

# What's On



A group photo from the Mujib Borsho Victory Day Cricket Tournament 2021.

## Bangladesh Cricket Association organizes Cricket Tournament 2021

The Bangladesh Cricket Association Kuwait organized Mujib Borsho Victory Day Cricket Tournament 2021 in cooperation with Bangladesh Embassy Kuwait. Ambassador of Bangladesh to Kuwait His Highness Major General Md Ashikuzzaman ndc.afwc.psc.G was the chief guest of the tournament. Total 24 Bangladeshi teams participated in the tournament, among them Jleeb Knight Riders and Osmani Sporting Club reached finals.

JKR beat Osmani Sporting Club with 5 wickets. Man of the match was Murshed from JKR scoring 97 runs in 45 balls. Many Kuwait Government officials were present during this ceremony. Bangladesh Business Councils officials, many political leaders, Bangladesh Press Club Kuwait and Bangladeshi community in Kuwait along with their families attended the event.

## Chamber thanks corporate members

# ABCK-AmCham Kuwait hosts Annual Dinner

KUWAIT CITY, Dec 26: ABCK-AmCham Kuwait held its Annual Holiday Dinner in December at the Hyatt Regency AlKout Mall in attendance of their members, VIPs, and friends recently. The dinner began with opening remarks from AmCham Kuwait's Chairman Pete Swift, who welcomed guests, and spoke about the role of AmCham Kuwait since 1985.

ABCK-AmCham Kuwait has been fostering relationships between American and Kuwaiti businesses. As the oldest American Business Council in the Gulf Region, AmCham Kuwait leads the way for promoting American companies in Kuwait.

"This dinner is quite special, as we haven't had an annual dinner together with our members and friends in the past 2 years. Festive season is a wonderful holiday that we tend to spend together with our loved ones and friends. It is also a time of giving, communion, and being grateful for what we have," Swift stated.

Swift gave a very special thanks to AmCham Kuwait's Chairman's Club members who have been supporting them strongly throughout the pandemic. He said, "We truly thank them for their patronage, as without them we wouldn't be able to expand our operations in the way that we have been able to. Our advocacy efforts are heavily reliant on our members' support." He then thanked each of the Chairman's Club members starting with the 3 champions: GOFSCO, KGL, and Lockheed Martin. He expressed his thanks to each of them for their crucial support.

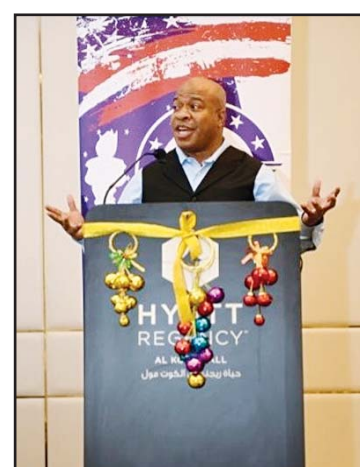
He also thanked the corporate members, small enterprises, and individual members for their time, efforts, and engagement towards the Chamber's initiatives.

To conclude the event, the AmCham Kuwait team held a trivia activity in which guests had to answer questions in order to earn raffle prizes. The raffle gift sponsors for this event were Chairman's Club Members: Easa Husain Al Yousifi & Sons which provided several coupons to be used at their Best Yousifi Stores in Kuwait, and The Sultan Center which provided gift boxes with delicious goodies, Corporate Member: Millennium Hotel & Convention Center Kuwait provided lunch and dinner invitations at their famous El Publico restaurant (specialized in South American Cuisine) and lunch and dinner invitations to their Lamar restaurant.

Lastly, P.F. Chang's (Alshaya) and The Cheesecake Factory (Alshaya) provided several vouchers to be used at their locations in Kuwait. AmCham Kuwait also provided a lucky guest with a complimentary entry for 2 to one of their Annual Signature events.

The highlight of the evening was the grand entrance of the special guest (Santa Claus), who provided gifts to the children present at the event. Families and attendees were invited to join to take group photos with him.

To finalize, Swift thanked everyone for participating at the holiday dinner and wished everyone a happy holiday and safe travels. A photo session with the raffle gift winners and AmCham Kuwait's Chair concluded the event. Swift also thanked AmCham Kuwait's team and the volunteers for organizing an excellent event.



Welcome remarks by Pete Swift, Chairman of AmCham Kuwait



From left: Jenson Joy, Paola de la Roche, Rt. Brig. Gen. Musesad Al Hawli, Rashed Almanee, Chester Bryniarski, Ola Saab and Pete Swif



Muhammad Al-Sarraf and Nawaf Arhamah during the signing of the Memorandum of Understanding.

## Deal to help sides share educational, teaching expertise

# GUST signs MOU with CFA Society Kuwait

KUWAIT CITY, Dec 26: Gulf University for Science and Technology (GUST) signed a Memorandum of Understanding with Chartered Financial Analyst (CFA) Society Kuwait with the aim to strengthen ties between both organizations in terms of academic and professional exchange.

The agreement includes opportunity for specialists from both sides to access platforms and research materials and exchange educational and teaching materials, in addition to organizing joint events such as lectures and workshops aimed at developing the expertise of those interested in financial knowledge, especially for GUST's Finance major students.

The memorandum of understanding was signed between the two sides, in the presence of the Chairman of the Board of Trustees, Nawaf Arhamah Arhamah, the President of CFA Society Kuwait, Mohamed Al-Sarraf.

The MOU agreement included the exchange of scientific and

technical material, such as teaching material, training material, and relevant literature to the field of finance.

Another aspect was the formation of several workshops, conferences, and lectures which would help mentor and breed potential CFA Level 1 candidates at GUST.

Chairman of the Board of Trustees, Nawaf Arhamah Arhamah, said "I am pleased to have finalized this agreement between the University and the CFA society in Kuwait, which comes as part of the University's aim to enhance the professional and academic experience of our students, specifically in the field of finance."

President of the Chartered Financial Analyst Society Kuwait, Muhammad Al-Sarraf, said "the association has participated and worked with GUST on several occasions over the past ten years, and that the signing of the memorandum of understanding represents a milestone in the relationship between these two prestigious institutions."

CFA has great plans that it hopes to achieve with GUST especially in preparing students for the CFA certification exam."

Following the signing of the memorandum of understanding, GUST honored its second-place winning team in the CFA Institute Research Challenge competition with local universities. They were presented with certificates of achievement by the Chairman of the Board of Trustees, Nawaf Arhamah Arhamah, and the head of the Economics and Finance Department, Dr. Khaled ElMawazini.

The names of the students who were honored included: Hassan Hani, Abdulaziz Al-Khashti, Fay Al-Olayan, Kawthar Odeh, Omar Hosam, Sarah Qabazard, Shawq Al-Zaben, Suleiman Al-Roumi, and Thanian Al-Mulla. They were all lead and mentored by Economics and Finance Department instructor, Dr. Mohammed Ali.

The DAI Education has been VERY busy, so we're taking a bit of a break.



The DAI Children's Library will be open as posted and the rest of the programmes will resume on 5 January 2022.

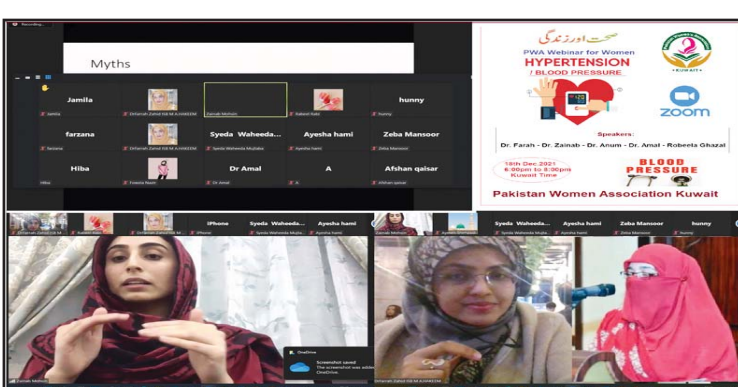
HAPPY holidays

The DAI Education Team

A flyer of the DAI event.



A flyer of the DAI event.



Pakistan Women's Association Kuwait organized Hypertension/Blood Pressure awareness webinar for women.

## Pakistan Women's Association holds webinar on hypertension

KUWAIT CITY, Dec 26: Pakistan Women's Association Kuwait organizes Hypertension/Blood Pressure awareness webinar for women on 18th December. Panel of speakers was consisting of Dr. Farah Zahid, Dr. Zainab Mohsin and Dr. Amal Abdul Latif discussed and delivered key note presentations and speeches on Hypertension/Blood Pressure awareness. A large number of women has participated in the webinar. Event started with the recitation of Holy Quran and Nasheed by Aysha Irfan.

Dr. Farah Zahid, Dr. Zainab Mohsin and Dr. Amal Abdul Latif discussed the topic in details by slides and video presentations and said that Hypertension/Blood Pressure is a very common disease in the world. Hypertension also known as high blood pressure, is the persistent, chronic elevation of blood pressure force in the arteries that can cause health problems, and damage to the body's organs. Most common symptoms of Hypertension/Blood Pressure are severe headaches, nosebleed, fatigue or confusion, vision problems, chest pain difficulty breathing, Irregular heartbeat, blood in the urine etc. Hypertension is a common and major cause of stroke and other cardiovascular disease. There are many causes of hypertension, including defined hormonal and genetic syndromes, renal disease and multifactorial racial and familial factors. Hypertension is defined as blood pressure greater than 140/90 mm Hg on two or more blood pressure readings taken at each of two or more visits after initial screening. There

are two types of hypertension which are the primary (essential) hypertension and secondary hypertension. Essential hypertension is referred to patients with hypertension without any secondary identifiable cause. Secondary hypertension has an identifiable cause, such as renal artery stenosis or pheochromocytoma, and is managed as part of the primary condition.

Concluding the topic, panel said that to help manage your blood pressure, you should limit the amount of sodium (salt) that you eat and increase the amount of potassium in your diet. It is also important to eat foods that are lower in fat, as well as plenty of fruits, vegetables, and whole grains. Several questions were asked by the participants, which was answered satisfactorily by Dr. Farah Zahid, Dr. Zainab Mohsin and Dr. Amal Abdul Latif.

Mrs. Robeela Ghazal, President Pakistan Women's Association Kuwait said that Hypertension/Blood Pressure is a growing concern around the world. Sharing awareness about it is caring. With social media, it can be very easy to spread awareness that explain the severity of pulmonary hypertension and the impact the disease can make on someone's life. As a society, we should promote awareness, and one way to do this is to educate people about hypertension. She thanked all the participants and appreciated the efforts of PWA medical panel, Dr. Farah Zahid, Dr. Zainab Mohsin, Dr. Amal Abdul Latif and entire PWA team for making this important webinar effective and successful.