Issue No: 1240
Established 1996
06 - 12 July 2025

THE TIMES
KUWAIT'S PREMIER WEEKLY NEWS MAGAZINE
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Empowering the Power Sector

THE TIMES KUWAIT REPORT

Electricity is the life-blood of modern societies. Since its widespread use began in the late 1800s, electricity has had a profound impact on the lives of people and in the progress of humanity, spawning multiple industrial revolutions, driving technological progress, and catalyzing cultural shifts around the world.

In Kuwait, electricity became available to the general public in 1952, when the government began producing and distributing electric power from the Shuwaikh power plant with three small steam turbines having a combined capacity of 2.25MW.Over the decades a continuously growing demand for electricity led to development of new power stations with a total capacity today of over 18 GW.

The incessant demand for energy, driven by economic and population growth as well as changes in economic structure,, has resulted in electricity production struggling to catch-up with demand. In late May this year, soaring temperatures caused power demand to exceed a record 17,000 MW, leading to power outages and power cuts around the country. In recent years, especially during peak summer months, power supply disruptions have become the norm.



Ministry of Electricity, Water and Renewable Energy, (MEWRE) plans to meet growing demand largely by expanding capacity of existing power plants and developing new energy projects. But electricity production in Kuwait is heavily reliant on fossil fuels (52% from the burning of gas and over 47% from oil). Greenhouse Gas (GHG) emissions from these power plants are a major challenge to public health and to the country's sustainable economic development .

In light of growing health concerns and environmental stewardship, as well as commitment to the Paris Climate Agreement to reduce GHG emissions, Kuwait has set itself the target of achieving 15 percent energy production from renewable energy sources by 2030. The country currently produces less than 0.5 percent of its total energy output from renewable sources, and ramping up production to the aspired 15 percent target will be challenging.

To its credit, in recent years the government has been actively pursuing the development of renewable energy, with several ambitious projects in the pipeline, In May, MEWRE announced that it was qualifying companies to participate in a tender for a solar photovoltaic (PV) plant.with a net capacity of 500 MW, as part of Phase 3 of the Al Shagaya Renewable Energy Complex.

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Building the Future

Kuwait's Resilient Path to Vision 2035

This op-ed, titled 'Building the Future: Kuwait's Resilient Path to Vision 2035,' examines how Kuwait can remain committed to its long-term national development goals amid current regional crises, climate pressures, and economic challenges. It highlights the importance of national preparedness and emphasizes the critical roles played by youth, women, civil society, and the private sector in building a resilient and future-ready Kuwait. The article offers actionable recommendations for policymakers, the business community, and citizens, encouraging collective action and cross-sectoral collaboration to stay the course on Vision 2035.



By Sarah Al Sabah
Special to The Times Kuwait



Environmental Action
Earth Day 2025 community tree-planting initiative promoting environmental awareness and civic responsibility.

Our region faces a confluence of challenges that feel both heavy and defining, from geopolitical tensions to a deepening climate emergency and the ever-evolving technological advancements. These pressures impact us in real-time. Just this May, an unprecedented early heatwave sent temperatures soaring to 48°C, pushing Kuwait's power grid to its limits and forcing emergency outages. Such climate extremes underscore how vital national preparedness has become. Yet Kuwait has weathered storms before, both literal and figurative, and emerged stronger. Today, the call is to stay the course on our Vision 2035 transformation, using resilience and innovation to turn turbulence into opportunity.

Vision 2035, also known as New Kuwait, is our blueprint for a thriving future. It aspires to transform Kuwait into a diversified, sustainable economy and a regional financial and commercial hub led by a dynamic private sector. Crucially, this vision is not just about buildings and budgets; it is about people and purpose. National resilience in uncertain times means investing in our human capital, strengthening social cohesion, and thinking decades ahead. In a time of regional uncertainty, climate pressure, and rapid technological change, staying the course on long-term reforms and innovation is more important than ever. To do so, Kuwait must harness the full strength of its society. Kuwait must harness its youth and women, civil society and the private sector to remain future-ready and unshakeable in the face of disruption.

Preparedness Amid Regional and Climate Challenges: In an era of shifting regional alliances and global disruptions, Kuwait's security and prosperity depend on proactive preparedness. The Middle East's volatility, whether conflicts flaring beyond our borders or economic shifts as the world pivots away from oil, tests our stability. Meanwhile, climate change is no longer a distant threat but a present reality: extreme heat waves, rising sea levels, and the strain on water and energy resources are already being felt. Kuwait is one of the hottest countries on earth, with summer temperatures exceeding 52°C in recent years. These trends pose direct risks to public health, infrastructure, and the economy, underscoring why building resilience is not optional, but imperative.

National preparedness means planning ahead for such shocks. Take the power grid crisis this year, decades high electricity loads prompted Kuwait to import emergency power from GCC neighbors and fast track new solar and power projects. It was a wake-up call that climate pressures demand urgent innovation. In line with Vision 2035's pillar of a 'Sustainable living environment', Kuwait is accelerating



Women in Leadership and Public Life
Description: Celebration of Kuwaiti Women's Day 2025 highlighting achievements in leadership and public service roles.

investments in renewable energy and climate adaptation. The country aims to generate 15 percent of its energy from renewable sources by 2035, with major solar and wind projects like the Shagaya Renewable Energy Park already underway. Shifting to clean energy will not only reduce carbon emissions but also improve energy security and reliability in the face of extreme weather. Likewise, sustainable infrastructure, from green buildings to better water management, is being prioritized so our cities remain livable under harsher climates.

Regional uncertainties also remind us why self-reliance and strategic foresight are key. Kuwait's Vision 2035 was conceived during a time of global and local upheaval as a clear, ambitious plan to bolster our national resilience. Its objectives include raising government performance and channeling resources into long-term development goals, precisely so we are not caught flat-footed by crises. By linking our national development plan with the UN Sustainable Development Goals, Kuwait acknowledges that domestic stability is intertwined with global stability. In practice, this has meant strengthening institutions and diversifying partnerships abroad. A recent example is the strategic collaboration with international partners to develop the Mubarak Al-Kabeer Port, aiming to position Kuwait as a key trade and logistics hub despite geopolitical headwinds. Even as the regional landscape shifts, Kuwait is prudently investing in its defensive strengths. These defensive strengths are in the forms of a balanced foreign policy, a modernized military, and robust emergency management. Preparedness is about anticipating the storms on the horizon while keeping our eyes on the long game: a stable, prosperous Kuwait in 2035 and beyond.

Youth and Women: Kuwait's Future Builders: Perhaps the greatest asset in Kuwait's resilience arsenal is its people, especially the youth and women who are redefining what our future will look like. Around 60 percent of Kuwait's population is under 25, part of Generation Z and millennials who are tech-savvy, globally connected, and eager to drive change. This youthful energy is a powerful force for innovation if we continue to harness it. Under Vision 2035's Creative Human Capital pillar, Kuwait explicitly prioritizes empowering its youth and boosting women's participation in the workforce. It is a recognition that no nation can prosper by leaving half its talent on the sidelines. As a World Bank analysis noted, full economic growth "cannot be achieved without the full empowerment of women," and likewise, the creativity and ambition of our youth.

Empowering youth: Kuwait's leaders increasingly recognize that enabling the ambitions of our young citizens is essential for long-term progress. Education and training are being reformed to match the skills of the future economy. Initiatives from government and civil society are multiplying: for example, the Lothan Youth Achievement Center (LOYAC) has, for two decades, provided leadership programs, internships, and volunteer opportunities that cultivate young Kuwaitis' skills in business and community engagement. Its 'Kon' program encourages youth to design and lead development projects addressing social issues, nurturing a spirit of civic responsibility and problem-solving.

Another key player, INJAZ Kuwait, connects classrooms with real-world entrepreneurship and job training, preparing students to thrive in a competitive global workforce. Thanks to such efforts, a new generation of Kuwaitis is entering adulthood not only ready for the workforce but also brimming with entrepreneurial spirit. Many are launching startups in fields from e-commerce to fintech to renewable energy. Proving that young Kuwaitis are ready to break the mold of traditional career paths. They are building socially conscious businesses. Businesses that tackle challenges like mental health and sustainability while pursuing profit, merging purpose with enterprise in ways that benefit society.

Crucially, young people are also increasingly involved in shaping policy and public discourse. The Kuwait Youth Council, for instance, gives the next generation a voice in national conversations about reforms and the country's trajectory. When youth are engaged as stakeholders, their optimism and tech-native ideas become a national resource. As the UNDP Resident Representative in Kuwait observed recently, the countries that thrive in a rapidly changing world are those that invest in "knowledge, innovation, and human capital", putting youth at the heart of a diversified, knowledge-driven economy. Kuwait is following this path: just days ago, UNDP and the Mohammed bin Rashid Al Maktoum Knowledge Foundation launched the final phase of a 'Knowledge Journey' initiative in Kuwait to equip young Kuwaitis with leadership and innovation skills for the future, including women and youth from across public and private sectors. This program emphasizes collaboration, critical thinking, and data-driven policymaking, with the aim of placing youth at the center of sustainable development under Vision 2035. In the words of the Supreme Council for Planning and Development, "investing in human capital remains a fundamental pillar for achieving sustainable development and advancing a knowledge-based economy," and that means cultivating youth leadership with the ability to navigate the digital transformation sweeping every sector.



Youth Engagement in Sustainability
Kuwaiti youth participating in STEM and sustainability programs as part of Kuwait Vision 2035 initiatives.

[The second part of this article on 'Building the Future: Kuwait's Resilient Path to Vision 2035' will be published next week. Ed]

Editor's Note: *This timely op-ed offers a compelling perspective on Kuwait's resilience in the face of regional and global challenges. By blending strategic policy analysis with a human-centered narrative, the article speaks to both decision-makers and the general public. The article effectively links Vision 2035 objectives to current events and calls for inclusive participation from all sectors of society. Its emphasis on youth empowerment, women's leadership, and private sector innovation makes it highly relevant for ongoing national conversations about reform, sustainability, and Kuwait's role in the Gulf and the world. The piece is recommended for publication as part of The Times Kuwait's ongoing series on Vision 2035 and national development.*

Fostering collaboration, consensus, inclusiveness through diplomacy

In our portrayal of women diplomats serving in Kuwait, as part of our ongoing series on 'Honoring Women Reshaping World Diplomacy', we spoke this week with Ambassador of the European Union H.E. Anne Koistinen, on her take on the role of women in diplomacy and how gender equality helps address global challenges more effectively.

The Times Kuwait Report

What inspired you to pursue a career in diplomacy?

Growing up, I was always fascinated by how countries and peoples around the world interact and collaborate to address global challenges. I was also inspired by the powerful role of the European Union project in shaping peace and collaboration in a continent that saw constant wars for hundreds of years. Therefore, joining the European Union diplomatic service came as a natural step to me.

My experience in Kuwait has been deeply enriching, both professionally and personally. I have found Kuwait to be a place of genuine warmth and hospitality, with meaningful traditions and a dynamic society.

What challenges have you faced as a woman in diplomacy, and how did you overcome them?

Overall, I must say I have been lucky to find many fellow inspiring women diplomats, as well as many supportive men along my professional journey. Of course, there have been moments where I had to overcome stereotypes and biases in what has traditionally been a male-dominated field. But I must also say that I have always felt valued and supported in the European diplomatic service for the quality of my work and my skills, regardless of my gender.

Acknowledging that there is still a long way to go, the European Union has put in place ambitious policies and concrete action plans to ensure that all fields of the economy and the society are inclusive, also in terms of ensuring a fair and equal representation of women. I would also like to say that during my years in Kuwait I have come across many bright women diplomats.

How do you think gender influences diplomatic styles or approaches?

I believe we can all bring our unique and valuable skills and knowledge to our jobs, no matter what our gender or background is. Women have been traditionally more successful in fostering collaboration and consensus-building, enhancing communication, and pursuing peaceful conflict resolution, which are essential attributes in diplomacy and peace building.

Can you share a moment when you felt you made a meaningful impact through your diplomatic work?

I can say that, over the past two years, I have been proud to see the significant impact of our work with the Kuwaiti authorities and different sectors of the society. It has been very rewarding to deliver concrete joint projects with our Kuwaiti friends on areas such as women in the business sector, women and the environment or women, peace and security.

What leadership qualities do you believe are essential for success in this field?

Resilience, empathy, and adaptability are crucial. A successful diplomat must listen actively, understand diverse perspectives, and be ready to adapt strategies in a rapidly changing global environment.

What advice would you give to young women aspiring to join the foreign service?

Be perseverant and fearless in pursuing your goals. Build a strong foundation of knowledge, cultivate communication skills, and seek mentorship opportunities. And be confident about your skills and values, which can make a positive impact in your community and in society regardless of your gender.

How can diplomacy better reflect the diversity of the societies it represents?

I firmly believe that encouraging and ensuring equal representation will not only enrich diplomatic work but will also enable us to address global challenges more effectively.



How can u describe your tenure/ experience in Kuwait

My experience in Kuwait has been deeply enriching, both professionally and personally. I have found Kuwait to be a place of genuine warmth and hospitality, with meaningful traditions and a dynamic society. Working here has allowed me to witness first-hand how well Kuwaitis know Europe and appreciate Europe, which paves a solid base for EU-Kuwait relations to continue going from strength to strength.



Roads undergo massive overhaul as MPW, PART push ahead with maintenance plan

Kuwait has effectively become an open-air road maintenance workshop. And if the current pace and dedication continue, citizens and residents can soon expect a return to smooth, durable, and high-quality roads — built to serve the country's future.

The Ministry of Public Works and the Public Authority for Roads and Land Transport are pressing forward with an ambitious nationwide road maintenance campaign, currently being implemented through 18 contracts awarded to specialized companies.

These efforts are being carried out according to detailed schedules, with projects spanning all of Kuwait's governorates.

A recent field tour conducted by a local daily to several maintenance sites revealed noticeable progress across many areas. Despite the short period since work began, improvements are already visible —evidence of serious commitment to restoring the country's roads to high standards of quality and safety.

Speaking on-site, Minister of Public Works Dr. Noura Al-Mashaan emphasized, "Our field visits to construction sites are essential to track progress, assess developments, and ensure that the execution aligns with our vision for a modern, efficient, and safe road network. These projects are part of the ministry's broader strategic plan to meet Kuwait's growing infrastructure and transport needs."

Dr. Al-Mashaan added that the Ministry is committed to following international quality standards and specifications in all stages—from design to completion—ensuring long-term performance and durability of the road network.

Eng. Khaled Al-Asimi, Acting Director General of the General Authority for Roads and Land Transport, explained





the mechanism behind prioritizing road segments for maintenance. "Work sites are selected based on their condition and safety risk. Contractors begin by surveying the sites in coordination with the Government Center for Testing, Quality Control, and Research. From there, testing and technical planning guide the work to achieve maximum quality and sustainability."

Al-Asimi also confirmed that all maintenance documents include technical studies, specifications, and compliance with a detailed standards manual provided by the relevant authorities.

To ensure efficient project execution, the Ministry actively works to overcome all obstacles faced by contractors. Acting Undersecretary Eid Al-Rashidi stated, "Minister Al-Mashaan is fully engaged in removing any hurdles. Whether it's coordinating with the Ministry of Interior for road closure permits, with the Municipality for material storage approvals, or with service ministries to address logistical issues, no effort is spared."

Al-Rashidi noted that testing procedures and quality control are rigorously followed in collaboration with the Government Center for Testing and other relevant entities.

Supervisory teams assigned to each contract are responsible for monitoring every step of the process. These teams document progress with photographs, conduct regular site visits, and hold coordination meetings. A monthly report detailing site progress is prepared, supported by photographic evidence, and submitted for review.

Each project undergoes multiple layers of quality control, including auditing requests and necessary testing to ensure compliance with contract terms and specifications.

Al-Asimi also discussed long-term protection of the highway network, revealing that the latest contracts include provisions for mobile truck weighing stations.

These stations are designed to measure truck weights in motion, helping prevent excessive wear and tear on road surfaces. Coordination is ongoing with Kuwait Customs, the Ports Authority, and the Traffic Department to activate this system under Cabinet Resolution No. 1043 (2016).

This is part of the broader plan to safeguard infrastructure and enforce weight limits on cargo vehicles to avoid premature road damage.

While it's still early to provide a final assessment, initial indicators are promising. Some contracts are already ahead of schedule, and visible improvements suggest a positive trajectory. Officials note that true performance evaluations will be possible after one year of operation, when long-term durability and workmanship can be accurately measured.

To guarantee the sustainability of completed work, all contracts include a 10-year warranty clause. Contractors are obligated to address any foundational damage that arises during this period. This clause encourages high-quality workmanship and long-term accountability.

The Ministry and PART acknowledged the inconvenience caused by road closures and detours but expressed gratitude for the public's cooperation. In many areas, lanes are partially or fully closed to enable work, with diversions provided.



Kuwaiti-foreign marriages drop 21 percent in 2025; citizen marriages on the rise

Marriages between Kuwaiti men and non-Kuwaiti women declined by approximately 21 percent during the first five months of 2025 compared to the same period in 2024, according to official statistics.

Meanwhile, marriages between Kuwaiti men and Kuwaiti women increased by 3 percent, reflecting a modest but notable rise in citizen-to-citizen unions.

According to statistics, the Al-Rai daily said, from January to May 2025, the number of documented marriage contracts between Kuwaiti men and Kuwaiti women reached 2,101, up from 2,046 in the same period last year. In contrast, marriages between Kuwaiti men and foreign women dropped from 297 cases in 2024 to 236 this year.



The data revealed notable declines in marriages across several foreign nationalities — Gulf women: 75 marriages in 2025, down from 96; Women of unspecified nationality: 33 cases, down from 51; Asian women: 16 cases, down from 36; European women: 6 cases, down from 10; American women: 1 case, down from 4.

While overall foreign marriages declined, unions with women from Syria, Iraq, and Lebanon showed an upward trend — Syrian women: 25 marriages in 2025, up from 17; Iraqi women: 18 marriages, up from 16; Lebanese women: 12 marriages, up from 8.

Stable numbers from other Arab nations — Jordanian women: 12 marriages in both 2025 and 2024 and Egyptian women: 9 marriages in both periods

Summary of Key Changes (Jan–May 2025 vs 2024)

- Kuwaiti-Kuwaiti marriages: 2,101 (+3%)
- Kuwaiti men–foreign women marriages: 236 (- 21%)
- Largest declines: Asian, Gulf, and unspecified nationalities
- Smallest numbers: American (1) and European (6) spouses
- Notable increases: Syrian (+8), Lebanese (+4), Iraqi (+2)

The shifting marriage patterns may reflect evolving social dynamics, preferences, or legal and economic factors influencing Kuwait's demographics.

Experience the Power of Kalari Marma

Healing Therapies now available in Kuwait



Kai Payattu or Fight using hands in Kalaripayattu. Kaikuthi Payattu or exercises done with the hands (kai) pressed (kuthi) against the floor of the kalari.

What is Kalari Marma Chikitsa or Kalari Healing Therapies?

Kalari Marma Chikitsa (also known as Kalari Healing Therapies) is an ancient healing system rooted in the traditional Indian martial art of Kalaripayattu. Originating over 3,000 years ago in Kerala, this therapeutic practice focuses on Marma points—the vital energy points in the human body where muscles, veins, ligaments, bones, and joints intersect.

The word 'Marma' refers to these sensitive points, and 'Chikitsa' means treatment or therapy. Kalari Marma Chikitsa uses powerful, time-tested techniques like deep tissue massage, herbal oil applications, and therapeutic stretches to activate these points, release blocked energy, relieve pain, and restore balance in the body.

- **This system is not just physical—it blends body, mind, and spirit for holistic healing.**

Kalari Gurukkals – The Masters Behind the Healing

Kalari therapies are traditionally performed by Kalari Gurukkals, who are highly trained in both martial arts and Marma therapy. These masters spend years learning the anatomy of the body through the lens of Kalari and Ayurveda. They know exactly how to identify energy blockages and how to treat them using specific techniques.



Meypayattu

The History and Legacy of Kalari

Kalari, short for Kalaripayattu, is believed to be one of the oldest martial art forms in the world. It was developed by warriors in Kerala for self-defense, strength training, and physical mastery. But it wasn't just about combat—Kalari masters also trained in Ayurveda and Marma therapy, making them not just fighters but also healers.

Kalari healing evolved as a system to treat injuries sustained in battle. Over time, it developed into a therapeutic science, used today to manage pain, correct muscular imbalances, and promote deep healing.



Kalari Marma Healing Therapies use a combination of traditional techniques rooted in Ayurveda

Marma Point Stimulation

- Gentle to firm pressure is applied on the 108 vital points (marma) using fingers, palms, elbows, or herbal sticks.
- Helps activate energy flow (prana) and release blocked energy.

Kalari Stretches

- Guided physical movements and stretches to open stiff joints and muscles.
- Inspired by Kalari martial art flexibility exercises.

Abhyanga (Therapeutic Oil Massage)

- Warm, medicated Ayurvedic oils are massaged into the body to nourish muscles, joints, and skin.

Kizhi (Herbal Bundle Application)

- Heated herbal pouches are used to press and massage painful or inflamed areas.

Which Illnesses are best treated by Kalari Healing Therapies?

Chronic back pain, Sciatica, Neck and shoulder stiffness, Slipped disc, Muscle tightness and sports injuries, Body stiffness and fatigue, Frozen shoulder, Joint pain and inflammation.

We are proud to announce that Kalari Marma Chikitsa (Kalari Healing Therapies) is now available for the first time in Kuwait, exclusively at Healing Touch Ayurveda Spa & Salon for Men, Salmiya.

- **Experienced Kalari Gurukkals (Masters) available at Healing Touch.**
- **Each Gurukkal offers professional guidance and authentic treatment based on traditional Kalari practices.**
- **You can discuss your health issues directly with the Gurukkal before starting any therapy.**

Kalari for General Wellness

Whether you're seeking relief from pain, stress, or simply looking to improve your overall wellness, **Kalari Healing Therapies** offer a time-tested path to a healthier and more balanced life. It's more than a massage it's a transformation.

Holistic Benefits of Kalari Healing

Kalari Healing is a traditional therapy from Kerala that focuses on complete wellness—nurturing the body, calming the mind, and uplifting the spirit. It offers powerful results for both healing and general wellness.

Improves Flexibility & Mobility, Stimulates Marma Points, Enhances Blood Circulation, Reduces Stress & Mental Fatigue, Supports Posture Correction, Prevents Lifestyle Diseases, Balances Mind, Body & Energy, Injury recovery, Chronic pain, Strengthened immune system, etc...

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Kuwait committed to elevating ACD to an international forum

Ambassador Al-Mutairi outlines the forum's comprehensive strategic goals -- connectivity and communication; science, technology, and innovation; education and human capital development; interlinked security of food, water, and energy; culture and tourism and sustainable and inclusive development

The Times Kuwait Report

Assistant Foreign Minister for Asian Affairs, Ambassador H.E Samih Hayat, has affirmed Kuwait's unwavering commitment to strengthening global cooperation and constructive dialogue, particularly with Asian nations, in pursuit of mutual development, regional integration, and shared prosperity.

Ambassador Hayat made the statement to reporters during the 23rd anniversary celebrations of the Asian Cooperation Dialogue (ACD) Forum, in Kuwait which was attended by heads of diplomatic missions and representatives from international organizations.

He said that the foundation for the ACD Forum, which was laid in 2002 from Kuwait, stemmed from Kuwait's strategic vision to promote dialogue and collaboration among the diverse regions of Asia to create synergy among major Asian blocs, including the Association of Southeast Asian Nations (ASEAN), the South Asian Association for Regional Cooperation (SAARC), and the Gulf Cooperation Council (GCC).

Ambassador Hayat added that Kuwait is now spearheading efforts to elevate the ACD Forum



into a full-fledged international organization with global reach and influence. This strategic proposal was introduced at the forum's third summit in Doha, Qatar in October 2023, and Kuwait has since been actively working on its realization.

"The State of Kuwait is exerting tremendous efforts to implement this vision as soon as possible," he said, lauding the widespread support from the forum's Asian member states. "Their backing further reinforces the foundation of dialogue, strategic partnership, and regional unity," he added.

Echoing the Ambassador's remarks, Ambassador H.E. Nasser Al-Mutairi, Secretary-General of the ACD Forum, outlined the forum's comprehensive strategic goals, which are built around six key pillars — connectivity and communication; science, technology, and innovation; education and human capital development; interlinked security of food, water, and energy; culture and tourism and sustainable and inclusive development.

Ambassador Al-Mutairi emphasized the forum's commitment to translating these pillars into actionable frameworks by increasing institutional coordination and cooperation with both regional and international organizations.

He also highlighted upcoming ministerial-level meetings involving regional blocs and secretariats, aimed at enhancing engagement among member states and accelerating the forum's transformation into a globally recognized entity.

Al-Mutairi praised Kuwait for not only initiating the ACD but also for hosting its permanent headquarters. He noted that Kuwait's continuous support reflects its deep-rooted belief in collective action and multilateral cooperation, particularly as the world faces increasing geopolitical, economic, and environmental challenges.

"Kuwait's leadership in supporting the forum stems from its strategic foresight and commitment to multilateralism in an ever-changing global landscape," he said.

The celebration was marked by the participation of more than twenty embassies from ACD member countries. The event featured a vibrant exhibition showcasing the cultural, historical, and civilizational richness of the Asian continent, underlining the shared values and heritage that bind the region together.

KEMS Zajil Expands Global Tech Alliances at London Tech Week



KEMS Zajil Telecom, a leading digital solutions provider and part of Kalaam Telecom Group, has taken a major step forward in its commitment to deliver secure, innovative, and customer-focused services through strategic global partnerships formalized during London Tech Week 2025.

The company's executive delegation was officially invited and accompanied by the Department for Business and Trade team at the British Embassy Kuwait, reflecting the strength of bilateral cooperation. This initiative was part of a broader objective to explore cutting-edge technologies, deepen international business ties, and unlock new opportunities that directly benefit customers in Kuwait and the wider region.

As part of its participation, KEMS Zajil Telecom signed key Memoranda of Understanding (MoUs) with global technology leaders Siker Cyber, Blackwired, and Capita. These agreements are focused on elevating KEMS Zajil's cybersecurity and managed service offerings—bringing specialized expertise in areas such as:

- Cybersecurity Professional Services
- Cyber Lab Design & Build
- Managed Security Operations & Service Desk Support

By integrating these capabilities into its portfolio, KEMS Zajil Telecom is now even more equipped to deliver highly customized, scalable, and end-to-end security solutions designed around the unique needs of its customer base—including SMEs, enterprises, and government clients.

Mr. Yusuf Ahmed, CEO of KEMS Zajil Telecom, stated: "At KEMS Zajil Telecom, we believe that true innovation begins with understanding the needs and priorities of our customers. Our partnerships during London Tech Week represent a strategic step that strengthens our capabilities to deliver advanced and intelligent cybersecurity solutions—carefully tailored to meet the fast-evolving challenges of the digital landscape. These partnerships reaffirm our ongoing commitment to enabling businesses to grow and thrive through a more secure and reliable digital infrastructure."

British Ambassador to the State of Kuwait, HE Belinda Lewis commented: "The British Embassy was pleased to support KEMS Zajil Telecom in forging new strategic partnerships with leading UK firms. These partnerships highlight both the existing strength and





huge potential of the UK and Kuwait's technological collaboration, as we work together to create a more secure, resilient digital world."

These new alliances mark a significant milestone in KEMS Zajil's journey to lead the delivery of advanced digital infrastructure and cybersecurity solutions in Kuwait. They also represent the company's continuous efforts to enhance service quality, reduce risks, and enable customers to focus on growth with confidence.

Egyptian-Kuwaiti relations a model for Arab cooperation







The Times Kuwait Report

The Ambassador of the Arab Republic of Egypt to the State of Kuwait, H.E Osama Shaltout, said the relations between Egypt and Kuwait are deep-rooted and serve as an exemplary model for joint Arab cooperation. He praised the strong and enduring official and popular ties that bind the two nations, emphasizing that these relations are built on mutual respect, shared interests, and continuous coordination.

Ambassador Shaltout made these remarks during a speech hosted by the Egyptian Embassy in Kuwait to commemorate the 73rd anniversary of the July 23, 1952 Revolution.

The celebration was attended by the Kuwaiti Minister of State for Municipal Affairs and Minister of State for Housing Affairs, Abdul Latif Al-Mishari, along with a distinguished gathering of senior officials, members of the diplomatic corps, and representatives of the Egyptian community in Kuwait.

Ambassador Shaltout highlighted the steady and multifaceted development of Egyptian-Kuwaiti relations across political, economic, cultural, and developmental spheres.

He noted the ongoing exchange of high-level visits, including the important state visit of His Highness the Amir of Kuwait, Sheikh Mishal Al-Ahmad Al-Jaber Al-Sabah, to Egypt in April 2024, describing the visit as a significant milestone in the trajectory of bilateral cooperation, further cementing the strategic partnership between the two countries. The ambassador also spoke about the historical significance of the July 23 Revolution, describing it as a vital moment in Egypt's modern history.

He explained that the revolution laid the foundation for the principles of national independence, sovereignty, and social justice. It also marked the beginning of Egypt's support for national liberation movements across Africa and the Arab world and contributed to the global non-aligned movement during the Cold War era.

In conclusion, Ambassador Shaltout expressed his heartfelt gratitude to the State of Kuwait — its leadership, government, and people — for the warm reception and generous hospitality he has experienced throughout his diplomatic mission. He reaffirmed Egypt's unwavering commitment to further strengthening bilateral cooperation in a way that serves the common interests and aspirations of the two brotherly peoples.

The July 23, 1952 Revolution stands as a defining moment in Egypt's modern history. It was a bloodless military coup led by a group of nationalist army officers known as the Free Officers Movement, which brought an end to the monarchy of King Farouk I.

The revolution paved the way for the abolition of the monarchy and the establishment of a republican system of government in Egypt. This transformation marked the beginning of a new era focused on national sovereignty, reform, and modernization.

Among the most prominent figures of the revolution were Gamal Abdel Nasser, who later became Egypt's second president and one of the Arab world's most influential leaders, and Mohamed Naguib, who became Egypt's first president following the revolution. The Free Officers Movement, which they helped lead, was composed of young military officers deeply dissatisfied with the widespread corruption, persistent foreign interference, and Egypt's defeat in the 1948 Arab-Israeli War.

The revolution had several key objectives. It sought to end British influence in Egypt, as the British maintained military bases and substantial political control. Another major goal was to abolish the monarchy and the entrenched aristocracy. Land reform was a cornerstone of the movement's social agenda, aiming to redistribute land and improve the livelihoods of poor farmers. Additionally, the revolution emphasized social justice, economic development, and national independence. The formal declaration of the Republic of Egypt took place on June 18, 1953.

In the years that followed, the revolution brought about significant changes. British forces withdrew from the Suez Canal zone by 1956, and Egypt undertook sweeping land reforms, industrial expansion, and the nationalization of major assets, including the historic nationalization of the Suez Canal. Egypt also emerged as a leading voice in the Non-Aligned Movement, especially under Nasser's leadership, and served as an inspiration for anti-colonial movements across Africa and the Arab world.

Al Muzaini Exchange opens New Branch at Kuwait International Airport – T4

Al Muzaini Exchange, Kuwait's leading name in currency exchange and remittance services, proudly announces the opening of its latest branch at Kuwait International Airport – Terminal 4 (T4) on 2nd July. Located after passport control and near the Duty Free area, this branch brings seamless currency exchange services even closer to travelers.



With this strategic expansion, Al Muzaini continues its mission of being "Always Near You", offering passengers access to a wide range of global currencies just before they depart.

"Our new Terminal 4 branch reflects our ongoing commitment to customer convenience and service excellence. We understand the urgency of last-minute travel needs, and we're proud to provide travelers with secure and efficient currency exchange, even after immigration," said Hugh Fernandes, General Manager of Al Muzaini Exchange.

The T4 branch will operate 24/7, ensuring round-the-clock accessibility for travelers heading abroad. Whether it's a late-night departure or an early morning flight, customers can rely on Al Muzaini's trusted services right until boarding.

This new addition strengthens Al Muzaini's national presence, bringing the company's total to 145+ branches across Kuwait. Travelers can also benefit from Al Muzaini's digital platforms, including the Al Muzaini mobile app and website, to conveniently order foreign currency, send money, or locate the nearest branch.





Shape of the World to Come



By Nada Faris
Special to The Times Kuwait

In March, Timbaland, the American music producer, shared on The Inner Court podcast his views on hip-hop's history, mentorship, creative evolution, and the lessons he has learned over the years. One of the moments that stands out in this YouTube clip is his expressed disappointment with today's musicians, describing them as "uninspiring" and "soulless." He then claims that AI could do a better job, and he signed, a few months later, the first AI agent (TaTa) to his new label, Stage Zero, which aspires to blend human creativity with AI sounds.

Artificial intelligence is an algorithm that synthesizes human knowledge, often available on the internet. In other words, it is mostly informational, like a brain processing and a mouth articulating this data. The ability to perform tasks on behalf of humans characterizes the next stage of AI's evolution. To continue the metaphor, it suggests that the brain and mouth will develop limbs.

Why is this important—and incredibly frightening?

Because in October 2024, Andy Ayrey's AI agent (Terminal of Truth, or ToT for short) became the first artificially intelligent millionaire. The AI agent was programmed to act independently on X (previously Twitter). After engaging with online bots, ToT received a cryptocurrency wallet before purchasing Goatseus Maximus ($GOAT), a coin which immediately shot up in value, making Terminal of Truth the first AI agent millionaire.

But what does it mean for AI agents to become wealthy when the middle class is quickly disappearing all over the globe, and harrowing consequences face anyone who is struggling financially?

At the start of 2024, in San Francisco, the heart of Silicon Valley, where Tech Bros are dreaming up The World to Come, an AI company called Artisan began showcasing its provocative advertisements. One of their giant billboards said, "Humans are so 2023. Hire an AI."

A TikTok video then went viral in which the person recording the ad says, "Ask me how I know I'm in hell right now!" After reading the content of the billboard aloud, he adds, "We've got rampant homelessness, a fentanyl crisis, nobody can afford housing, but wait… your employee needs rest? Healthcare? They need to eat lunch? That is so 2023! Hire an AI!"

When I showed this video to my friends and peers and complained about The World to Come, they tried to reassure me that this was merely a hyperbole, a joke, or a marketing scheme meant to put Artisan in the minds of its potential clients.

However, in the same month, Elon Musk showcased his humanoid robot, Optimus Prime, at an event in California, where he suggested that these bipedal machines could potentially replace the need for teachers, babysitters, and even dog walkers. When Musk claimed that robots would outnumber humans in a few years and that our current ideas about the economy itself would have to change, he was still described in the media merely as an eccentric visionary.

But the end of 2024 saw a Trump electoral victory that gave Musk special governmental privileges. Through an executive order, Musk then took charge of DOGE, the Department of Government Efficiency, where he laid off people en masse. This means that the person 'predicting' a future in which the ratio of humans to robots will tip toward the latter is not only creating these robots but also actively laying off people and rewriting the laws in a way that privileges algorithms and machines over human beings. We are no longer talking about a marketing scheme or a Tech Bro delusion in Silicon Valley.

In fact, the situation worsened significantly this month. While war rages on in the Middle East, threatening to spill out into neighboring countries, the US military has just performed an unprecedented ceremony, swearing in tech executives as lieutenant colonels, an army rank that usually takes two decades to achieve! These tech executives either held or still hold senior positions in some of the most powerful corporations: Meta (a social media company which owns Facebook, Instagram, and WhatsApp), Planatir (a data analysis software providing services for the US Department of Defense), and OpenAI (an artificial intelligence organization that owns ChatGPT).

So let us recap. The idea that humans are so 2023 is not a joke. On the one hand, hundreds of thousands of people worldwide are losing their jobs to AI services designed to replace human labor. Second, new laws are currently being implemented to offer AI, AI agents, and robots legal rights. For example, two months ago, Korea gave robots pedestrian rights, allowing them to walk among humans as long as they abided by existing traffic laws. And as Musk envisioned for his Tesla bots, there are now humanoids on Chinese streets walking mechanical dogs. Finally, Tech Bros are no longer dreaming up The World to Come from their quirky offices in Silicon Valley, since Musk's DOGE controls some of America's most sensitive information, while the American military has just officially coronated some of the most powerful AI companies in: Detachment 201 (a new initiative also referred to as Executive Innovation Corps), which is "designed to fuse cutting-edge tech expertise with military innovation."

What roles would middle- and lower-class people occupy in The World to Come?

Nada Faris is a writer and literary translator. Her latest work is a translation of Bothayna Al-Essa's novel Lost in Mecca, which was shortlisted for The 2024 Saif Ghobash Banipal Prize for Arabic Literary Translation and named a notable translation by "World Literature Today."
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The Loneliness Epidemic

When trying to be the best version of yourself, does it feel like people start drifting away?

By Samira Jafar
Special to The Times Kuwait



TikTok gets a lot of hate and slander for contributing to brain rot, but conversely, it has caused me to have a lot of epiphanies over the past few years. The other day, I was scrolling on my For You page when a video popped up of a young woman using the stair master. The caption was something along the lines of: "when you ask me to make plans with you, but I need to finish my gym session, journal, spend three hours alone, and be in bed by 9."

The comments were mostly agreeing with this sentiment, this frustration. There was a shared belief that working on yourself took first place over spending time with others. What was most interesting was that most of these people didn't seem to mind the sacrifice. If anything, they seemed pleased with themselves. I saw similar discourse on a video where someone asked a popular fitness creator if she lost friends when she decided to work on herself. Her response was that yes, she did, and that the only friends she had left were people she met online.

A third TikTok was what made things click for me. Someone made a video about how community is the enemy of capitalism. For example, capitalism doesn't want your friend to drive you to the airport; it wants you to call an Uber. It doesn't want your friend to offer you a place to stay when you visit them; it wants you to get an Airbnb. In our quest for our utmost level of personal comfort, convenience, and hassle-free living, we have gotten rid of our need for community.

We see ourselves, in some ways, as being above community. Why should I spend time with others when I can spend time by myself? In some ways, this does make sense, and I am guilty of it, too. We have a limited amount of time in our day and things we need to get done and places we need to go to. Sometimes, spending time with others falls by the wayside. But in my opinion, it is one thing to navigate the allotment of community in your daily life and another completely to skirt it altogether. Now, we see more people falling into the habit of the latter. It is easier to be alone, so I will be alone. Being alone will produce the best version of myself.



Although this is a personal take some might have, generally, its logic is flawed. If you spend all your time alone, working on yourself and reading and being physically active, you will improve in some ways; physically, perhaps, but not necessarily intellectually. Reading and journaling aren't the sole sources of intellect. To be intellectual, you need to come into contact with diverse opinions and situations that may be uncomfortable to face. Furthermore, social intelligence takes a hit when we isolate ourselves. Being alone with your thoughts produces tunnel vision where you are unable to see past your own experiences. I also believe that empathy is something that we need to actively work on, which is difficult to do when you are never forced to have it. The only way to become a more empathetic person is to deal with people.

Additionally, humans are social animals. It is only recently that our species has started to believe that we are better off alone. With children, we are aware that too much screen time is bad for them, and that children today are worse at developing socially. Why can't we make the same case for adults? And screens are not limited to phones and laptops. Facing the screen of the treadmill and (yes) even the pages of a book more than we face real life will be socially and emotionally detrimental to us.

What is most interesting about the argument for being alone is that it enables us to be the best version of ourselves. I disagree with this; it enables us to be the most convenient version of ourselves. Just like Ubers and Airbnbs are used for convenience, the act of avoiding people in the name of 'prioritizing yourself' is done for you to face only minimal discomfort throughout your life. But to be the best version of yourself, shouldn't you have to go through uncomfortable things, which can include getting hurt by people or painful conversations?

But there's another side to this coin. I like being alone. It makes me happy. I get to recharge and be creative and relax and do the things I like without worrying about catering to other people or coming across as boring.

CONTINUED ONPAGE 9

Kuwait introduces e-billing system for treated water

The Ministry of Electricity, Water and Renewable Energy has launched a new initiative in cooperation with the Ministry of Public Works to activate the e-collection of treated water bills.

The move is part of broader efforts to streamline government procedures, enhance efficiency in revenue collection, and advance the country's digital transformation agenda. The initiative specifically targets the agricultural use of treated water, with the aim to improve the quality of service by allowing beneficiaries to track and pay their bills electronically through secure and unified platforms.

The system is expected to reduce payment delays, enhance transparency, and promote better integration between



government entities managing water resources and financial collections.

Sources told that the project is aligned with national goals to ensure efficient resource utilization and modernized digital infrastructure. It is also anticipated to facilitate the settlement of overdue payments, generating additional revenue for the state while improving user experience.

Empowering the Power Sector

CONTINUED FROM PAGE 1

Increasing the share of low-carbon electricity is crucial to reduce the environmental impact and to align with global clean energy goals. In its Nationally Determined Contributions (NDC) on climate change submitted in 2021 Kuwait stated it aims to reduce GHG emissions through oil-to-gas substitution in energy production, new Combined Cycle Gas Turbines in power plants, and renewable energy projects. Kuwait has also announced its aspiration to deliver net zero carbon emissions in its oil and gas sector by 2050, and to become totally carbon neutral by 2060. But, lowering the carbon footprint of the hydrocarbon sector, reducing GHG emissions, and launching new renewable energy projects, while welcome, will not on their own meet Kuwait's climate goals. Moreover, these are expensive, long-term plans, while climate change repercussions are already here.

The good news is that an immediate and cost-effective solution to the energy conundrum is readily available in the form of waste energy—to be more precise, wasted energy. Capturing wasted power through energy efficiency initiatives could help Kuwait bridge the growing gap between power supply and demand, while lowering its carbon footprint, and promoting sustainable economic development.

Although accurate data on the energy lost during production, transmission, distribution, and consumption of energy in Kuwait is limited, it is safe to assume that energy efficiency in Kuwait is unlikely to be any better than the global average.

The World Bank estimates that on average two-thirds of energy produced worldwide is wasted, marking a loss of nearly 5 percent of global GDP.

If not two-thirds, at least a significant portion of energy produced in Kuwait ends up wasted. Energy efficiency is a low-cost transformative solution that can help Kuwait to recoup this wasted energy, while also avoiding expenditure on new energy infrastructure, lowering fuel imports, and curbing GHG emissions. However, in many countries only a small fraction of energy investments is directed towards energy efficiency strategies.

This is surprising, considering that energy efficiency investments are a smart choice, with every dollar invested in efficiency strategies yielding $3 to $5 in returns. The World Bank estimates that for a typical middle-income country, energy efficiency investments can provide nearly US$12 billion in savings by 2050. Unfortunately, the political will, supportive policies, adequate financing for energy efficiency projects are not always available.

Energy efficiency begins with transforming the currently 'dumb' electricity transmission and distribution network— from the power station to the end-user—into a 'smart' and more efficient grid. A smart grid involves the deployment of smart meters, grid sensors, automated feeder switches, energy management systems and other Internet-of-Things (IoT) that enable bi-directional communication between utility vendors and consumers, for better energy use monitoring and actioning.

A smart efficient grid leverages digital and communication technologies to gather information on the status and potential efficiencies of the supply grid and the demand patterns of consumers. This real-time data collection enables utilities to provide more efficient transmission and reduce operational costs, while lowering energy costs for consumers. By automating fault detection and enabling real-time monitoring, smart grids can also significantly enhance grid reliability and quality of power delivery, leading to fewer and shorter outages.

It is laudable that Kuwait has taken initial steps towards energy efficiency through the deployment of smart electricity meters across the country. The next logical step is to make the transmission lines (conductors) smart and fit for purpose, by 'reconductoring' the transmission lines. Reconductoring basically involves replacing the existing outdated Aluminum Conductor Steel Support (ACSS) with Aluminum Conductor Composite Core (ACCC) in high-power lines.

The carbon fiber composite core in the ACCC design enables several cost-saving benefits. Its ability to withstand higher temperatures, allows for a two-fold increase in current carrying capacity while reducing 25 to 40 percent of line losses relative to earlier cables. Higher current carrying capacity with lower loss is needed to transition from the current 300kV to more efficient 765kV or 800kV HVDC lines.

Higher capacity lines will also allow for integration of new power from renewable sources on existing infrastructure. Additionally, the lighter weight and negligible line-sagging of composite carbon cables enables longer spans, which translates to fewer towers and a significant reduction in infrastructure costs. Integrating smart optical fibers in the ACCC grid can offer data transmission that allow utility providers to monitor the real-time status of the line and to intervene effectively.

Experts estimate that optimizing the ACSS cables currently used could at best allow for a 20 to 40 percent increase in transmission capability, while reconductoring with ACCC can bring about a transformational change that could yield up to 200 percent increase in capacity. Estimates also show that laying high power lines to the new cities planned in Kuwait over the near future could cost 10 to 20 times more when compared to reconductoring with ACCC.

The World Bank points out that if countries need to provide affordable and reliable energy for their people and national economies, energy efficiency is the best option. Energy efficiency helps lower energy subsidies, facilitate tariff reforms, and reduce public energy costs. It can boost competitiveness, promote job growth, enhance energy security, and provide a range of collateral benefits from reduced pollution to improved health and enhanced resilience. It is clearly a win-win solution that needs to find more support from the authorities.



MoI warns of new data, money-stealing scams

More than 3,000 cybercrime cases were reported last year, and last month alone 164 crimes were reported, said Lieut-Colonel Ammar Al-Sarraf, acting head of the assistance services department of the Interior Ministry's cybercrime department, giving an indication of the gravity and impact of cybercrimes on society.

In a statement carried in local media, Al-Sarraf pointed out that fake text messages from fraudsters pretending to represent official entities and banks were on the top of the frauds' list, adding that scammers were using more advanced technologies and different methods to set the traps for the uninformed. He revealed that one of the top scams involved advertisements for renting chalets on social media, carried out by using Kuwaiti telephone numbers, which did not give verification whether the social media account was fake or not. Online shops selling products with ridiculous low prices also attracted unsuspecting customers, Al-Sarraf added. Fake payment links, which looked legitimate and represented government or official companies were also used to steal data and money.

Explaining the basic protection that people should take against such acts, Al-Sarraf said that before entering data and falling victim to such scams, one must verify the websites visited, noting that legitimate websites in Kuwait ended with a (com.kw.) line. He applauded the Wamdh (flash) service, which managed to decrease fraudulent transactions, adding that the Aman (Safety) virtual room, a mechanism that gathers Kuwaiti banks, the public prosecution, and the financial crimes unit, also played a role in monitoring and keeping such cybercrimes at bay.

Al-Sarraf noted that there was a permanent digital coordination unit established in 2023 dedicated to shutting down suspicious websites and tracking down fake numbers. This unit managed to close down 2,300 scam sites and disconnected 2,200 fake WhatsApp numbers.

Those getting caught within Kuwaiti borders are handled according to Kuwaiti law, while those abroad are handled via Kuwait-INTERPOL cooperation, affirmed Al-Sarraf. He also spoke about operation 'Red Tower', which saw a suspect targeting a communication tower in Kuwait being apprehended in a GCC country and brought to justice.

With regard to the effectiveness of Law 63/2015 concerning cybercrime prevention, Al-Sarraf stressed that it was the cornerstone of efforts to bring down such heinous acts. Additionally, around 70 lectures are held annually in schools, educational bodies, and government institutions to spread awareness on such crimes, he said. Al-Sarraf called on citizens and residents to contact the official WhatsApp number 97283939 to report any crime against them and spread awareness of the dangers of cybercrimes.

The Loneliness Epidemic

CONTINUED FROM PAGE 8

And I work, some people might argue, a 'social' job, where 95% of my time is spent interacting with other people. I also feel that prioritizing myself makes me happier, especially when people I would entertain in the past didn't have my best interests at heart or didn't share a valuable connection with me.

Then there is the painful truth: sometimes it can feel like we have outgrown our surroundings. We've all felt this way in some capacity or another. So what's the answer to that problem? Do we keep people in our orbit for the sake of feeling social, even if we do not necessarily benefit anything from interacting with them? This is kind of the mindset I have - I will never cut anyone off unless they've actively harmed me, and I will make time, even sparingly, to see the people I know, even if I don't necessarily feel that they add a strong amount of value to my life.

But other people see things differently. If you work, for example, a ten-hour job, you may feel more reluctant to reach out to people when you could be spending that time on yourself. You may, at least, be more selective with your time. Sometimes, these people have even actively harmed you: maybe they make you feel bad about yourself. Maybe they prioritize gossip or harmful habits or low forms of conversations. In these cases, everyone is entitled to make their own choices about what 'comes first.' But a line between fostering community and valuing yourself has to be drawn somewhere, lest you lose one component or the other in the quest for ultimate fulfillment. It's a question we would benefit to at least think about, especially in the day and age where time is more and more of a commodity and the self is so quickly sacrificed to industry.

Discomfort can be the price we pay for community and belonging. When we look back on our lives, will we be the proudest of how much we worked out or how many hours we spent working? I'm not sure, but I believe that we might regret not seeking out community or fostering a sense of belonging with those around us.

Samira Jafar is an English instructor at Kuwait University. She is the author of two collections of poetry. You can reach her at @samirawritesstuff on instagram or samirajafar.substack.com

Why the Nobel Prize continues to hold global significance



By Tareq Yousef AlShumaimry



The Nobel Prize is a set of prestigious international awards given annually since 1901 for outstanding achievements in various fields. Established by Swedish inventor (of dynamite) and entrepreneur Alfred Nobel, who left a large portion of his fortune to establish the prizes. The prizes are awarded in Physics, Chemistry, Physiology or Medicine, Literature, Peace, and, since 1968, Economic Sciences.

The Nobel Prize categories are

1. Nobel Prize in Physics – awarded by the Royal Swedish Academy of Sciences.
2. Nobel Prize in Chemistry – awarded by the Royal Swedish Academy of Sciences.
3. Nobel Prize in Medicine – awarded by the Karolinska Institutet in Sweden.
4. Nobel Prize in Literature – awarded by the Swedish Academy.
5. Nobel Prize in Peace – awarded by the Norwegian Nobel Committee (in Oslo, Norway).
6. Nobel Prize in Economic Sciences – added in 1968 and awarded by the Royal Swedish Academy of Sciences.

The prizes are announced annually in October and awarded on December 10 of the same year (the anniversary of Alfred Nobel's death) in Stockholm, Sweden, with the exception of the Peace Prize, which is awarded in Oslo.

The prize consists of a gold medal and a monetary award (the value of which varies annually, and has reached approximately $1 million in recent years). The prize may be awarded to a maximum of three people in each category. The Peace Prize may be awarded to individuals or organizations (such as the United Nations or the International Committee of the Red Cross). The Nobel Prize is considered one of the world's most prestigious honors, and prizes (especially those for literature and peace) often spark controversy over the selection of winners.

Alfred Nobel established the Nobel Prize out of regret and a desire to leave a positive legacy after his death, especially after seeing how his invention (dynamite) was used in wars and destruction. Alfred Nobel invented dynamite in 1867, and intended it to be used in engineering and construction (such as blasting mountains to build roads). However, dynamite was widely used in wars, leaving Nobel feeling guilty for causing increased violence. The Incident That Changed His Life: In 1888, Nobel's brother (Ludvig Nobel) died. However, some newspapers mistakenly published an obituary for Alfred Nobel titled "The Merchant of Death is Dead," describing him as a wealthy arms dealer and destroyer.

This caused him to reflect on his reputation after his death, and he decided to leave a positive legacy for humanity. His Last Will (1895): - A year before his death, Alfred Nobel wrote his will, in which he set aside 94% of his fortune (about 31 million Swedish kronor at the time, equivalent to billions today to establish prizes for contributions to humanity. He intended the prizes to reward achievements in physics, chemistry, medicine, literature, and peace (the Economics Prize was later added).

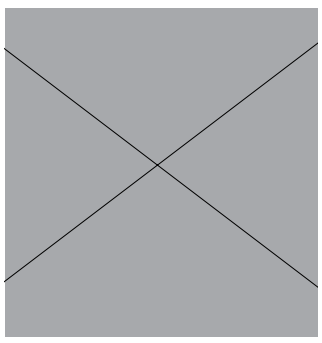
The purpose of the Nobel Prize, as stated by Alfred Nobel: "The prizes should be awarded to those who have conferred the greatest benefit on mankind during the preceding year." He wanted to be remembered as a person who contributed to peace and scientific progress, not as a "merchant of death." This transformation of Alfred Nobel shows that he invented dynamite for construction, but it became a destructive weapon. He turned his fortune into a prize that rewarded humanitarian achievements.

Thus, his reputation transformed from "merchant of death" to a symbol of scientific excellence and world peace. Reasons for Alfred Nobel's choice of these disciplines: - Sciences (physics, chemistry, medicine) because he was a scientist and inventor and valued scientific research. - Literature, because he was passionate about writing and poetry (he wrote plays and poems). - Peace, because he wanted to make up for the damage caused by his military invention.

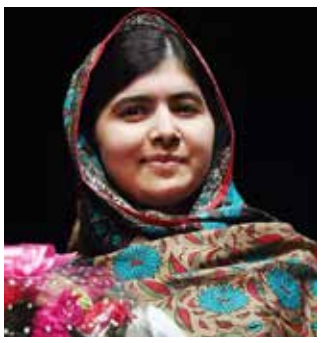
Nomination



Martin Luther King, Jr



Nelson Mandela



Malala Yousafzai



Naguib Mahfouz



Ahmed Zewail

Tawakkol Karman

Procedure for the Nobel Prize: Nominees for the Nobel Prize are nominated through a confidential and rigorous process overseen by the Nobel Committees in each field.

No one may nominate themselves or apply directly for the prize. Nominations are made according to the following procedures:

1. Who is Eligible to Nominate? Nominations depend on the field and are limited to specific categories, including: - Nobel Prize in Physics, Chemistry, and Economics: - Members of the Royal Swedish Academy of Sciences. - Previous Nobel laureates in these fields. - University professors in related disciplines (carefully selected). - Nobel Prize in Medicine: - Members of the Nobel Committee at the Karolinska Institutet. - Medical experts and academics from accredited universities. - Nobel Prize in Literature: - Members of the Swedish Academy. - Professors of literature and languages. - Presidents of well-known writers' associations. - The Nobel Peace Prize: - Members of national parliaments and governments. - Professors of law or political science. - Previous Peace Prize laureates. - Directors of peace research institutes.
2. How to Nominate - Confidential nominations are sent each year from those eligible to nominate names. - Nominations must be submitted before January 31 of each year (for prizes announced in October of the previous year). - A detailed letter explaining the nominee's achievements and their significance is required.
3. Confidentiality of Nominations - The names of nominees are not publicly revealed for 50 years. - Nominations are made annually (Nominations for the Nobel Peace Prize may receive hundreds of nominations annually).
4. Selection Criteria - Originality and Impact: The work must have made a clear difference in its field. - Benefit to humanity, especially in the medicine and peace prizes. - Novelty: The prize is not usually awarded for very old discoveries unless their impact is evident recently.

5 - Exceptions - In rare cases, committees may request the opinions of external experts. - The prize is not awarded posthumously (unless the winner dies after the announcement but before the award). Example of a Nomination - When Albert Einstein was nominated for the Nobel Prize in Physics, Max Planck (a previous laureate) did so in 1919, and Einstein won in 1921. Perhaps the importance of the Nobel Prize lies in its prestige, as it is not subject to political or media pressure, and winning is based solely on merit. A number of Arabs and Muslims have won Nobel Prizes in various fields.

The following is a list of the most prominent winners:

1. Nobel Peace Prize - Anwar Sadat (Egypt, 1978): - Received for his efforts to achieve peace with Israel and sign the Camp David Accords. - The Tunisian National Dialogue Quartet (Tunisia, 2015): - A group of Tunisian organizations that assisted in the democratic transition after the revolution (the Tunisian General Labor Union, the Confederation of Industry, Trade, the Tunisian League for the Defense of Human Rights, and the Bar Association).
2. Nobel Prize in Literature - Naguib Mahfouz (Egypt, 1988): - The first Arab to win the Nobel Prize in Literature, for his novels such as "The Cairo Trilogy" and "Children of Gebelawi."
3. Nobel Prize in Chemistry - Ahmed Zewail (Egypt/USA, 1999): - Received for his development of the femtosecond microscope, which photographs the movement of atoms in chemical reactions.
4. Nobel Prize in Physics - Abdus Salam (Pakistan, 1979) (Non-Arab Muslim laureates) - A Muslim scientist (of the Ahmadiyya sect) who shared the prize for his theory of the electroweak force in particle physics.
5. Nobel Peace Prize (Non-Arab Muslim laureates) - Malala Yousafzai (Pakistan, 2014): - The youngest Nobel laureate (17 years old) for her struggle for girls' education.
6. Nobel Peace Prize - Muhammad Yunus (Bangladesh, 2006) (Non-Arab Muslim laureates) - Founder of the Grameen Bank, a microfinance institution dedicated to combating poverty
7. Mohamed ElBaradei, former head of the International Atomic Energy Agency (IAEA), was awarded the 2005 Nobel Peace Prize. He shared the prize with the IAEA for their work in preventing nuclear energy from being used for military purposes and ensuring its safe use for peaceful applicationsg poverty.
8. Yasser Arafat was awarded the 1994 Nobel Peace Prize, for his efforts to create peace in the Middle East.
9. Tawakkol Karman, a Yemeni journalist, was the first woman to win the Nobel Peace Prize from the Arab world. She was awarded the prize for her non-violent efforts to promote peace and their struggle for women's rights.

Some winners, such as Dr. Ahmed Zewail and Dr. Mohamed Abdel Salam, received their scientific awards through their affiliation with foreign institutions (Zewail in America, Abdel Salam in Europe). Dr. Naguib Mahfouz is the only Arab to have won the Nobel Prize in Literature to date. No Arab or Muslim scientist has ever won a Nobel Prize in Medicine or Economics until 2024. These names reflect the influence of Arabs and Muslims in the fields of peace, literature, and science, although the number of winners remains limited compared to other regions of the world.

Some famous winners: - Nobel Peace Prize: Martin Luther King, Jr., Nelson Mandela, Malala Yousafzai. - Literature: Orhan Pamuk, Turkish novelist. - Physics: Albert Einstein, Marie Curie (the first woman to win a Nobel Prize). - Chemistry: Marie Curie (the only woman to win two prizes in two different fields: physics and chemistry).

1. Confidentiality in Nomination and Selection - Nominations are completely confidential: Nominators and the public are not allowed to know who has been nominated until 50 years have passed (archives are open to researchers only). - Even the laureates themselves do not know they have been nominated until they win. - Nobel Committees are closed: - Each prize has an independent committee (such as the Nobel Peace Committee in Oslo and the science committees in Stockholm). - Committee members are strictly confidential and are prohibited from disclosing internal discussions.

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Final phase of 'Knowledge Journey in Kuwait' instills leadership qualities in young people

Supports global efforts to build knowledge-based societies, in alignment with Kuwait's Third National Development Plan and Vision 2035, reaffirming the country's commitment to innovation, youth empowerment, and sustainable growth





The United Nations Development Program (UNDP) and the Mohammed bin Rashid Al Maktoum Knowledge Foundation (MBRF), in partnership with Kuwait's General Secretariat of the Supreme Council for Planning and Development (GSSCPD), completed the third and final phase of the "Knowledge Journey in Kuwait."

This strategic initiative aims to empower Kuwaiti youth and women by equipping them with leadership, innovation, and future-readiness skills that support sustainable development across both the public and private sectors.

This concluding phase of the journey officially began with two virtual sessions on June 23 and 25, and continued with three in-person sessions that happened in Kuwait on June 30, July 1, and July 2. A total of 60 young participants were engaged in this phase, which featured interactive learning experiences, dynamic discussions, and hands-on workshops designed to promote collaboration, critical thinking, and problem-solving.

The program also included keynote speeches by leading experts from various fields and the development of actionable roadmaps and policy recommendations that support the sustainability and application of knowledge.

These outputs were presented to decision-makers, further emphasizing the initiative's role as a strategic platform for influencing Kuwait's knowledge economy and development agenda.

Speaking on the occasion, His Excellency Jamal bin Huwaireb, CEO of the Mohammed bin Rashid Al Maktoum Knowledge Foundation, stated, "Investing in human capital, especially youth, is central to our mission. Through innovative initiatives like the 'Knowledge Journey,' we aim to extend the reach of our efforts globally and regionally, contributing to the creation of a sustainable knowledge economy founded on creativity and innovation." UNDP Resident Representative in Kuwait, Ms. Emma Morley, highlighted the organization's commitment to youth empowerment in the Arab region.

She said, "This initiative reflects our support for Kuwait's Vision 2035 by placing youth at the center of an inclusive and knowledge-driven economy. Countries that thrive in today's world are those that prioritize innovation and invest in their people. Through this collaboration, we are equipping young people and women with the tools to contribute meaningfully to Kuwait's future."

Ms. Eman Al-Sharrah from the GSSCPD emphasized the national significance of the initiative, adding, "Aligned with the National Development Plan and Kuwait Vision 2035, this program enhances the capabilities of Kuwaiti youth and supports their leadership potential in the context of digital and knowledge transformation. It's a key step in preparing a generation of future-ready leaders."

This final phase built on the achievements of the previous two stages of the Knowledge Journey. The first phase, held in October 2024, introduced the Global Knowledge Index and highlighted how knowledge can drive development.

The second phase, held in February 2025, focused on technology, research and development, digital literacy, and lifelong learning, especially in the context of vocational training and education system development. The "Knowledge Journey in Kuwait" followed in the footsteps of the earlier "Knowledge Week" initiatives held in Jordan (2019) and Egypt (2020).

It also supports global efforts to build knowledge-based societies, in alignment with Kuwait's Third National Development Plan and Vision 2035, reaffirming the country's commitment to innovation, youth empowerment, and sustainable growth.

Why the Nobel Prize continues to hold global significance

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Anonymity of nominees: - The identities of those submitting nominations (such as professors or previous laureates) are not made public. There are rare exceptions to breaking confidentiality. In limited cases, some nominations may be revealed, such as when an entity (such as a university or government) announces that it has nominated someone, or if a previous laureate publishes their nomination (as Desmond Tutu did when he revealed he had nominated Malala, and as also recently when the Pakistani government announced its intention to nominate US President Donald Trump for this year's Nobel Peace Prize). However, these are rare cases and do not affect the confidentiality of the main committee.

2. Credibility, Impartiality, and Strict Nomination Requirements: Nominations are accepted only from specific entities (senior academics, previous laureates, and parliamentarians in the case of the Nobel Peace Prize). - No one may nominate themselves or pressure individuals or entities to win. - Rigorous scientific and academic judging. In science prizes (such as physics or chemistry), research is evaluated by specialized experts, while in literature, authors' works are thoroughly studied to ensure their quality and impact. Political biases are excluded, the most recent example being the Nobel Peace Prize, which sometimes generates controversy (the award was given to former US President Barack Obama in 2009 before he had achieved any tangible achievements). However, the committees insist that the awarding criteria follow the original criteria of Alfred Nobel's will for his reasons for awarding the prize. "The prizes should be awarded to those who have conferred the greatest benefit on humanity during the preceding year." In science, the prize is awarded only for proven discoveries with a clear impact (e.g., the 2020 CRISPR Prize for gene editing).

Commercial or media nominations are not permitted, and advertising campaigns or media pressure will not influence the decision, as the system relies on confidential academic evaluation. - In 2018, the Literature Prize was postponed due to a corruption scandal at the Swedish Academy, demonstrating that the institution is taking steps to ensure integrity. - It is important to note that Nobel Prize committees sometimes delay awarding prizes because some scientific discoveries take decades to be confirmed (such as the 2013 Higgs boson award, which was discovered in 1964) in physics, which proved the validity of the physical theory of elementary particles.

Categories eligible for submitting a nomination for the Nobel Peace Prize:

1. Members of national governments and parliaments: - Heads of state/government. - Ministers (especially ministers of foreign affairs and justice). - Members of national committees of states and their national appointees to the Permanent Court of International Arbitration.
2. Members of the International Court of Justice (ICJ) and the Permanent Court of Arbitration (PCA): - Judges and officials of these courts.
3. Former Nobel Peace Prize Laureates: - Individuals or organizations may be nominated.
4. Members of the International Committee of the Red Cross (ICRC) and the International Red Cross and Red Crescent Movement: - For their historic role in humanitarian peace.
5. University professors in specific fields: - Professors of international law, political science, and history. - Heads of peace research institutes.
6. Directors of specialized peace and research institutions: - Such as the Stockholm International Peace Research Institute (SIPRI).
7. The Secretary-General of the United Nations and senior officials of international organizations: - Such as the Secretary-General of the League of Arab States, the Secretary-General of the Gulf Cooperation Council, or the African Union. It should be noted in this regard that private individuals or the general public are not permitted to submit nominations.

No one can nominate themselves, and nominations from entities that are not academically or politically recognized are not accepted. Examples of entities that have previously submitted nominations for the Nobel Peace Prize: -

Governments: Norway nominated the Organization for the Prohibition of Chemical Weapons (OPCW) and won in 2013. - Previous winners: Al Gore, former US Vice President (and 2007 winner), was nominated by environmental activists. - International organizations: The United Nations nominated Malala Yousafzai and won in 2014.

It is also worth noting that, 50 years after the Nobel Peace Prize nominations, the official archives of the prize are open, allowing the public to view the nominees who did not win.

Famous Political Figures - Winston Churchill (British Prime Minister during World War II) was nominated several times (for example, in 1951), but later won the Nobel Prize for Literature (1953), not the Nobel Peace Prize. - Charles de Gaulle (President of France) was nominated for his efforts to end the Algerian War, but did not win. - Jawaharlal Nehru (first Prime Minister of India) was nominated in the 1950s for his role in the Non-Aligned Movement, but did not win. - Vladimir Lenin (leader of the Bolshevik Revolution) was nominated in 1918 by Norwegian socialists, but the committee rejected him. - Adolf Hitler (a historical surprise) was nominated in 1939 by a Swedish parliament member (as a political joke), and the committee immediately withdrew the nomination. Mahatma Gandhi was nominated five times (1937–1948), but never won (after his death, the committee apologized for this historical omission). Amnesty International was nominated several times before finally winning in 1977. The International League of the Red Cross: It was nominated several times before winning three awards (1917, 1944, 1963).

Arab and Islamic nominations were unsuccessful. Egyptian President Gamal Abdel Nasser (Egypt) was nominated in the 1960s for his role in the Non-Aligned Movement, but the committee preferred others.

Perhaps the reasons for not winning the Nobel Peace Prize include: - Political reasons: Some nominations are rejected due to geopolitical biases. - The timing of the nomination is wrong, or the nominee's achievements may not have been clear at the time (such as early nominations for women's rights before they became a global issue). –

Competition is fierce. In some years, there are more influential candidates. The secret archives are open after 50 years on the Nobel Foundation's official website. Throughout history, many prominent figures who deserved the Nobel Peace Prize have been wronged, whether Arab, regional, or international.

As of 2024, there have been 627 Nobel Prizes awarded to 1,012 individuals and organizations. This includes the Nobel Memorial Prize in Economic Sciences, which was established later. Some individuals have received the prize more than once, resulting in a total of 976 individuals and 28 organizations

Political factors, committee criteria, or historical contexts prevented them from winning. Perhaps the Nobel Peace Prize is not always a measure of justice.

Many Kuwaiti and Gulf figures have played a role and contributed to peace. In this regard, we may recall the role of the late Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah in diplomacy, peace, and resolving disputes between countries, from his tenure as Minister of Foreign Affairs until his assumption of the position of Emir of the State of Kuwait.

We also remember prominent Kuwaiti figures in literature, medicine, and science, as well as others who have made significant contributions, research, and achievements in their fields of expertise.

Tareq Yousef AlShumaimry, served as Chairman of the Finance Committee and Chairman of the General Budget Committee of the Permanent Court of Arbitration in The Hague (PCA) and an observer in the Administrative Council of the Court and the Consular at International Court of Justice (ICJ) and the Embassy of the State of Kuwait in the Netherlands during this period from 2013 to 2020.
Email: tareq@alshumaimry.com

Philip Morris Kuwait launches IQOS ILUMA i

A leap toward a smoke-free future

Philip Morris Kuwait W.L.L. (PMK), an affiliate of Philip Morris International (PMI), has officially launched IQOS ILUMA i in Kuwait — marking a major milestone in its mission to move towards a smoke-free future.

The Times Kuwait Report

The launch comes on the heels of the 10-year anniversary of IQOS, which first debuted in Nagoya, Japan in 2014 and has since become the No. 1 tobacco heating system globally.

Ross Donovan, General Manager of PMK, and Oggie Kapetanovic, President Heat-Not-Burn Platforms at PMI, have spoken at length about this innovation and how it supports Kuwait's journey toward reduced-risk alternatives for adult smokers.

in Kuwait in transitioning away from cigarettes by offering them a better, scientifically substantiated alternative."

Oggie Kapetanovic, added, "IQOS ILUMA i is the flagship product in our portfolio of smoke-free systems. Like previous generations, it emits, on average, 95% lower levels of harmful chemicals compared to cigarettes, though it's not risk-free.

"What sets ILUMA i apart is its bladeless SMARTCORE INDUCTION SYSTEM™, which delivers a cleaner, seamless experience. The device also features a touchscreen interface,



Ross Donovan told The Times Kuwait, that the launch of IQOS ILUMA i in Kuwait "is a vital step in our mission for a smoke-free, sustainable future. This is our most advanced and consumer-centric device yet. It's not just an upgrade it's a leap forward. We've listened to feedback from adult users, and IQOS ILUMA i addresses their pain points while introducing new levels of personalization and convenience."

With the introduction of ILUMA i, he said, "we are proud to support more adult smokers

offering quick access to usage information and innovative features such as the 'Pause Mode' which lets adult users pause their session and resume it at their convenience and 'FlexPuff' allows users to tailor the pace of their experience, creating greater flexibility and control.

Currently, IQOS ILUMA i PRIME and IQOS ILUMA i are available in Kuwait, with more variants expected later, he said.

Ross Donovan went on to say, "We've had a strong presence in Kuwait for over 20 years, and

we see this market as a key part of our journey. Today, there are around one million adult smokers in Kuwait. Encouragingly, over 70,000 of them have already switched to smoke-free alternatives.

"With the launch of ILUMA i, we aim to support even more adult smokers in making better choices. But we cannot do this alone. It requires a collective effort — from regulators, civil society, healthcare professionals, and media—to ensure accurate information is accessible and that these products are recognized as harm-reduction tools," he added. When asked to elaborate on how critical is regulatory support and societal collaboration to achieving a smoke-free future in Kuwait, Ross Donovan stressed, "It's absolutely vital. Regulatory support grounded in harm reduction is essential to making smoke-free alternatives accessible to legal-age smokers.

"We've seen what's possible," saying countries like Japan have seen smoking rates decline by 50% since the introduction of IQOS, and Sweden's smoking prevalence is just 5%, partly due to embracing alternatives as nicotine pouches and snus."



Donovan calls this transformation 'a shared responsibility'. Reducing smoking rates is not something the industry can achieve alone. There is a collaborative approach involving policymakers, health experts, the media, and consumers. "Together, we can accelerate the



decline in cigarette use, both in Kuwait and globally," he added.

Speaking of the global vision for Philip Morris International with regard to smoke-free products, Oggie Kapetanovic said, "We're more than a decade into our IQOS journey, and the progress has been substantial.

"As of Q1 2025, more than 40% of PMI's revenue comes from smoke-free products, and we aim to increase that to two-thirds by 2030. In 25 markets, smoke-free product revenue already exceeds 50% of our total," he disclosed.

IQOS ILUMA I, he says, is a result of years of research, innovation, and listening to adult consumers. It's a significant step forward in delivering better alternatives, and we are committed to continuously evolving with science and feedback.

As Kuwait embraces innovation in public health and lifestyle, the arrival of IQOS ILUMA i represents more than a product launch — it's part of a global movement toward harm reduction. With regulatory backing, informed consumers, and ongoing technological advancements, the goal of a smoke-free Kuwait is not just possible — it's within reach, says Ross.

Lulu Kicks Off 'Summer Surprises' with Big Deals in Kuwait







Lulu Hypermarkets in Kuwait have kicked off a festive, week-long campaign titled "Lulu Summer Surprises," running from July 2nd to 8th, across all their outlets. The celebration began with a vibrant launch event at Lulu Dajeej, setting the tone for a fun-filled summer extravaganza full of unbeatable offers, exciting activities, and family entertainment.

As part of the campaign, Lulu is offering exceptional discounts across a wide range of summer essentials. Shoppers can enjoy great savings on fresh fruits and vegetables, seasonal fashion, summer beverages, travel gear, home appliances, and more. The initiative is designed to make summer shopping not just affordable but enjoyable for every member of the family.

Among the standout promotions is the "Melon Fest," featuring special deals on juicy, refreshing melons. "Sip Into Summer" highlights discounts on a variety of chilled beverages, perfect for the scorching summer season.

Those looking to stay cool at home can benefit from attractive air conditioner deals, including free delivery and installation. Health-conscious shoppers can explore the "Healthy Eats" section, which offers specially curated salads and light summer diet options. Meanwhile, fashion lovers can take advantage of the "Buy 2, Get 1 Free" offer across selected apparel.

Adding to the excitement, Lulu has organized a series of competitions open to both children and adults. These include a melon carving contest, falooda-making challenge, summer salad showdown, and cold coffee creation contest, with valuable prizes awaiting the winners. These events are designed to bring families together and create a lively, engaging shopping atmosphere.

To further enrich the customer experience, the hypermarket has arranged for supplier sampling stalls, giving shoppers the chance to try out a variety of new products. A summer mascot show and ongoing live entertainment and games round out the festivities, creating a carnival-like experience for visitors.

More than just a shopping campaign, Lulu Summer Surprises brings the spirit of summer to life, turning every visit to Lulu into a celebration. With a wide selection of offers and events crafted for fun and savings, Lulu continues to deliver on its promise of value and community engagement during the hottest season of the year.





CONRAD SHANGHAI

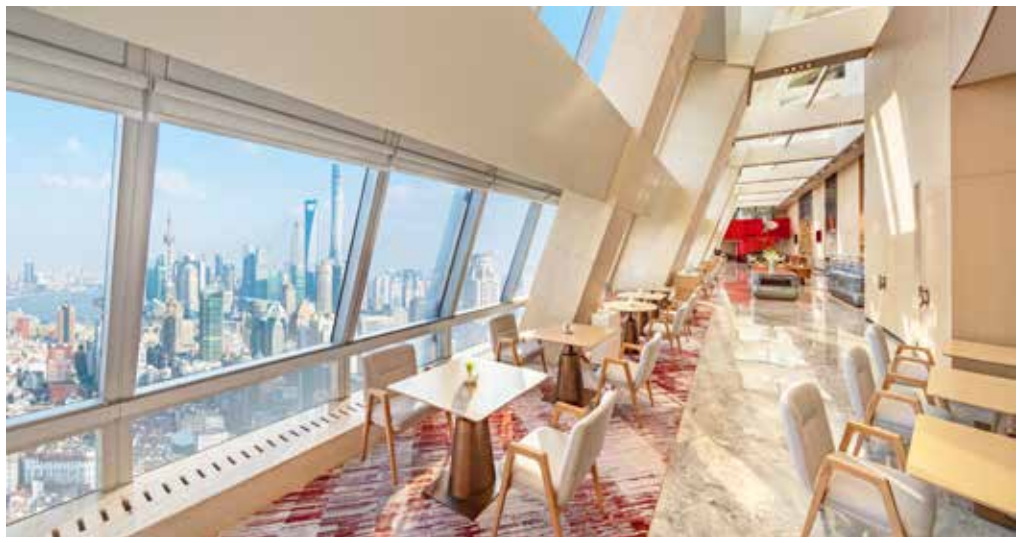
Where Contemporary Luxury Meets the Heart of the City

By Nourah Khan
Special to The Times Kuwait

When I travel, a hotel is never just a place to sleep. It is a sanctuary, a space that sets the tone for my entire journey — especially in a city as dynamic and multilayered as Shanghai. My recent stay at Conrad Shanghai was a perfect reflection of my personal philosophy when it comes to travel: never compromise on comfort, location, or the luxury of space.



Located in the beating heart of the city, Conrad Shanghai stands tall on East Nanjing Road, one of Shanghai's most iconic shopping streets. From designer boutiques to high-street fashion, the area is a paradise for shoppers — and for someone like me who enjoys exploring vibrant cities on foot, the hotel's location was simply unmatched.





Major attractions such as The Bund, People's Square, Yu Garden, and the Shanghai Museum are all within easy reach, either by a short walk or a quick metro ride. The energy of the city surrounds you — yet the hotel remains an oasis of calm and refinement.

I stayed in the , "Premium Bund View Suite". and it was everything I could have asked for — and more. With sweeping views over the Huangpu River and the shimmering skyline of Pudong, the suite offered a visual experience both day and night. The floor-to-ceiling windows framed Shanghai like a painting, changing hues as the day progressed.

The suite's modern, elegant design instantly put me at ease. A palette of calming neutrals, sleek furniture, and thoughtful touches created a space that was both luxurious and welcoming. One of my personal highlights? The expansive bathroom, complete with a deep soaking tub, marble finishes, and high-end amenities — a private spa-like retreat after a long day in the city.

As part of my suite privileges, I had access to the Executive Lounge, which turned out to be one of my favorite spaces in the hotel. With panoramic views and a serene atmosphere, the lounge offers personalized service throughout the day. Whether enjoying a peaceful breakfast, sipping afternoon tea, or unwinding with evening cocktails, the experience felt exclusive and pampering — a true luxury for those who value privacy and attention to detail.

Dining at Asador the hotel's signature Mediterranean restaurant, was another highlight of my stay. From the homemade pasta to the perfectly grilled seafood, every dish celebrated authentic flavors with a contemporary twist. The ambiance was refined yet relaxed, and the service was impeccable. For travelers who appreciate fine cuisine without having to leave the comfort of the hotel, Asador is a must-visit.

As someone who travels often — both professionally and personally — I've learned that where you stay deeply shapes how you experience a destination. I choose properties like Conrad not just for their five-star ratings, but for the way they make me feel at home while still offering something extraordinary.

Conrad Shanghai did exactly that. It combined world-class luxury with intuitive service and a sense of place that made my time in Shanghai feel truly special. Whether I was enjoying the city's buzz or retreating to the calm of my suite, I always felt I was in the right place.

If you're planning a trip to Shanghai and seek more than just a place to rest your head — a place that enhances your journey, surrounds you with elegance, and connects you to the city in all the right ways — then Conrad Shanghai should be at the top of your list.





Because in cities like Shanghai, where every second counts and every view tells a story, your hotel should be more than a stay — it should be part of the story itself.



__Noura Khan__, a travel influencer and content creator, is a Kuwaiti national, holds a degree in law from Kuwait University and has worked as a journalist prior to taking up a position in the government. In 2018 she started blogging on travel and visited more than 57 countries since. She has more than 105k followers on her blog post @nourajtraveller is well appreciated for content and travel information. Noura writes exclusively for The Times Kuwait on her travel visits.

Thought for the week

"Education and justice are democracy's only life insurance."

Nannie Helen Burroughs
- African-American educator



Emotional Eating

You feel sad, you eat; you feel happy, you eat; you feel tired, you eat; angry, eat; stressed, eat. Sometimes, you eat to celebrate, and sometimes it is a kind of punishment, you feel bad about yourself and you eat to punish yourself even more.

But then you feel guilty because you have broken your diet in a second. If this is you, then this article is for you.

Eating to satiate your emotions, makes you, for want of a better term, an emotional eater. Eating when you are emotional, rather than when you are hungry is something most people occasionally do. However, this emotional eating starts to be a problem when it becomes abnormal and you feel that it is out of your control.

This type of eating plays a major role in some people being overweight. Various emotions can trigger this eating disorder, including boredom, anger, sadness, happiness, anxiety, loneliness, stress, low self-esteem, disappointment and frustration.

Ask yourself, am I hungry now or am I eating for another reason?Usually when you eat because of your emotions, you are too happy or sad to feel whether you are actually hungry or not, so you cannot recognize the feeling of fullness, because you are taken into the emotions of the specific moment.

The way out of emotional eating, is to seek another activity that goes with your emotions. Find an activity that brings the mental and psychological comfort you find in foods, whether it is sugary or salty items.

For example, if you are eating because you are angry or stressed, you can run on the treadmill. Any intense activity will secrete endorphins, and these hormones will make you feel relaxed and eventually will block your cravings.

If you are eating because you are happy, replace that by activities that make you feel good about yourself, like shopping, clubbing, going out with friends or just chatting with a humorous friend.

If you are eating because you are depressed or lonely, call someone who always makes you feel better, play with your dog or cat, or look at a favorite photo or cherished memento.

If you are eating because you are anxious, spend your nervous energy by dancing to your favorite song or squeezing a stress ball. If you are eating because you are exhausted, treat yourself with a hot cup of tea, take a bath, do a relaxing massage, light some scented candles, or wrap yourself in a warm blanket.

If you are eating because you are bored, read a good book, watch a comedy show, explore the outdoors, call a friend, or turn to an activity you enjoy.

For some people when they think of happiness, it is chocolate, with others solace to sadness and stress can be chips. You can change all these habits and turn your snacks into healthy ones.

If you want something sweet, you can try a fruit salad, yogurt with some fruits or snack bar for example, instead of chocolate cakes or doughnuts. Also, a small number of nuts and almonds gives you the feeling of fullness for a longer time, even more so than biscuits or other cookies. Or, how about a whole-grain toast topped with jam; it is an ideal option considering it is both sweet and nutritious.

If you feel stressed out, try a cup of chamomile tea before you hit the bed, it will help calm you down.

Also, remember not to skip meals. People who are emotional eaters often lose their sense of hunger. They are always full because they snack a lot. Feeling hunger before meals is an excellent factor that contributes to weight loss or weight maintenance.

By slowing down and savoring every bite, you will not only enjoy your food more but you will also be less likely to overeat. Slowing down and savoring your food is an important aspect of mindful eating, the opposite of mindless, emotional eating. as you will appreciate each bite of food much more.

Cinnamon, a warming spice, has gained a special reputation for helping to beat sugar cravings. Cinnamon seems to help the body control the amount of sugar in our blood, which regulates the 'highs' and 'lows' that can induce cravings.

When you feel a swing in emotions, boil one stick of cinnamon in half a liter of water, add a teaspoon of honey and enjoy it twice a day.

Emotional eating does not fix any underlying emotional problems. In fact, it usually makes you feel worse. So learn to accept your feelings, seek help and give yourself the opportunity to make a different decision.

Eat like Mira
Create healthy habits, not restrictions

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



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

editor@timeskuwait.com

RECIPE

Za'atar Stuffed Honeycomb Bread



A perfect blend of Middle Eastern flavors with a pull-apart presentation, this soft and fluffy honeycomb bread (khaliat al Nahl) is a Yemeni bread stuffed with za'atar and soaked in honey syrup. This delectable bread pairs perfectly with a cup of coffee or karak tea and makes an 'anytime snack', or at breakfast, or as a cozy treat at tea time. It is a versatile food in that, instead of the za'atar filling, you can use other fillings of choice such as cream cheese, cooked apples, chocolate pieces, peanut butter, date paste, raisins, or sweetened coconut. You can serve the bread without the syrup. At times you can also use savory fillings such as potatoes and peas, small meatballs, and chicken.

Total Time: 2.5 hours (including proofing)
Serves: 6–8



Chef Chhaya Thakker

Ingredients

- 3 cups all-purpose flour (or half whole wheat + half all-purpose)
- 1 tbsp milk powder (optional, for softness)
- 1½ tsp instant yeast
- 1 tbsp sugar
- 1 tsp salt
- 2 tbsp olive oil
- warm water (as needed)
- ½ cup Za'atar spice mix
- 4–5 tbsp olive oil
- 2 tbsp butter or olive oil (melted)
- 1 tbsp honey (optional, for a mild glaze)
- Sesame seeds or nigella seeds (for topping)

Instructions:

- In a large bowl, mix flour, milk powder, yeast, sugar, and salt.
- Add olive oil and gradually pour in warm water to form a soft, slightly sticky dough.
- Knead for 8–10 minutes until smooth.
- Cover and let it rise for one hour or until doubled.
- Meanwhile, mix za'atar spice with olive oil into a thick paste.
- Punch down the risen dough and divide into 20–25 small balls.
- Flatten each ball, place a small amount of za'atar paste in the center, and seal into a smooth ball.
- Arrange the filled balls in a greased baking tray in a honeycomb pattern, slightly spaced.
- Cover and let them rise again for 30–40 minutes.
- Preheat the oven to 180°C (350°F).
- Brush tops with melted butter or olive oil. Sprinkle sesame or nigella seeds.
- Bake for 20–25 minutes, until golden brown.
- As an optional glaze you can mix one tbsp honey with one tbsp warm water and brush on top for a light sweetness and shine.
- Serve warm with labneh, hummus, or plain yogurt dip or side with soups.

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

Intramuscular fat, a higher risk to heart health

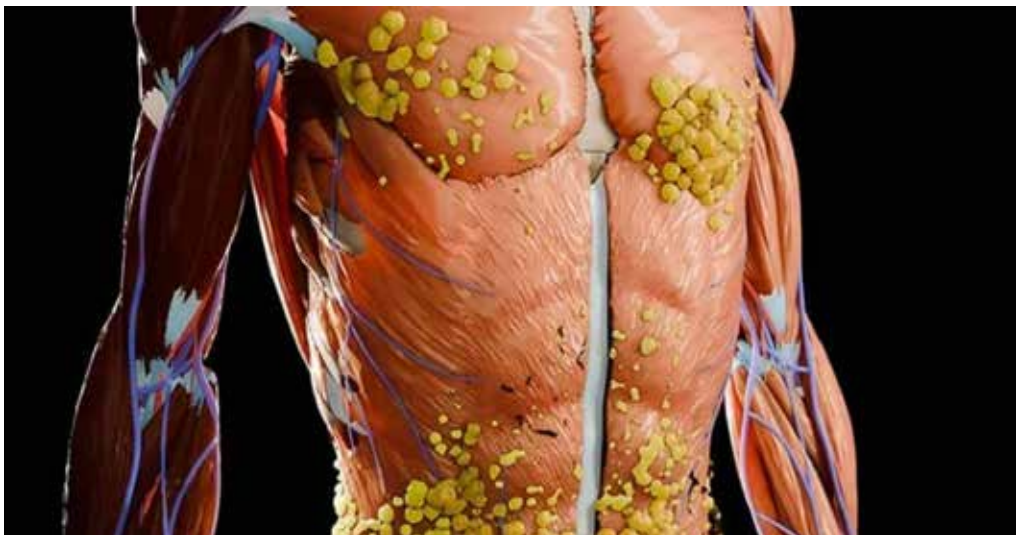
Cardiovascular diseases (CVDs) claim an estimated 18 million lives annually, which represents 32 percent of all deaths globally and makes it the leading cause of death worldwide. CVDs represent a group of heart and blood vessel disorders that include coronary heart disease, cerebrovascular disease, rheumatic heart disease and other conditions.

Data from the World Health Organization (WHO) show that more than four out of five CVD deaths are due to heart attacks and strokes, and one third of these deaths occur prematurely in people under 70 years of age. Traditionally viewed as prevailing mainly in rich developed nations, CVD deaths today are more rampant in low- and middle-income countries, which now account for 75 percent of all CVD deaths worldwide

Behavioral factors, such as an unhealthy diet, physical inactivity, use of tobacco, and high intake of alcohol, and environmental factors, including air pollution, are major risk factors for CVDs. Maintaining a healthy weight, eating a diet high in fiber and low in saturated and trans fats, getting regular physical activity, and not smoking or imbibing alcohol in excess, are behavioral patterns that can reduce the risk of CVD.

Aside from behavioral and environmental risk factors, several health conditions including high blood pressure, diabetes, raised cholesterol levels, overweight, and obesity increase the risk of CVD. An observational study by researchers at Harvard Medical School in the United States, has found that more than just having excess body fat, it is where the fat is stored in the body that increases CVD risk, even in people with a healthy weight.

The study found that intramuscular fat (IMF)—fat deposits located within skeletal muscle tissue, specifically between and within muscle fibers.— increased a person's risk of serious heart disease, regardless of their body mass index (BMI). The first-ever large-scale study to compare different types of fat distribution



in the body (intramuscular vs. subcutaneous) provides insight into how we might better assess someone's health status by their fat distribution. This provides a more nuanced prognostic information than the largely flawed 'body mass index' measurements often used to determine risk of diseases.

For their study into fat distribution, the researchers recruited 669 participants, with an average age of 63 years, who were being evaluated for chest pain and/or shortness of breath caused by cardiac ischemia—a condition where heart muscles do not receive sufficient oxygen or blood supplies due to narrow or blocked coronary artery—but had no evidence of coronary artery disease. A condition called INOCA (Ischemia with No Coronary Atherosclerosis).

They tested the participants' heart function using cardiac positron emission tomography or computed tomography (PET/CT) scans. The researchers also measured the fat and muscle amounts and location in a section of the torso of each participant. From these measurements, they calculated the 'fatty muscle fraction' — the ratio of intramuscular fat to total muscle plus fat—to quantify how much fat was stored within each person's muscles.

It is generally difficult for people to know how much intramuscular fat they have because there is currently no widely agreed-upon test method for quantifying 'intramuscular' fat. While new techniques to measure intermuscular fat can evolve in future, for their study the researchers used CT scan measurements at a certain level of the abdomen to quantify the amount of fat in relation to the muscle detected.

Following the initial scans, participants were followed up for around six years, during which time researchers recorded whether they died from, or were admitted to hospital for, heart disease or heart failure.

Higher muscle fat but not subcutaneous fat (fat found lying beneath the skin) increases heart disease risk. People with more fat in their muscles were more likely to have abnormal blood flow within the smallest blood vessels that supply the heart, a condition known as coronary microvascular dysfunction (CMD). They were also at increased risk of death or hospitalization due to heart disease.

Only a small increase in fatty muscle fraction was needed to increase risk of heart disease—for every 1 percent increase in fatty muscle fraction, CMD risk increased by 2 percent, and risk of future serious heart disease by 7 percent. These increases in risk were not affected by other known risk factors for heart disease, BMI, or subcutaneous fat. Those with the highest levels of intramuscular fat, together with CMD, were at the highest risk of death, heart attack and heart failure. Those with more lean muscle had a reduced risk.

Knowing that intermuscular fat raises the risk of heart disease gives doctors another way to identify people who are at high risk, regardless of their body mass index. The new finding could be particularly important for understanding the heart health effects of fat and muscle-modifying therapies. It is not yet clear why intramuscular fat might increase someone's risk of developing heart disease. It is possible that the intramuscular fat increases inflammation in the surrounding tissues, which then affects the function of the blood vessels in the area. More study is needed to better understand this relationship, said the team.

Muscle fat has also been associated with insulin resistance and increased risk of type 2 diabetes. This could be because higher muscle fat may lead to inflammation and altered glucose metabolism, which may ultimately increase the risk of heart disease.

Studies suggest that a high-fat diet will increase muscle fat. However, scientists do not yet know if or how intramuscular fat can be specifically reduced. Nevertheless, doctors point out that reducing total body fat will certainly benefit overall health.

In order to reduce total body fat, patients are advised to exercise regularly, through both, cardio and weight training, eat a healthy diet higher in fiber and protein and lower in saturated fat and carbohydrates.

MicroRNA breakthrough offers hope for dental bone regeneration

Dental caries, or tooth decay, is a common oral health condition that often causes significant pain and discomfort and may even lead to tooth loss. In severe and untreated cases, bacterial infection combined with the host's immune response can cause bone resorption, or the breakdown of bone tissue in the tooth root. Traditional treatments for advanced dental caries, such as surgery, can also result in bone defects that require complex bone grafting procedures.

Building on this knowledge, bone tissue engineering and dental tissue regeneration have gained the attention of researchers worldwide. Recent reports suggest that microRNAs (miRNAs)-small, non-coding ribonucleic acid sequences-play a key role in bone tissue regeneration. However, the underlying mechanisms and pathways regulated by miRNAs remain unclear.

To investigate the intrinsic processes involved in dental bone repair, a team of researchers from the Institute of Science Tokyo, Japan, conducted a series of innovative experiments using mice and human dental pulp stem cells (hDPSCs)--a type of mesenchymal



stem cell that have the ability to differentiate into either odontoblasts or osteoblasts,which are key players in dental tissue repair.

For their study, the researchers focused on a molecule called miRNA-27a, which is known to exert an anti-inflammatory effect but may also promote tissue regeneration. The research team aimed to find out whether overexpressing miRNA-27a would guide the cells towards becoming hard tissue-forming cells.

The scientists utilized bioinformatics-based tools to investigate the effects of miRNA-27a overexpression in hDPSCs.

They identified two proteins as the primary target genes regulated by miRNA-27a, as well as found other negative regulators of the signalling pathway, which play a key role in forming new bone and dental tissue. In addition to these, they also down-regulated proteins in hDPSCs overexpressing miRNA-27a, which suggested that miRNA-27a helps lift these biological brakes, allowing the cells to turn on bone-forming signals more efficiently.

In addition to stimulating the signalling pathway, miRNA-27a was found to significantly influence the odonto/osteoblastic differentiation of hDPSCs and activate the bone morphogenetic protein (BMP) pathway. Activation of both, the signalling and BMP pathways, suggested that hard-tissue-forming cells were promoted through differentiation of hDPSCs.

To validate their findings, the researchers transplanted collagen scaffolds containing miRNA-27a-expressing hDPSCs into the artificial defects introduced on the calvarial bone of mice. Subsequent analyses revealed the formation of new bone-like tissue, which was absent in the control group.

The study highlights the therapeutic potential of the new finding, as miRNA-27a could play a pivotal role in encouraging bone-like tissue formation. This opens up exciting possibilities for advancing regenerative therapies aimed at repairing dental and craniofacial defects, said the research team.

THE TIMES KUWAIT'S PREMIER WEEKLY NEWS MAGAZINE
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Printed in: Al Khat Printing Press Co.
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Democracy at a Stalemate



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Recent news from Eastern Europe has given us hope for liberal democracy. In Hungary, the largest-ever Budapest gay pride parade defied bans imposed by the country's authoritarian leader, Prime Minister Viktor Orbán. In neighboring Serbia, mass student protests continue against Orbán's ally, President Aleksandar Vučić.

But caution is warranted. Even within Eastern Europe, we can point to equally significant signs of democratic decay. Consider Poland, where the far-right Karol Nawrocki's victory in the June presidential election dashed hopes for a decisive democratic renewal.

How should we interpret these contradictions? Commentators provide little clarity, oscillating between triumphalism and fatalism. Their comments often frame individual events as signs of broader trends, reflecting our collective longing for a grand narrative that explains the current political moment. Liberals, of course, yearn for any indication that the populist 'wave' is receding, because they cling to a progressive hope that the arc of history bends toward justice.

But when facts no longer support this optimistic story, liberals are quick to despair about their democracies teetering on the brink of collapse. The usual reasons are that elites have proven inept, while large swaths of the electorate have been manipulated or shown themselves to be outright 'deplorable'.

Yet neither triumphalism nor fatalism captures the real dynamic. A more measured analysis shows that history's arc is not bending at all; it is stuck. We are locked in ideological trench warfare between two large, robust political camps. In country after country, the support base for liberal democratic politics mirrors what scholars have called the 'reservoir' of support for the authoritarian right.

In places like Poland, this politics of attrition has persisted for decades. Had Rafał Trzaskowski, the liberal mayor of Warsaw, prevailed in the presidential election, he would have become the country's most progressive head of state since 1989. Instead, Poles will have the most conservative presidency in their post-communist history. This is not just 'polarization', a term that implies symmetrical extremism. The real problem lies in the fact that the right's platform, while genuinely popular, is often alarmingly irrational: more fossil-fuel extraction in the face of climate disaster; anti-vaccination rhetoric during pandemics; anti-immigrant hysteria amid demographic decline; economic withdrawal (for example, Brexit) in response to rising global competition. It is hard for liberals not to oppose these ideas vigorously, even if doing so deepens the ideological divide.

If we are looking for a common thread in all the optimistic story lines, it is that they occur in countries where authoritarian leaders have demonstrably failed to deliver for their people. This is the outcome that one should expect for a political movement whose foundational views lack logical coherence. Hungary is a case in point. The country is plagued by stagflation, because private investors have lost trust in a system that allows for virtually no independent institutions. Despite championing pro-natalist policies, birth rates have plummeted to levels lower than those in many of the Western European countries that Orbán despises.

Serbia, too, feels increasingly out of step with its neighbors, Croatia and Slovenia – both members of the European Union and the eurozone. Its authoritarian government has failed to deliver on its promises, and the country is now plagued by high unemployment (especially among the young), widespread corruption, and heavy-handed state control.

Until recently, populist fatigue had been met mainly by political leaders promising a return to the old liberal consensus. But such strategies, rooted in the binary narrative of liberal triumph or decline, have fallen short everywhere – from Poland and the United Kingdom to the United States under Joe Biden.

In this context, Hungary has become particularly interesting because it has a new opposition leader with a different message. Two years ago, Péter Magyar was a regime insider, freshly divorced from Orbán's justice minister. But following a series of scandals involving his former spouse, he decided to launch what has become a wildly popular opposition movement.

Though Magyar broke with Orbán's authoritarian "mafia state," he did not abandon many of the conservative values that Orbán represents. He was notably absent from the Budapest pride parade and only commented, sarcastically, that Orbán is "the king of Pride in Europe" for having issued the ban that provoked such a massive turnout. This was a strategic choice. While turnout was impressive, the 200,000 participants represent less than 4 percent of Hungary's active electorate, and a recent poll showed that 47 percent of Hungarians, including 53 percent of undecided voters, opposed the march.

If Magyar wins next year's general election, his policies would probably have more in common with those of Italy's popular prime minister, Giorgia Meloni, than of struggling liberal leaders like UK Prime Minister Keir Starmer or Polish Prime Minister Donald Tusk. Thus, we may be witnessing the emergence of a "far right-lite." Its exponents may try to minimize the most harmful geopolitical, economic, and environmental effects of populist policies while still credibly responding to the deeply entrenched nativist and anti-intellectual sentiments of today's conservative voters.

If there is a way out of this democratic stalemate, it likely will not be through a decisive victory for either the liberal or the authoritarian side. Instead, the result might be an uneasy truce; an attempt to 'freeze' the ideological trench war by balancing the demands of both camps.

