

Virtual edition of programmes, workshops, talks and seminars as well as annual summer camp

Sheikh Abdullah Al Salem Cultural Centre reopens with exciting events

KUWAIT CITY, June 13: Kuwait's world-class museum, Sheikh Abdullah Al Salem Cultural Centre, is pleased to announce a special virtual edition of programmes, workshops, talks and seminars as well as its annual summer camp that will be held on the premises. Designed to enthrall all age groups, the sessions will deep dive into a world of historical events and future explorations, new-age art and inventions, foundational literacy across different subject matters and the latest innovations that are shaping the nature of the world today.

The month of June will host several activities including lectures by renowned Professors who will take their viewers on a journey through time and some of the greatest scientific discoveries in the 'The Management of Architectural Heritage in the Mamluk Sultanate': the rise of proto-urban studies in the Middle East with examples from Cairo and Syria to different types of ecosystems in our planet, followed by the use, significance and symbolism behind the appearance of the Elephant in Arabic culture and also celebrate the 25th launch anniversary of NASA's NEAR-Shoemaker spacecraft

and the 2021 launch of three new asteroid missions, among others.

The sessions can be accessed via zoom application or viewed on Sheikh Abdullah Al Salem Cultural Centre's Youtube channel and will continue until 30 June 2021. Participants have the choice to sign up for their preferred sessions on the Sheikh Abdullah Al Salem Culture Centre Website.

Delivered by the Centre's Academy, children between the age group of 8-12 years old, can practice their creativity and engage in different and new learning experiences at the summer camp, at Sheikh Abdullah Al Salem Cultural Centre.

Sheikh Abdullah Al Salem Cultural Centre is one of the many projects developed by the Amiri Diwan to facilitate the exchange of knowledge and promote critical, creative, and interpretive thinking within Kuwaiti society through world-class exhibitions and educational public programmes.

To learn more about the programme's and register, please visit www.asckw.com

For more inquiries, please email at: info@asckw.com



Sheikh Abdullah Al Salem Cultural Centre.

Find your mind behind you

By Dr Asok Bihari Deb

Senior General Practitioner,
Medical Director
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KUWAIT CITY, June 13: Everyone knows our body is vulnerable to morbidity then why is not our mind! Despite being the best creature in the world and living in a super-advanced era of science and technology some parts of our society are still skeptical of accepting the fact that disorders of mind are of equal importance to the disorders of soma.

Unacceptable nurturing a mental taboo is the only reason why we are not prepared to expose our mental disorder even to our near and dear ones, even when we can feel the disorder within us. There is still a large section of the society which can easily define a person to be 'Mad' if they notice unusual behavioral change in a person. Unfortunately, this is a harsh reality.

Dr Deb

We must accept the fact that our knowledge about mind is much limited in comparison to our knowledge about our physic or soma. So far as we relate our mind with our brain, thoughts, feelings, emotions, intelligence, memory and with some chemicals which are called neurohumoral transmitters discharged at the end plates of the neurons; mind is still an undiscovered entity.

All our feelings and expressions like love, affection, hatred, anger, sympathy, joy, sorrow, respect, jealousy is said to be arising from our mind. But has anybody seen what is in our mind? Certainly not, mind is not an organ or a viscera. Mind may be hidden somewhere or everywhere in our body.

We have past and recent memories of different audio, visual or audio-visual experiences in our life. These memories give us a standard concept about the words spoken and attitude shown by a common person. Repeated unusual drift from this, like unusual anger, unusual sorrow, and unusual expression of joy or fear raise questions about sanity of a particular person is unfortunate as sanity cannot be easily defined.

Memory

We have hypothetically classified the two steps of mind -- conscious and the subconscious. It can be said grossly that our conscious mind deals with recent and old important and significant incidences which are encrypted, and subconscious mind has a huge store of mainly old significant and insignificant experiences sculpted in our memory. It is said that many of the disorders of mind arise from stray memories hidden in subconscious mind.

Sleep is an essential and integral part of our life and it is closely related to the rate of metabolic activities, regulated discharge of different essential chemicals in our body. Sleep refreshes our body, mind, and soul. This is the time when our subconscious mind comes into play. Persistent lack or excess of sleep may lead to depression, anxiety and other disorders.

Our physique and psyche are closely knit and any long-standing

disorder of either of them is bound to affect the other. This may give rise to many psychosomatic illnesses like bronchial asthma, arthritis, allergy, and Irritable Bowel Syndrome.

Sometimes in our lifetime we face such situations when we are compelled to accept those things which we usually avoid or dislike at normal times.

For example we dislike our children spend long hours behind the computer screen, tabs, laptops, or mobile phones as this makes them idle and addicted to cyber world. They lose their play and fun-time with their friends. But, as we are passing through an exceptional torrid time due to the pandemic, we along with our children are compelled to stay inside our homes.

We cannot meet people and friends and are forced to keep social and physical distance. Even our children are unable to go to school for months together. In this situation they are forced to use tabs or laptops to follow online classes, to chat with friends and play some video games.

Orientation

In fact, we also get dependent upon social networking sites like Facebook, WhatsApp etc to keep connected with our friends and relatives. Do we really accept this situation? The answer is a big 'No'. Though orientation of our conscious mind adapts the situation temporarily we all are waiting eagerly to get back to our normal life.

Sometimes accidents, crimes, persistent mental stress, natural calamities, and war produce deep impact on our mind. We get depressed, anxious, panicky, or may show signs of aggression.

Prolonged solitary confinement, loneliness, gross lack of entertainment, monetary deficiency, conflict in love and relationship, getting obsessed by any specific idea are the usual causes of depression.

Depression may lead a person to get addicted or dependent to some or other drugs. There are two kinds of depressions -- endogenous or exogenous. When a person thinks his associates and surroundings are responsible for his or her poor state and gets depressed then the person is said to be suffering from exogenous depression.

When a person blames himself/herself to be the reason for his/her misfortune and gets depressed then he/she suffers from endogenous depression. Endogenous depression is the main cause of suicidal attempts as the person thinks that it is not worth living any more.

Most uncommon conditions seen in our society are severe depression, severe anxiety, panic, mania, and ruthless outrageous behavior. All this may not be accounted as mental disorders but when the person is unaware of this kind of persistent change of behavior, associated with delusion, illusion, obsession and even hallucination then the others who are around should be concerned about possible disease of mind. We must keep in mind that all these forms of disease are not the result of organic brain damage. Most of the ailments may disappear permanently by changing attitude towards the person, changes in the surroundings; change of place, good music, entertainment and by the timely advice of a good psychiatrist. Mind your mind before it is too late.

Unstable, dusty weather to continue until end of the week, says Al-Qarawi

Air traffic normal as sea ports halt ship ops

By Faris Al-Abdan

Al-Seyassah Staff and Agencies

KUWAIT CITY, June 13: The weather forecast observer at the Meteorological Department, Abdulaziz Al-Qarawi, confirmed the unstable weather will continue until end of the week, with dust laden winds blowing at up to 70 km/h, especially in the open and desert areas.

Al-Qarawi told Al-Seyassah daily the weather Saturday was hot and dusty, with northwesterly moderate to strong winds, blowing at intervals, as the temperature reached between 44-46 degrees Celsius. The sea condition was light to moderate, with waves sometimes reaching between 2 to 6 feet high.

Al-Qarawi, said in a statement to Kuwait News Agency (KUNA) that the weather Sunday would be hot and dusty and will continue till evening. Northwesterly active winds are expected to be between 40 and 70 kilometers per hour, with maximum temperatures between 43 and 45 degrees Celsius, and the sea condition moderate to waves between 4 and 8 feet high.

Temperature

He explained that the weather on Monday will be hot and dusty, with northwesterly moderate to brisk winds, with strong speeds at intervals between 25 and 65 kilometers per hour and the expected maximum temperatures between 44 and 46 degrees Celsius, and the state of the sea is moderate to high, with waves between 3 and 8 feet. He indicated that the weather Monday evening will be hot with northwesterly light to moderate winds, active at intervals between 15 and 45 kilometers per hour, and the expected minimum temperature is between 33 and 31 degrees Celsius, and the state of the sea is light to moderate, and the waves sometimes rise between 2 and 6 feet.

On Tuesday, weather is expected to be hot, with northwesterly moderate to brisk winds, with a speed of between 25 and 50 kilometers per hour, causing dust, and expected maximum temperatures between 45 and 47 degrees



Unstable and dusty weather in Kuwait enters its 4th day.

Photo by Rezk Tawfik

Celsius, and the state of the seas being moderate to high, with waves between 3 and 7 feet. He added that the weather on Tuesday evening will be hot, with northwesterly moderate to active winds, with speeds between 20 and 55 kilometers per hour, causing dust, and the expected minimum temperature between 33 and 31 degrees Celsius, and the state of the sea is moderate to high, with waves between 3 and 7 feet.

Regarding the weather on Wednesday, he indicated that it will be hot and dusty, with northwesterly moderate to active winds, speed between 25 and 55 kilometers per hour, and the expected minimum temperature between 32 and 33 degrees Celsius, and the state of the sea moderate to high, with waves between 3 and 7 feet. He pointed out that the weather on Wednesday evening will be hot to hot, with northwesterly moderate to active winds, with speeds between 20 and 50 kilometers per hour, and the expected minimum temperature between 34 and 32 degrees Celsius, and the state of the sea is moderate to high, with waves between 3 and 7 feet.

Al-Qarawi said that the weather on Thursday will be hot and dusty, with northwesterly moderate to brisk winds, with speeds of severe between 25 and 65 kilometers per hour, and the expected maximum temperatures between 44 and 46 degrees Celsius, and the state of

the sea is moderate to high, with waves between 4 and 8 feet. The weather on Thursday evening is expected to be hot to hot and dusty, with northwesterly moderate to active winds, with speeds between 20 and 55 kilometers per hour, and the expected minimum temperature between 33 and 31 degrees Celsius, and the state of the sea being moderate to high, with waves between 3 and 7 feet.

The Ministry of Interior has advised citizens and residents to exercise caution because of the unstable weather conditions that the country is witnessing in some areas, especially the open areas.

Emergency

In a statement the Directorate-General of Public Relations and Security Media Department of the Interior Ministry urged everyone not to hesitate, when necessary, to call the emergency phone (112) or civil defense operations (1804000) for any humanitarian, security or traffic assistance.

The ministry also appealed to citizens and residents who go to the sea to contact the Coast Guard operations (1880888) when faced with any emergency.

Meanwhile, the Kuwaiti General Administration of Civil Aviation said on Sunday that air traffic at Kuwait International Airport is proceeding nor-

mally, despite fluctuations in weather conditions and the wave of dust that the country is currently witnessing.

The Deputy Director-General for Planning and Projects Affairs and the official spokesman for Civil Aviation Saad Al-Otaibi said in a statement to KUNA that the movement of aircraft was not affected by the current weather Al-Otaibi added that the level of visibility allowed at takeoff and landing depends on what is allowed by the standards adopted at the airport, in addition to the aircraft's license and the pilots' licence.

He indicated that the visibility rate that affects air traffic when it reaches less than 300 meters according to the standards followed, stressing that all relevant measures are taken to ensure the safety of air traffic.

In related news, the Kuwait Ports Corporation announced Sunday the temporary suspension of maritime traffic in the ports of Shuwaikh, Shuaiba and Doha due to fluctuations in weather conditions.

The Corporation said in a statement to KUNA that the entry and exit operations of ships in the three ports stopped Sunday at eight o'clock in the morning. She attributed the suspension of maritime traffic to an increase in wind speeds of 30 knots (about 55 kilometers) per hour and high waves.

Economic cooperation boost on agenda

Kuwaiti and Mauritanian officials hold formal talks

KUWAIT CITY, June 13, (KUNA): The State of Kuwait and the Islamic Republic of Mauritania held official talks on Sunday at the Kuwaiti Foreign Ministry headquarters.

The discussions were chaired from the Kuwaiti side by the Foreign Minister, Minister of State for Cabinet Affairs Sheikh Dr. Ahmad Nasser Al-Mohammad Al-Sabah, with attendance of the Minister of Finance and Minister of State for Economic Affairs and Investment Khalifa Hamadah. The Mauritanian side was headed by the

Foreign Minister Ismael Ould Cheikh Ahmed.

The Kuwaiti and Mauritanian officials discussed means of boosting further the solid relations between the State of Kuwait and the Republic of Mauritania, explored the close co-

operation in various domains, namely avenues to enhance the coordination for serving mutual interests.

Moreover, they examined latest developments on the regional and international arenas.

The talks have been held as part of the official visit to the country by the Mauritanian official and his accompanying delegation (from June 11 to June 15).

Meanwhile, Finance Minister and Minister of State for Economic Affairs and Investment Khalifa Hamadah held talks on Sunday with his Mauritanian counterpart Mohamed Al-Amin Ould Al-Thahabi on issues of joint concern, means of boosting cooperation in various spheres namely the economic and technical sectors.

The Kuwait Ministry of Finance said in a statement that the Mauritanian side, during the meeting, endorsed a number of economic and financial accords that had been previously worked out between the two countries.

The State of Kuwait had unilaterally endorsed the agreements. The accords, one dealing with economic cooperation, another with averting double taxation and a deal on boosting and protecting mutual investments, have now become in the execution phase.



State of Kuwait and the Islamic Republic of Mauritania holding official talks on Sunday at the Kuwaiti Foreign Ministry headquarters.

KUNA photo

Transactions by phone

MEW expands towards automation of services with its call center '153'

KUWAIT CITY, June 13, (KUNA): The Minister of Electricity, Water and Renewable Energy and Minister of Social Affairs and Community Development Dr Mishaan Al-Otaibi announced Sunday, the start of the service of completing customer service sector transactions by phone through the customer services call center at 153.

Minister Al-Otaibi said in a press

statement that the ministry, within its orientations towards digital transformation through the automation of its services electronically and the diversification of the sources of providing electronic services, has adopted and implemented this project to facilitate procedures for various customer segments and complete their electricity and water transactions without the need to attend in person.