

Interior warns against the use of Night Calm without permit

'A crime punishable by law'

KUWAIT: Kuwait Ministry of Interior has warned against the use, possession, promotion, import or selling of Night Calm pills without a medical permit or prescription as it's considered "a crime punishable by law." The drug, Zopiclone, which is sold under the name Night Calm as well as other generic names, is used to treat insomnia and usually limited to short treatment periods of 1 to 2 weeks or less, the Ministry said in a press release.

The drug can cause multiple health issues such as depression, addiction, anxiety and can lead to suicide if not used under the supervision of an authorized medical specialist, the statement noted. The Interior ministry's decision comes based on previously adopted laws and regulations issued by the Health ministry in December 2022.

Zopiclone, sold under the brand name Imovane among others, is a nonbenzodiazepine used to



treat difficulty sleeping. Zopiclone is molecularly distinct from benzodiazepine drugs and is classed as a cyclopyrrolone. However, zopiclone increases the normal transmission of the neu-



rotransmitter gamma-aminobutyric acid (GABA) in the central nervous system, via modulating GABAA receptors similarly to the way benzodiazepine drugs do. Zopiclone is a sedative. It



works by causing a depression or tranquilization of the central nervous system. After prolonged use, the body can become accustomed to the effects of zopiclone. — Agencies

In my view

Governance in institutions from Islamic perspective

By Omar Ezzeldin Omran

Governance is the process that aims at managing matters and employees and making decisions in institutions in an effective, transparent, fair and responsible manner. The governance process includes a number of components, such as management, control, accountability, transparency and participation. Governance aims to achieve stability, as well as economic and social development. Governance is a necessary process to achieve justice for all stakeholders.

The objectives of governance vary according to the social and economic system of the concerned institution. Among the most important general objectives of governance are achieving stability, internal and external security, economic and social development, ensuring the protection of the rights of stakeholders, enhancing their role in decision making, promoting transparency, accountability and combating corruption.

The origin of governance can be traced back to the eighteenth century in Europe. It was aimed, at the outset, to manage large institutions and companies. From this time, governance has evolved to include all institutions. From an Islamic perspective, governance is a necessary process through which justice and comprehensive development are achieved. Governance in Islam aims to achieve wellbeing and prosperity for all people concerned. It is a tool for enhancing the role of stakeholders in decision making, ensuring protection of their rights, achieving equality for all, and encouraging cooperation and solidarity.

In the Noble Quran, Almighty Allah mentions many examples and directives that call for the application of the principles of governance in daily life. For example, He says in Surat An-Nisa'a what can be translated as: "Indeed, Allah commands you to render (all) trusts to their rightful people. Moreover, whenever you judge between people, judge with justice. Indeed, that to which Allah exhorts you is most excellent." (An-Nisa'a 4: 58)

This indicates that Almighty Allah commands us to achieve justice in all fields, including in arbitration of cases and decision making. Almighty Allah says in another verse what can be translated as: "(O mankind), Indeed, Allah Commands the execution of justice (among you), and the doing of good (to all), and the giving (of charity) to close relatives. Moreover, He Forbids all obscenity, shameful deeds and aggression..." (An-Nahl 16: 90)

Almighty Allah also directs the necessity of control and accountability in the Noble Quran. In Surat Al-Shura, Allah says what can be translated as: "And those when tyranny strikes them, they defend themselves. And the retribution for an evil act is an evil one like it, but whoever pardons and makes reconciliation, his reward is due from Allah. Indeed He does not Like wrongdoers." (As-Shoura 42: 39)

This verse shows the need for combating corruption and achieving justice and accountability. There are also directives in the Noble Quran about the need for transparency and participatory decision making. In Surat Al-Shura, the Majestic Allah says what can be translated as: "And they (the believers) conduct their affairs by consultation among themselves." (As-Shura 42: 38)

This indicates that societies and institutions should consult, cooperate, and participate in decision making and avoid hidden dealings. There are also many prophetic narrations (hadiths), which call for the application of the principles of governance in society, and among them is the following hadith in which Prophet Muhammad (PBUH) said: "Any man whom Allah has given the authority of ruling over people, who does not look after them in an honest manner, will never experience even the smell of the fragrance of Paradise." (Al-Bukhari # 7, 150 and Muslim # 142)

The above hadith stresses the need for achieving integrity and justice in managing public affairs. It also stresses that one is not to manipulate people's interests. In this regard, Prophet Muhammad (PBUH) also said what can be translated as: "All of you are shepherds, and each of you is responsible for his flock." (Al-Bukhari # 2, 409)

The above hadith indicates the necessity of taking responsibility in governance and administration and that leaders, and responsible personnel must be fair and impartial in managing affairs of the people they lead. It also alludes to the fact that everyone is a leader in his own capacity, and so, he should be fair to those under his custody. It was also reported that Prophet Muhammad (PBUH) said, "There should be neither harming other nor reciprocating harm." (Al-Albani rated it as saheeh (authentic) in Saheeh Ibn Ma'jah # 1, 909)

This hadith indicates the necessity of achieving the public interest when managing public affairs while avoiding harming people. Therefore, it should be borne in mind that good governance was enshrined in the Noble Quran more than 14 centuries ago.



KUWAIT: Ramadan decorations are seen in a shop at a market in Kuwait City. — Photos by Yasser Al-Zayyat photos

Ramadan guide for first-time expatriates

By Nebal Snan

KUWAIT: On March 23, the world marked the first day of Ramadan, the holiest month in the Islamic calendar. For 29 or 30 days, depending on the lunar calendar, practicing Muslims around the world refrain from eating, drinking and smoking from sunrise to sunset — yes, even water is off limits. The act of piety and sacrifice is meant to strengthen their relationship with God.

While the worship aspect is more or less the same for all Muslims observing Ramadan, different communities have distinct cultural rituals they uphold during the month. If you're new in Kuwait, some of these traditions may leave you confused, or even dumbfounded. But don't worry, we've got you covered: Here's our attempt to demystify some of the confusing situations you might come across in Kuwait during Ramadan.

You can't eat, either

You're not fasting and you feel hungry, but you're in a public place: do you eat? Well, the answer is no. Eating or drinking in public between sunset and dawn is illegal in Kuwait, even if you're not Muslim. If you're caught, you face a maximum fine of KD 100 and/or a maximum one month in prison.

Free food for all

Picture this: A car pulls up at the entrance of your favorite coop. Someone steps out of the vehicle and begins calling passers-by to come grab one of the many rectangular boxes in his open truck. What's going on, you might ask? That person is distributing boxes of pre-packed hot meals — it's also probably the only time when it's safe to get an opaque box from a stranger's car. The boxes typically contain food you would eat to break your fast: rice and meat, water, dates, a yogurt drink and a vegetable stew. Anyone is welcome to get a box, regardless of nationality, race, socioeconomic status or religion.

Closer to iftar time, it's not uncommon for strangers to hand out water and dates at traffic lights. Some parents set up free-water-and-date stands with their chil-

dren at street corners within residential areas. Don't feel taken-aback if you find yourself getting approached by a stranger who gives you an envelope of money. The gesture is one of many acts of generosity displayed by Muslims in Kuwait during the holy month.

Why the long lines?

It's ironic that food is the running theme in a Ramadan list. But socially, the month has become synonymous with hours-long gatherings over a full course meal — and inevitably overconsumption. This explains the uptick in campaigns asking people not to waste food during Ramadan. It's also the reason behind the extra-long lines at your favorite restaurants or grocery stores. You will notice that certain types of food surge in popularity during the month, such as samosas, lentil soup, tashreeb and one infamous deep purple berry drink.

Watch out for road rage

Although Ramadan is all about patience, the way many people behave during the month could leave you scratching your head. One thing to look out for is the blatant disregard of all driving rules, especially during the last hour before Maghreb prayers. If you've driven in Kuwait — or commuted as a passenger — you probably know that road etiquette is close to non-existent. But the closer you're driving to the time people break their fast, the more you're likely to encounter road rage and drivers zigzagging through traffic. So be extra careful.

Counterintuitive slacking

You might be surprised to find that some of your Muslim colleagues are not putting in their best effort at work, despite the emphasis Islam puts on self-discipline in Ramadan. Unfortunately, it's become somewhat socially accepted for people to slack during the month, with many demanding that it becomes mandated as a holiday. The opposite is also true for some people who make it a point to work harder during the month for larger spiritual rewards or to distract them away from their cravings.

A night owl's haven

If you're a night owl, Ramadan will become your favorite time of the year. Most, if not all, shops and restaurants stay open past midnight. The ambience at night, especially towards the end of the month, is always lively. Crowded streets and shopping centers are a trademark for this time of the year, with many people choosing to do their Eid shopping last-minute.



KUWAIT: Muslim worshippers line up to receive iftar meals, donated by a charity, in Mahboula, south of Kuwait City in this file photo. Food distribution campaigns, a common feature during the holy month of Ramadan in Kuwait, returned in full force this year after disruption due to the COVID-19 pandemic.

News in Brief

MoE holds 'Ahlam Ramadan'

KUWAIT: The Education Ministry distributed Iftar meals to scholarship students in Kuwait at their dormitory in Surra area under the slogan "Ahlam Ramadan". Acting undersecretary for education development and activities Dr Ghanim Al-Suleimani said that the banquet comes under the supervision of the Minister of Education, higher education, and Scientific Research. Kuwait embraces students from 31 countries around the world who come and learn, in addition to receiving social care. The aim of the event is to strengthen the bond with the students and to share with them the Ramadan atmosphere. —KUNA

13 residency violators nabbed

KUWAIT: The residency CID officers have arrested 13 residency violators from different nationalities in Jaleeb Al-Shuyoukh. The suspects were taken to the concerned departments before deportation.

Kuwait oil price drops

KUWAIT: Kuwait oil price dropped 37 cents to USD 76.18 pb on Monday vis a vis \$76.55 pb Friday, Kuwait Petroleum Corporation said on Tuesday. In international markets, the forward Brent crude contracts rose by \$3.13 to \$78.12 pb, while the rate of the identical transactions of the West Texas Intermediate crude climbed by \$3.55 to settle at \$72.81 a barrel. Meanwhile, the exchange rate of the US dollar against the Kuwaiti Dinar on Tuesday steadied at KD 0.306 but the Euro rose by 0.47 percent settling at KD 0.331, compared with Monday's rates, said the Central Bank of Kuwait (CBK). The CBK added in its daily bulletin that the British Sterling Pound climbed by 0.70 percent to KD 0.377 and the Swiss Franc by 0.41 percent to settle at KD 0.334. The Japanese Yen remained stable at KD 0.002. The currency exchange rates as declared by the CBK reflect average rates, not actual trade. — KUNA

Commerce Ministry warns of fake adverts

KUWAIT: The Commerce and Industry Ministry has warned of texts that are being sent over SMS, social media, and sponsored adverts that use the Ministry's name to defraud and deceive people into taking their personal information. The Ministry affirms that when registering complaints on "Sahel" app, the Ministry will never ask for an OTP. The official website link of the Commerce and Industry Ministry ends with (moci.gov.kw). Make sure that the link does not contain any special link that end with (.com or .net). To submit complaints please use the official portal of the Commercial Control and Consumer Protection Sector ccas.moci.gov.kw or through the official government application "Sahel".