



Photos from the event.

## Baldocci appointed new president of the Group

# IWG holds first virtual meeting of 2020-2021 on 'well-being'

KUWAIT CITY, June 10: The International Women's Group (IWG) Kuwait held an interesting and informative virtual meeting on the topic of 'Well-Being' as their final event of 2020-2021.

Mrs. Ambreen Mustafa, spouse of the Ambassador of the Islamic Republic of Pakistan, delivered her final address as president of IWG and welcomed Mrs. Cristiana Turchetti Baldocci, spouse of the Ambassador of Italy, as the incoming IWG president for 2021-2022.

In her address Mrs Mustafa thanked Sheikh Hanouf Bader Al Muhamad Al Sabah, spouse to H.E Minister of Foreign Affairs, Honorary President of the International Women's Group- Kuwait (IWG), for her invaluable guidance and support throughout the challenging times faced by all during the pandemic. She also thanked Sheikh Hanouf for taking part in her earlier farewell and handover ceremony wherein Sheikh Hanouf lauded the exceptional creativity, resilience and hard work of the IWG.

Mrs. Mustafa praised the outstanding teamwork of the IWG Board, echoing Sheikh Hanouf's comments that the IWG had emerged stronger and was the only organization of its kind in Kuwait which had produced, without fail, interesting and inspiring monthly programs for its members throughout the year.

Acknowledging the importance of teamwork, Mrs. Mustafa talked about the awards ceremony held earlier for the friends of the IWG who supported the organization throughout the year. Her final thanks were for the IWG members whose constant encouragement, interest and appreciation gave meaning and

purpose to the events.

Mrs. Layla Boulos, IWG PR Co-ordinator, acting as master of ceremonies, then proceeded to introduce the virtual program on 'Well-Being'. Presented live from the Netherlands by Mrs. Xandra Spijker, Life Coach and Mindful Analyst and former IWG board member.

Very familiar with life in Kuwait, having just recently returned to the Netherlands after many years, Mrs Spijker covered topics on nutrition, physical activity, stress, energy and happiness; highlighting daily simple changes that can be made for a healthier life.

Closing her informative presentation by reminding members to be kind to themselves and to use their day wisely, saying that 'Happiness' is not a goal to be reached only at the 'end of the horizon', but rather in 'the everyday small things' that create fulfillment in life.

An interactive and highly enjoyable question and answer segment was followed by a short quiz and prizes.

To the further delight of members, Ms. Noura Fawzi AlNadji, Fitness Instructor and Personal Trainer, also presented a segment of daily toning and stretching exercises to complete the 'Well-Being' segment.

In keeping with the theme of the program, the IWG board members had together compiled a short segment on 'Happiness' and each included a picture with a caption of what happiness means to them.

The proceedings concluded with well-wishes to all for a safe, healthy and happy summer break and the commitment to coming back in September to yet another productive, informative and enjoyable IWG membership year.



A group photo from the event.

## Green Hands Environmental team marks World Environment Day

By M. Irfan Shafiq

Members of Green Hands Environmental team celebrated World Environmental Day for encouraging awareness and action for the protection of the environment.

Green Hands Environmental team organized a

week-long activities adhering all the SOPs in the time of pandemic at the premises of Islamic Health Center to mark the day. Children, star scouts teams and people from different walks of life visited and planted saplings to honor the day as well as their parents.

President Green Hands Environmental team Dr. Samia Hamad Al-Saidan and consultant Fawad Al-

Juma, organized lectures and activities to encourage young generation about their roles to protect their mother land and environment.

At the end, many competitions were held to show the importance of nature, environment and young generation's role to make our earth and environment greener.

## Care of Kerala Kuwait sends more aid in second phase of donations

KUWAIT CITY, June 10: As part of Care for Kerala - Kuwait 2021, mission team has procured more medical equipments and will be sent in the second phase donations to Kochi Airport by Kuwait Airways on 11th June 2021.

Details of medical equipments being sent are: 10 Oxygen Concentrators; 120 Oxygen Cylinders and 25 Regulators.

Our sincere thanks to Marafie Foundation Kuwait, Kasargod Expatriates Association (KEA), Mark Technologies and well wishers for

their kind contribution.

The mission was a collective response to the appeal made by the Chief Minister of Kerala to Non Resident Keralites.

We are delighted to announce that, Indo-Kuwait Community has donated IRS 1 Crore 50 Lakhs worth of medical equipments in two phases towards COVID relief in Kerala.

On behalf of Government of Kerala, Kerala Medical Services Corporation will receive the materials on arrival at Kochi Airport.

### SUMMER READING


# Bingo!

**It's not too early to sign your child up for DAI's Summer Reading BINGO!**

We'll send you the BINGO sheet, Summary sheet, the Rules and after, the appropriate recognition ribbon and certificate.

**YOUR CHILD** reads some books and **YOU** confirm that he/she did. It's that simple!

A flyer of the event.



## K2K

### Kids-2-Kids: Storytime with a twist

Ask your child to share a favourite book with us, as a play or a song or a 1<sup>st</sup> person monologue or maybe even a rap.

Have an adult record the presentation and email it to [education@darmuseum.org.kw](mailto:education@darmuseum.org.kw)

We will select the clever presentations and invite the kids to come film it in our studio. When it's finished, they'll be the stars of their story on DAI's social media outlets.

For more information, please email [education@darmuseum.org.kw](mailto:education@darmuseum.org.kw)

A flyer of the event.