

## Local

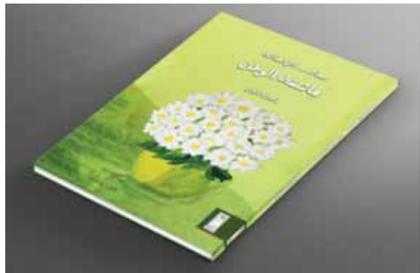
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## Book highlights Suad Al-Sabah's human rights efforts

KUWAIT: Suad Al-Sabah Publishing House has published a book on veteran Kuwaiti poet Dr Suad Al-Sabah titled "Suad Al-Sabah... the human being... lover of homeland", written by former Egyptian minister and secretary general of the Arab Human Rights Organization (1986-2008) Mohammad Faq.

"There are personalities who enrich our lives with joy, love and appreciation, and there is no doubt that Suad Al-Sabah is one such unique person who leaves

such an effect in all fields of activities that they get involved in," Faq wrote in the book. "Suad Al-Sabah has dealt with many fields related to our lives through her poetry, writings and her many contributions to seminars and conferences that were held to discuss the concerns of our nation."

The book comes out as a panoramic journey on which Faq takes the reader, moving between many phases in Suad Al-Sabah's

life of over 50 years of hard and continued work in many fields that were distinguished by challenges, perseverance and solid determination.

The 200-page book includes several comments by Arab writers and diplomats on the various aspects of Dr Suad's personality, including culture, of which she has been a supporter, financier, publisher and award giver, as well as a poet who proved to have a strong presence in the Arab creative scene. She is also a respected activist in the field of human rights and had an active role in establishing the Arab Organization for Human Rights. Furthermore, she is an exceptional lover of her homeland Kuwait and the Arab world in general, and is committed since the start to loyalty, truthfulness, simplicity and giving.

Many Arab personalities are quoted in the book, speaking about Dr Suad Al-Sabah's contributions, including Talal Abu Ghazaleh, who referred to her as "the lady of initiatives", the late novelist Ismail Fahad Ismail, who pointed to Dr Suad Al-Sabah's interest in human rights, and Yahya Al-Jamal, who commented on the establishment of the Arab Human Rights Organization.

## Online registration for NBK Run continues

KUWAIT: The registration for National Bank of Kuwait's (NBK) Run continues online through nbk.com/nbkrun. NBK Run is scheduled to kick off on Saturday December 4, 2021. NBK will award six participants alongside the grand draw for a new Nissan X - TERA car from the strategic partner, Al-Babtain Group.

The top three winners from both categories (women and men) will be awarded with KD 1,000, KD 700, KD 500 cash prizes. The bib-number for each participant will contain a step-counting chip to identify the winners' places. The results for NBK Run are supervised by the Event Management Company (SUFFIX).

"We are extremely thrilled to take our involvement with this exciting event to a new level. This year, NBK Run is marked by a variety of fun, entertainment filled and health awareness-raising activities. This sports event aim is to encourage and motivate each individual for running or even walking", said Yaqoub Al-Baqer, NBK Public Relations Manager. It's worth mentioning that, NBK Run is supported from Al-Babtain Group, Kuwait Municipality, Kuwait Fire Force and the Touristic Enterprises Company in addition to Ministries of Commerce, Health and Interior.

Applicants can then collect their assigned T-shirt and number at Al-Shaheed Park Multi-purpose Hall in Phase 1, next to Starbucks between 3:00 pm and 9:00 pm starting from Tuesday, November 30 until Thursday, December 2, 2021. The walk for both the female and male participants will start from the Green Island on the Gulf Road to the Shuwaikh Beach Park, parallel to the Gulf Road, next to KPC building for a distance of 11 kilometers.



Yaqoub Al-Baqer

## Photo of the Day



KUWAIT: Participants compete during the UIM ABP-Aquabike World Championship in Kuwait yesterday. — Photos by Yasser Al-Zayyat

# Kuwait's children, youth seek discipline, honor in martial arts

## Trainers highlight importance of training at young age



KUWAIT: A Kyokushindo training session in action at a gym in Kuwait. —KUNA photos



Karate players perform a kata during a practice session at a gym in Kuwait.

KUWAIT: Children and youth in Kuwait are increasingly interested in the values of discipline and honor propagated by the martial arts, enrolling in various clubs and teams to develop their minds and bodies. Other than filling time with something beneficial, martial arts — in its various forms — bring a sense of commitment and self-worth for practitioners under the tutelage of capable instructors. A number of martial art experts said that it was paramount to start teaching at a young age to engrain the positive aspects of the art in the minds of practitioners.

Karate instructor Aladeen Far said that martial arts teach honor, good manners, and respect to oneself and society, reiterating that it was important to learn at a young age. Forming the character of the youngsters is very essential not only for a person, but also for social development in general, he noted, calling on parents to enroll children and youth in any martial arts that would benefit the younger generation holistically.

Ahmad Mandani, instructor in the art of Kyokushindo which is a hybrid of the full-contact Karate style of Kyokushin and Mixed Martial Arts (MMA), stressed that starting young in martial arts

develops ones' body, mind, and spirit. Having a strong character will contribute to the development of society and that is what martial arts offered to people, Mandani said, calling similarly on parents to enroll their children to reap the benefits both physically and mentally.

Meanwhile, gym owner and head coach at



## MMA coach calls for more local support

Vikings MMA Ahmad Hayati affirmed that practitioners put their skills to the test while partaking in national, regional, and international competitions. Under the heat of battle, a martial artist's most

important task is to control their emotions to achieve victory against an opponent, and this mindset translates perfectly into any social situation, affirmed Hayati who called on individuals to try any form of martial arts to get a better understanding of themselves and others. Hayati also urged for more competition and support to get more exposure for the martial arts community in Kuwait.

While the words of those teaching martial arts are important, it is the practitioners' outlook that provide more introspective. Jujitsu practitioners, Yousef Al-Dousari and Sultan Al-Ajmi, both agreed that martial arts offered more than meets the eye. Dousari indicated that martial arts gave him courage to face any type of situation whether on the mat grappling or life in general. Ajmi had a similar outlook, saying that martial arts alleviated psychological pressure, especially during the COVID-19 pandemic, and stressed that it was great to fill his time with something worthwhile. Whether it was boxing in the ring, grappling on the mat, performing a Karate kata, the martial arts always gave practitioners something to seek while traversing life's twists and turns. — KUNA

## Burgan collaborates with 312 Cafe

KUWAIT: In line with its efforts to foster inclusivity and support creative small businesses, Burgan Bank recently collaborated with 312 Cafe - the first of its kind Cafe in Kuwait fully managed and run by people with disabilities - to offer free coffee to its loyal customers.

Through this initiative, Burgan Bank customers were able to enjoy a cup of coffee from 312 Cafe for free. Moreover, the bank also offered a special free gift to all its customers

and staff at 312 Cafe, which is located in Dalal Complex in Salmiya.

Burgan Bank's collaboration with 312 Cafe comes in line with the bank's social responsibility program; namely its ongoing commitment to empowering and supporting the disabled community in Kuwait. The bank continues to support initiatives that help promote the full integration of people with disabilities into society, with a key focus on fostering their talents and developing their skills to enable them to pursue rich, rewarding careers and lives - without any stigmatization or marginalization.

It is worth mentioning that Burgan Bank has long been an advocate of people with disabilities and seeks to ensure their access to a comfortable banking experience. The bank has



equipped several of its branches, in key strategic locations, with all the necessary accessibility features to enable people with disabilities to carry out their banking needs with ease and efficiency. This includes allocating

dedicated parking spaces, equipping branches with ramps, training branch staff in sign language, offering braille documents and statements and installing voice-activated capabilities in its ATMs.