

Kuwait plans major overhaul in healthcare



Rio 2016 - the greatest track and field show begins on 5 August

With less than five days to go before the start of the 2016 Summer Olympics better known as Rio Olympics, the organizers, athletes and officials are understandably in frenzy of last-minute preparation as they get ready to stage what is without doubt the world's greatest track and field event.

Sport is a universal language and a powerful tool for peace that is based on human values of mutual respect, fair-play,

teamwork, tolerance and equality. The Olympics, as the pinnacle of sport, is expected to bring people from around the world to Brazil in friendship, solidarity and goodwill with the aim of building a better and more peaceful world for all.

The sporting events which will be held from 5 to 21 August at venues across Brazil will see a record number of countries participating in a record number of sports. More than 10,500 athletes from 206 National Olympic

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The government's pledge to pursue capital investments, despite lower oil revenues and deficit budgets, signals a commitment to fully implement the first five-year phase (2015-2020) of the Kuwait Development Plan (KDP), which has the overarching aim of weaning the economy from its over-dependence on oil and transforming the country into a regional financial and trade hub by 2035.

The first phase of KDP envisages a two-pronged approach of introducing the economic and legislative reforms needed to empower the private sector and, fast-tracking



and implementing several ambitious infrastructure and utility projects, some of which were held back in the past due to political wrangling.

Acknowledging that the 2010-2014 National Development Plan was less than successful, the government

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Remembering 2 AUGUST, 1990

Kuwait's Darkest Day

Reliving memories of the Kuwait invasion

Nikita Ferrao
Staff Writer

The Iraqi invasion of Kuwait on 2 August, 1990 caught everyone by surprise. Despite the passage of 26 years, trauma of the invasion left indelible scars in the memory of many. Aisha Rao, along with her husband and son, was among the tens of thousands of expatriates who experienced first-hand the dreadful invasion and its aftermath. Here, she recalls how she and her family lived through those harrowing early days of occupation and their subsequent escape from Kuwait through the evacuation organized by the government of India.

Aisha would like to think of that disastrous event as a closed chapter in her life, but memories of those dark days continue to haunt her. On the morning of 2 August, as usual she had set off to her office in Kuwait City but slowly realized that something was amiss. There were hardly any traffic on the roads and most of the streets in the city appeared deserted.

By the time she reached her office, she knew something had gone terribly wrong. Some of her colleagues were standing outside the locked doors of the office, faces masked in fear and asking the same question - what was going on?

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EXCLUSIVE to THE TIMES KUWAIT

Turkish Democracy's Secret Weapon



Adeel Malik
Global Fellow in the Economies of Muslim Societies at the University of Oxford.

The recent failed coup attempt in Turkey highlights the country's continuing vulnerability to military takeover. But it also reveals a newly developed and highly potent asset, one that Turkey's neighbors should also seek to cultivate: a strong middle class willing and able to mobilize against extremist threats. The question for Turkey now is whether President Recep Tayyip Erdoğan will cultivate this asset. For the wider Middle East, the issue is how to build a middle class that can safeguard stability.

When throngs of citizens took to the streets of Istanbul in the middle of the night, in an effort to push back the military coup makers, it was a powerful show of collective action – one that should interest any political leader, particularly those seeking to develop their countries. Analysis of the coup has tended to focus on the rivalries within the Turkish elite, and on Erdoğan's failings (which, to be sure,



are plentiful). But little has been said about the structural shifts in Turkey's political economy that have empowered the country's middle classes, which form the electoral base of

Erdoğan's Justice and Development Party (AKP).

Over the past two decades, Turkey has made remarkable economic strides, transforming itself from Europe's sick man into one of its most vibrant economies and a new center of gravity for trade in the Middle East. Critical to this transformation have been infrastructure investment, support for medium-size firms, expansion of regional trade, and development of the tourism sector.

As a result of these efforts, Turkey's per capita income has tripled in less than a decade, while its poverty rate has more than halved, according to World Bank estimates. This has underpinned tremendous economic mobility among Turkey's rural labor force, small entrepreneurs, and lower-income workers, taking masses of people from the margins of society to the mainstream. Even foreign policy was, wherever possible, aligned with the economic interests of the rising middle class (though the Syrian intervention reflects a shift in foreign-policy priorities).

For Turkey's new middle class, the survival of democracy could not be more important – and, as recent events have shown, they are willing to fight for it. Indeed, what has occurred in Turkey does not reflect only a power struggle between Erdoğan and his challengers; it also highlights the determination of the middle class to ensure that Turkey does not revert to a political system that would damage its economic and political fortunes.

All of this suggests that, in responding to the coup attempt, Erdoğan and his supporters must think beyond punishing the military faction that carried it out, though that is, of course, critical. They must also focus on strengthening the interests of the middle class that came to the government's defense.

In this sense, the real challenge facing Turkey in the coming months and years will not be from the military or foreign conspirators. Succumbing to the temptation to consolidate power in the hands of the president, ostensibly to protect his government's authority, could limit checks and balances and restrict space for political opposition, including within his own party. That would undermine the very system for which the middle class has been fighting.

Of course, Erdoğan does need to consolidate his political base, including by renewing ties with loyal supporters. And purging the military and civilian bureaucracy of possible coup supporters would undoubtedly please party loyalists. But he must also heal the political rift and forge a new consensus that supports economic prosperity.

Perhaps most important, the AKP needs to halt the dangerous unraveling of the Turkish model of regional economic integration, based on the policy of "zero problems with neighbors", originally conceived by former Prime Minister Ahmed Davutoğlu but rolled back in recent

years. Turkey has severed ties with virtually all of its immediate Middle Eastern neighbors. The recent souring of diplomatic ties with Russia has further weakened Turkey's position. In the process, Turkey's status as a model Muslim democracy has gradually deteriorated and political polarization has deepened, amid growing threats to the country's stability.

None of this is good for the economy on which Turkey's middle class – and, in turn, the AKP's electoral success – depends. That provides reason to hope that the failed coup, by highlighting the role of the middle class as a bulwark against military rebels, will spur Erdoğan's government to resolve Turkey's political impasse and ensure economic growth. Turkey's middle class will not support a party that fails to advance its interests and deliver

“
Over the past two decades, Turkey has made remarkable economic strides, transforming itself from Europe's sick man into one of its most vibrant economies and a new center of gravity for trade in the Middle East.
”

economic prosperity. But an AKP that returns to its foundational vision of enabling economic mobility – that is another story.

Importantly, as Erdoğan seeks to concentrate more powers in the office of the President, he would do well to remind himself of the conditions that led to the Ottoman Empire's emergence and its eventual collapse. Much like the AKP's rise, the empire's was based on the support of an emancipated citizenry in the rural countryside, particularly in the Anatolian heartland. But, upon consolidating their power in Constantinople, Ottoman rulers quickly moved toward establishing a Sultanate order that contradicted its progressive origins – and weakened it from within. With greater centralization of powers, Ottoman rulers became uncomfortably dependent on notables at home and imperial powers in Europe.

If Erdoğan's AKP hopes to avoid a similar fate, it must not continue its march toward a latter-day Sultanate order. A prosperous and inclusive democracy is the only way out for Turkey, and it would restore a model that the countries of the wider Middle East desperately need.

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Africa Water Week underlines development challenges facing continent

The sixth Africa Water Week, which was held in the Tanzanian capital Dar es Salaam from 18 to 22 July, highlighted the key challenges that lack of adequate water and proper sanitation has on development and economic growth of African communities and nations.

Speaking at the conference, African Development Bank's (AfDB) Director for Water and Sanitation, Mohamed El Azizi, noted that currently more than 50 percent of Africa's population have no access to safe and reliable water and sanitation services. He added that this lack of WaSH (Water, Sanitation and Hygiene) and water-borne diseases account for the death of an estimated one million Africans each year.

Pointing out that AfDB is in a unique position to help African countries better cope with water and

sanitation challenges, the director said, "We have track records in implementing water, sanitation and climate change resilience projects, as well as robust experience in managing dedicated trust funds and tools, including the award-winning African Water Facility, the Rural Water Supply and Sanitation Initiative, and African countries can really benefit from our experiences and lessons learnt."

The African Development Bank is committed to investing in sustainable infrastructure to ensure access to water and sanitation for all, including the most underprivileged. Noting that between 2013 and 2015, projects funded by the AfDB created 116,000 cubic meters of drinking water capacity and that more than six million people benefitted from improved access to water and sanitation, El Azizi said, "Expanding

access to clean water and better sanitation is a strategic priority for the AfDB.

The Africa Water Week which aimed to translate the high-level commitments on water security and sanitation into implementation, identified 'game changers' and policy shifts needed to reach the United Nations' Sustainable Development Goal (SDG) 6 of 'Ensuring access to water and sanitation for all' by 2030.

In this regard, it is commendable that common resolve by Africans to meet the UN's 2000-2015 Millennium Development Goals (MDGs) targets on water and sanitation helped about 322 million Africans to gain access to safe drinking water and provided a further 189 million people with improved sanitation.

"To meet SDG6 targets in Africa, realistic and comprehensive financing



plans are needed based on the costs of providing both hardware and software components, as well as operations and maintenance to ensure services operate efficiently and sustainably," said Jochen Rudolph, water and sanitation expert, AfDB

Africa Water Week was also an opportunity to explore and identify opportunities for linkages and collaboration across global, regional, and sub-regional monitoring initiatives in order to better track progress on SDG6.



Infrastructure projects begin to show positive impact

The Annual Report on Transport and, Information and Communication Technology (ICT), by the African Development Bank (AfDB) shows that impact from investments made in 2015 by the bank, in association with local and international organizations, have collectively improved mobility for at least 1.2 million users of public transport, created employment opportunities in the ICT sector for about 200,000 people and enhanced access to almost 18 million people through better roads and other infrastructure.

The report highlights the bank's continued support for the development of efficient transportation and telecommunication infrastructure to promote regional integration, support agriculture development, and facilitate the industrialization of Africa.

According to the report, efficient transport and ICT systems minimize transaction costs, transit times and uncertainties and can facilitate the participation of African

countries in agriculture and manufacturing value chains. In addition, transport contributes to improving livelihoods and inclusiveness by providing access to social services and job opportunities. Similarly, investment in ICT supports spinoffs in information access, innovation, skills, and job creation.

During the course of 2015, the Bank invested in a total of 17 transport and ICT operations for a value of US\$2 billion. Regional highways linking Brazzaville (Congo) and Yaoundé (Cameroon), and Bamako (Mali) and the port of San Pedro (Côte d'Ivoire) are examples of cross-border corridors that have begun to promote regional integration and intra-African trade. These investments are expected to support growth of efficient global value chains and promote competitiveness of the countries' economies. There are currently 114 Transport and ICT projects under implementation in 44 countries across Africa valued at more than US \$11 billion.

Uganda cuts visa fees to boost tourism

In a move intended to boost the country's tourism sector, the government of Uganda has announced that will slash visa fees by half. An official statement from the Ministry of Internal Affairs said that with effect from 22 July, 2016, the US\$100 visa charge would be reduced to \$50.

Clarifying this new change, Immigration Uganda noted that all Uganda border posts have been notified to effect the change. "As per the new rules, the newly introduced e-visa system gets to be effectively utilized. With e-visas, applicants are required to apply, have their visas approved and notifications sent to them, their visas would subsequently be issued at their borders and embassies."

For its part, Tourism Uganda said that the country's tourist map was



split into the Central, Southern, Eastern and Northern destinations and tourists have a range of flora and fauna, lakes and rivers and eco-tourism sites to choose from.

The dependence of economies

in Africa on tourism largely varies from one country to the other but its importance is underlined in each case by the inflow of foreign exchange into the respective economies.

Virtual medical lab set to transform health care

A new state of the art medical laboratory, which recently opened in Cape Town, South Africa, is aiming to provide medical trainees with a virtual hands-on training and experience.

The multi-million dollar SUNSkill clinical simulation lab, a partnership between Stellenbosch University and global tech firm Medtronic, aims to slash the usually time-consuming live theatre training, by immersing healthcare professionals into the virtual world.

"We cover neurosurgery, orthopedic surgery, cardiothoracic surgery, plastic surgery, vascular surgery, general surgery and laparoscopy. We have simulators for nurses and paramedical facilities; in fact, ICU staff in general can be fully trained on these simulators which are of the most modern in the world," said Ivan Vlok, Head of Neurosurgery



at Stellenbosch University.

The lab has eight fully simulated theatre operating stations, a dry lab and virtual ICU. At least 1,200 physicians will be trained during its first year of operation.

While this new venture is expected to attract specialists from the globe,

there are plans to roll it out in other African countries, including in Nigeria, Kenya and Ethiopia.

It is expected that such novel technology will help healthcare professionals fine-tune their skills, improve patient outcomes and the standard of medical care in Africa.



Kuwait's banks ranked among world's top 1000 banks

According to an analytical study conducted by the Union of Arab Banks (UAB) based on data from The Banker magazine, 85 Arab banks are included in the 2015 list of the world's top 1,000 banks. Eight banks from Kuwait, led by the National Bank of Kuwait, are on the list in the first category of capital.

The eight Kuwait banks on the list are in order of their ranking, National Bank of Kuwait, Kuwait Finance House, Burgan Bank, Gulf Bank,

Commercial Bank of Kuwait, Al Ahli Bank of Kuwait, Kuwait International Bank and Industrial Bank of Kuwait

Disclosing this at a press conference, the UAB Secretary-General Wissam Fattouh noted that National Bank of Kuwait had made remarkable progress on the list moving from the rank of 189 in 2014 to 168 in 2015. He added that the criteria of the first class banks manifest their strength and ability to withstand shocks, in line with the Basel

Committee on Banking Supervision.

The figures comprised by the UBA study show that the total assets of the eight Kuwait banks stood at KD63.5 billion in 2015, while their capital rose 6 percent from a year earlier to reach KD6.8 billion.

The study further revealed that the Arab banking sector achieved steady growth over the past years, with assets increasing to KD1 trillion and deposits amounting to KD640 billion.



Multi-lingual Kavi-Sammelan/Mushaira to be held on India's Independence Day

The Writers' Forum, Kuwait, a non-political, non-religious, non-governmental, non-profit literary organization for the Indian community in Kuwait, in association with the Embassy of India, will be organizing a multi-lingual Kavi-Sammelan/Mushaira on the occasion of the Independence Day of

India on 15 August at the Auditorium of the Indian embassy at 6pm.

The Ambassador of India to Kuwait H.E. Sunil Jain will be the Chief Guest.

The event will include recitations by poets from nearly ten different languages of India, on one platform. Translations in English shall be read

out after each recital.

Registration is open to all Indians and entry is free. However, prior registration will help facilitate necessary arrangements.

For further details: Contact President of the Writers' Forum at 97286800 or General Secretary: 97221133.



NSH GVH holds awards ceremony

NSH Global Village Harmony (NSH GVH) supports any endeavor to fulfill its dreams of making a positive change in the community, according to Sabu, President of the association, who made the comments while honoring the winners of the week-long contests, held in connection with UN International Day against Drug Abuse.

The slogan writing, picture drawing and thematic singing contests were organized in different languages - English, Hindi, Malayalam, Tamil, Punjabi, Bhojpuri and Nepali; and there were also indoor games such as Carrom, Chess and Table Tennis. The Indian Embassy official Ashok Kumar Sahoo and Mr. Sabu presented the overall champion trophy for scoring the highest points to PV Santhosh, leader of the MAA team. Mr. Sahoo appreciated the winners and NSH GVH for taking such efforts to spread awareness among the community members.



Dr. K.T. Rabeullah honored in Great Britain

Dr. K.T. Rabeullah has been honored at the British Parliament with a 'Lifetime Achievement Award' for his philanthropic activities. The award, constituted by the Rotary International - Trivandrum Royal, was presented by Dr. Geoffrey Clements, the Chairman of Commonwealth Association for Infrastructure Development, on Wednesday.

The award comes at a time when the UK is enhancing its efforts to attract philanthropic support in the health care and seeking investments in health care from the Commonwealth following the Brexit.

In his speech to the gathering, Dr. Rabeullah said, "I am humbled with kind words mentioned by speakers. The award encourages me to be more responsible and

recommit to dedicate myself to serve the community, especially the poor section. We will also be extending our services to UK and USA. In UK, we will be opening a dermatology/cosmetology & dental clinic soon."

While inaugurating the function, Virendra Sharma, veteran member of British Parliament, said, "It is my privilege to honor him at the British Parliament, the mother of modern democracy. I had come to know about the extent of Rabeullah's contributions to the society and humanity only very recently and today I am proud to sit next to him".

Dr. Rabeullah is the Chairman and Managing Director of the Shifa Al Jazeera Medical Group, Royal Shifa Hospitals and Naseem Al Rabeeh Medical Group, the largest medical service provider in the GCC.

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Lulu Exchange Director honoured with Global Businessman award at Brand Icons 2016

The seventh edition of the Brand Icons Awards presented by The Times Group were held at Taj Vivanta in Thiruvananthapuram, India on Friday. The awards recognize key icons and organizations that achieve outstanding results and that set them apart as leaders in their own spheres.

TM Thomas Isaac, Minister of Finance, Government of Kerala graced the occasion as the guest of honor and presented the Brand Icon Awards.

In recognition of his contribution towards the growth of business across

various sectors around the world, Adeb Ahamed, Director, Lulu Exchange was honored with Global Businessman award. Mr. Adeb is a multifaceted professional who also spearheads several other organizations including Twenty14 Holdings and Tablez Food Company.

"It is indeed a great honor to be recognized among the top icons in the field of business.

The award will help me reaffirm my commitment towards setting up new benchmarks in the sectors I am involved

with. I would also like to congratulate my fellow awardees who have carved a niche of their own in their fields of expertise," said Mr. Ahamed after receiving the award.

Many other noted luminaries were also honored during the ceremony, including Firoz Meeran, Managing Director, Eastern Condiments Pvt Ltd., B Govindan, Chairman, Bhima Jewellers, Professor N I Abraham, Managing Director, NFC Finance and T.S. Pattabhiraman, Chairman and Managing Director, Kalyan Silks, among others.



Increase in number of Indians seeking embassy assistance

A press release from the Indian Embassy states that there has been an increase in Indian nationals seeking assistance of Embassy for their immediate return to India.

Many Indian nationals continue to languish in various police stations, detention cells and at the deportation centre awaiting their repatriation to India. Also, there are distressed persons in Male and Female Shelters seeking early repatriation. Some of them in the Shelters are unfortunately waiting for 3-6 months and beyond for return to India.

The Embassy would like to clarify the following in this regard:

1. Distressed Workers in the shelters (male and female)

(i) As per local regulations, the repatriation of distressed domestic worker can take place under three circumstances; (i) the sponsor handing over the passport with valid residence visa. (in such case, the worker can return to India after booking of air-passage); (ii) sponsor filing an absconding case against the domestic workers thereby nullifying the residence status of the worker (in such case, the repatriation process/formalities may take 2-3 months after lodging of absconding case); (iii) and lastly, on the expiry of residence visa of the worker (repatriation process/formalities may take 2-3 months after expiry of visa).

(ii) Please note that distressed Indian nationals unfortunately remain stranded in Kuwait till such time one of the above three options materializes. The Embassy makes consistent efforts in expeditious repatriation of all stranded Indian workers in Kuwait. However, due to strict immigration procedure in Kuwait, the entire process of repatriation remains time-consuming as the repatriation of Indian nationals depend on the cooperation from the sponsors/employers and the local authorities which can sometimes take 3-6 months (or even more).

(iii) Therefore, those seeking refuge in shelter of the Embassy must bear in mind that the repatriation process takes a long time and that despite best efforts by the Embassy, there is no easy or quicker way out. It is not possible to arrange repatriation without fulfilling the local immigration procedure/conditions explained to above.

2. Indian Nationals in deportation centre, Kuwait

(i) As per the local laws, expatriates detained for residency or visa law violations in Kuwait are deported to their home countries. Indians, who are not having a valid residency/visa, are detained by police authorities and deported to India. They are kept under detention at various police stations and finally at the Deportation Center, till the procedures for their deportation are completed by the local

authorities. The number of such detainees varies on daily basis as the Indian detainees in Deportation Center are deported in small numbers and new deportees are forwarded to this Center by the police stations almost on a daily basis. There are presently 28,495 Indian nationals staying unauthorizedly in Kuwait (as per Data as on 15/2/2016 received from Kuwaiti authorities) due to visa or residency violations.

(ii) The Embassy, on its part ensures travel documents are issued early to Indian nationals facing deportation. In this connection, request for Emergency Certificate are received from the police stations/Deportation Centre authorities where passports are not available with the detainees or could not be retrieved from their Kuwaiti sponsors/employers. The Embassy officials visit the police stations; Detention Cell/Deportation Centre etc. to meet these Indian nationals detained, for interaction so as to verify nationality status and for issuing travel documents (Emergency Certificates) to Indian detainees not having passports with them to facilitate their repatriation to India. In recent years, the number of Emergency Certificates issued by the Embassy is as under:

| Year | Number of Emergency Certificates issued |
|---------------------|---|
| 2013 | 2,635 |
| 2014 | 2,789 |
| 2015 | 3,922 |
| 2016 (till June 16) | 3,127 |

(ii) In this connection, it must be borne in mind that the entire process of repatriation through Deportation Centre takes considerable time as it entails finger printing/verification and completion of other formalities/booking of tickets by Deportation Centre. It is not possible to indicate definite time-frame by which the deportees would travel to India and repatriation can only take place after completion of all formalities with the Kuwaiti authorities.

3. This is to ensure once again that on receiving complaints, the Embassy takes up each and every case reported for early repatriation by contacting sponsors/employers and with the local authorities. To assist distressed Indian nationals, the Embassy can issue travel documents (Emergency Certificates) after verification of credentials and provide even free air-tickets for their travel to India in deserving cases. However, the process of repatriation is time-consuming and it is not possible for the Embassy to repatriate without the completion of immigration procedure and fulfillment of conditions, which may take 3-6 months or more.

Sudden celebrity OFW Zumba trainer shares stage with Gym Team

Ricky Laxa
Staff Writer

An Overseas Filipina Worker in Kuwait and Zumba trainer, Mariel Quijano, whose dance video went viral on Facebook, showcased her dance workout stunts on Friday morning with The Gym Team at the Radisson Blu Hotel's Chai Al Dhaha. The full house class, which lasted an hour and half, featured Mynna Anna Bernardo Dy, Stella Munch and Colombian Zumba trainer Alexander Romero.

Quijano, dancer on a popular weekend TV show in the Philippines Party Pilipinas, delivered Zumba dance routines in front of an overcrowded ballet studio. Quijano, known among OFWs worldwide for her brief performance to the Trumpet Challenge music that went viral on social media, also conducts classes in one of the local clubs in Kuwait.

"She was extraordinary and her routines described her professionalism and passion with what she does," commented Maria Mendoza, a Gym Team regular attendee. In addition to the



presenters, Dy, a fitness and Zumba trainer in one of the local gyms in Kuwait perked a half hour workout with Latin music paired with high impact moves. Romero, a Zumba trainer from Colombia, shared two routines which was immediately followed by a cool down led by Dy. A team from Al Shaya Company also attended the session.

The group also welcomed the presence of the mentor of the group Ida Pellaud, wife of the General Manager of Radisson Blu Hotel. The Gym Team announced its forthcoming project 'Global Zumba' scheduled for 2 September

at the grand ballroom of the Radisson Blu Hotel.

The team is currently on lookout for a possible organization locally or in the Philippines to donate the proceeds of the project. For details visit their Facebook Account; The Gym Team.

The team also extends its gratitude to local and Philippine media; Michele Fe Santiago of ABS CBN News and The Arab Times, Ben Garcia for Philippine Panorama and Kuwait Times, Reaven DSouza of The Times Kuwait and Morning Talk News for their usual generous support to its advocacy.

Samsung Wearables Segment grows with the Gear Fit2 and Gear IconX

Expansion in the fitness wearables market with the regional launch of the Gear Fit2 and the Gear IconX. Each product is designed with consumers' fitness needs in mind, and includes features that provide users with precise tracking technology to monitor their fitness activity, in addition to a standalone music player. As part of the launch, purchase of either device entitles the buyer to a complimentary



month of membership at Fitness First. Existing members can take home the Level U Wireless Headphones that feature 12mm speaker units delivering high-quality, clear sound through dual-microphone noise reduction and echo cancellation. The offer is valid until end of September this year.

The Gear Fit2 features an embedded GPS and a heart rate monitor (HRM) that offer accurate and robust fitness tracking and measurement, while providing instant feedback on the user's workout. The Gear IconX is cord-



free earbuds that can track fitness information and provide users with feedback on their running performance. Both the Gear Fit2 and Gear IconX are optimized to benefit users' various fitness levels, whether they are training for a marathon or just as part of their daily exercise regime.

"The Gear Fit2 keeps you connected to important email,

SnS and text notifications when tethered to your phones, while you can receive calls on the Gear IconX.

Apart from being stellar standalone music players, both devices are designed to maximize consumers' fitness experiences and their overall wellbeing. Our exclusive partnership with Fitness First will inspire people to best utilize the tracking data of their daily health delivered by the devices," said Tarek Sabbagh, Head of IT and Mobile (IM) Division at Samsung Gulf Electronics.

The Gear Fit2 and the Gear IconX are priced at KWD 59.99 each and are available at Samsung stores and select retailers.

Hyundai officially launches IONIQ Hybrid and Electric Cars



Hyundai has officially released its ground-breaking IONIQ range of alternative-fuel cars for sale, with international journalists having their first chance to get behind the wheel at the trio of eco-cars' global launch in Amsterdam.

The IONIQ is the first Hyundai platform to be purpose-built for

alternative-fuel drivetrains, and represents Hyundai's flexible approach to moving its products towards zero-emissions technology. Instead of offering just one power source, the Korean carmaker is giving buyers a choice of three proven technologies within a single vehicle architecture: the IONIQ Hybrid, IONIQ Plug-in, and IONIQ

Electric. Each alternative offers low emissions, and will also be comfortable and - very importantly - offer sporty performance and be fun to drive.

With demand expected to exceed the initial supply, Hyundai hopes to begin shipments to the GCC by the end of 2016, starting with Hybrid and Electric versions.

Fashion Forward Dubai launch EPIC - An empowerment program propelled through industry collaborations



Fashion Forward Dubai (FFWD), the region's definitive fashion platform, announced the launch of EPIC (Empowerment Program through Industry Collaboration), an empowerment program that provides business development opportunities to regional fashion talent through a series of initiatives. In collaboration with Samsung Electronics MENA, EPIC will deliver a calendar of events, workshops, sponsorship opportunities, influencer and scholarship programs, all made possible through the synergetic

collaboration with industry partners who strive to achieve similar objectives. Ramzi Nakad, COO and co-founder of FFWD said, "Building upon the success of Fashion Forward Dubai which has catapulted regional designers to attain international and regional visibility, EPIC is designed to nurture talents, working as a catalyst for creatives to benefit from sought after industry resources while developing the skills and know-how needed to progress in an ever-growing and highly competitive

landscape. Amplified through an extensive network of stakeholders and professionals, exposure opportunities and digital innovation rooted in the strategic partnership with Samsung, EPIC will promote the sustainability of the regional fashion economy and forge healthy competition."

In 2016, EPIC will focus on five key initiatives with the aim of maximizing exposure, fostering partnerships, creating business and higher education opportunities, and offering practical tools that will enhance the brand.



Kalyan Jewellers announces winners of their 'Fly Back Home in Style' campaign

Kalyan Jewellers, one of the leading and most-trusted jewelry brands in the region, held the final raffle draw of their 'Fly Back Home in Style' campaign, on 27 July at their Kuwait City outlet. The final draw revealed the names of the 20 lucky winners who will receive free flight tickets.

The following are a list of the 20 winners and their coupon numbers: Rinto Sebastian (05071), Ali Asser (07974), Naria.N (22758), Kulwinder Singh (29580), M.S.A Raheem (18757), Nafisa Saifudeen (20640), Mohd Zafar Azad (09780), Jimon (07300), Nayani N.K (21386), Akshay.B (11037), Ahmad.M (01213), Sirajudheen (28077), Sudhakar Reddy (70201), Alin Mammen George (18256), S.Balasubramanian (00072), Fatema (05668), Reshad (01220), M.Rajendranath (02328), A.Kathiravan (20587) and Narsimha Rao (22343).

The 'Fly Back Home in Style' campaign, which ran from 29 May to 24 July and is the latest in Kalyan's exciting repertoire of amazing promotions, drew enthusiastic response from shoppers.

During the campaign period, shoppers who purchased gold jewelry worth KD200 from any Kalyan outlet in Kuwait were eligible to receive one Scratch & Win coupon for prizes such as an American Tourister Backpack, a Cruiser Watch or a gift voucher worth KD20 redeemable against uncut diamond or jewelry. Alternatively, customers buying gold jewelry worth KD400 were entitled to three coupons and shoppers buying diamond jewelry received four coupons for assured prizes. In addition, everyone who participated in the promotion was entered into a final raffle draw that gave them the opportunity to win free air tickets.



Youth India Kuwait conducts informative program against extremism

Kerala Islamic Group Vice President Sakeer Hussain Thuvvoor delivered a keynote address at the program 'Islam: between extremism and decadence' organized by Youth India Kuwait in Farwaniya Ideal Auditorium. In his speech, he mentioned, "IS' is trying to destroy Islam by claiming to be establish Khilafat. Imperialist agenda has to be suspected behind 'IS'. There is no place for extremism in Islam. Islam advocates a balanced lifestyle."

THE TIMES
KUWAIT'S PREMIER WEEKLY NEWS MAGAZINE

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DINING IN KUWAIT

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OPEN FLAME KITCHEN



This upscale designer restaurant concept continues to serve up globally influenced dishes in an enticing, action filled environment with their real show fire grill. Guests can not only enjoy a wide range of gourmet food products but also cherish the entertainment

created by 'flame cooking'. The restaurant also boasts of a one of its kind wood fire brick oven pizzeria, offering a wide range of artisan Italian pizzas. The food, the service, the décor and design – it all adds up to a meal you will not forget.

Popular dish: Maple Sticky Buffalo Shrimps served with cool ranch



360 Mall. Call 2530 9990.

BURGER BOUTIQUE BLACK



From Beirut's uber chic Achrafia district comes the crème de la crème of Japanese dining that is Sushi Bar, serving its upscale concept at the luxurious Hamra Tower. Offering a contemporary Japanese menu, traditional elements are elevated to another level of bountiful flavors using quality, imported ingredients

that shine through with the addition of certain fusion dishes. Sushi Bar will impress you with their extensive menu that begins with small plates, seafood on ice selections and ends with kitchen specialties, Ura Maki heaven that promises a rich blend of innovative maki rolls, Temakis, special sushi's and mouthwatering sashimi.

Popular dish: Up in smoke burger, a combination of bacon, Tillamook cheddar, panko onion rings and smoky BBQ ranch on Texas toast.



Murouj Complex in Sabhan. Call, 2227 5999.

SLICE



Located right after Liberation Tower, Slice is a favorite doner shawarma spot in Kuwait. Since its opening, it has continued to wow clients at its amazing location that is full of ample parking and a small outdoor eating area for those dining in.

Choose between a beef or chicken doner in a wrap or pita bread, but their secret is in the sauce (yogurt sauce, tahina, chili, garlic and even ketchup). Or you can go for the special sauce with a méléé of spicy flavors bound to have you come back for more.



Abdullah Al Salim Road, in front of Souq Al Wataniya. Call 6700 9974.

Every week, our 'Dining in Kuwait' section features selected restaurants in the country that provide sumptuous cuisines from around the world. Want to feature your restaurant in our 'Dining in Kuwait' section and reach out to our wide reader base? Email us at editor@timeskuwait.com with a brief about your restaurant along with images in high resolution.

Home-made whipped cream



Want something better than whipped cream to top your dessert; try homemade whipped cream. Sure, the store bought variety is quick and easy to use; but nothing dresses a dessert quite like the homemade version. It is not only silkier and richer but also quite easy to prepare; however, make sure you avoid the following mistakes.

Do not start with warm cream: Remember to start with chilled dairy, as the fat globules emulsify faster and stay emulsified longer when cold. For an even more efficient whipping, start with a cold mixing bowl and cold electric-mixing attachment. Just pop them in the freezer for 10-15 minutes before starting.

Use organic cream at your discretion: Using organic ingredients will give you a white, smooth and creamy texture compared to grainy and yellow when using ultra-pasteurized dairy.

Be sure not to over or under sweeten: Whether dolloped on pie, spooned on pudding or served alongside berries, whipped cream is typically eaten with dessert. Those pies, puddings and berries are already sweet, so loading your whipped cream with tons of sugar will result in an oversweet mess. To be on the safer side, start with one tablespoon of sugar per cup of cream and increase to two if required.

Choose and incorporate your sweetener wisely: If you are using a confectioner's (powdered) sugar in your cream, do not add it until peaks have already begun to form. Otherwise, the cornstarch used in confectioner's sugar will not act as the needed stabilizer. You can use regular granulated sugar, but add it *before* you begin to beat so it can properly dissolve into the mix. If you opt for a liquid sweetener such as maple syrup, remember to use no more than two tablespoons and fold it in gently with a rubber spatula once the cream has set.

Do not over-beat the cream: Heavy cream should be approached with a lighter hand. Over-whipping your dairy will result in an unappealingly thick and dense whipped cream. The milk solids may separate, too, meaning you are halfway to butter. One way to avoid over-beating your cream is to do it by hand, but make sure you have the right tool for the job. A large balloon whisk will properly incorporate air into the cream; if you take it too far, just add in a drizzle of un-whipped cream.

Do not be afraid to prepare in advance: You can prepare whipped cream hours in advance, erring on the side of under-beating. Store it in the refrigerator and simply bring it back to life with a whisk, moments before serving.

Recipe

Salted-Butter Apple Galette with Maple Whipped Cream

Preparation: Place a rack in the middle of the oven and preheat to 190 degree Celsius. Meanwhile, in a small saucepan, place ¼ cup salted butter, scrape in vanilla seeds from ½ length of vanilla bean, add the pod too, and cook over medium heat, stirring often for five to eight minutes, until the butter begins to foam and then browns, but before it burns. Remove pan from heat and remove the pod.

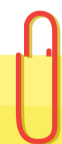
Prepare a basic tart dough in advance by whisking one tablespoon sugar, ½ teaspoon kosher salt and one cup all-purpose flour in a medium bowl. Add six tablespoons chilled unsalted butter, cut into pieces and rub it in with your fingers until mixture resembles coarse meal with a few pea-size pieces remaining. Beat on large egg to blend and drizzle over butter mixture; mixing gently with fork until the dough just comes together. Turn the dough onto a lightly floured surface and knead until smooth, then form into a disk shape, wrap in plastic and chill for at least two hours until firm.

Roll out the dough on a lightly floured surface into a rectangle of roughly 35 x 25 cm and about 0.25cm thick. Transfer to a parchment-lined baking sheet. Arrange two large apples, scrubbed and sliced to 0.25cm thick on top, overlapping and leaving a 4cm border. Brush apples with the browned butter and sprinkle about three tablespoons muscovado sugar or dark brown sugar. Lift the edges of dough over the apples, tucking and overlapping as needed to keep the rectangular shape.

Beat one large egg with one teaspoon water in a small bowl and brush the crust with egg wash. Sprinkle with one tablespoon granulated sugar and bake for about 40 to 50 minutes, rotating the sheet once. Let it cool slightly on the baking sheet before slicing. Beat two cups heavy cream in a medium bowl to medium-soft peaks. Fold in two tablespoons pure maple syrup and serve alongside galette.



GRILLING Tips



Strewing citrus slices over a grill keeps fish from sticking to the rack and infuses it with flavor at the same time. Slice oranges, lemons, and limes about 1/4 inch thick, then spread the fruit generously over a hot grill.



To speed up the cooking time for tender grilled ribs and chicken legs, boil the meat in sweet-salty-garlicky brine and then grill for a few minutes.



Extra-long pair of tongs is the only grilling tool you need. Not only do they allow you to easily maneuver food over the fire without singeing your arm, but you can use them to lift up hot grates, and move around glowing coals to create a perfect two-tier fire.

Remembering
2 AUGUST, 1990

Iraqi soldiers ride on top of one of their tanks through the streets of Kuwait City on August 4, 1990



Reliving memories of the Kuwait invasion

Continued from Page 1

After several futile attempts, they managed to contact their boss, who notified them about the invasion and asked them to go back home. On reaching home, she found her husband and six year old son waiting for her with the same news about the invasion. Aisha's husband, who worked at the airport, told her about military tanks stationed outside the airport and how he had luckily managed to escape from there.

Aisha and her family, who had been living in Kuwait for quite some time prior to the invasion, had many close friends. Though fear and anxiety about the future was a common pervading emotion among all their friends, they called each other whenever possible to offer

moral support and assistance. It was a tough period for everyone in the country. It all happened so suddenly that no one was prepared for the tumultuous events as they unfolded one after another. One week we were

and supermarkets would be open only for an hour or so each day.

On some days there would be no food to go around and we realized the pangs of hunger for the first time in our lives. The country was

asking around, they learned that a shop owner had been robbed and then brutally murdered. "The image of the man lying dead on the road haunts me to this day," said Aisha.

In October, rumours were rife that Iraq would launch a biological or chemical attack against Kuwait, if the United States intervened on behalf of Kuwait. Everyone became desperate to leave the country and Aisha too decided to leave the country along with her family.

Following an evacuation plan that took them on a nerve-racking journey from Kuwait to Baghdad and then to camps in Jordan before finally boarding a flight for Mumbai. Near the Iraq-Jordan border, we had to reside for days in camps pitched on 'Norman's Land' and had to rely on food

supplied by the Jordanian government. "To this day, I feel grateful to the Jordanian government for providing us with necessary supplies," said Aisha. At the airport in Amman the family had to remain in a long queue and wait for nearly 48 before their turn came to board the Air-India evacuation flight to Mumbai.

While the traumatic experience of those days has left a deep scar in her life and painful memories continue to haunt Aisha, she is determined to view life in a positive manner. "After coming back to Kuwait and finding our house ransacked and all our possessions lost, we decided to start afresh from scratch; leaving all the dark memories behind, we vowed to take each day as it came and to always move forward with hope," said Aisha.



living a normal life and then suddenly we found ourselves searching for basic necessities, said Aisha.

The amount of food available was barely sufficient to meet daily needs

in turmoil and crime was rampant; calling it the worst days in her life, Aisha recalled how one day while they were out to get supplies, they saw a dead body on the road. After



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Remembering
2 AUGUST, 1990



Kuwait's National Museum



“ All over the world, nations use museums and galleries to showcase their country's contributions to the common heritage of humanity and to the progress of human civilization ”

Mute victim of the 1990 invasion

Staff Report

The Iraqi occupation of Kuwait in 1991 took a heavy toll on human life, it ripped apart the country's social and economic fabric and eviscerated the environment with oil wells that were set ablaze. All this is well recorded, what is perhaps not so well known is the devastating effect that the seven-month long occupation had on Kuwait's cultural life and on its national heritage.

Throughout the occupation period, the Iraqi forces under Saddam Hussein tried to snuff out any form of resistance by arresting, torturing or killing those who opposed to the occupation. While breaking the will of people to resist and encouraging meek obedience was a priority for the Iraqi regime, what was even more important was to rewrite history and deny Kuwait's existence as an independent and sovereign nation.

To achieve this, all manifestations of Kuwaiti culture and freedom of expression in any form, were strictly and forcibly curtailed. Much of the press and other media outlets were muzzled; artists, writers, poets and other intellectuals expressing views against the aggression were either imprisoned or silenced. Though this suppression of freedom to express was unbearable, of even greater consequence to Kuwait as a nation, was the willful attempt to obliterate its



national identity by removing all traces of the country's culture and heritage.

All over the world, nations use museums and galleries to proudly display their historical documents, cultural artifacts and national heritage items so as to showcase the country's contributions to the common heritage of humanity and to the progress of human civilization. Removing all traces of this unique contribution effectively erases a country's identity and effaces its existence. So it was no surprise that the Kuwait National Museum became

a prime target for the Iraqi regime.

Established in 1957, in a building adjacent to the Dasman Palace in Sharq, the Kuwait National Museum relocated to a purpose-built, grandiose building in 1983. Situated on the seafront, next to the National Parliament, the National Museum covered four distinct sections — Archaeological Museum, Heritage Museum, Dar al Athar al Islamiya (DAI) and a modern planetarium with cutting-edge celestial displays.

The Heritage Museum contained traditional and authentic items from a sea-faring era that predated the discovery of oil in 1937, and included clothing, utensils, swords, work tools, boxes, woodwork and other necessities that people in Kuwait relied on for their daily life. Meanwhile, the Archaeological Museum housed Kuwait's prized possessions of rare and unique archaeological finds from Sumerian, Hellenistic and Byzantine civilizations that were uncovered by excavations on Failaka Island and along the country's northern shorelines and in deserts to the west. For its part, the DAI, or the House of Islamic

Antiquities held many precious Islamic relics that attested to a Golden Age of Islamic civilization. All four sections were subject to wanton destruction and total pilferage by the Iraqi forces. Also, in nothing more than an act of peevish and envious destruction, the planetarium was made defunct by destroying its projector and curved overhead roof.

More importantly, in what is often described as “one of the greatest art crimes of the twentieth century”, more than 20,000 artifacts and art objects that made up the entire collection of the Archaeological and Heritage Museums, as well as priceless Islamic antiques from DAI, were stolen by the occupiers and carted away to the Iraqi National Museum in Baghdad.

Nawal al-Failakawi, a former employee of Kuwait National Museum, said she was not surprised at the cultural invasion of the museum and the systematic manner in which the large-scale looting was accomplished. She noted that just a week prior to the invasion, a team of employees from the Iraqi National Museum had visited Kuwait museum; ironically, under

the pretext of learning how to safely transport valuable artifacts from one place to another.

Following Kuwait's liberation on 26 February, 1991, by the United Nations-backed coalition forces, the UN Security Council adopted Resolution 687 that required Iraq “to facilitate the return of all Kuwaiti property seized”. In May 1991, the UN's coordinator overseeing return of stolen articles identified virtually the entire Kuwait National Museum and DAI collections in the Assyrian Hall of the Iraqi National Museum.

Though many of the priceless Kuwaiti treasures were returned to the collection around 487 objects from the National Museum and 58 antiques from DAI still remain missing. In 1996, one of these items — a 16th-century Mogul double-edged dagger, gold-set with rubies, emeralds and turquoise — was recovered. It was spotted in a catalog for a 1996 auction at Sotheby's in London, and returned by the vendor, who said he had not known it was stolen when he bought it in Amman, Jordan.

Between the first and second Gulf wars, Saddam's government, under pressure from the UN, agreed to invite Kuwait officials to visit the Iraqi National Museum and reclaim some of the stolen art pieces that were on display there.

However, after the second Gulf War in 2003, and during the initial phase of American presence in Iraq, the law and order situation and administrative structure in the country completely vaporized, along with many of the treasures from the Iraqi National Museum.

Ironically, while the Iraqi invasion of 1990 had aimed at erasing Kuwait's unique national identity and heritage, by looting its artifacts and burning its museums, in 2003, it was Kuwait that stepped forward to help preserve Iraqi heritage by safeguarding some of its national treasures in the Kuwait museum during the US-led invasion of Iraq.



August 2, 1990 « Kuwait invasion

Sea-Lift

A story
worth re-telling

Staff Report

The release early this year of the Indian movie 'Airlift' helped highlight the role played by community leaders, the Indian government and the national airline, Air-India, in evacuating nearly 170,000 Indians stranded in Kuwait during the Iraqi invasion of 1990. The evacuation even won Air-India a spot in the Guinness Book of Records for the largest airlift of civilians from a war-zone by a commercial airline.

While Air-India and its staff, as well as everyone involved in that evacuation process, deserved to be remembered and commended for their strenuous and selfless efforts, another mass evacuation has sadly not received the due recognition it deserved. The role of an unpretentious cargo ship in evacuating more than 700 people from Kuwait during that precarious period has largely gone unnoticed.

In all fairness, the movie *Airlift* does make a passing reference to a cargo ship: When the film's protagonist, Ranjit Katyal meets with the character playing Iraqi Foreign Minister, he is informed that that an Indian merchant ship was due to arrive in Iraq and that 500 Indians could be tacitly granted permission to leave on that ship. But eventually an UN embargo prevents the ship from docking...

The real story is quite different from that told on reel. Around 722 stranded Indians were safely evacuated out of Kuwait on board the Indian cargo ship, the MV Safer.

The mass evacuation by MV Safer was just as daunting and unprecedented as the airlift by Air-India - never before had a small cargo ship, with living space for less than 30 crew, been converted to house more than 700 passengers and then undertake a perilous voyage to ferry them safely across a war-zone. The ship's captain and its 22-man crew join the many unsung heroes of the bitter Iraqi invasion and occupation of Kuwait.

This is their story...

The MV Safer captained by Z.A.K. Juwale and laden with a cargo of rice destined for Kuwait docked at the country's Shuwaikh Port on the evening of 31 July, 1990. Offloading of the cargo on the next day went on till late at night, and when the ship's crew supervising the unloading eventually went to bed it was the early morning hours of 2 August. The crew were



understandably very tired and paid scant attention to loud booms that could be heard in the distance from the direction of Kuwait City.

Ignorant of anything happening outside the port and unaware that an invasion and war was raging all over Kuwait, the sailors on board MV Safer were in deep sleep when the war found them.

At around 6am the crew were woken from their slumber by loud banging on their doors. Stepping out of their cabins they were confronted by a posse of AK47 wielding soldiers who trained their guns on the heads of the sailors and ordered them out. They were forced out of the ship and taken ashore where they were held for over three hours as the soldiers took over the vessel.

The captain and crew waited in fear imagining the worst case scenario. But once the soldiers realized that the ship and crew were of Indian origin, their stance softened and the crew were once again allowed on board, but were not permitted to leave the port. This stalemate continued for several weeks as the ship and its crew languished in the port. Then one day came a strange request from the ship's owners - to ferry more than 700 civilian passengers out of Kuwait to Dubai...

Meanwhile, in Mumbai, one of the ship's owners and director of Oyster Marine Management, Captain V.R. Kekobad received news from their agent in Kuwait that an invasion had taken place and that Iraqi soldiers were manning checkpoints around the city. At the same time, the ship's Indian co-owner Captain Ibrahim Modak, who was manning the company's Dubai office, was also watching in horror as news of the invasion began unfolding on television and other media.

The first thought in the minds of the ship's owners was the safety of their crew and their immediate evacuation from Kuwait. Unfortunately there were no means of communications with the ship's captain and their only contact was through official government

channels in India, UAE and Kuwait.

While Kekobad used his influence and tried to persuade officials in the Indian shipping, defense and external affairs departments, Modak began negotiating with the authorities in Dubai. One day, in late August, they received an informal request from officials at the Indian ministry of external affairs asking if they could make available their ship stuck in Kuwait to evacuate Indians stranded there. The two owners were dumbfounded; over the years their ship had ferried a variety of cargo, but never had the ship transported a human cargo and definitely not such a large number of passengers. The owners realized that though it was Indian-owned, the Panama-registered MV Safer was a cargo ship and under international maritime law it was not allowed to ferry passengers. Moreover, the ship did not have the necessary safety equipment or amenities and facilities to accommodate more than a crew of 30.

But the owners did not have to think twice on the request from the Indian government; they readily agreed and began preparing for the herculean task of undertaking the first-ever mass evacuation of Indians from Iraqi-occupied Kuwait.

The main priority was getting all the necessary permissions from a list of maritime and defense authorities in India, UAE and Iraq and then informing the ship's captain and crew about their new assignment. Another challenge was ensuring safety of the passengers that would include women and children, by finding sufficient number of life-jackets and life-boats. Kekobad convinced the Indian government to deliver some 400 life jackets in Kuwait, and, with help from Iraqi authorities, they were able to corral a few hundred more life vests and 14 rafts...

Once they learned of their new assignment, the Safer crew began to work determinedly to retrofit their cargo ship and create makeshift facilities so as to accommodate the large number of passengers expected to arrive on board. A major challenge

for the crew was accommodating tens of hundreds of passengers on a ship that had been fitted to carry just 30 personnel. There were no sleeping berths, no air-conditioning, no toilet facilities and no cooking arrangements to meet the needs of the large number of passenger predicted to arrive.

After offloading all the remaining cargo, the crew began a spate of improvisations: oil drums were cut and welded to make toilets, burlap bags were tied together to create cubicles for families, the limited air-conditioned space was reserved for the sick and the elderly and it was decided that the sewage produced would have to be discharged directly to sea, as the ship's facilities could not cope with the large amount of sewage likely to be generated during the trip. Ample stock of drinking water was then taken on board in Kuwait.

By early September the ship was ready and all needed clearances had been received. It was decided the ship would set sail on 4 September and accordingly the Indian community in Kuwait was informed. By early morning on the assigned date, a total of 722 passengers, including 265 women and children, gathered at Shuwaikh Port and began embarking on an unprecedented and unparalleled 48-hour voyage over unsafe waters.

The cramped quarters and the stifling heat and humidity of the Gulf summer notwithstanding, there was a general camaraderie among all on board the ship. Passengers had been asked to carry enough food for 2-3 days, as the ship did not have much to offer in way of food and nourishment. Despite this, many had come without any food and the crew generously shared their meager supplies with these passengers.

Though the distance from Kuwait to Dubai was relatively short, the captain and crew were fully aware of the perils involved in the voyage. For one, there was the very real threat of striking one of the many mines that were floating around in the waters leading to Kuwait. Once this area was safely traversed there was the possibility of being accidentally fired upon by naval ships and patrol boats from different nations that were manning the Gulf waters.

Luckily, none of the worst case scenarios materialized and the MV Safer steered safely into Dubai waters late on Thursday, 6 September. However, technical and procedural issues kept the ship offshore until Friday, when it was finally allowed to dock and disembark the passengers. The passengers were emotionally overcharged while disembarking; many hugged the crew and profusely thanked them for their generosity and their humane gesture in helping fellow citizens.

In a letter of appreciation sent to Kekobad, the then Joint-Secretary of External Affairs Ministry, K.P. Fabian, thanked the owners and crew for their voluntary and humanitarian effort. The letter added, "We are indeed grateful to you for having carried safely over 700 Indians from Kuwait under Iraqi occupation to Dubai."

More than quarter-century later, there are very few, besides some of the passengers, who remember the handful of heroic seamen who voluntarily stepped up to help their compatriots in their hour of need.

We salute those brave men wherever they are today.





Remembering
2 AUGUST, 1990

Kuwait Invasion

An environmental catastrophe

Staff Report

During the seven-month long occupation of Kuwait by Iraqi forces from August 1990 to February 1991, imprisonment, torture and killing of those opposed to the regime, as well as plunder and ransack of the country and its assets, were widespread. The memory of the martyrs who lost their lives during the invasion and occupation will no doubt live forever in the minds of their loved ones but another lasting legacy of those dark days was the environmental catastrophe created by the deliberate burning of oil well and spewing of oil into the waters of the Arabian Gulf.

By early February, when it became apparent that the United Nations-backed coalition forces were preparing to roll back the invasion and push the aggressor out of Kuwait, orders came in from the highest levels of the Iraqi hierarchy to undertake a scorched earth policy, by burning down and destroying as much of Kuwait's infrastructure as possible.

But even long before January 1991, there was a covert plan in place to systematically destroy Kuwait's oil industry by setting fire to its oil wells in case of any attempt by the United States and its allies to launch an attack on Iraq. It was in line with this plan that 789 productive oil wells were set ablaze in the span of a few days, causing catastrophic consequences to both the economy and ecology of Kuwait.

As dense black clouds of soot from the burning oil wells turned day to night and the distant horizon became lit by the orange glow from the raging fires, the ecological landscape and environment of Kuwait began to undergo dramatic transformation.

By March 1991, initial assessment of the burning oil wells showed that more than six million barrels of oil were going up in flames per day. The

amount of soot generated, estimated at nearly 3,400 metric tons per day, was also of major concern as one gram of soot was calculated to block out two-thirds of the light falling over an area of eight to ten square meters. Scientists were of the opinion that burning of just two billion barrels of oil per day could generate a plume of smoke and soot that could cover over four million square kilometers. The plume of smoke which rose more than six kilometers into the atmosphere and traveled over 1,600 kilometers, were luckily short-lived, as clouds and precipitation in the atmosphere dissipated much of the smoke.

By November 1991 the last of the burning oil wells had been capped, but the scale of damage to the Kuwaiti economy and ecological environment was only beginning to be assessed. Hundreds of miles of the Kuwaiti desert were left uninhabitable, due to the accumulation of oil lakes and of soot from the burning wells. In 1993 more than 240 oil lakes had been discovered in the Kuwaiti desert; in addition, the mixture of sand and oil residue in the desert that effectively reduced these areas to semi-asphalt surfaces left nearly

five percent Kuwait's land area totally uninhabitable to any life forms.

Of even greater concern to the authorities was the effect on the Arabian Gulf from the vast amount of raw crude that had been deliberately spilled into these waters. The Gulf already comprised one of the most fragile ecosystems on the planet, and prior to the Iraqi invasion this ecosystem was attempting to recover from the damage inflicted upon it during the Iran-Iraq War.

As a result of the Iraqi scorched earth policy, it was estimated that 250 million gallons of oil — more than 20 times the amount spilled in the Exxon Valdez disaster in Alaska — seeped into the Gulf, causing irreparable harm to the biological diversity and physical integrity of the Gulf. At its height, the oil slick extended over an area of 10,000 square km with anywhere between 500,000 to 750,000 cubic meters of oil believed to have been spilled into the Gulf. Oil soaked over 700km of Saudi Arabia's coastline. Due to the Gulf's sluggish water circulation system, it was projected that it would take years before the oil could settle down or be swept away by the natural forces of the water.



Another grave concern from the spillage of oil stemmed from the overall reliance on the Gulf to provide drinking water to the region. Seventy to ninety percent of the populace

depended on desalination plants for fresh water supplies, and the oil spillage threatened the precious desalination plants, as well as power plants and industrial facilities all along the Gulf coast.

The fishing industry in the region was also deleteriously affected by the oil spillage into the Gulf waters. The oil disrupted the spawning of shrimps and fish and this affected the livelihood of many people in the area who relied on fishing as a subsistence activity. The spill also impacted the yield from these waters, which dropped significantly from the average 120,000 tons of marine life harvested each year.

Another impact of the oil spillage was its effect on many endangered species, including green and hawksbill turtles, dugongs, whales, dolphins and the millions of migratory birds like cormorants and flamingoes that visit the Gulf each year.





Netherlands

While most visitors to the Netherlands focus on Amsterdam, the country's vibrant capital with its great museums and art galleries, there are many charming towns and villages in this small yet fascinating country to explore. And because the country is so flat, it is extremely easy to do at least a little sightseeing the Dutch way: by bicycle. Many communities actively encourage the use of pedal-power and provide bikes to explore the sights at no cost. However you choose to see the Netherlands, you are guaranteed a great time in one of the friendliest and most liberal cultures in Europe.

Amsterdam: This capital city has three world-famous sights, the Anne Frank Huis, the Van Gogh Museum and the Rijksmuseum, with its wonderful collection of Rembrandt paintings. In addition, there is a slew of lesser known places to visit, from the Resistance Museum through to the Royal Palace on the Dam, though for many tourists the city's canals are its main draw - take a cruise or a stroll around the Grachtengordel and you will see why. Beyond the sights, the



city's nightlife and cultural events have a similarly innovative edge, with offerings that are at the forefront of contemporary European film, dance, drama and music. In addition, Amsterdam boasts one of the world's leading classical orchestras and a platoon of great clubs.

Historic Valkenburg: For those looking for a little ancient history, the Netherlands is not without its own medieval attractions. Romantic little Valkenburg, in the picturesque Geul Valley, boasts the country's only hilltop castle. In addition to

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the ruins of the 12th-century castle on Dwingelrots (Castle Rock), there is also the interesting 14th-century St. Nicolaaskerk Basilica. Another highlight is the town's famous Christmas Market (mid-November to 23 December) held in the Velvet Caves, the maze of old passageways leading to and from the castle.

Amsterdam's Canals: Any visitor visiting Amsterdam will definitely enjoy spending time exploring the city's wonderful canals. While many of Amsterdam's best tourist attractions can be easily accessed by boat tour or water taxi - including most of the major museums and art galleries - there is much to be gained by simply strolling along the smaller, quieter streets that line the waterways.

Keukenhof: Think of the Netherlands, and you will inevitably think of tulips, the country's most

popular flower. And there is nowhere better to enjoy its rich floral bounty than at the Keukenhof, otherwise known as the Garden of Europe. It is the largest public garden in the world encompassing more than 70 acres of what was once the former kitchen

garden of a large country estate. Along with its excellent restaurants, sunny patios, and exhibitions - not to mention its more than 700 varieties of tulips - the site is home to the world's largest open-air flower show.



Hoge Veluwe National Park: Covering nearly 13,800 acres, this national park is the largest continuous nature reserve in the country. Featuring dense woodlands in the north, as well as a fascinating sculpture park, the area was once a country estate and hunting reserve, and to this day is home to many red and roe deers. It is also a popular area for birdwatching, as well as hiking and biking.

The Windmills of Kinderdijk: On the River Noord between Rotterdam and Dordrecht is the famous village of Kinderdijk, where one can find fantastically preserved 18th-century windmills. Now UNESCO World Heritage Sites, the 19 Kinderdijk windmills, built between 1722 and 1761, are the largest surviving concentration of windmills in the Netherlands. Originally used to drain the fenlands, these majestic buildings with their impressive 92-foot sails are open to the public from April to October, including special Mill Days when the sails are set in motion.

The Rijksmuseum: The spectacular Rijksmuseum (aka the Dutch National Museum) in Amsterdam has been collecting rare art and antiquities since 1809. Its extensive collection today amounts to nearly seven million works of art, including 5,000 paintings in more than 250 rooms, as well as a vast library with some 35,000 books. Apart from its unique collection of old masters, it offers an exhaustive account of the development of art and culture in the Netherlands and is especially rich in traditional Dutch handicrafts, medieval sculpture, and modern art.

Van Gogh Museum: As befits one of the world's greatest artists, the spectacular Van Gogh Museum in Amsterdam is ranked an impressive 35th in the top art museums globally. Home to the world's largest collection of Van Gogh paintings - many donated by the artist's family - this impressive gallery and museum was specially built to showcase more than 200 paintings, 500 drawings, and 700 letters in its vast collection.

Kasteel De Haar: The largest fortification in the country, this spectacular castle - built by the

famous Dutch architect, PJH Cuypers - required so much land that the entire village of Haarzuilens had to be relocated to accommodate it. While the original castle site was



established in the 14th century, this newer structure dates from 1892 and is well worth taking the time to explore. Inside, you will find collections of antiques, furniture, paintings, and tapestries, but it is the gardens that really draw the crowds.



Festivals: The Grachtenfestival or Canal Festival has been one of the most famous cultural events in Amsterdam since 1998. It is also one of the main annual events for young talents in classical music. It started out as a four-day event but has since evolved into a ten-day classical music marathon. Over the course of ten days more than 150 concerts are held on a range of stages. You can attend concerts in private homes and gardens and on roof terraces, in cruise ships and traditional rooms in canal houses, in tube tunnels and hotel suites. The main event is the Prinsengracht Concert. This classical concert is held on a pontoon on the canal with hundreds more listening from little boats on the canal.

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Shelter for foreign workers aims to stop human-trafficking

The shelter for foreign workers set up by Kuwait reiterates the government's total commitment to the issue of human rights and to protect laborers from abuse, says Director of the Expatriate Workers Center, Falah Al-Mutairi.

The center, which was established in 2014 following a decision by the cabinet and efforts by a number of government bodies, is the embodiment of Kuwait's desire to uphold the rights of workers and laborers, said the director.

He added that the shelter was set up to protect laborers from becom-



ing victims of human trafficking, noting that the facility mostly hosted housemaids who had been seriously abused by their sponsors.

Pointing out that the shelter, which houses many facilities, had a capacity to host some 500 people and that currently there were only 360 residents at the shelter, Al-Mutairi said, "About 90 percent of the victims suffer from being brought to the country by shady agencies that took advantage of their needs."

Clarifying that all services within the shelter are for free and the state covers the expenses, the official re-

vealed that the annual operation budget of the shelter was at KD 1.7 million. Moreover, said Al-Mutairi, the shelter assisted expatriate workers heading back to their countries by offering programs designed to reintegrate them back into their own societies.

The Kuwaiti official affirmed that the shelter, in cooperation with foreign embassies and international bodies, made its mission to ensure that foreigner workers in Kuwait received their rights through the rule of Kuwaiti law and in line with globally accepted legislations and regulations.

Kuwait - Spanish festival opens in Marbella



Marbella, the resort city in Spain's southern Costa del Sol region, was the venue for the three-day Kuwait-Spanish festival that began on Friday under the theme of 'Festival Kuwait Spain in Marbella'.

Organized in collaboration with the Foreign Ministry of Kuwait, as represented by the Embassy of Kuwait in Madrid, the municipality of Marbella and the Spanish Ministry of Tourism, with participation from Kuwait's National Council for Culture, Arts and Letters (NCCAL), the Kuwait-Spanish festival opened to large crowds of visitors.

Speaking on the occasion, Kuwait's Ambassador to Spain Dr. Suleiman Al-Harbi said that the embassy's participation aimed at highlighting Kuwaiti culture and heritage.

He stressed that the embassy was keen on the success of any gathering which highlighted the tra-

ditions and heritage of the State of Kuwait and was aimed at boosting tourism between Kuwait and Spain.

Al-Harbi added the festival aimed to promote Kuwait as a unique global tourist destination in the Gulf region, affirming that this was in line with country's development plan which focused on diversifying the nation's economic resources and national income. For her part, the Director General of Kuwait's Future Communications Company Global (FCCG), Abrar Al-Masoud, one of the sponsors of the festival, described the event as "Kuwait's gift to Spain," saying it was an opportunity "to familiarize Spaniards with Kuwaiti culture."

Meanwhile, Marbella's tourism official Miguel Luna called on residents of the city to come out for the festival, saying it was a chance for them to get acquainted with Kuwaiti culture.



Health Ministry launches e-guide on health for travelers

In an effort to help travelers from Kuwait to other parts of the world stay healthy during and after their trip, the Ministry of Health (MoH) has launched a comprehensive electronic health guide in Kuwait International Airport.

Announcing this, Ghalia Al-Mutairi, the head of media department at MOH said that the e-guide would comprise of brief informative health films put together by specialists from the MoH. These would be shown on screens all across the airport, in conjunction

with the Directorate General of Civil Aviation and Kuwait Airways.

Moreover, the guide features advice on immunity measures against some of the most pervasive diseases encountered by travelers, in addition to information on health clinics and emergency numbers, the statement added.

The statement also urged those with chronic diseases to ensure that all necessary precautions are taken prior to their travel from Kuwait.

Kuwait plans major overhaul in healthcare

Continued from Page 1

has decided to carry forward the 421 unrealized projects from the previous plan and, along with 92 newly identified projects, implement a total of 513 projects by 2020.

Initially drafted with a budget of around KD47 billion, the first phase of KDP will focus on building and expanding core infrastructure, utilities and housing, as well as strengthening the country's vital oil and gas sector, through the extensive use of the public-private partnership (PPP) framework, so as to deepen the private sector's contribution to the country's economic growth and spur job creation. In line with this assertive development plan, the government is planning on revamping and reforming the healthcare sector, including encouraging greater Public-Private Partnerships (PPP) in this sector.

Currently, the government accounts for 80 percent of expenditure in the healthcare sector with the private share being around 15 to 20 percent.

The new health strategy places greater emphasis on improving the quality of healthcare facilities in the country and boosting preventive health care by encouraging healthier lifestyle choices and better health screenings. These reforms are expected to lower the burden on health budgets and produce significant savings over time.

For instance, according to the International Diabetes Federation (IDF), nearly 400,000 cases of diabetes were reported from Kuwait in 2015, which is equivalent to nearly 10 percent of the total population. With the IDF estimating an average annual cost of KD600 for treating each diabetic patient, the overall cost to the State last year was a staggering KD240 million.

According to diabetes experts, a good diet, physical activity, diabetes-related counseling and timely interventions such as educational outreach can all play a valuable role in mitigating the burden of diabetes. Furthermore, a recent study showed that educating patients about diabetes could increase life expectancy by 17 percent, and reduce the costs associated with treatment by 8 percent.

New state-of-the-art hospital complexes being constructed, as well as cooperation and accreditation agreements signed with leading international medical institutions and universities, are aimed at improving the excellence of health care services in the country and reducing the number of patients sent abroad for treatment each year. The number of Kuwaitis traveling abroad annually for treatment, the duration of their stay and the daily allowances

they receive during their period of hospitalization and recuperation, have long been contentious topics. The government's determination to address this issue, by strictly scrutinizing patients' need to travel abroad for treatment, as well as reducing the daily allowances of patients and their companions during their foreign sojourn, is clearly making headway.

Latest figures show that in 2015 the number of Kuwaitis being sent abroad for treatment fell by over 50 percent from the previous year. The 520 patients that were sent abroad for treatment in 2015 is a far cry from the 2,580 patients who were sent overseas in 2012 at a cost of over KD250 million.

As part of the KDP framework, the Ministry of Health (MOH) is building new hospitals as well as replacing or expanding nine of the existing 15 generalized and

specialized hospitals in the country. With a budget of more than a billion dinars, the new hospitals and expansions are expected to add nearly 5,400 new beds to the existing 7,000 beds and create employment for more than 15,000 medical and support staff.

Among the major new hospitals being built is the KD300 million Jaber Al-Ahmad Hospital complex in South Surra and the 500-bed Police Hospital project. Designed to be the largest medical center in the country, the Jaber Al-Ahmad Hospital will be the biggest center for injuries in the Middle-East. With a total area of 469,370 square meters and 1,168 beds, the Jaber Hospital will have cutting-edge equipment and qualified staff to offer a comprehensive range of medical services to enhance health and well-being of residents in the country.



Students, Not Brides

Mabel van Oranje

A few weeks ago in Mozambique, 19-year-old Rosanna told me, "If I could give one message to other young girls, it would be to stay in education, and out of marriage." She spoke from experience; Rosanna was a child bride, just like nearly half of all girls in her country.

The link between education and marriage is essential. Indeed, the more I speak to girls like Rosanna, who were wrenched out of childhood and married before the age of 18, the more I am convinced of the inverse relationship between the prevalence of child marriage and access to education. I will never forget the young Ethiopian girl who described her wedding day to me as "the day that I had to leave school."

Rosanna, too, nearly had to write off her education on her wedding day. She was in school when she became pregnant. Growing up in a society where talking about sex is taboo meant that she did not understand what sex was, let alone that it could result in pregnancy. When she found out that she was pregnant, marriage became inevitable - and so, it seemed, did dropping out of school.

In fact, Rosanna's potential could have been extinguished at the moment when her new husband demanded that she end her education - a demand imposed on many child brides. But Rosanna was exceptionally courageous and refused, claiming control of her own future. Unfortunately, most child

brides do not have that option, and end up facing a far bleaker fate.

When girls like Rosanna stay in education, instead of marrying early, the benefits are not theirs alone; their countries' economies gain as well. If Niger, for example, were to end child marriage by 2030, the combination of higher educational attainment and lower fertility rates would leave the country \$25 billion richer than it was in 2015. That should be enough to make any government pay attention.

But the benefits of education extend far beyond statistics. After all, students do not just learn subjects like math, science, and literacy at school. They also develop friendships and learn life skills, such as how to articulate opinions, negotiate, listen, and be respectful toward others. All of these lessons help to boost not just their earning power, but also their confidence and capacity to participate in public life.

Beyond creating a better life for herself, an educated, empowered girl supports the prosperity of members of her family and wider community - including fathers, brothers, and husbands, as much as mothers and sisters. In short, we all benefit when girls are able to live up to their full potential.

Seen in this light, ending child marriage and improving education for girls is a no-brainer. Yet only nine developing countries have developed national strategies to end child marriage. Meanwhile, 15 million girls under the age of 18 are married each year

- that is a marriage every two seconds. At this rate, in 2050, 1.2 billion women will have been married as children.

A lack of quality, safe, and accessible education options surely contributes to this dire reality. Beyond the low-quality education delivered at many schools, girls can face sexual harassment on the way from home to school. Teachers might demand sexual favors in exchange for fair grades. Parents might

decide that they would rather put their daughters in the perceived "safety" of marriage, instead of exposing them to these risks. This partly explains why 65 million girls of primary- and early-secondary-school age are out of school.

Recognizing the link between child marriage and education should be central to developing countries' development strategies. But education often gets much higher billing than

child marriage. The failure to integrate measures to tackle child marriage into development programs hindered progress on six of the eight Millennium Development Goals (MDGs), which guided global development efforts from 2000 to 2015.

The good news is that this is changing. Last year, when world leaders adopted the Sustainable Development Goals to succeed the MDGs, they included targets for both education (to ensure that all children "complete free, equitable, and quality primary and secondary education") and child marriage (to eliminate "all harmful practices" against girls and women, "such as child, early, and forced marriage").

Ensuring that girls can be students, not brides, is essential to achieving gender equality and economic prosperity. Only with a holistic approach - which integrates protections against child marriage, equitable educational opportunities, adolescent health, and poverty reduction - can we ensure that girls and women worldwide have the opportunity to fulfill their potential, and thus to contribute positively to their societies. We all need to encourage governments around the world to fulfill their promises to end child marriage and improve girls' access to education. As Rosanna put it, "We have to fight for our future and the future of our children."

Mabel van Oranje is Board Chair of Girls Not Brides: The Global Partnership to End Child Marriage.

Wish I had been born a cow

So common are the practices of abduction, rape and forced marriage of girls in northern Tanzania that a single word is used to encapsulate them all: kupura. The three-syllabled euphemism downplays their long-term physical and sexual abuse. Kupura is so prevalent in the region that when a girl disappears, her parents will suspect what has happened. But rather than calling the police, they will seek the man out not to rescue their child, but to negotiate the dowry - or bride price - in cattle.

If ever there was a poster child to highlight the pernicious effects of child marriage, it is Grace Masanja. 'Bitterness still fills my heart when I look at them,' she says, pointing at the cows grazing at the rear of her family's compound. For Grace they are a daily reminder of how she was treated like cattle, a commodity to be bought and sold.

'But given what I went through, I sometimes wish I had been born

a cow,' she whispers. Her father had bartered a dozen cattle for his daughter but, despite daily beatings with sticks and her father's belt, she still refused to marry the older man.

But a deal had been made; a dowry had been paid. And so it was that Grace was abducted on motorbike by her betrothed early one morning - all with the complicity of her father.

She was only 12. When it comes to child marriage, Tanzania was until very recently a country of contradictions. The 1971 Marriage Act set the minimum age of marriage for girls at 15 with parental consent - but a girl of 14 could wed where judicial approval was given. And while the 2009 Child Act did not expressly outlaw child marriage, it did define a child as a person under the age of 18, stating that a parent should 'protect the child from neglect, discrimination, violence, abuse, exposure to physical and moral hazards and oppression'.

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Better nutrition – making healthier food choices

Making smart healthy choices when it comes to deciding what to eat and feed our families is a lot easier than it is made out to be.

All it needs is a bit of planning. The food provides us with the vitamins, minerals, and other nutrients that our body needs to function. Good food choices are especially important for children's growing bodies and minds. Smart choices have both immediate and long-lasting benefits for you and your family.

Keeping healthy foods around the house for meals and snacks; saving desserts and treats for special occasions and involving children in meal planning and cooking, are just some of the ways of introducing a healthier diet into homes.

Incidentally, healthier diets do not have to cost more, provided that you have the right attitude, make the right food choices, and try to cook at home. With some planning, anyone can prepare meals that are tasty, affordable, and nutrient rich.

Divide food into three categories. Category one should include foods that are low in unhealthy fats, sugar and calories, which are good to eat at any time. This

category includes fruits; vegetables; whole-grain cereals, breads, and pastas; fat-free or low-fat milk, yogurt, and cheese; fat-trimmed and lean meats; fish; beans; and water.

Category two foods should be eaten less often and include non-whole-grain bread, rice, and pasta; peanut butter; granola; pretzels; and fruit juices.

Category three should include foods that are eaten only once in a while, such as French fries, doughnuts; whole milk, full-fat cheese; hot dogs, fried fish and chicken; candy and soda.

One easy way to eat more nutritiously is to pack healthy lunches – both for yourself and your kids. Work with your child to make a lunch using whole-grain bread, wraps, or pita pockets filled with lean meats or cheese, vegetables, and nut butters or spreads, such as hummus. Pack vegetables such as carrots, snap peas and cucumbers, or any fresh fruit that is currently in season. Teens can learn to pack their own lunches with a healthy variety of foods.

When you are grocery shopping, use the Nutrition Facts label to help guide

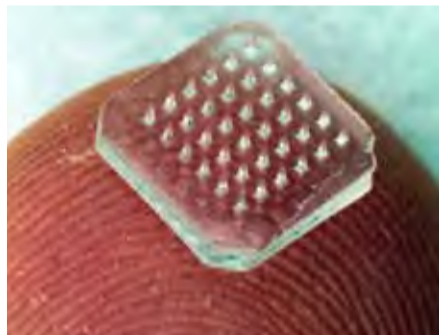
you to limit the nutrients you want to cut back on, such as sodium and unhealthy saturated fat. You can also use it to make sure you are getting plenty of the nutrients you need, such as calcium and iron.

When reading the label, start at the top. Look at the serving size. Next, look at the calorie count. Then move on to the nutrients, where it lists the amount and daily values experts recommend. Remember that what you might eat as one portion can be multiple servings. For example, if you eat one bag of chips but the label says there are 3 servings in a bag, you need to multiply all the numbers on the label by 3 to find out how many calories you just ate.

Take time to build healthy eating decisions into every aspect of your family's life. If you are a parent, start talking with kids at an early age about health and nutrition. And practice what you preach. Make healthy food choices yourself so you can set a good example for your kids. Also, teaching children to cook simple, tasty, and healthy meals when they are young is a skill that will stay with them throughout their lives.



Scientists develop painless micro needle system



Researchers have developed a micro-needle system capable of monitoring medication drugs in the body, which could one day replace costly, invasive blood withdrawals and improve patient comfort.

Created at the University of British Columbia in Canada and the Paul Scherrer Institut (PSI) in Switzerland, the new system consists of a small, thin patch that is pressed against a patient's arm during medical treatment and measures drugs in their bloodstream painlessly without drawing any blood. The tiny needle-like projection, less than half a millimeter long, resembles a hollow cone and does not pierce the skin like a standard hypodermic needle.

"Many groups are researching micro-needle technology for painless vaccines and drug delivery," said the researchers involved in the new system, "however, using them to painlessly monitor drugs is a newer idea."

Micro-needles are designed to puncture the outer layer of skin, which acts as a protective shield, but not the next layers of epidermis and the dermis, which house nerves, blood vessels and active immune cells.

The new micro-needle system can use the fluid found just below the outer layer of skin, instead of blood, to monitor levels of drugs in the bloodstream. The micro-needle collects just a tiny bit of this fluid, less than a millionth of a milliliter, and a reaction occurs on the inside of the micro-needle that researchers can detect using an optical sensor. This technique allows researchers to quickly and easily determine the concentration of drugs in the blood.

Environmental stress could trigger birth defects

Breakthrough research by scientists at the Victor Chang Cardiac Research Institute in Australia could lead to identifying the cause for multiple types of birth defects triggered by environmental stresses. Scientists at the institute have shown that cellular stress could be the key to understanding why many babies are born with defects of the heart, vertebrae and kidney, among others.

Affecting 1 in 100 babies, childhood heart disease is the most common form of birth defect in the world. But despite its prevalence, surprisingly the genetic and environmental causes are very poorly understood.

The research analyzed the effects of short term oxygen deficiency on heart development in an embryo. Oxygen deficiency in



an embryo can be caused by many things, for example prescription medications, high blood pressure, high altitude, a tangled umbilical cord, as well as carbon monoxide.

Using a mouse model, the scientists reduced oxygen levels inside a chamber from the normal level of 21 percent to as low as 5.5 percent, for eight hours. They found for the first time that reduced oxygen levels damaged the developing heart. The types

of heart defects were the same as those most commonly found in humans. Crucially the scientists worked out exactly how the low oxygen was damaging the developing heart.

The researchers said their study showed that reduced oxygen triggered a stress response in the embryonic cells. The cells then try to relieve the stress by stopping protein production needed to make the heart at a critical time

leading to the heart not developing properly.

Importantly, oxygen deficiency is not the only trigger of this cellular stress. There are multiple factors which can set it off, such as a viral infections, increased temperature, high blood glucose, poor nutrition, and pollution.

Cellular stress response could be the key to a variety of birth defects, including those of the vertebrae, kidney and others.

Robo-docs on the medical frontier

Micro-robots being developed in laboratories around the world could herald a new frontier in medical science by replacing costly, invasive and often complicated surgeries and optimizing medicine.

These miniature robo-docs, once inserted into the body, are capable of delivering drugs to the required specific location, or performing precise localized operations, such as clearing-up clogged arteries.

Scientists in the vanguard of such research are aiming to develop a simple, cost-effective and versatile method for building complex, reconfigurable bio-



inspired robots. For instance, a robot that looks like a bacterium and moves by wiggling its tail-

like flagellum is currently under development in Switzerland. Unlike conventional robots, these

motor-less micro-robots are made of soft and flexible biocompatible hydrogel and magnetic nanoparticles.

This allows them to change shape when heated and move in specific directions when an electromagnetic field is applied.

The researchers said their new production method lets them test an array of shapes and combinations to obtain the best motion capability for a given task. They added that their research also provided valuable insight into how bacteria move inside the human body and adapt to changes in their microenvironment.

Tackling Rare and Orphan Diseases



Henry I. Miller

Physician and molecular biologist, is Fellow in Scientific Philosophy and Public Policy at Stanford University's Hoover Institution. He was the founding director of the Office of Biotechnology at the US Food and Drug Administration.



STANFORD - Rare diseases are commonly neglected, simply because they are, well, rare. In the aggregate, however, they affect huge numbers of people. In the United States, rare diseases are defined as those that affect fewer than 200,000 people. But there are more than 6,800 of these conditions, and worldwide they afflict hundreds of millions of people. And yet only about 250 treatments are available for these diseases.

One reason for this is that small numbers of patients make studying illnesses and testing drugs difficult. As a result, medical professionals often know little about the symptoms and biology of these diseases.

Earlier this year, I participated in a Rare Disease Day program in California. The topic was an obscure but large collection (more than 70) of diseases caused by a specific type of genetic error - one that takes place in the machinery of cells that chemically attaches sugars to proteins and lipids.

Little is known about what causes the mutations that give rise to these congenital disorders, and treatments

exist for only a few. These defects can lead to a wide spectrum of problems, because accurate glycosylation, as the process is called, is essential for the functioning of many signaling molecules, such as hormones and neurotransmitters, as well as the receptors to which these molecules bind.

Along with health professionals, the audience at the conference included children afflicted with these diseases, along with their families. For an entire afternoon, the health professionals met in small groups with the families and children. As the discussion went on, one child would occasionally let out a blood-curdling scream. Another would periodically make quacking noises. Still others sat in various stages of deterioration.

At one point, I was sitting about

a foot away from an adorable little girl - I think she was about two years old - and every couple of minutes she would roll back, and her head would drop to her chest. The medications she is taking are able to prevent only the most violent and generalized of her seizures. Then she would recover and resume pressing the screen of her little child's laptop. Her anguished father spent the entire session stroking her arm.

Watching the parents was difficult. Some were hyper-alert, asking lots of questions; they seemed to have devoured every scientific paper, blog, and newspaper article in existence. Others just seemed confused. The worst were those with blank stares of deep despair.

For most of the parents, the random bad luck of their child's genetic defect had stolen their lives, turning their days into a series of endless visits to medical specialists. Most of the kids need large numbers of medicines. Many must be fed via gastric feeding tubes inserted surgically through an incision in their abdomens. One woman was there with her 32-year-old son.

There is much that governments can do to help those dealing with rare diseases. First, they can redirect research funding from less critical pursuits to projects in molecular genetics that can offer insights into metabolic disorders. Second, they can reduce the burden of regulatory red tape on the very small clinical trials of new treatments for rare

diseases. Finally, policymakers can create financial incentives - which could include tax breaks on research and development - to encourage drug companies to develop therapies that otherwise would not provide an attractive return on investment.

In the world of medicine, practitioners of a few difficult, draining specialties are - in my book - well on the path to sainthood. I would include among them pediatric oncologists, the staff of burn units, the volunteers who treat patients with lethal infectious diseases such as Ebola, and the professionals who diagnose and treat debilitating genetic diseases and work with the afflicted families. These unsung heroes need all the support we can provide.

Rio 2016 - the greatest track and field show begins on 5 August

Continued from Page 1

Committees (NOCs), including first time entrants Kosovo and South Sudan, are scheduled to take part at Rio 2016. The events will take place at eighteen existing venues, nine new venues constructed for the Summer Games, and seven temporary venues which will be removed following the games.

With 306 sets of medals, the games will feature 28 Olympic sports - including rugby sevens and golf, which were added by the International Olympic Committee in 2009. These sporting events will take place at 33 venues in the host city and at 5 venues in the cities of São Paulo (Brazil's largest city), Belo Horizonte, Salvador, Brasília (Brazil's capital), and Manaus.

When the games open on 5 August,

Rio will become the first South American city to host the Summer Olympics and the first to host it during the host country's winter season. Rio 2016 will also mark the first games to be held in a Portuguese-speaking country and the Athletes' Village is planned to become the largest in Olympic history.

There are many other Olympic first at Rio 2016, including a bright blue turf for the hockey tournament and unique medals that bear a design which celebrates the relationship between the strengths of Olympic heroes and the forces of nature. The 500g gold, silver and bronze medals have been made with sustainability at their heart; the gold will have no mercury content while the silver and bronze medals will be made using 30 percent recycled material.

However the most sustainable gift of the Olympics will probably be another first, a nomadic stadium. Thanks to the concept of nomadic infrastructure, schoolchildren in Rio and Olympic athletes will be sharing the same roof. In a new twist on the legacy of Olympic venues, Rio 2016's arena of the future will be dismantled after the games and rebuilt as four state-run schools in the host city.

The 12,000-seat venue, which will host Olympic handball and Paralympic goal-ball, has been designed with its future use in mind and once it has served athletes, it will become classrooms for 2,000 pupils. The stadium has been built using precast stairs and ramps that will be used in the new schools. The roof structure was also designed to include steel beams and standard

sized tiles to be reused, and the panels and façades were built to standard specifications to allow them to be repurposed.

Three of the schools will be built in the neighborhoods of Jacarepagua and Barra, close to the Olympic Park, with another in São Cristóvão, near the Maracanã stadium. The nomadic architecture is an excellent example of Rio's commitment to ensuring the 2016 Games leave tangible benefits for the local community.

Rio de Janeiro which won the right to host the 31st Olympiad at the 121st International Olympic Committee (IOC) Session held in Copenhagen, Denmark, on 2 October 2009, has pulled out all stops to ensure a friendly and successful games.

"One of the bonuses of the Olympics,

as well as the sports themselves, is the possibility that we have to show our country and our city to the world," Eduardo Paes, mayor of Rio de Janeiro, says. "And Rio de Janeiro has two main assets, which are its natural beauty and the strength of his people through cultural expressions."

From food fairs to flash-mobs, the best of Brazil's varied culture is expected to be on display during Rio 2016. While sport will take center-stage, the rest of the city will be buzzing with music, art and street performances as well as a few surprises that are yet to be announced. The cultural program organized for the Rio 2016, known as Celebra complements the line-up put on by Rio's City Hall to ensure there will be something for everyone during the Games.



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Should you be exfoliating your eye area?

Fear-mongering, as it relates to the fragile nature of the skin around your eyes and how to treat it accordingly, is very real. The under-eyes are the museum exhibit of the face; you are welcome to look, to criticize, to pick it apart, so long as you do not touch. "Avoid the eye area while using this product." "Tap eye cream on gently with your ring finger." "Don't rub too hard while removing waterproof eye makeup—just don't rub at all, for that matter, and absolutely do not scrub."

You'd think all those rules and regulations would preclude exfoliation from being a thing you can and should do in that oh-so-delicate eye area, but ... maybe not? Exfoliation, as it stands, is the only way to encourage the skin to shed dead cells, preventing the spent ones from building up and causing dry, dull, rapidly aging skin—and like the rest of your face, the skin under your eyes isn't immune to that natural cycle of death and rebirth. It flakes. It gets dry. It gets worse as you get older.

There are dissenting opinions on the issue, most of them found on the internet, so let's clear it up once and for all: Yes, you should be exfoliating underneath your eyes—but no, you should not be scrubbing, sloughing, or otherwise applying pressure or force. "Gentle makeup removers are generally enough to get rid of not only eye makeup, but also dirt, oil, and dead cells at the same time," says dermatologist Joshua Zeichner, MD. That means you're effectively "exfoliating" every time you sweep off your eye makeup with a cotton ball, rendering an additional exfoliation obsolete after all.

The main reason you should avoid more drastic measures, says Dr. Zeichner, is that the under-eye area easily becomes inflamed. "Inflammation can cause dead skin cells to rev up pigment production, which promotes dark circles, [and] chronic inflammation can cause damage to collagen and elastin, leading to wrinkling."

According to Dr. Zeichner, the original guideline still stands. "Concentrate on protecting the sensitive skin around the eyes," he says. "Don't apply too much pressure, avoid excessive rubbing, and use products that strengthen the skin in the morning and repair damaged skin in the evening." So if it ain't broke, don't fix it—as in, unless you're taking your eye makeup off, continue to leave your eyes well alone. As for when you are taking your eye makeup off, opt for an oil-based remover, since they're gentle on skin and are more effective at removing stubborn makeup—even waterproof formulas.

The pop of color is one of the most tried and tested ways to add some depth and interest to a look without over-complicating things. Even on the day when you are feeling your most uninspired, you can always rely on a fire-engine red pair of pumps or an inky indigo pair of loafers to see you through.



This summer, yellow heels are to the pop of color what the statement pump has been to the looks of seasons past.

Bright yellow heels are part of the definitive fashion look according to celebrities and street style stars alike. Here are our



three favorite ways to wear bright yellow heels.

As a focal point: One of the easiest ways to wear a pair of bright yellow heels is as the focal point of a look. You have spent time and energy choosing just the right pair of heels in just the right shade, so why not show them off?

The key to rocking a pair of heels as the focal point of a look lies in what you choose to go with it. In this case, the clothes you choose should act as a backdrop to your heels and not compete with them for the limelight.

Choose simple pieces in solid colors, neutrals, or monochromatic prints to add

Bright yellow heels

balance without overwhelming your footwear.

For more dressed-down days, denim is a great choice with a bright yellow sandal. When paired with a simple white shirt, the look is both classic and modern.

For contrast: A pair of bright yellow heels is an excellent way to balance brighter colors. The key to getting this look right is to pair them with a color that is an appropriate contrast to your particular shade of yellow. For instance, a pair of golden yellow gladiator sandal pumps will look amazing when paired with a deep purple or navy shift dress, whereas a pair of bright lemon or neon yellow heels look amazing when paired with grey, white, or even a navy nautical stripe.

Bright yellow heels also look great against prints and patterns in contrasting colors. When pairing them with a print, your best decision is to keep it modern and avoid making it too



matchy. Instead focus on creating a contrast between the palette of the print and the yellow sandal.

Color blocking: When building your look, you can either choose contrasting colors, or work on a tone-on-tone ensemble with reds, oranges, and yellows. Whatever you choose, be sure that you pick pieces that have simple, clean lines and fit well.

Another handy styling tip to remember when creating a color-blocked appearance is to consider the balance of the colors you are putting together. For instance, if you choose a top in a deep violet or navy shade, you can add length by picking a lighter shade (either contrasting or complementary) on the bottom, while your bright yellow sandal act as a finishing touch. This adds direction to your attire, keeping the eye flowing in a linear direction.



When you are pressed for time, there is literally nothing that saves the day faster than dry shampoo. A few generous spritzes and your flat, greasy hair problems are a thing of the past—or they should be, at least. As foolproof as the magical oil-

Make the most out of your dry shampoo

absorbing spray might seem, there are still things that can go awry, so arming yourself with some expert tips on how to use dry shampoo is probably a good idea. Here is how to use dry shampoo, and the right way to utilize the ultimate time-saver like a pro.

Get to the root of the matter: When using a dry shampoo, it is imperative to spray it right on the roots to remove excess oil. It is a better method for the shampoo will soak up all of the oil and won't leave any residue behind."

Divide and conquer: In order to get the absolute best results, you will want to divide your hair into small sections and spray each underneath at the roots.

Flip it: Once you spray each section thoroughly, don't stop there. Flip your head upside down and gently massage the dry shampoo into the hair. This will really help revive your strands and add volume and texture, making it easier to style.

Backcomb: If you have limp hair, take a brush and gently backcomb

the hair after you spray the dry shampoo. This will add volume at the crown of your hair and help evenly distribute the product through your strands.

Put your regular shampoo on the back burner: When you excessively wash your hair too much, it can actually produce more oil. Try washing less frequently—say, every other day or every two days—and use a dry shampoo in between for maintenance. Dry shampoo will quickly become your second-day hair best friend.

Whether you're a complete beauty junkie or someone who just throws on a lick of lipstick as she heads out the door, you probably have a least one much-loved eyeliner in your makeup stash. The question is: Are you making the most of it? Sure, it is tempting to stick with your tried-and-true liner technique every weekend, but there are so many different ways to do eyeliner you're missing out on. It is time to be bold and branch out with these trendy ways to do your eyeliner.

Natural Eyeliner: Who says simple eyeliner can't be trendy? Let's get back to the basics with this classic natural eyeliner look. Starting from the inner corner of your eye, draw a smooth, medium black line as close to your upper lash line as possible. This will accentuate your lashes and attract attention to your eyes.

Next, use an eyeliner pencil to colour in your waterline. A rich, dark brown is perfect for a natural style and will flatter older eyes. Smudge your pencil

Trendy ways to do your eyeliner



liner out a bit to soften the look further if desired. If you want a more defined look, use liquid liner on your upper lash line, but for a softer effect, opt instead for an eyeliner pencil. Having trouble creating an even line? Start by applying little dashes along your lash line then connect them to form a single solid line.

Invisible eyeliner: A totally underrated ways to do eyeliner

is tightlining - also known as invisible eyeliner. Tightlining is a great way to achieve alluring eyes while maintaining an effortless no makeup look. This clever technique will also help you create the illusion of enviably long lashes even if you skip mascara.

To tightline your eyes, gently pull up your eyelid to expose your upper waterline. Using a soft



eyeliner pencil, carefully apply the product from the inner part of your eye outwards, going over the line until you get the desired opacity. To intensify your look, just add a hint of eyeliner beneath your lower lash line.

Make sure your eyeliner pencil is soft when tightlining, so you don't have to apply unnecessary pressure to your delicate waterline.

Cat eye (pin-up) eyeliner: Using a black gel or liquid eyeliner, carefully line your upper lash line. Your line should be the thinnest at your inner eye and gradually taper outward as it reaches the outer corner of your eye. Imagine an invisible line connecting the outer corner of lash line to the end of your eyebrow.

Extend your eyeliner so it flicks upward at this angle then fill in any gaps. Voilà! You have a cat eye!

While liquid liner offers the most polished look, beginners can start by using their favorite eyeliner pencil for a softer, more forgiving line.

Facebook's internet ambition soars with Aquila

With the first full-scale test flight last week, of a high-altitude solar-powered unmanned aircraft named Aquila, Facebook has taken its ambitious idea of providing internet access to remote areas higher.

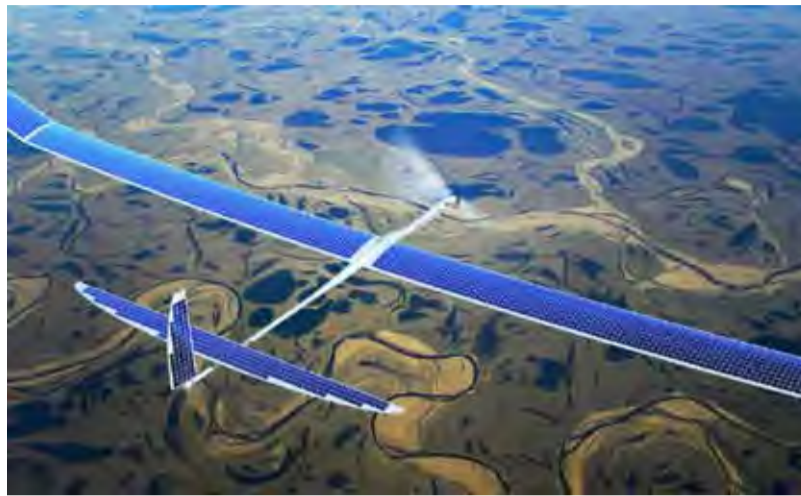
The company, which has flown a one-fifth scale version of the airplane for several months, has used the full-blown version to test the overall aircraft design and its operational models.

Having a wingspan of 42 meters, equal to that of a Boeing 737, but reportedly weighing less than 400kg due to the use of carbon fiber material in its construction, Aquila successfully

flew for over 90 minutes — an hour more than engineers had originally scheduled for the test-flight. This extra time allowed ground crew to verify several more performance models and components, including aerodynamics, batteries, control systems and crew training.

Speaking about the flight, Jay Parikh, global head of engineering at Facebook said, "In our next tests, we will fly Aquila faster, higher and longer, eventually taking it above 60,000 feet."

When complete, Aquila will be able to circle a region up to 100km in diameter at a height of more than



30,000 meters for up to three months at a time and provide connectivity using laser communications and millimeter wave systems at speeds of up to 2.1Gigabytes per second.

The company reportedly wants to have a fleet of about 10,000 Aquila aircraft flying to areas where and when they are needed. However, experts point out that command and control of such a large number of drones could be a problem. To put this in perspective, 10,000 remote controlled aircraft are more than the number of drones currently being operated by all the militaries of the world combined.

Sleek laptop from Xiaomi rivals Macbook Air

Though it had been rumored to be in the pipelines for long, Chinese smartphone and smart device maker Xiaomi surprised tech watchers by unveiling Mi Notebook Air, the company's first foray into the laptop market.

The new laptop comes in two sizes — 13.3-inch and 12.5-inch — with the larger one measuring just 30cm x 21cm x 14.8 mm and an apparent weight of 1.28kg. The Chinese company said the Mi Notebook Air is thinner (13 percent) than its equivalent Macbook Air, and 11 percent smaller than its rival thanks to a 5.56 mm bezel.



Under the hood, the larger model boasts an Intel Core i5 Processor with 8GB DDR4 RAM and 256GB PCIe SSD, and an expandable SSD slot. For games, there is a dedicated NVIDIA GeForce 940MX graphics card. Those specs slip a little for the smaller model, which includes an Intel Core M3 processor with integrated

graphics, 4GB RAM and 128GB in expandable SSD.

Running Windows with a full-HD display, full-metal body and type-C USB charging and two USB slots, both machines have a full-sized individually backlit. The company's 'Xiaomi Sync' software is pre-installed to pair data from a Xiaomi smartphone, and you can unlock the laptop using a Mi Band wearable.

The starting price is around \$540, for the 12.5-inch model with the larger, flagship model coming in at \$750. It is expected to go on sale in China on 2 august.

Smartphone shipments return to growth in 2Q of 2016

During the second quarter of 2016, smartphone shipments saw a modest return to growth after a first quarter which saw the first ever year-over-year decline in worldwide smartphone sales.

Samsung came first in overall smartphone shipments, with about 80 million in total. The firm ascribes its leadership in the market to strong Galaxy S7 sales, as well as bundling of the Samsung Gear VR headset. Samsung made its virtual reality accessory free with Galaxy S7 pre-orders at launch, and other bundle offers followed periodically post-launch. The firm believes Samsung's embrace of mobile VR in partnership with Oculus helped boost flagship handset sales.

Apple, which had less than half the number of Samsung sales in 2Q, came in second place with around 40 million handsets. Apple admitted that the iPhone SE had not gained as much purchase in Apple's key target markets



as the company would have liked, including China and India, owing to a price in those markets that is still high relative to the competitive field.

Huawei rounded out the top three among smartphone manufacturers, increasing total shipments to 31 million, but that is still off its stated shipment goal of 140 million total units for the year. Clearly, the Chinese OEM will need to grow its presence in the US to meet

its target. A return to growth is a good sign for the overall health of the global smartphone market, but it still seems like a big slowdown of the early fervor in the category for 2016. We have seen it before: the PC market flattened out and remains flat, but its stagnation was offset by the advent of smartphones. If smartphone sales are indeed finding their plateau, we have not yet seen their obvious successor in global growth.



Family Library helps to share Google Play purchases

Google officially announced last week that it had 'Family Library' a program that allows up to six family members to share their purchases from Google Play across devices. This includes the ability to share movies, TV shows, books, apps and games across Android phones and tablets, and, in some cases, across the web, iOS, and other connected TV platforms like Roku, Android TV, Smart TVs and more. Music can be streamed by up to six family members via the separate Google Play Music's family plan for \$14.99 per month.

To get started with Family Library, users will access a new setting in the Play Store where they will configure one person as the 'Family Manager' and add the other members. The Family Manager will be an adult in the family who is responsible for adding and removing members, and they will also enter in the payment information where family purchases will be charged.

By default, members' purchases will be shared with everyone, but there is the option to selectively share items, too. Family Library also respects the Parental Control settings you have configured on children's devices, so they will not immediately have access to your R-rated films, for example. Parents can also approve purchases requested by younger family members by typing the password on their kids' devices. While there is a credit card that will be shared as the family payment method, members will always be able to buy items with their own payment methods, including gift cards and Google Wallet, too.

The service was rumored to have been launched in early July, but Google confirmed the official rollout only last week. Over the next few days, the service will become available in Australia, Brazil, Canada, France, Germany, Ireland, Italy, Japan, Mexico, New Zealand, the U.K., and the U.S.

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