moved to Kuwait at the beginning of 2023 as the head country manager. Kuwait is a country full of potential yet to be fulfilled.

It has the strongest currency in the world, hedging against any possible fluctuation, unlike the euro or dollar. Kuwait 2035 is an excellent vision, having identified the main pillars that need to be built upon with the right diversification plan away from the oil and gas sector for greater sustainability. The country has the potential to flourish and beat any of its neighboring competitors, especially Saudi Arabia and the UAE.

What specific services does DHL offer, and what are the advantages of being positioned in Kuwait?

DHL has been servicing Kuwait since the 1970s; DHL aircraft land in Kuwait every day, except for Friday, unlike its competitors. Our mission is to ensure that Kuwaiti products can be sold abroad, breaking down barriers and telling the story of Kuwait globally. There are no taxes in Kuwait. It is a safe environment, economy- and security-wise, which gives companies the perfect ecosystem to set up shop. Geographically, it is in a strategic location for transit between the East and West. DHL is heavily invested in Kuwait because we believe we are part of that offering for foreign investments coming into the country. We pride ourselves in connecting the country to the world.

What impact has the growing e-commerce sector had on the company's operations?

E-commerce volumes globally have softened in the last two years, though we still see it as a significant way forward because every retailer is becoming an e-tailer. Every platform is strengthening its

sourcing power to facilitate global trade. We recognize the opportunity, and our vision is focused explicitly on this as DHL Express Kuwait. The fabric of society is heavily skewed toward social sellers, namely small-time, authentic product manufacturers of prayer beads, abayas, and traditional garbs, especially now that we are entering the Holy month of Ramadan. This is the peak season for such businesses, and we work with all SMEs to give them the perfect ecosystem to promote their products, not only in the region but worldwide.

Could you elaborate on the DHL easySHOP service and its benefits for customers in Kuwait?

Kuwait is an inbound market, and unfortunately for the region, some websites or online retailers are still not servicing the area directly, specifically Kuwait. We have recognized the opportunity and are explicitly dedicated to delivering products from the US and UK. Buyers from Kuwait can use our local US or UK address to shop and get their items forwarded to Kuwait seamlessly.

What innovative solutions has DHL Express implemented to ensure timely delivery?

Delivery time is vital to us internally—we measure our service quality daily, and if there are any exceptions, we jump on this issue straight away. One of DHL's main pillars is being the provider of choice, and we can only achieve that by delivering excellent quality. We are not the cheapest in

the market because we pride ourselves on offering our partners exceptional quality. We are in the business of time. In recent years, we looked at areas of improvement, and we are improving transit times, lane by lane. That is our core product. We look at every aspect to determine potential areas of efficiency so we can improve them and compare them year after year. Globally, we measure ourselves on this.

[Makram Raad is Country Manager of DHL Express, Kuwait. A certified international specialist with an MBA in Finance from Notre Dame University. With previous experience in the financial sector and managing multinational partners across diverse industries, he has been with DHL for over 11 years. A seasoned leader, he began his work with DHL in the UAE before heading to Bahrain to head operations there. He took over as country manager of DHL Kuwait in 2023.]

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Swiss Embassy, UN-Habitat emphasize sustainable use of water



The Times Kuwait Report

Swiss Embassy in Kuwait, in partnership with UN-Habitat, hosted a successful interactive discussion on sustainable water use at the Swiss Embassy residence on 23 February.

The event brought together a distinguished group of guests to tackle critical challenges and explore solutions for sustainable water management. Among the attendees were representatives from academia, government bodies, the private sector, the Kuwait Institute for Scientific Research (KISR), the Kuwait Foundation for Advancement of Sciences (KFAS), diplomats, and civil-society organizations (CSOs).

The session began with opening remarks from Ambassador of

Switzerland H.E. Tiziano Balmelli, who underscored Switzerland's dedication to sustainability and responsible water use.

For her part, Head of Mission of UN-Habitat Kuwait and the GCC, Dr. Ameera Al-Hassan, emphasized the vital role of sustainable water management in advancing regional development goals.

Providing an international perspective, Director General of the Swiss Agency for Development and Cooperation (SDC), Patricia Danzi, shared valuable insights into Switzerland's global initiatives and expertise in sustainable water practices.

The discussions centered on the importance of integrated water resource management, innovative technologies, and cross-sector collaboration. The interactive format of the event offered a platform for stakeholders to exchange perspectives,

foster partnerships, and explore practical solutions tailored to the region's water sustainability challenges. The platform will continue its efforts in the future, supporting ongoing dialogue and action on sustainable water management.



Celebrating Black History Month: A Culinary and Musical Journey through Culture, History, and Tradition

The Soul Food Sunday Community Dinner, held in celebration of Black History Month, was an extraordinary event that honored the rich cultural contributions and vibrant traditions that define the African American experience. Hosted in collaboration with the U.S. Embassy Kuwait, ABCK-AmCham Kuwait, and Gulf Link Transport (KGL), the event highlighted the historical significance of this important month.

The evening was a blend of history, culture, and community, offering guests the opportunity to experience authentic soul food dishes, each infused with history and flavor, paying homage to the African American culinary tradition. The event was made possible through the support of key partners, including Hyatt Regency Al Kout Mall, Magnolia Bakery, and the U.S. Embassy in Kuwait.

U.S. Ambassador Karen Sasahara kicked off the evening with heartfelt welcome remarks. Special recognitions were done by Economic Officer Kala Deterville and ABCK-AmCham Kuwait Chairman Pete Swift, as he provided a speech on the importance that Soulfood Sundays have had on him as a child and how this brings the community together. Political Counselor Melinda Crowley, the architect of the event, also provided remarks about the historical, social, and culinary legacy of soul food in the United States. The night's highlight was a stirring musical performance by Melba Guerrero, who sang the powerful anthem "Lift Every Voice and Sing," accompanied by guitarist Alfredo Socha. Lieutenant Colonel Gregory M. Jones, Chief of

Staff at the Office of Military Cooperation Kuwait, delivered a meaningful invocation, invoking the spirit of unity and remembrance that Black History Month represents.

The buffet dinner featured a delicious selection of soul food, including crispy fried chicken, flavorful beef ribs, succulent fried fish, tangy coleslaw salad, and refreshing watermelon salad. A variety of sides, desserts, and beverages rounded out the feast, offering a sensory experience that brought people together in celebration.

The event concluded with closing remarks from Deputy Chief of Mission Steven Butler, who encouraged all to reflect on the significance of Black History Month and its ongoing importance in promoting equality, justice, and the celebration of diversity.

The Soul Food Sunday Community Dinner was a heartfelt tribute to African American culture, providing a memorable evening that honored the legacy of this important month.

About AmCham Kuwait: Founded in 1985, AmCham Kuwait is a non-profit organization composed of Fortune 500 corporations, SMEs, and prominent business leaders from both the U.S. and Kuwait. As a key advocate for American interests in Kuwait, AmCham Kuwait works tirelessly to strengthen the business ties between the two nations.

For more information, please visit www.amchamkuwait.org or follow us on social media @abck1985.

Caesars Travel Group honored yet again at the MALT Excellence Awards

Caesars Travel Group has been awarded again as the 'Best Corporate Travel Strategy of the year 2025' for their exceptional performance & excellence, at a glittering ceremony held at Conrad Etihad Towers in Abu Dhabi, on 20th February 2025. MALT Excellence Awards organized by QNA International is the region's most prestigious event for the Travel and Tourism sector. It honours the remarkable accomplishments of organizations across the Middle East that specialize in their areas of expertise.

This is the third consecutive year that Caesars Travel has received honours for several categories. The previous ones were Top Organization in Travel in the GCC in 2023, MICE and Travel Team of the Year 2024, TMC of the Year MICE in 2024, followed by the current award for the Best Corporate Travel Strategy of the year 2025.



On the occasion, Kishore Vasudevan, Director – Caesars Travel Group said, "we consider these honours as a genuine reward for our unwavering dedication to excellence in all areas, especially for our valuable clients and the travel and tourism sector as a whole, and with a commitment to consistently maintaining this level of quality in the years ahead".

P.N.J. Kumar, Chief Executive Officer of Caesars Travel Group said, "It's an amazing feel to have won this award. We have now taken this award for three consecutive years. We have done this through excellent services, hard work, and total dedication to the travel industry and above all, our passengers trust, loyalty and confidence put on us. We came to understand that Kuwait is taking agile strides on the path towards substantial development of the tourism sector, we at Caesars Travel Group, planning to contribute major supporting plans which are under pipeline as we are excited to collaborate with them in building Kuwait as one of the key destinations for the tourists in the coming days ahead".

The event also recognized the vision and creativity of organizers, planners, and buyers who have created innovative and impactful programs that meet the specific needs of their stakeholders.

Caesars Travel Group is a leading multi-frame travel service provider in various travel platforms in Kuwait such as ticketing, cargo, shipping, holidays by representing various world's leading destination management companies, cruises world-wide and many worlds' leading airline representations for both passenger and cargo, employs almost 500 staff in 37 offices across the country, delivering custom-made services to the passengers.

GCC residents can perform 'Umrah' on transit visa

Saudi Arabia's Ministry of Hajj and Umrah has announced that residents of Gulf Cooperation Council (GCC) countries can now perform Umrah through easily accessible visa options, including transit and tourist visas, in addition to the standard Umrah visa.

The move is part of the ministry's efforts to facilitate pilgrimage access and streamline procedures for GCC residents. The transit visa

allows GCC residents to stay in the Kingdom for 96 hours.

As part of the process, the ministry emphasized that visiting Al Rawdah Al Sharif at the Prophet's Mosque in Medina requires prior booking through the Nusuk application.

Earlier in August 2024, Saudi Arabia expanded Umrah eligibility to include holders of all types of visas—whether for tourism or personal visits—from around the



world. Additionally, visitors to the Kingdom who hold valid visas from the United States, the United Kingdom, or Schengen countries are permitted to perform Umrah during their stay.

The Ministry of Hajj and Umrah has positioned these initiatives as part of Saudi Arabia's Vision 2030, which aims to improve access to religious tourism while ensuring high-quality services for pilgrims.

Social Affairs Minister pledges stronger support, inclusion for people with disabilities



The Minister of Social Affairs, Family, and Childhood Affairs, Dr. Amthal Al-Huwailah, reaffirmed on Thursday, 27th February, Kuwait government's dedication to enhancing policies that support people with disabilities. She emphasized the importance of collaboration between governmental and private sectors to create inclusive opportunities and raise public awareness about their rights, fostering accessibility and integration across various fields.

Al-Huwailah made this statement while attending an open day for people with disabilities, an event organized by a supporting entity in collaboration with the Children's Home under the Family Nursery Department at the Ministry of Social Affairs. The event featured a variety of recreational and educational activities designed to bring joy to children.

Moreover, Al-Huwailah expressed her joy in sharing the children's happiness, emphasizing

the importance of such events in allowing them to experience the national spirit in a fun and interactive way. She praised the efforts behind organizing activities tailored to their interests, highlighting their role in nurturing inclusion and strengthening their connection with society. Al-Huwailah praised the participation of the Children's Home under the Family Nursery Department, emphasizing that including all beneficiaries of the Ministry's services in such events strengthens social connections and promotes community integration.

Furthermore, Al-Huwailah engaged with several children and their families, attentively listening to their suggestions and aspirations. She reaffirmed the importance of ongoing support and empowerment through initiatives and projects that drive sustainable development and uphold the principle of equal opportunities for all.



US Embassy celebrates Kuwait's National and Liberation Days with a musical tribute



To celebrate Kuwait's National and Liberation Days, the U.S. Embassy in Kuwait, in partnership with the National Council for Culture, Arts, and Letters (NCCAL), hosted a special musical performance by the AFCENT Band. Held on February 25 at the Kuwait National Museum, the event featured a lively selection of American rock and pop classics in honor of the occasion.

The performance highlighted the enduring

friendship between Kuwait and the United States, with cultural exchange as a cornerstone of their partnership. The event created an atmosphere of celebration and unity as Kuwait commemorated its National and Liberation Days.

As Kuwait celebrates its sovereignty and independence, this musical evening served as a fitting tribute, blending global artistic expression with national pride.

LuLu Hypermarket brings unmissable deals and celebrations to Hala February



LuLu Hypermarket is delivering an unforgettable shopping and cultural experience this Hala February, celebrating Kuwait's National and Liberation Days with its grand 'My Kuwait, My Pride' promotion that runs across all LuLu Hypermarket outlets in Kuwait.

The Event was inaugurated by the Governor of Mubarak Al Kabeer Governorate, H.E. Sheikh Sabah Badr Sabah Al Salem Al Sabah along with senior management of LuLu Kuwait on 23 February at the Al-Qurain outlet of the hypermarket.

This year's promotion is unlike anything seen before, offering massive discounts across every shopping category. Customers can enjoy exclusive deals and unbeatable savings on groceries, health and beauty products, fresh and frozen food, household essentials, and a wide range of electronic items. Fashion lovers also have plenty to look forward to, with incredible deals on clothing, footwear, and accessories.

To commemorate Kuwait's 64 years of independence, the retailer has introduced 64 exclusive offers, ensuring that shoppers can get

exceptional value on their favourite products. Adding even more excitement to the celebrations, from 25 February to 1 March, 600 shoppers stand the chance of winning all the items in their trolley for free. On top of that, shoppers can expect even greater discounts during this special period, making it the perfect time to stock up on essentials and grab incredible deals.

LuLu Hypermarket has lined up several special promotional deals and offers to make this shopping festival truly extraordinary. The 'Brand of the Week' promotion features exclusive deals on top brands, while the 'Deal of the Day' offers unbeatable price drops on selected products every day. Tech enthusiasts can take advantage of the Hala Digital Shopping Festival, with discounts on mobiles, consumer electronics, IT accessories, and wearables. Fashion shoppers are in for a treat as well, with a flat 50 percent discount on garments and up to 50 percent off on top footwear brands such as Adidas, Puma, Skechers, and Hobbear.

As part of its commitment to supporting local businesses, LuLu Hypermarket is also running a



'Proudly from Kuwait' campaign, offering special discounts on fresh local produce and Kuwaiti brand products.

Besides the amazing line of deals and delights, the retailer has turned its stores into a celebration of Kuwaiti culture with a series of special events and performances. One of the major highlights is a large sticky wall of Kuwait's flag, creating a striking visual centerpiece for the festivities. Outlets of the hypermarket are also bedecked with large cut-outs of Kuwait's famous landmarks, adding to the patriotic atmosphere.

'My Kuwait, My Pride' promotion also features several cultural performances that highlight Kuwait's cultural heritage, including the traditional Kuwaiti Sword Dance, live drama and entertainment shows. Children will also take centre stage with special Hala Kuwait performances, bringing lively energy to the celebrations. Adding an extra dose of fun, LuLu Hypermarket will feature Kuwait flag-themed mascots.

Food lovers are going to love the spectacular Arabic Food Festival, one of the major highlights of the celebration, where they can explore authentic Arabic cuisine at dedicated food stalls and even enjoy a taste of various foods at the free sampling counters, making it a delicious addition to the shopping experience.

This year's Hala February promotion at LuLu Hypermarket promises to be the biggest and most exciting event ever, and everyone is invited to join in the celebrations and take advantage of the amazing one-time shopping deals and fantastic cultural festivities lined up for the 'My Kuwait, My Pride' promotion.

Nurturing traditional Ramadan practices

Dating back to the early 1960s, the cannon was fired every day, since the first day of Ramadan, to convey the end of a day's fast, and the beginning of Iftar. Even though times have changed, and the tradition is quite old, it is very much anticipated by all its spectators, and is held onto tightly by the observers of traditional Islamic rituals.

The holy month of Ramadan has traditionally been a time of piety, fasting and prayers; it is a time when the traditions and customs practised by our forebears come to the fore. Passed on from one generation to another, these noble traditions are now beginning to wane under the influence of modernity in some places.

For instance, firing of the traditional Ramadan cannon, which has been kept alive despite recent advancements in technology, is being questioned in some places for the noise pollution it creates.

The tradition of firing a cannon to mark the break of fasting, is said to have originated in Egypt, and was later embraced by other countries in the Arab world. Though it serves no practical use to the present generation due to advancements in communications and proliferation of the internet and mobile apps, it is still preserved in many parts for its symbolic significance during the holy month.



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changed, and the tradition is quite old, it is very much anticipated by all its spectators, and is held onto tightly by the observers of traditional Islamic rituals.

A single shot announces the end of a fast, while two shots announce the beginning of the blessed month of Ramadan, and Eid al-Fitr. Kuwait too participates in this tradition.

The firing of the 'Midfa al-Iftar', which takes place daily at the Naif Palace in Kuwait City, not only attracts families, but is also broadcasted live on Kuwait television channels and radio. The firing, which is conducted by three guards in red livery, is usually held in the open yard of the palace decorated to honor the custom.

A few other Kuwaiti traditions that have stood the passage of time include, Graish — a traditional pre-Ramadan feast when family members and even neighbors gather before the commencement of the holy month; Girgian — which is similar to the Western 'trick or treat', where children go from door to door trying to collect candies and nuts; and Ghabga — where friends and families gather to spend Ramadan evenings together.

Although many of the customs and traditions have changed or waned over the years, traditional Ramadan practices continue to be nourished and practiced by people in many countries. Moreover, the spirit of these traditional practices has seen a revival in recent years, with many among the younger generation being inspired by, and engaged in these events.



Maintain health and strength during Ramadan fast

a tendency to crave sweet or unhealthy food, so a best practice is to begin a meal with two to three dates. This helps to ease the stomach into eating after a long day of fasting and replenishes the body's fluids and blood sugar levels. The main dish, which can be delayed until later, must be balanced. It should consist of wholesome ingredients, plenty of fruits and vegetables, in addition to sources of carbohydrates and proteins.

Suhoor, the meal consumed early in the morning before beginning the fast, is vital. This meal must not be skipped as it provides you with the strength needed for fasting during the rest of the day. It must be rich in wholesome foods that give you protein like oatmeal, cheese, labneh, fresh fruits and vegetables. Choose the healthiest and wisest options.

Ramadan menu: Do not consume fried foods that can cause increased cholesterol levels, instead opt for healthy cooking methods such as baking, grilling, boiling and roasting. Caffeine must be avoided as much as possible, as it leads to a loss of water, which further increases thirst during the fasting period. You must try to include foods packed with proteins in every Ramadan meal, such as meat, legumes, dairy products and eggs, which will also help to increase your satiety level and avoid overeating. It is

fruits and nuts in your diet is advisable, as these provide plenty of nutrients and energy. Starting your Iftar with two to three dates helps to replenish blood sugar levels after fasting, but should be consumed in moderation to avoid weight gain.

Moderation in eating: Limiting portions during your meals is the best way to avoid overeating. Eating too much, too soon can cause problems such as frequent urination, which leads to dehydration, indigestion, heartburn, nausea and low energy levels. For those who feel full quickly during iftar, eat dates, soup and salad while breaking the fast, while the main dish can be delayed until later. This ensures that you will not be uncomfortably full after a day



In addition to its spiritual benefits, fasting during the holy month of Ramadan is said to bring with it immense physical and mental benefits. If done properly, the healthy outcomes of fasting could include the removal of toxins from the body, improved weight loss and even increased mental wellbeing. But with the increasing heat outdoors and long fasting hours, restricting fluid and food intake for extended periods can also have a negative impact, unless you take necessary precautions. Some of the downsides include heartburn, constipation, dehydration, irritability, lack of concentration, weight loss or weight gain.

So as yet another Ramadan begins, here are the top ways to keep yourself healthy and strong while fasting.

Eating a balanced iftar and suhoor: Iftar, the evening meal that ends a Ramadan fast, should ideally begin with dates, then soup, a salad, followed by the main course. Long hours of fasting causes



important to have fewer carbohydrates, as they make you inactive and sleepy. Sweets must be either prepared using moderate amounts of oil and sugar and low-fat dairy products, or consumed in moderation.

For vitamins and minerals, make sure to eat plenty of fresh fruits and vegetables during Ramadan. Including dates, dried



of fasting. For dessert, you must allow occasional indulgence while making sure that you are practicing portion control. Limit the portion to a few bites of one type of sweet. Moderation in the consumption of deep-fried foods is also important.

Planned meals: Planning and preparing your meals in advance will make it easier to be organized. Start by preparing weekly plans to make wiser choices about what to eat and what not to eat. Planning ahead will also help prevent you from deviating from it, and choosing a less healthy option. You should not be over- or under-nourished by the end of the holy month of Ramadan.

Exercising: Fasting during the month of Ramadan can be a real trouble for bodies, if not done correctly. Some tend to remain sedentary and gain weight during the month. You have to remain active and continue regular exercise during Ramadan, as it will help you maintain a healthy weight and lifestyle.

CONTINUED ON PAGE 10

Day	Ramadan	Date	Fajr	Sunrise	Dhur	Asr	Magrib	Isha
Saturday	01	March 01	4:44 AM	6:03 AM	11:58 AM	3:21 PM	5:54 PM	7:10 PM
Sunday	02	March 02	4:43 AM	6:02 AM	11:58 AM	3:22 PM	5:54 PM	7:11 PM
Monday	03	March 03	4:41 AM	6:00 AM	11:58 AM	3:22 PM	5:55 PM	7:11 PM
Tuesday	04	March 04	4:41 AM	5:59 AM	11:58 AM	3:22 PM	5:55 PM	7:12 PM
Wednesday	05	March 05	4:40 AM	5:59 AM	11:57 AM	3:22 PM	5:56 PM	7:13 PM
Thursday	06	March 06	4:38 AM	5:57 AM	11:57 AM	3:22 PM	5:57 PM	7:13 PM
Friday	07	March 07	4:37 AM	5:57 AM	11:57 AM	3:22 PM	5:57 PM	7:14 PM
Saturday	08	March 08	4:36 AM	5:55 AM	11:56 AM	3:23 PM	5:58 PM	7:15 PM
Sunday	09	March 09	4:34 AM	5:53 AM	11:56 AM	3:23 PM	5:59 PM	7:15 PM
Monday	10	March 10	4:34 AM	5:53 AM	11:56 AM	3:23 PM	5:59 PM	7:16 PM
Tuesday	11	March 11	4:32 AM	5:51 AM	11:55 AM	3:23 PM	6:00 PM	7:17 PM
Wednesday	12	March 12	4:30 AM	5:50 AM	11:55 AM	3:23 PM	6:01 PM	7:17 PM
Thursday	13	March 13	4:30 AM	5:49 AM	11:55 AM	3:23 PM	6:01 PM	7:18 PM
Friday	14	March 14	4:29 AM	5:48 AM	11:54 AM	3:23 PM	6:01 PM	7:19 PM
Saturday	15	March 15	4:27 AM	5:46 AM	11:54 AM	3:23 PM	6:02 PM	7:19 PM
Sunday	16	March 16	4:26 AM	5:46 AM	11:54 AM	3:23 PM	6:03 PM	7:20 PM
Monday	17	March 17	4:25 AM	5:44 AM	11:54 AM	3:23 PM	6:03 PM	7:21 PM
Tuesday	18	March 18	4:23 AM	5:43 AM	11:53 AM	3:23 PM	6:04 PM	7:21 PM
Wednesday	19	March 19	4:22 AM	5:42 AM	11:53 AM	3:23 PM	6:04 PM	7:22 PM
Thursday	20	March 20	4:21 AM	5:41 AM	11:53 AM	3:23 PM	6:05 PM	7:23 PM
Friday	21	March 21	4:20 AM	5:40 AM	11:52 AM	3:23 PM	6:05 PM	7:23 PM
Saturday	22	March 22	4:18 AM	5:38 AM	11:52 AM	3:23 PM	6:06 PM	7:24 PM
Sunday	23	March 23	4:17 AM	5:37 AM	11:52 AM	3:23 PM	6:07 PM	7:25 PM
Monday	24	March 24	4:16 AM	5:36 AM	11:51 AM	3:23 PM	6:07 PM	7:25 PM
Tuesday	25	March 25	4:14 AM	5:35 AM	11:51 AM	3:23 PM	6:08 PM	7:26 PM
Wednesday	26	March 26	4:13 AM	5:34 AM	11:51 AM	3:23 PM	6:08 PM	7:27 PM
Thursday	27	March 27	4:12 AM	5:33 AM	11:51 AM	3:23 PM	6:09 PM	7:27 PM
Friday	28	March 28	4:10 AM	5:31 AM	11:50 AM	3:23 PM	6:10 PM	7:28 PM
Saturday	29	March 29	4:09 AM	5:30 AM	11:50 AM	3:23 PM	6:10 PM	7:29 PM
Sunday	30	March 30	4:08 AM	5:29 AM	11:50 AM	3:23 PM	6:11 PM	7:30 PM


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Deposits, credit facilities rise, housing loans drop, in January

Credit facilities granted by local banks to residents amounted to approximately KD 49.537 billion in January, reflecting an annual increase of KD 1.929 billion by four percent and a slight monthly growth of KD 0.118 billion by 0.23 percent.

Monthly statistics on money supply in the market by the Central Bank of Kuwait, shows that total deposits reached KD 54.471 billion at the end of January, marking an annual increase of KD 1.769 billion (+3.35%) compared to January 2024. On a monthly basis, deposits rose by KD 648 million (+1.2%) from KD 53.823 billion in December 2024.

Meanwhile, credit facilities granted by local banks to residents and non-residents grew by approximately KD 0.11 billion (0.19%) in January, reaching KD 57.28 billion, up from KD 57.17 billion in December. On an annual basis, this reflects an increase of KD 3.45 billion (+6.4%). Credit facilities granted by local banks to residents alone amounted to approximately KD 49.537 billion in January 2025, reflecting an annual increase of KD 1.929 billion (+4%) and a slight monthly growth of KD 0.118 billion (+0.23%).

As for personal credit facilities, they amounted to approximately KD 19.359 billion at the end of January, reflecting an annual increase of KD

0.565 billion (+3%) and a marginal monthly rise of KD 38 million compared to December 2024. Installment loans (housing) grew by about KD 533 million (+3.3%) year-on-year, reaching KD 16.590 billion at the end of January. On a monthly basis, they recorded a slight increase of KD 44 million (+0.26%) compared to December 2024.

As for private and model housing loans, they totaled KD 240 million at the end of January, marking a monthly decline of 1.9 percent and a year-on-year drop of approximately 21 percent compared to January 2024. The value of consumer loans stood at KD 2.06 billion at the end of January, showing slight increases on both an annual and monthly basis.

Credit facilities granted to non-bank financial institutions (investment companies) grew by 27.7 percent year-on-year, reaching KD 2.738 billion by the end of January. On a monthly basis, they increased by 7.8 percent. Meanwhile, real estate sector loans rose by 6.5 percent (KD 627 million) compared to January 2024, and grew slightly by



0.22 percent on a monthly basis, reaching KD 10.346 billion in January.

Loans to the construction sector surged by 10.6 percent year-on-year, reaching KD 2.970 billion in January 2025, after recording a modest monthly increase of 1 percent.

On the other hand, government deposits in local banks fell by KD 100 million (-2%) in January 2025 compared to December but increased by

KD 0.523 billion (+11.72%) year-on-year, reaching KD 4.983 billion last month.

Total private sector deposits amounted to approximately KD 41.713 billion in January 2025, experiencing a slight decline on a monthly basis but rising by KD 1.213 billion (+3%) compared to January 2024.

Private sector deposits in dinars increased by approximately KD 176 million on a monthly basis and by 10 percent annually, reaching KD 37.776 billion in January. Meanwhile, private sector deposits in foreign currencies rose by KD 52 million (+1.3%) in January compared to December 2024. However, on an annual basis, they declined by approximately KD 562 million (-12.5%) from January 2024, reaching KD 3.936 billion at the end of January 2025.

According to the Central Bank's statistics, reserve assets stood at KD 13.92 billion in January, down 2.52 percent from KD 14.28 billion in the same month of 2024. However, on a monthly basis, they grew by approximately 1.68 percent.

AI in schools can improve teaching, enrich learning

CONTINUED FROM PAGE 1

Among others, AI could simplify the administrative workload of teachers; enhance classroom instructions; complement learning outside the classroom through tutoring. The administrative workload on teachers carries an opportunity cost that limits the time teachers have to focus on instruction.

A study in the Republic of Korea found that teachers with greater administrative workloads are less likely to provide feedback on students' assignments. Generative AI tools can help teachers save time in administrative and routine activities, so that they can focus more on their students. For instance, AI systems can help teachers track and process student attendance, which, in turn, has been shown to minimize teachers' workload and enhance student learning.

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Among others, AI could simplify the administrative workload of teachers; enhance classroom instructions; complement learning outside the classroom through tutoring.

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Generative AI can enhance instruction in the classroom by being an effective complement to teachers. For instance, it can assist teachers in implementing evidence-based teaching practices that are often difficult to incorporate in practice due to time and effort constraints. Generative AI can also support teachers in creating explanations, examples, and practice problems, and uncovering students' misconceptions. Additionally, AI has proven to be a useful lesson planning tool. For instance,

in India, a generative AI digital assistant is being used to develop lesson plans, including activities, videos and quizzes, within minutes. Relatedly, it can help teachers implement their lesson plans and assess student knowledge by generating low-stakes quizzes and assessments.

AI can also complement instruction provided by teachers outside the classroom through tutoring. With the uptick in climate-related disasters and conflicts resulting in students missing more school, generative AI has the potential to extend learning time beyond what is possible in a typical classroom setting. For instance, in Ghana, an AI conversational math tutor, accessible via WhatsApp, is being used to provide additional tutoring outside students' typical math classes.

While it is not quite the same as a human tutor, the Ghanaian initiative has been yielding positive outcomes. Moreover, there is also preliminary evidence that students enjoy the flexibility and tailored tasks that a generative AI tutor offers, as it allows them to study at their own pace and review information as needed.

Although generative AI creates unique opportunities to enrich teaching and learning, policy-makers need to consider several best practices when designing and implementing interventions utilizing generative AI tools, so it does not become an obstacle to human thinking. One way to achieve this is to focus on developing AI tools that complement and enhance human abilities, including by not relying on using AI as simply an 'answer engine'. Instead, generative AI can be used to boost students' skills and talents, which can help them learn more effectively.

Considering that teachers are the key to the successful implementation of AI in classrooms, policy-makers need to ensure they are adequately incentivized to learn about AI, and provided with the time and support needed to experiment with AI tools in their classroom. Moreover, they also require explicit training, coaching, and ongoing support to effectively integrate AI into their instruction.

Not only teachers, but decision-makers, principals, and students should develop AI digital competencies, including understanding how to use AI responsibly and ethically. Knowing when to use, but also when not to use these tools is a good starting point. Policy-makers should also develop ethical guidelines, and assess and revise them constantly due to the rapidly evolving nature of AI technologies.

At a minimum, the guidelines should address issues such as privacy, bias, and equity.

In addition, to address the widening digital gap, AI solutions should be designed for students in all settings, regardless of their socio-economic status or geographic location. Specifically, AI solutions should keep in mind limited connectivity environments and design initiatives that prioritize inclusivity. Moreover, tools that are low-cost, easy to use, and do not require a high level of technical expertise are also essential. On a related note, earlier this year, on the occasion of International Education Day on 24 January, UNESCO brought together experts and teachers from around the world to explore the role of AI in education, teacher training, digital literacy, and the ethical use of technology in classrooms. Following extensive discussions, the consensus was that AI tools can help teachers become more efficient by creating content, developing activities, and simplifying administrative tasks.

The participants also discussed how AI can help teachers encourage critical thinking and creativity in students. Shana Vidal White, an education expert, explained that AI would not be able to transform education alone, and that teachers are still the experts on what works in their classrooms. What matters is how we use

it to enrich teachers' pedagogical practices and improve student learning, said White.

Several teachers expressed concerns about protecting student data and preventing algorithmic bias, in response, Chief of Digital Learning at UNESCO, Shitanshu Mishra, said it was important to develop ethical frameworks specifically adapted to education. He called for global cooperation to reduce the risks associated with unregulated AI, and stressed the need to equip both teachers and students with guidance and social and emotional skills, to ensure responsible and inclusive use of AI in schools.

While optimal use of AI by teachers and students could improve outcomes and promote skills development, it is essential that educators keep a critical eye on the content generated by AI, as well as ensure its inclusivity. The UNESCO session also highlighted the importance of balancing technological innovation with ethical principles to ensure that tomorrow's education is inclusive and responsive to the diverse needs of students around the world.

The future of education is being built today at the intersection of human and artificial intelligence, policymakers, educationists and other education stakeholders in Kuwait, and elsewhere, can no longer afford to ignore this development.

Maintain health and strength during Ramadan fast

CONTINUED FROM PAGE 8

Some people prefer exercising just before they break their fast, while others prefer exercising in the hours before starting their fast.

Mild to moderate physical activity is recommended, and this must be based on personal preference as stamina levels among people tend to vary, and often people can get too fatigued or tired.

If you are not one for workouts, you can opt for brisk walks, as it is a comfortable exercise that is suitable for people of all ages. It is better to focus on light cardio exercises, and not put yourself through very high intensity training during this time.

A high carbohydrate intake, such as bananas, peanut butter, and sweet potato are best foods

for people who exercise, as this is important for increasing energy levels and stamina. For those who want to lose weight, it is best to avoid heavy meals, have zero carbohydrate diets, and eat more of white meat, fruits and vegetables.

Hydration: It is important to avoid the sun as much as possible during the fasting period to avoid getting dehydrated. Remember to stay hydrated and drink enough water, at least two liters, before the fast. A well-hydrated person can tolerate a fast much better than a dehydrated one. Your choice of drinks should be refreshing ones, such as coconut water, which helps to maintain hydration during a fast, as well as lemon juice. Fruits and fruit juices that have high water content like melons and strawberries are also beneficial.

EXCLUSIVE to THE TIMES KUWAIT

Building the Next Generation of Public Institutions



By Geoff Mulgan
A professor at University College London, is the author of *When Science Meets Power*



Public institutions worldwide are in crisis. Trust in them is declining, and US President Donald Trump's administration, working hand in glove with the world's richest man, Elon Musk, view them as enemies that need to be dismantled. In the face of funding cuts and geopolitical fragmentation, multilateral organizations look weaker than ever.

The attacks by Trump and Musk, who boasted about "feeding" USAID "into the woodchipper" and preparing to abolish the Department of Education, may be ill-conceived and set to backfire. But they are reminding us that there is no good reason why public institutions have to be just as they were a half-century ago. Simply defending existing institutions looks ever less like an adequate response.

Few of humanity's biggest challenges—from shaping artificial intelligence and addressing mental health to managing energy transitions and industrial policy—are likely to be handled well without effective institutions. But today's ministries, agencies, commissions, public services, and regulators often look ill-suited to meet these new needs.

So, what should the alternatives look like? Governments have always depended on institutions to do their work—to enforce laws, educate children, collect taxes, or provide security—and they have often invented new ones for new tasks, like reducing carbon dioxide

Options for designing institutions today are different from a generation ago. Global businesses like Alphabet, Amazon, and Alibaba have pioneered new business models and tapped into unprecedented economies of scale.

emissions or fighting organized crime. Amid the funding cuts and attacks, reformers must focus on creating better expressions of the public interest, making the most of new tools and technologies to improve efficiency, and restoring public trust.

But the options for designing institutions today are very different from a generation ago. Global businesses like Alphabet, ByteDance, Amazon, and Alibaba have pioneered radically new business models and tapped into unprecedented economies of scale. A generation ago, few would have imagined that companies like Uber or Grab could provide a taxi service without owning any taxis.

Meanwhile, civil society has also developed new models, such as Wikipedia, Ushahidi (data crowdsourcing), and Buurtzorg (home care), and there are many new forms of public-private partnerships, as well as thousands of B-corps (like Natura in Brazil) guided by social and environmental principles.

There has also been some remarkable innovation within the public sector. Since its launch in 2009, India's Aadhaar program has provided biometric IDs to more than one billion people and helped vastly expand access to financial services. Over the past decade, Indian Prime Minister Narendra Modi has been implementing his motto of "maximum governance and minimum government," while China created the world's first Cyberspace Administration in 2011, and its Government Guidance Funds have mobilized trillions of dollars for new technology since 2002.

But, in much of the world, public institutions have hardly changed. Most are still pyramid structures, as they were a century ago, and are too often opaque and unresponsive. When new institutions are created, they are typically designed by committees of relatively elderly politicians or civil servants and tend to be siloed, hierarchical, and inflexible.

Artificial intelligence shows starkly the gap between what is available and what is needed. It has been 20 years since AI started being widely used in some public services (including law enforcement and health care) and many private ones (such as credit scoring and search engines). But the world is only just starting to create institutions to govern it well—from procurement to maximize its value for public services to regulation to mitigate abuses, as well as multilateral institutions to pool global knowledge about the risks and opportunities associated with the technology.

One reason for the delay was clever positioning by the industry, which discouraged governments from acting, by framing AI as a fait accompli that should just be accepted. As Microsoft's chief economist, Michael Schwarz, put it in 2023: "We should not regulate AI until we see some meaningful harm that is actually happening."

Such arguments are obviously favorable to private interests. But public institutions' duty is to the public. And as Daron Acemoglu, one of last year's Nobel laureate economists, and others have shown, it is institutions that determine why some countries prosper so much more than others.

Still, it is one thing to tout the successes of the Central Provident Fund and Temasek in Singapore, Brazil's Ministry of Social Development, the US Defense Advanced Research Projects Agency (DARPA), and the Development Bank of Southern Africa. It is quite another to devise equivalents for our current needs.

What will it take to create agile, flexible, and trustworthy institutions? What is the best design for making the most of AI, data, and collective intelligence (as the Intergovernmental Panel on Climate Change does for climate science)? Can we build on successes like Icarus, which mobilized satellite technology to build the 'internet of animals' in an effort to help us track the state of animal populations on the planet?

These crucial questions are already a major focus within global bodies like the United Nations Development Programme. Its Istanbul Innovation Days conference in late March will feature innovators who are pioneering new methods to improve how institutions function.

These innovators are drawing as much from biology as from bureaucracy, thinking more in terms of mycelia (branching fungal networks) than pyramids. They are designing lighter

mechanisms that can operate much faster during crises, and others that move more slowly and deliberately, such as the establishment of a Future Generations Commissioner in Wales, which has inspired the creation of a similar post at the European Commission.

Work is underway to build new institutions to protect against misinformation and election interference; to mobilize capital for urban energy transitions; to empower indigenous communities; and to help young people navigate the labor market during a period of turmoil and uncertainty.

UN Secretary-General António Guterres described the challenge well in 2023: "We cannot effectively address problems as they are if institutions don't reflect the world as it is. Instead of solving problems, they risk becoming part of the problem." Institutions are like buildings: we shape them, but they then subtly influence us and how we operate.

We may be in an era of dismantling, disruption, and disorder. But history suggests that such circumstances eventually lead to rebuilding and reinvention. When that time comes, we will need to have already done the work of exploring better options. As the Brazilian sociologist and politician Roberto Mangabeira Unger observes, "the world remains restless under the yoke of a dictatorship of no alternatives." Fortunately, such restlessness can be fuel for imagination.

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Achieving Universal Access to Digital IDs



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“ Digital IDs promote financial inclusion, increase economic participation, and help curb benefit fraud.. The past decade has provided valuable insights into the opportunities and challenges associated with digital ID systems. ”

We often take the ability to prove our identity for granted, but a government-issued ID is key to accessing essential services like health care, banking, and registering property ownership. And not everyone has one. That is why United Nations Sustainable Development Goal (SDG) 16.9, which aims to provide legal identity for all by 2030, is so important.

Digital IDs are even more valuable. Unlike physical documents, they cannot be lost, stolen, or destroyed. Digital IDs have been especially important in war-torn Ukraine and flood-ravaged Brazil, where they enabled citizens whose physical documents were lost or destroyed to receive critical support, both in person and online.

Despite these advantages, an estimated 850 million people around the world lack legal identification. But growing demand and emerging technological solutions suggest that the goal of achieving universal access to digital IDs by 2030 is within reach.

On the demand side, digital IDs promote financial inclusion, increase economic participation, and help curb benefit fraud. According to McKinsey, digital ID programs could boost a country's GDP by 3-13 percent in 2030. On the supply side, the past decade has provided valuable insights into the opportunities and challenges associated with digital ID systems. Notably, low-cost tools like the Modular Open Source Identity Platform have shown that such programs can be implemented cheaply and efficiently.

But significant challenges remain. For starters, nearly one billion people without digital IDs are spread across dozens of countries with different

governance arrangements, demographic structures, and technological capacities. A one-size-fits-all approach is neither practical nor desirable, as ID systems must be tailored to each country's unique needs and cultural norms.

Governments, which typically issue and regulate digital IDs, also pose a risk of misuse or abuse. In the absence of legal frameworks for a standardized global approach, policymakers must establish robust safeguards to ensure ID systems are used responsibly.

To this end, we recently convened senior policymakers, civil-society leaders, and experts on digital infrastructure under the auspices of the 17 Rooms initiative to develop strategies for improving and expanding digital ID systems. Participants sought to identify 'good patterns' for digital IDs that, if reinforced by international organizations and funders, could help governments deploy and manage these systems.

National statistics agencies offer a useful model. In many countries, these agencies are relatively insulated from political pressures, enabling them to protect data privacy, maintain credibility, and build public trust. Similarly, setting transparent, independently defined standards for the design, implementation, and maintenance of digital ID systems can facilitate responsible and scalable development.

We propose five approaches to designing reliable digital ID systems. First, both digital and physical IDs are more trusted when they are testable, tailored to individual preferences, and designed to minimize data collection. Taiwan, for example, collects only the necessary data for each

transaction, enabling users to disclose personal information selectively, a practice known as meronymy, through secure verification methods.

Second, governments must work closely with civil-society partners to mitigate risks and develop compelling use cases. One possible approach is to create public-facing mechanisms that allow civil-society organizations to test ID systems and identify potential issues early on. Jamaica's experience with digital IDs serves as a cautionary tale. A lack of engagement with non-government stakeholders has led to widespread distrust, slowing adoption and reducing the system's effectiveness. By contrast, the West Africa Journalists Association has bolstered state accountability by training journalists to use digital public infrastructure (DPI), including digital IDs, to monitor and report on government actions. Other initiatives, such as SlashRoots in the Caribbean and Taiwan's g0v movement, underscore the importance of engaging with civil society and media professionals.

Third, reducing the cost of digital IDs is vital, particularly for smaller countries with limited resources. This requires an ecosystem of open-source solutions that can be deployed using local talent, infrastructure, and preferred technologies. Off-the-shelf systems are less flexible, but they offer a cost-effective way for governments to implement digital IDs while maintaining national sovereignty and avoiding dependence on proprietary vendors.

Fourth, establishing stronger global technical and governance standards is crucial. The UN Development Programme's DPI safeguards,

endorsed by all 193 UN member states as part of the Global Digital Compact, provide a solid foundation for designing safe and inclusive DPI, including digital IDs. But translating guidelines into action requires practical toolkits to help governments establish multi-stakeholder governance structures, introduce balanced privacy and data controls, and ensure effective implementation.

Lastly, emerging economies need sustained international support to develop and maintain digital ID systems, while civil-society organizations also require training to monitor implementation effectively. By directing resources toward strengthening open-source software, international donors could help foster sustainable business models.

These five approaches can and should be tailored to national contexts. Large countries like South Africa and Indonesia are best equipped to develop customized, large-scale digital ID systems that can serve as models for others. Governments of mid-size economies must cultivate an ecosystem of civil-society actors to help guard against state overreach and misuse. And smaller countries with limited state capacity and weaker private-sector incentives would have to rely on low-cost, internationally supported solutions.

The SDGs recognize legal identity as the foundation of societal inclusion and economic opportunity. We now understand the key strategies that governments, civil-society groups, companies, and funders must adopt to achieve universal access to digital IDs. It will not be easy, but the potential benefits are enormous.



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Discover the Tranquil Elegance of Six Senses Zighy Bay, Oman

Through its various programs, Six Senses Zighy Bay helps preserve the region's rich cultural heritage while providing guests with a truly authentic experience. From eco-conscious architecture to thoughtful community engagement, the resort stands as a beacon of sustainable luxury.



By Hermoine Macura-Noble
Special to The Times Kuwait

In the hustle and bustle of daily life, it is easy to become consumed by work, responsibilities, and the demands of modern living. However, taking time to step away from the noise and reconnect with nature is essential for maintaining healthy and thriving relationships and an abundant life overall.

Being surrounded by nature also provides an opportunity for both physical and mental rejuvenation, which is why luxury destinations like Six Senses Zighy Bay remain a popular choice for many who call the Gulf countries their home.

Nestled between the towering peaks of the Al Hajar Mountains and the crystal-clear waters of the Arabian Gulf, Six Senses Zighy Bay is an exquisite sanctuary in Oman that seamlessly blends natural beauty with unparalleled luxury. As one of the Middle East's most sought-after destinations, this hidden gem offers a sophisticated escape from the ordinary, offering every guest a unique experience in a setting like no other.

"We wanted to create a remote yet ultra luxurious retreat that immerses our guests in the dramatic landscape of the Musandam Peninsula, while staying true to Omani traditions and Six Senses philosophy... The resort has been built



Six Senses Zighy Bay General Manager Diletta Guarino

to resemble an ancient Omani village, where time moves past. Authenticity is the spirit here, to preserve a land and a heritage we all hold very dear," explains Six Senses Zighy Bay, General Manager, Diletta Guarino.

A secluded resort that embodies the beauty and serenity of Oman's rugged landscape, the resort is only a short two-hour drive from Dubai but feels worlds apart with each villa and suite inspired by the rich culture of the region. The resort's 82 Omani-style pool villas blend seamlessly into the breathtaking landscape with architecture that incorporates locally sourced materials, including wood, stone, and palm fronds, providing a seamless connection with the surrounding environment.

One of the most unique features of Six Senses Zighy Bay is its exhilarating arrival process. Guests can opt for an extraordinary entrance by paraglide, soaring from the surrounding mountains directly into the resort. This heart-pounding adventure is not for the faint of heart but offers an unforgettable experience and a dramatic first impression of the pristine bay below. For those seeking a more serene arrival, the resort offers a scenic drive through the mountain roads,



setting the tone for the retreat's quiet seclusion.

As guests enter the reception, they are given a warm Omani welcome and get to enjoy a traditional iced karak tea before an Omani host dresses male guests in Massar (traditional Omani head-gear) whilst the ladies receive a complimentary henna experience on their hand.

Dining at Six Senses Zighy Bay is an experience that delights the senses in more ways than one. The resort features several dining options, each offering exceptional dishes crafted from locally sourced ingredients from the resort's organic garden or own farm, local fishermen and regional producers. Spice Market features a lavish breakfast buffet served from 7:00am with a large selection of Middle East and Western dishes to start your day alongside freshly made Kambuchas. As for dinner, Shua Shack is the ideal choice during the Winter, where guests can experience a traditional Omani Shuwa—a slow cooked whole lamb in an underground pit along with cold and hot mezzes and fresh Arabic bread, allowing guests to enjoy a traditional Bedouin meal experience by the sea.



Wellness is also a cornerstone experience at Six Senses Zighy Bay, and the resort's world-renowned spa provides an oasis for relaxation and rejuvenation. Set in a tranquil environment, the Six Senses Spa offers a variety of holistic treatments inspired by local Omani traditions and

contemporary wellness practices. From signature massages to rejuvenating facials, guests can indulge in an array of therapies designed to revitalize the body and mind. The resort also offers daily fitness and meditation sessions, led by skilled instructors, allowing guests to immerse themselves in the peaceful surroundings and rejuvenate their inner selves.

Committed to sustainability, every aspect of Six Senses Zighy Bay is designed with environmental stewardship in mind with the resort recycling 85 percent of its waste, as well as pioneering vital conservation efforts, including coral restoration and marine life preservation in the region. Six Senses Zighy Bay also supports traditional farming methods, and employs sustainable building practices to minimize its ecological footprint. The brand's commitment to sustainability is not just about protecting the environment but also about enriching the communities surrounding the resort.

Through its various programs, Six Senses Zighy Bay helps preserve the region's rich cultural heritage while providing guests with a truly authentic experience. From eco-conscious architecture to thoughtful community engagement, the resort stands as a beacon of sustainable luxury.

"We seamlessly integrate modern technology while preserving its natural experience by using efficient climate control, and eco-friendly in-room tech that minimizes energy consumption. Digital conveniences like a guest app and smart sustainability monitoring enhance comfort without disrupting the resort's rustic charm. Wellness innovations such as sleep-tracking and ambient lighting promote relaxation, while marine conservation tech helps protect local wildlife. The resort also employs a sustainable water bottling system to eliminate plastic

waste. By prioritizing discreet, eco-conscious innovations, it ensures luxury and nature exist in perfect harmony," adds Guarino.

Whether seeking a quiet escape from the hustle and bustle of daily life, an adventure in the mountains, or a romantic getaway by the beach, Six Senses Zighy Bay offers an unparalleled experience.



In a world where true luxury is increasingly rare, Six Senses Zighy Bay stands as a beacon of refined opulence embraced by the mountains, sand and sea. With its unique blend of traditional Omani culture, modern design, and extraordinary service, it is truly a destination for those who seek the very best.

Hermoine Macura-Noble

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



Reducing NAD depletion could slow down aging

Among others, AI could simplify the administrative workload of teachers; enhance classroom instructions; complement learning outside the classroom through tutoring.

Nicotinamide adenine dinucleotide (NAD), a molecule found in all living cells—in bacteria, plants, animals, and humans—is an essential element that plays critical roles in cells.

The basic function of NAD in the human body is to absorb energy from the food we eat and make it available for cellular functions. It also plays a major part in repairing damaged DNA and in cell division in the body, acting as a chemical messenger to transmit information and to set switches to regulate key events.

To use an analogy, NAD acts like a rechargeable battery storing energy retrieved from nutrients and then passing it on to fuel energy demanding processes within the cell. This process takes place in the mitochondria, which is the cell's powerhouse. Previous research has shown that NAD levels decline as we age, potentially causing increased levels of DNA damage and decreased cellular metabolism, both of which are linked to the aging process.

A new study by researchers at University of Bergen in Norway postulates that mitochondria act as 'reservoirs' to store NAD for cellular use, and that as the amount of NAD in the 'reservoir' depletes with age, cells may not have enough of energy to function adequately. The researchers said that their findings could lead to new therapeutic options aimed at raising NAD levels to combat aging and age-related diseases.

For their study, the researchers established for the first time a cellular model system that resembled the situation of chronically diminished NAD levels, which enabled them to investigate and study the mechanistic consequences. During the study, researchers first found that mitochondria act as a 'reservoir' to hold NAD and supply it to the cell as needed.

Unlike in its energy transmission function, when acting as a messenger molecule, NAD is degraded and needs to be resynthesized. In a variety of diseases, including neurodegenerative disorders and aging, these NAD-consuming



processes may be over-activated. This will diminish NAD availability and eventually affect the efficiency of energy-demanding processes—which may explain at least part of the observed symptoms.

Previous studies have demonstrated that mitochondrial NAD plays an important protective role in situations of cellular stress. However, it was not clear exactly how NAD exerts this role. The new study revealed that mitochondria can supply NAD when the demand for this molecule is excessive in other parts of the cell, but that if the mitochondria does not have enough NAD stored up, it can have a fatal consequence for the cell.

The study connects two hallmarks of aging, mitochondrial dysfunction and dysregulated NAD levels, indicating that excessive consumption of mitochondrial NAD might constitute a key factor leading to dysfunctional mitochondria and thus aging-associated diseases.

The study findings are an important

contribution towards understanding the mechanistic basis for positive outcomes of various preclinical and some clinical studies of NAD supplementation approaches. Even though it is unlikely that such supplementation approaches will be able to cure the pathology, they could have positive effects on disease progression (i.e. slowing down progression) and dampening the symptoms.

This is also likely to be the case in aging, when the mitochondrial NAD reservoir is still sufficiently functional. Since the research team was able to identify the key players in the buffering function of mitochondria, they unraveled potential molecular targets for the development of therapeutic approaches specifically supporting this mechanism.

NAD is a supplement that is closely related to vitamin B3 or niacin, and niacin is a supplement that we use to lower cholesterol. The study found that NAD is related to mitochondrial problems. In

neurology, mitochondrial problems are usually neuromuscular or muscle problems.

NAD+ (the oxidized version of NAD) is a crucial coenzyme involved in hundreds of metabolic reactions, particularly those related to energy production, DNA repair, and cell signaling. It is not surprising that dysregulation of NAD+ levels, specifically in a decline with age, is increasingly recognized as a possible significant contributor to both aging and a wide range of pathologies.

The researchers said that while significant progress has been made in understanding the role of NAD+ in aging and disease, several key areas require further research. In particular, more research is needed to find out whether supplementing NAD precursors can halt the aging process or mitigate diseases. Further studies should also explore the optimal dose for different age groups and health conditions, as well as how factors like age, sex, genetics, and underlying health conditions influence the response to NAD+ precursors.

Further research is also needed to determine the dietary changes that could help increase NAD as we age, and the steps that people can take to mitigate the decline and maintain healthier levels. Strategies could include consuming foods rich in NAD+ precursors like dairy products, fish, poultry, (and) green vegetables. Daily exercise can also help stimulate mitochondrial biogenesis and increase energy demand.

The use of supplements to increase NAD through infusions is increasingly gaining favor among some people. But doctors warn that infusion through intravenous injection outside of a clinical environment carries large risks of infection, which outweigh any potential benefits. Instead, healthcare professionals suggest using oral NAD supplements that are readily available. Additionally, they note that it is very important to consult with a doctor before starting any NAD+ supplementation regimen, especially if you have any underlying health conditions.

New cellular technique with potential to revert cancer cells to normal

Despite the development of numerous cancer treatment technologies and processes, the common goal of all cancer therapies is primarily to eliminate cancer cells. However, this approach faces fundamental limitations, including cancer cells developing resistance and returning, as well as severe side effects from the destruction of healthy cells.

A team of researchers from the Department of Bio and Brain Engineering at Korea Advanced Institute of Science and Technology (KAIST) have now announced a groundbreaking cellular technology that can treat colon cancer by converting cancer cells into a state resembling normal colon cells without killing them, thus avoiding side effects. The researchers said that their study introduces the novel concept of reversible cancer therapy by reverting cancer cells to normal cells. It also develops foundational technology for identifying targets for cancer reversion through the systematic analysis of normal cell differentiation trajectories.

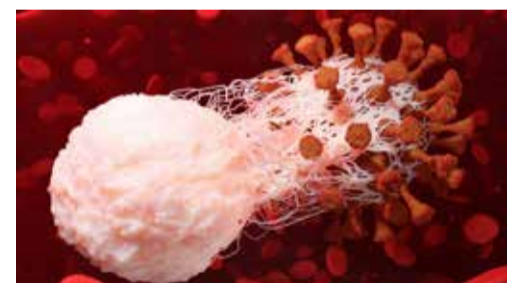
The research team focused on the observation that during oncogenesis—the process by which normal cells become malignant—normal cells regress along their differentiation trajectory—the path that cells take through a series of states as they differentiate into specialized cell types.

By using a digital model of the gene network of normal cell development, they found several molecules known as 'master regulators' that are

involved in the differentiation process of the cells lining the intestinal walls. When these regulators were suppressed in colon cancer cells, the cells switched back to a normal-like state, removing the cancer threat without destroying any cellular material. The tests were carried out digitally, through molecular experiments, and in mice.

A more detailed explanation of 'differentiation trajectory' is that many biological processes manifest as a continuum of dynamic changes in the cellular state. The most obvious example is that of differentiation into increasingly specialized cell subtypes, but we might also consider phenomena like the cell cycle or immune cell activation that are accompanied by gradual changes in the cell's transcriptome—the collection of all RNA molecules in a cell or organism.

Scientists characterize these processes from single-cell expression data by identifying a 'trajectory'. Cell differentiation trajectories can be used to predict patient survival, immune infiltration, and other clinical outcomes. Differentiation trajectories can also be used to identify targets for



controlling cellular differentiation in cancer and other biological processes.

Building on this insight, the KAIST researchers developed a technology to create a digital twin of the gene network associated with the differentiation trajectory of normal cells. Through simulation analysis, the team systematically identified master molecular switches that induce normal cell differentiation. When these switches were applied to colon cancer cells, the cancer cells reverted to a normal-like state, a result confirmed through molecular and cellular experiments as well as animal studies.



Excellence in Ramadan fasting

Fasting during Ramadan serves as a powerful detoxification for our bodies, offering an effective means to cleanse our digestive system and rid ourselves of toxins.

The concept of Ramadan and healthy fasting during this holy month appears to be misunderstood by many people. They often indulge in excessive eating from the moment they break their fast until they stop after the Suhoor meal. This leads to abdominal discomfort, constipation, headaches, indigestion, and weight gain.

Fasting during Ramadan is not only a physical challenge but also a mental one. While individuals may have different approaches to preparing their minds and bodies, here are some tips to help you adjust to the daily fast.

Since you fast for more than 10 hours, it is important to be mindful of the food you eat during the non-fasting period. Opting for slow-digesting foods such as fiber-rich vegetables over fast-digesting options like juices, white bread, sweets, and sugary drinks can help sustain you throughout the day. Fast-digesting foods may leave you feeling hungry again just 2 to 3 hours after eating.

People are often confused over why they tend to gain weight easily during this month, even though they are fasting for much of this time. The reason is that when fasting for over 10 hours, our metabolism slows down. Introducing food after these fasting hours can lead to easy weight gain. Consider the effect of consuming large quantities in one sitting: with your metabolism lowered, your body is not burning enough calories, resulting in significant weight gain.

Below is a diet outline that you can easily implement to ensure you remain nourished throughout the fasting period without putting on added weight.

Start with:

- ½ cup of low-fat yogurt and three dates. Dates



are rich in iron, magnesium, and potassium, making them ideal for rehydration.

- 1 glass of water; remember, you have not consumed water for hours, so stay hydrated.
- 1 small plate of fattoush or any plain green salad.
- 1 small bowl of broth or non-creamy soup. The salad and soup provide essential vitamins and minerals while helping to replenish fluid loss and prevent dehydration. These food choices are slow-digesting, providing prolonged satiety.
- After completing the first part, take time to pray, walk, or rest.

One hour later:

- Enjoy a plate of the main meals: Tachriba, hariss, jerish, steamed rice with lean proteins such as beef, chicken, or fish.
- You can indulge in a sweet treat, but limit it to three to four times a week. Instead, opt for a piece of fruit or a fruit salad rich in fiber and vitamins.

For Suhoor:

- Do not make your main dish heavy for Suhoor, as this meal is usually consumed late, resulting in slower metabolism.
- Choose light options, especially those that will not cause thirst the next day. For example, a

small plate of steamed rice and yogurt can be a good choice. Rice helps retain water in the body, provides energy, and keeps you feeling full for longer. Yogurt, especially the low-sodium version, is refreshing.

- Avoid juices due to their high sugar content, which can quickly trigger thirst.
- Avoid tea and coffee at night as they act as diuretics, leading to dehydration and disrupting sleep due to their caffeine content.
- A fruit platter is a hydrating option rich in essential minerals.
- A bowl of fowl, especially when combined with fresh tomatoes, is a good choice.
- Baked potatoes topped with low-fat labneh, cucumbers, and fresh lettuce make for a satisfying option.

And do not forget to drink plenty of water to replenish lost fluids.

Ramadan Kareem to all those fasting once again.

Be sure to log in to www.eatlikemira.com to subscribe to my diet programs.



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



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