



Students from the International British School pose for a group photo during their visit at Dasman Diabetes Institute.

Students provided with diabetes prevention lectures

Dasman Diabetes Institute hosts school visit

KUWAIT CITY, Nov 7: Dasman Diabetes Institute (DDI), founded by Kuwait Foundation for the Advancement of Sciences, recently received a group of students from the International British School. The students were provided with diabetes prevention lectures by the diabetes educators and nutritionists as well as physical activity training by the medical fitness team at the institute to raise the students' awareness. In addition, the students were taken on a general tour at the institute to brief them about the

ongoing activities and projects at DDI.

Holding such events and activities stems from DDI's mission statement, where health promotion and awareness are a priority for the Institute. Since its establishment in 2006, the Institute has been organizing and taking part in many events and campaigns to shed light on diabetes and its related conditions. This is in accordance with the Institute's belief that, Prevention is better than cure.

Kala (Art) Kuwait to celebrate 19th Anniversary

'NIRAM 2023' Children's Day Painting Competition shifted to 'online platform'

KUWAIT CITY, Nov 7: Kala (Art) Kuwait presents "NIRAM-2023" Children's Day Painting Competition will be held on Friday, 10th November 2023 in Online Platform, in view of the recent announcement by the Kuwait Ministry regarding halting all celebrations and concerts until further notice.

Kala (Art) Kuwait scheduled the program on the occasion of Children's Day celebration by marking the birth day of Pandit Jawaharlal Nehru, the First Prime Minister of India. Kala (Art) Kuwait is delighted to celebrate 19th Anniversary of "NIRAM" Painting Competition which is opened for all students of Indian Schools in Kuwait.

The online registration is full swing and

it will be continued until 9th November 2023. Online registration facility is available through the website www.kalakuwait.net and the Link: <https://www.kalakuwait.net/niram2023/regniram2023.php>

Painting Competition

The Painting Competition will be conducted in four different age groups. Group 'A' from LKG to 1st Standard, Group 'B' from 2nd to 4th Standard, Group 'C' from 5th to 7th Standard and Group 'D' from 8th to 12th Standard. The media for Group 'A' and 'B' will be Crayons or Color Pencil while Group 'C' and 'D' are Water Colors. The Competition duration will be 2 hours starting 2:00pm to 4:00pm and

for uploading drawings from 4:00pm to 4:30pm. Students can use A3 or A4 Size drawing paper.

Subjects for all groups will be provided One hour before the competition starts through the Website: www.kalakuwait.net and by email also to the participants. Prominent artists from Kuwait will control the competition.

Kala (Art) Kuwait, emphasize the exclusive prizes for the winners as first place with gold coin & gold medal, second place with silver medal and third place with bronze medal along with memento & certificate. Besides the 1st, 2nd, & 3rd, there will be 75 participants to Merit Prizes and Ten (10) percent of the participants will be awarded with consolation prizes.

You don't always have to say 'yes'

Five strategies for navigating current digital tipping culture

By Kimberly Palmer
NerdWallet

The nearly universal experience of finding yourself face-to-face with a checkout counter screen asking you to select an amount to tip for service can prompt a cascade of awkward questions: How much should you tip on a \$5 coffee if anything? How can you decide before the cup has even been poured? Is it rude to select "no tip," then slink away with your drink?

The answers to those questions vary depending on whom you ask, but tipping experts agree on one thing: We get prompted to tip much more frequently these days, largely because of the explosion of cashless payment methods with automated tipping options. Another thing they agree on: You don't always have to say "yes."

"During the pandemic and post-pandemic, we've seen a dramatic shift in the way tips are given. Suddenly, you see tablets where you are prompted to give specific tip amounts at points of purchase where never before would anyone have dreamed of giving a tip," says Thomas Farley, also known as "Mister Manners," a New York-based etiquette expert and keynote speaker.

"Consumers want to be dutiful, good consumers, so many play along, but still feel confused," Farley adds. To sort out that confusion, consider following these five strategies for navigating current tipping culture:

Brush off any awkwardness

While you might feel put on the spot with the sudden appearance of the tipping screen at a checkout counter, Farley says you should feel justified in taking your time and making the best decision for you and your budget.

"Most servers I witness try to give you your space while you decide. Own your decision knowing you are fully supported by good etiquette guidelines either way," he says.

"We are living through inflationary times when everything costs more. Unless you have tons of disposable income, you shouldn't feel guilty about not tipping" at a checkout counter, even if an iPad tells you to, Farley adds.

Aim to tip 20% for most services

While tipping isn't traditional at a coffee shop or convenience store counter, it is expected when you're being served at a restaurant, where 20% is customary. Hairstylists, salon assistants, food delivery drivers and other service workers generally rely on similar percentage tips as a significant portion of their income.

Blake Hammerton, Dallas-based founder of The Sharp Gentleman, a coaching and lifestyle website for men, suggests adding 20% or rounding up to an even dollar amount for most services. As a former pizza delivery worker,

he says he always appreciated tips based on the amount of effort he had to put into the job, including distance driven and the amount of food delivered. "Five dollars is great if it's close by and a small amount, but if it's eight pizzas for a party, you'll want to tip more," he says.

Carry some cash for traditional tipping

Lisa Mirza Grotts, an etiquette expert in the San Francisco Bay area, says that while many consumers no longer carry much cash, it's still useful to have some on hand in certain situations, such as when tipping a hotel housekeeper or valet. She suggests keeping \$5 and \$10 bills handy, especially when you travel.

There's also a time for larger bills. When you're tipping on a big-ticket service, such as a \$5,000 house move, Farley recommends having a few \$100 bills on hand to pass out to the workers at the end. "There's no need to tip 20%, but \$100 would go a long way," he says.

At the end of the year, Farley suggests tipping each service provider, such as a hairstylist, barber or nail technician, the equivalent of the cost of one visit, whether it's \$30 or \$300. "Cash is king," he says, adding that you can include a notecard with the tip.

For in-home service providers, such as a nanny or housekeeper, the end-of-year tip is generally one week's pay, Farley says. And if you're not sure how much to tip a service provider, he encourages an informal polling of neighbors since the answer can depend on location.

Consider your budget

Marianne Nolte, a certified financial planner and founder of the firm Imagine Financial Services based in Lake Havasu City, Arizona, was recently shocked by a prompt to tip while purchasing a smoothie at a drive-through window. "It felt excessive," she says. "It was a drive-through, not a sit-down restaurant."

"If tipping is expected and it's too expensive, we do have other choices," she says, noting that she could make her own smoothie at home to avoid the pressure to tip.

Ellie Austin-Williams, author of the forthcoming book "Money Talks: A Lifestyle Guide for Financial Wellbeing," similarly encourages consumers to protect their budget from tipping-creep. "Just because the option is there to tip, don't always feel you have to take it. Businesses are there to encourage us to spend more money, and it's on you to manage your money. You've got to look after your own finances," she says.

Embrace the joy of tipping

When you've received excellent service and you want to reward the people who provided it, tipping can be a positive experience - and no one leaves feeling awkward. (AP)



Photos during the Indian Community School, Kuwait (ICSK) blood donation drive.



'Small acts when multiplied by millions of people can transform the world'

ICSK-organized blood donation drive an initiative to save lives

KUWAIT CITY, Nov 7: School is a place where values are cultivated and lives transformed. The Indian Community School, Kuwait (ICSK) has always prioritized social responsibilities and is committed to the welfare of the community. With the motive of encouraging young leaders to become ambassadors of humanity, a spectrum of activities is conducted throughout the academic year. These activities not only foster empathy and hone leadership skills but also enable the children realize how their actions can have a positive impact on the world.

Continuing our culture of being trendsetters in various curricular and co-curricular fields, The Indian Community School, Kuwait takes pride in being the first ever Indian School in Kuwait to organize Blood Donation Drive. The drive conducted on Wednesday, 1st November 2023 aimed at raising awareness about the importance of blood donation and dispelling myths regarding it. The event was graced by a highly passionate team of medical staff of 13 nurses led by Dr. Eman Monir, Central World Bank, Kuwait. The team was welcomed with great reverence and pride by the staff and the students.

The inaugural function began with the Islamic prayer invoking the blessings of the Almighty. Motivating the students to be life-saving donors in the future, Dr. V. Binumon, Principal and Senior Administrator of ICSK presented a cordial welcome to the gathering. Dr. Eman Monir, in her address, threw light upon how each blood donation contributes significantly to the country's health care system. Vote of Thanks proposed by Mrs. Susan

Rajesh, Vice Principal of ICSK Senior drew curtain to the inaugural ceremony and stated the commencement of the blood donation drive.

165 members of the ICSK family comprising of parents and staff registered to be donors and contribute to the noble cause. Maliha Tanwar Alam, student of class XII voluntarily donated blood and set an example for her schoolmates to follow. The overwhelming amount of support displayed by the parents, students and staff of ICSK family during the blood donation drive was an uplifting and inspiring experience for the young pillars. A photograph of parent-donor along with their ward was taken to capture the precious moment.

Students of each class were provided with an opportunity to witness the proceedings of blood donation giving them an insight into the benefits of blood donation, the procedure involved and the medical conditions required. They appreciated the unwavering support and dedication of the medical team who work tirelessly to save the lives of the people. Each donor was thanked profusely for their spirit and generosity and for being exemplary figures for others.

One blood donation can save as many as three lives and the power to save lives is in the palm of our hands. With the notable participation of the parents, students and faculty members, the blood donation drive led by Chief Coordinator, Dr. Waseem Pathan was a resounding success. With new milestones to achieve in its journey, the Indian Community School, Kuwait will continue to take initiatives to serve humanity and the world at large.

AUK pioneers as host of IEEEExtreme 17.0 competition



Group photo during the American University of Kuwait's IEEEExtreme 17.0 competition.

KUWAIT CITY, Nov 7: The American University of Kuwait (AUK) hosted the IEEEExtreme 17.0 competition this year, achieving a significant milestone as the only university in Kuwait to undertake this prestigious event.

IEEEExtreme is a global programming competition that challenges young minds to solve complex problems under tight time constraints. It attracts participants from around the world, encouraging teamwork, problem-solving, and innovation.

Throughout the 24-hour marathon, three teams representing AUK and Kuwait Technical College (Ktech) showcased their exceptional coding abilities. The AUK team, Golden Camel, finished first in Kuwait. The members of the winning team were Anas Dahshan, Alexandre Meulien, and Adnan Kazli.

This event not only provided an opportunity for participants to test their coding prowess but also served as a platform for networking and knowledge exchange among students, faculty, and professionals. The competition highlights AUK's commitment to fostering a culture of innovation, collaboration, and academic excellence.

AUK holds a deep sense of pride in its role as a contributor to the global community of young innovators. The University's unwavering commitment lies in the cultivation of its students' talents and aspirations, persistently offering them opportunities to excel, not only on a national platform but also on the international stage.