

Indians finish applying for amnesty; Sri Lankans next in line



KUWAIT: Indian nationals queue up outside a school in Farwaniya which was turned into a center to receive applications of violators wishing to avail the amnesty. —Photos by Fouad Al-Shaikh



KUWAIT: The last day for Indian nationals to avail the amnesty was on Monday, as hundreds of people headed to centers set up by the Ministry of Interior to receive expatriates without valid residencies. Kuwait announced an amnesty allowing residency violators to leave the country between April 1 and April 30 without paying any fines or airfare with a chance to return to Kuwait later. Sri Lankans began applying yesterday and continue until April 25, fol-

lowed by other nationalities on April 26 - 30. Bangladeshi nationals were received on April 11 - 15, while Egyptian nationals were received on April 6 - 10, following a five-day period to receive applicants from the Philippines. The Interior Ministry announced that 5,241 Egyptians applied to avail the amnesty, while over 2,000 Filipinos applied on April 1 - 5.

Violators are received from 8:00 am to 2:00 pm at the following locations: Male violators are

received at Al-Muthanna primary school for boys, Farwaniya, block 1, street 122, while female violators are received at Farwaniya primary school for girls in Farwaniya, block 1, street 76. Residency violators from all nationalities are also received in two different locations in Jleeb Al-Shuyoukh as follows: Female violators are received at Roufayda Al-Aslamya School - Block 4 - Street 200, while male violators are received at Naem bin Masod School - Block 4 - Street 250.



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Ooredoo provides services to 'Civil Defense'

KUWAIT: During a meeting held last week at the General Directorate of Civil Defense, Ooredoo Telecom, the first to introduce innovative digital services in Kuwait, affirmed its support to the employees and volunteers of the Directorate working to insure our safety during these critical times. This initiative stems from the company's Corporate Social Responsibility and a continuation of its efforts during the COVID-19 situation and its commitment to supporting the Government and its entities. The meeting was attended by Ooredoo Kuwait, represented by the Acting Chief Executive Officer and Chief Operating Officer, Fadi Kawar, Chief Business Officer, Abdulaziz Al-Babtain and Senior Director of Corporate Communications, Mijbil Al-Ayoub, and the Director General of General Directorate of Civil Defense, Colonel Jamal Husain Al-Fodari.

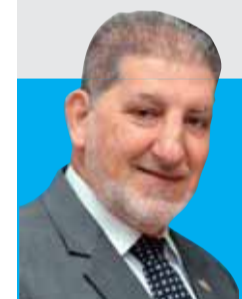
Commenting on details of the meeting and the services provided by Ooredoo, Kawar stressed Ooredoo Kuwait's commitment and full support of the government during these times. Kawar recognized the great efforts made by the General Directorate of Civil Defense during this critical time and added that Ooredoo's management has been keen since day one to harness all the company's capabilities to serve all the concerned sectors in Kuwait. Kawar said "we had the honor to meet the Director Central of General Directorate of Civil Defense and his team, and we ensure our full support and commitment."

Kawar praised the efforts of the staff and volunteer teams at the General Directorate of Civil Defense during this crisis. He further confirmed that this initiative is in alignment with the Company's Corporate Social Responsibility strategy to support the society at all times throughout the year, and across all sectors. This has been Ooredoo Kuwait's strategy since day one, and the company is committed to provide the society and the nation with all the support needed under any circumstances.



In my view

Dos and don'ts



By Abdellatif Sharaa

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The Muslim lunar calendar is characterized with a month during which practicing Muslims fast during daylight hours for as long as 14 to 16 hours on average - it is the month of Ramadan. This practice, although a religious ritual, has many health benefits in general and can help any person - Muslim or otherwise - to have a healthy lifestyle. I would like to write about certain common habits that should not be followed when breaking the fast, and will follow with later articles about the benefits of fasting on the body.

People in this part of the world rush to drink large amounts of water as soon as it is time to break the fast, which is something very wrong. One should drink a glass of water every two hours, because filling the stomach with liquid causes more problems, including difficulty breathing, more than filling it with food. We all know that juices are rich in sugars, so it is wise to drink sensible amounts every other day and not daily.

Some young men resort to practicing sports shortly after eating, which is something that may cause an upset stomach. The right thing to do is to wait for at least two hours to allow for digestion, as the blood during this time will be concentrated around the stomach.

It is totally wrong to eat quickly; rather one must chew the food slowly, because this helps in digestion and gives the feeling of satisfaction. Desserts should not be eaten immediately after meals; rather one should wait a while to avoid drowsiness and sluggishness.

Another thing one should pay attention to is not to consume food that is rich in sodium, because this will cause severe thirst while fasting. You can avoid thirst by eating potassium-rich food, because it prevents thirst (one banana may be enough to prevent thirst during the day). A study published in the New England Journal of Medicine said not eating for 16 to 18 hours every day could be a way to treat numerous health conditions, even if you have to train yourself to push past the hunger.

Studies have suggested that intermittent fasting can help reduce blood pressure, aid weight loss and improve longevity. The report serves as a roadmap for experts to prescribe fasting as a way of prevention or treatment for obesity, diabetes and heart disease. The author of the study, Mark Mattson, a professor of neuroscience at Johns Hopkins University, hones in on two types: Daily time-restricted feeding, which means you eat a full meal and fast for 16-18 hours and 5/2 intermittent fasting, which means you fast two days a week.

Fasting is highly beneficial and one should practice it most of the time and not link it to religious practice or a certain time. Ramadan Mubarak. God bless you all.