



3 Kuwait University not fit for int'l quality rankings



11 A poem to Arab beauty: Fashion designs of Sadiq



16 23.5 million tickets requested in latest World Cup sale: FIFA



Ramadan Timings	
Fajr	03:41
Shurooq	05:07
Dhuhr	11:45
Asr	15:21
Maghrib	18:24
Isha	19:44

VOLVO

Amir sends Eid greetings to citizens and residents

Eid on Monday; Kuwait leader prays for peace and security



His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah

KUWAIT: The Kuwait legitimate crescent sighting authority declared on Saturday that Sunday would be the last day of the fasting month of Ramadan. This was declared by the head of the Supreme Judicial Council and head of the legitimate crescent sighting authority, Justice Ahmad Al-Ajeel, after a meeting of the authority. Al-Ajeel congratulated HH the Amir, HH the Crown Prince, HH the Prime Minister, citizens, residents of the country, Arab and Muslim nations on the occasion, hoping Kuwait would witness further progress and prosperity. Meanwhile, the Amiri Diwan has conveyed the congratulations of

His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah to citizens and residents on the blessed Eid Al-Fitr, wishing them all a happy occasion. The Amiri Diwan seizes this blessed occasion to voice congratulations and blessings to His Highness the Amir, His Highness the Crown Prince and His Highness the Prime Minister on this occasion. His Highness the Amir also wished it to be a happy festival for the nation and both Arab and Muslim worlds, and many happy returns of the occasion to the entire world in security and peace. In another development, His

Highness the Amir on Saturday received a phone call from Bahraini King Hamad Bin Isa Bin Salman Al Khalifa, congratulating him on the advent of Eid Al-Fitr. In the phone conversation, the King of Bahrain wished His Highness the Amir good health and wellness and hoped happy returns of the occasion for the two countries, Arabs and Muslim worlds. In reply, His Highness the Amir thanked the King for this good gesture that reflects the deep relationship between both countries - wishing him well and further progress for Bahrain and its people under his wise leadership. **Continued on Page 6**

Ramadan Kareem

Balance between the body and soul

By Hassan T Bwambale

A human-being is made up of body and soul. After the soul is breathed into a fetus, then the eye acquires the ability to see and the ear to hear, and the heart becomes the center of judgment (i.e. consciousness.) With this consciousness, we attain spiritual enlightenment & find balance in our minds, bodies and souls.

When we think about health, diet and exercise are typically the first things that come to mind. However, good health isn't just about the physical body. Our mind and body are interconnected and affect each other. For example, a stressful situation causing negative thoughts can lead to physical pain or illness. It's important to maintain a healthy balance between our minds, bodies and souls by nurturing the whole self, including our physical, mental, emotional, and spiritual needs.

There are many things we can do in our daily lives to achieve overall wellness. In brief, one can achieve spiritual enlightenment by adhering to the following:

(A) Having a sense of connection to something bigger than ourselves - Allah (SWT). Note that there is no way we can compare any creature with the Creator.

(B) Searching for the meaning of life and having a sense of purpose in whatever we do. For example, thinking of Prayer (Salah) as a physical and spiritual exercise.

(C) Following our religion (Islam) verbatim and feeling the spirit or moral of Allah's commands.

(D) Our actions should be the result of a deep and strong faith with deep feelings of the significance of that faith and acts that prove it.

(E) Practicing honestly & with integrity. Some additional ways to begin cultivating mind-body-soul balance include:

- Reading and learning often. Education shouldn't stop once we're out of school or when we have reached a particular age. We should open our minds to new possibilities, beliefs, and interests by activities like reading, taking online classes, watching documentaries, and attending workshops. Education does not end until we die.
- Trying our best to translate what we learn into action where necessary and possible.
- Meditating regularly. Meditation improves memory, attention, mood, immune system function, sleep, and creativity. All it takes is a few minutes a day to start reaping the benefits. Allah (the Almighty and Majestic) says what can be translated as: "Say, [O Muhammad], "Travel through the land and observe how He began creation. Then Allah will bring forth the creation of the Hereafter (i.e. resurrection after death). Indeed Allah, over all things, is Omnipotent." (Al-Ankaboot 29: 20)
- Avoiding sitting for extended periods of time. We should try to stand or move around while we work, if possible. Too much sitting is linked to heart disease, diabetes, and a shortened lifespan.
- Getting at least 15 minutes of moderate to fast-paced exercise each day. Live close to work? Walk or ride a bike the short distance. Exercise is important for heart health, physical stamina, and maintaining a good mood.
- Adding more plant-based foods to our diet. Eating lots of vegetables and fruit can help prevent chronic disease. Shop your local farmer's market for fresh, in-season produce.

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Saudi, Turkey reset relations

JEDDAH: Saudi Arabia's crown prince and Turkish President Recep Tayyip Erdogan have vowed to reset relations, to end a conflict between the two regional heavyweights since the killing of journalist Jamal Khashoggi. Erdogan-in his first visit since the 2018 killing of Khashoggi in the kingdom's Istanbul consulate, which drove a wedge between the two countries-met with the kingdom's de facto ruler, Crown Prince Mohammed bin Salman, to "develop" relations.

Saudi state news agency SPA on

Thursday published images of the Turkish leader embracing Prince Mohammed. The pair "reviewed the Saudi-Turkish relations and ways to develop them in all fields", SPA reported. Pictures published by Turkish state media also showed a separate sit-down with King Salman, the crown prince's father.

On Friday, Erdogan visited the Muslim holy city of Makkah, where he performed a pilgrimage among thousands of worshippers amid a heavy security presence. The trip came as Turkey, facing an economic crisis fuelled by the collapse of its currency and soaring inflation, tries to draw financial support from energy-rich Gulf countries.

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JEDDAH: Turkish President Tayyip Erdogan (left) hugs Saudi Crown Prince Mohammed bin Salman during a meeting in Saudi Arabia's Red Sea coastal city of Jeddah. — AFP

Iran-Saudi Arabia tensions near end

BAGHDAD: An end to years of tension between regional rivals Iran and Saudi Arabia is near, Iraqi Prime Minister Mustafa Al-Kadhemi said in an interview published on Saturday. Iraq, a neighbor to both countries, has hosted five rounds of talks over the past year aimed at restoring ties between Sunni Muslim Saudi

Arabia, and Shiite-majority Iran. Following the latest round in Baghdad, Iraqi officials have sounded increasingly optimistic, talking of an imminent sixth session and even going so far as to raise the prospect of a resumption in diplomatic relations severed in 2016.

Iran and the Saudi kingdom support rival sides in several conflict zones across the region, including in Yemen where the Houthi rebels are backed by Tehran, and Riyadh leads a military coalition supporting the government. In 2016, Iranian protesters attacked Saudi diplomatic missions in Iran after the

kingdom executed Shiite cleric Nimr Al-Nimr.

Riyadh responded by cutting ties with Tehran. "Our brothers in Saudi Arabia and the Islamic Republic of Iran approach the dialogue with a big responsibility as demanded by the current regional situation," Kadhemi said in his interview with the state-owned Al-Sabah newspaper. "We are convinced that reconciliation is near," which would benefit regional stability, said Kadhemi, who Iraqi diplomats say attended the most recent meeting. **Continued on Page 6**

Violence rocks Jerusalem and West Bank

JERUSALEM: A Palestinian man and a Zionist guard were killed in separate West Bank incidents following clashes

on Friday between Palestinians and Zionist police at Jerusalem's flashpoint Al-Aqsa mosque. The guard was attacked at the entrance of the Ariel settlement, the army said, adding that they were pursuing the "terrorists".

The Islamist Hamas movement hailed the killing as a "heroic operation", with spokesman Hazem Qassem declaring it a response to the "attacks on Al-Aqsa," the mosque which has

been one of the focal points for weeks of violence. The Palestinian Red Crescent said 42 people had been hurt at the site, which is venerated by Muslims and Jews.

Meanwhile, Zionist forces killed a Palestinian man overnight Friday in the north of the occupied West Bank, according to the Palestinian health ministry. The man, in his 20s, was shot in the chest during a Zionist

army operation in the town of Azzun, the ministry said in a statement.

Zionist police released footage that showed young men on the Al-Aqsa compound hurling stones and fireworks in Friday's early hours. Officers entered the site at dawn. A police statement said they went in to contain "rioters and lawbreakers", some of whom were trying to throw stones. **Continued on Page 6**

UAE to send astronaut on ISS mission

DUBAI: The United Arab Emirates announced Friday it will send an astronaut on a six-month mission to space, as it seeks to become a major player in the industry. The wealthy Gulf country signed "a new agreement to send the first Arab astronaut on a long 180-day mission to the International Space Station", tweeted UAE's vice president, Dubai ruler Sheikh Mohammed bin Rashid Al-Maktoum. "Proud of the UAE's youth," he added.

According to the UAE's The National newspaper, the Mohammed bin Rashid Space Centre (MBRSC) and Axiom Space signed a deal on Wednesday at the Emirati embassy in Washington. The astronaut will be part of the SpaceX Crew-6 mission, scheduled for launch in 2023, it added.

The UAE-made up of seven emirates including Abu Dhabi and Dubai is a newcomer to the world of space exploration but quickly making its mark. In September 2019, the oil-rich country sent a first Emirati into space as part of a three-member crew that blasted off on a Soyuz rocket from Kazakhstan for an eight-day mission. Then in July, it launched an unmanned spacecraft from Japan's Tanegashima Space Center bearing the "Hope" **Continued on Page 6**



KENNEDY SPACE CENTER: In this image released by NASA, a SpaceX Falcon 9 rocket lifts off from the Kennedy Space Center in Florida. — AFP