



AUK athletes in Belgium

AUK delegation only athletes representing from the Arab world

American University of Kuwait participates in 2022 PCU University Games

KUWAIT CITY, July 14: The American University of Kuwait (AUK) athletes participated in the 23rd Panathlon Clubs of Universities (PCU) University Games in Belgium. The AUK delegation represented the only athletes from the Arab world and included 32 members of students, staff, and coaches. The four AUK sports teams that took part in the games were men's soccer, men's futsal, women's volleyball, and men's volleyball.

The three-day tournament commenced with an opening ceremony followed by a special welcome for AUK's delegation by the PCU committee president, Peter Verboven. A series of games and meetings with PCU members and delegation heads rounded an eventful experience. Head of the AUK delegation and senior sports coordinator at the University's Office of Student Life, Mohammed Al-Saleh, expressed his gratitude towards AUK

for providing athletes with the chance to compete abroad, "The sports trip was a great success on many levels. We thank AUK for the opportunity to compete at an international level and for exposing our athletes to new experiences. We appreciate the positive outcomes we have witnessed from this trip and look forward to many more sports events in the future." Ms. Hala Al Abdulrazzaq, dean of student affairs at AUK, also conveyed her pride for the athletes, "We are

extremely proud of AUK sports and will continue to support our athletes and to make sure they make the best of their time at AUK. We wish them the best of luck always." Panathlon International was established in 1951, associates 300 Panathlon Clubs worldwide and is recognized by the International Olympic Committee. Participants of the PCU Games are automatically granted Panathlon International membership as a PCU Club.



Photos from the event.

Association praised for promoting safety culture in Kuwait

ASSP holds annual general body meeting for 2021-2022

KUWAIT CITY, July 14: American Society of Safety Professionals, Kuwait Chapter (ASSP - KC) an ISO 9001: 2015 certified non-profit organization is committed to the advancement of Health, Safety and Environment (HSE) practices among the Industrial sectors and social groups in Kuwait. During its 22nd GBM conducted on 22nd June 2022 at Al Wataniya Club, Fintas, Kuwait. Safdar Ali Khan, Secretary submitted the annual report of 2021-2022 and Eng. Bader Al Hadrami the financial report. As way forward the new elected officers were introduced along with the executive and advisory committee members. The ceremony was attended by more than 100 members. Eng. Fadhel Al Ali Chairman of the ASSP Kuwait Chapter in his welcome speech extolled the activities performed by the office bearers of 2021-22. Further he sincerely thanked KNPC DCEO Corporate services Abdul Aziz Al Duaij for his continuous support and providing the venue to organise the event. Jahid Thakor, president, ASSP Kuwait Chapter said "One of the major challenges during these testing time was how to engage members and connect them with our chapter activities. Thanks to the virtual platform technology available, Chapter could successfully able to provide maximum learning opportunities for the members on their professional development activities and very happy to see the significant growth in number of webinars and attendance." Also presented the key achievements of the Chapter during the term 2021-2022. He further wished successful term for the new team (2022-2023).

Award

The event witnessed other important speeches from Vasudevan Narayanan, Global Region Vice President (Elect), Region IX, ASSP, USA & Sampath Reddy Golamari Global Region Area 1 Director, Region IX, ASSP, USA. The Guest of Honor Ahmed Ismael, TL, Safety, KNPC addressed the occasion. He emphasised the safety culture in the industry and community and ap-

preciated Kuwait Chapter's efforts in promoting HSE in the state of Kuwait. Presentation A technical presentation on "Healthy Lifestyle" was presented by Dr. Jaganath R Chodankar, Urologist, Jaber Al Ahmed Armed Forces Hospital, Kuwait. As a token of appreciation, Eng. Fadhel al Ali, Chairman of ASSP-KC handed over a memento to Jaganath R Chodankar. Jignesh Shah, Conference Deputy Director, PDC 2011 briefed about the upcoming major event of the chapter and invited all the contractors to participate in this professional development conference. Rishi D Jayan, Sr. Executive Chapter Operations briefed about the ASSP GCC HSE Excellence Award program and invited all the private sector companies to participate in this credible award program. American Society of Safety Professionals (ASSP)- Gulf Cooperation Council HSE Excellence Award is introduced to recognize leadership, excellence and encourage exceptional performance in the field of Health, Safety and Environment in private sector in the Gulf Region. The Award is instituted by the American Society of Safety Professionals Kuwait chapter, a non-profit voluntary organization. This evidence-based award showcases successful business models of organizations that uphold HSE management as a business value and excel in performance. The event recognition ceremony was held to appreciate all the advisory committee members, Advisory Strategic Technical Committee, Mentors, committee heads, deputies, Sub-committee members and special contributors. The Kuwait Chapter leadership also recognised all those members who have completed 20, 15 and 10 years membership holders. In the closing ceremony, Mazharuddin R. Shaikh the incoming president introduced the 2022-2023 elected members and committees, he thanked all the members for their acceptance and appreciated their volunteerism. The meet was concluded with gifts to all the members and dinner.

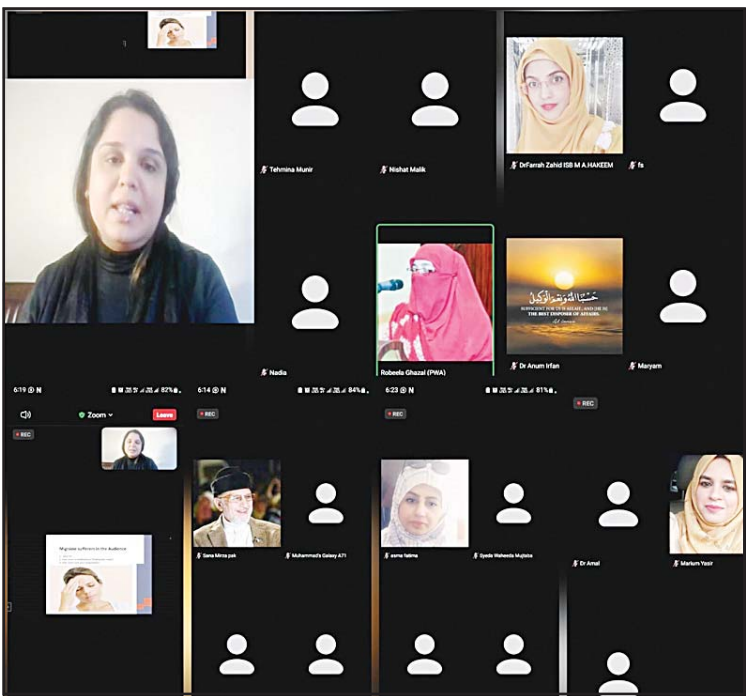
'Don't take OTC pain relievers more than 3 times a week'

PWA hosts migraine & headache awareness webinar

KUWAIT CITY, July 14: June is the month of Migraine & Headache Awareness therefore Pakistan Women's Association Kuwait presented their commitment to one another by raising awareness, increasing education for all regarding Migraine & Headache. Pakistan Women's Association Kuwait organizes Migraine & Headache Awareness webinar for women on 26th June. Panel of speakers was consisting of Dr. Fatima Shehzadi from UK, Dr. Farrah Zahid, Dr. Anum Irfan and Dr. Amal Abdul Latif discussed and delivered key note presentations and speeches on Migraine & Headache awareness. A large number of women participated in the webinar. Event started with the recitation of Holy Quran and Nasheed by Robeela Ghazal and Aysha Irfan respectively.

Presentation

Head of speaker's panel, Dr. Fatima Shehzadi from UK, followed by co speakers Dr. Farrah Zahid, Dr. Anum Irfan and Dr. Amal Abdul Latif discussed the topic in details by slides and video presentations and said that A migraine is a common neurological disease that causes a variety of symptoms, most notably a throbbing, pulsing headache on one side of your head. Your migraine will likely get worse with physical activity, lights, sounds or smells. It may last at least four hours or even days. The exact cause of migraines is unknown, but they're thought to be the result of abnormal brain activity temporarily affecting nerve signals, chemicals and blood vessels in the brain. Researchers believe that migraine is the result of fundamental neurological abnormalities caused by genetic mutations at work in the brain. New models are aiding scientists in studying the basic science involved in the biological cascade, genetic components and



A screen shot of the webinar

mechanisms of migraine. One in four people with migraines can have aura. But sometimes it lingers for more than a week after an attack. Rarely, you can have aura and symptoms like trouble breathing and numbness for months or even years. The signs can seem close to those of a stroke, or bleeding in the brain, but without any actual bleeding. Headaches cause pain in the head, face, or upper neck, and can vary in frequency and intensity. A migraine is an extremely painful primary headache disorder. Migraines usually produce symptoms that are more intense and debilitating than headaches. Some types

of migraines do not cause head pain. Causes of migraine we know that just before the cycle begins, levels of the female hormones, estrogen and progesterone, go down sharply. This drop in hormones may trigger a migraine, because estrogen controls chemicals in the brain that affect a woman's pain sensation. Talk with your doctor if you think you have menstrual migraine. Get regular sleep, eat healthy foods at regular times, avoid alcohol and drugs, and avoid foods that may trigger your headaches. Don't get too tired from hard physical activity. Don't take over-the-counter pain relievers more than 3 times a week, because you may get re-

bound headaches. The bottom line. People who have migraine may be interested in dietary supplements to prevent or treat attacks, especially if they can't tolerate medications. Some research supports the use of vitamin B2, magnesium, vitamin D, coenzyme Q10, and melatonin to help with migraine. Eat a carbohydrate with a protein or a good fat to stay full longer. Triggers Don't eat or drink anything that you know triggers your migraine. Some common food "triggers" are alcohol, aged cheese, caffeine, and chocolate. Drink water throughout the day instead of sugary drinks like soda or juice. Bananas are good for headaches because they deliver a dose of potassium, magnesium, B vitamins, and complex carbohydrates, all of which contribute to reducing headache pain. If a headache is due to dehydration, the fruits containing high water content can combat headache pain. A large number of questions been asked by the participants, which was answered satisfactory by Dr. Fatima Shehzadi and colleagues. President Pakistan Women's Association Kuwait Mrs. Robeela Ghazal said that Migraine & Headache is a growing concern around the world. As a society, we should promote awareness, and one way to do this is to educate people about Migraine & Headache and such webinars are very helpful in spreading awareness. She thanked Dr. Fatima Shehzadi from UK, Dr. Farrah Zahid Vice President PWA, Dr. Anum Irfan and Dr. Amal Abdul Latif medical executive of PWA, all the participants and appreciated the efforts of PWA team for making this webinar effective and successful and aim to continue the series of awareness seminars on such important subjects in future.