

Prayer Timings

Fajr	04:20	Asr	15:04
Sunrise ..	05:39	Maghrib ..	17:39
Zohr	11:39	Isha	18:56

Local

Expected weather for next 24 hrs:

By Day: Hot with light to moderate northerly wind to light variable wind, with speeds of 10-32 km/h and some scattered clouds will appear.

By Night: Rather hot to mild

Weather

with light to moderate northwesterly wind, with speeds of 10-38 km/h.

Station	Max Exp	Min Rec
Kuwait City	39	28
Kuwait Airport	39	23
Abdaly	40	22

Buayan	35	20
Jahra	40	25
Failaka Island	36	23
Salmiyah	34	28
Ahmadi	39	24
Nuwaisib	40	25
Wafra	42	21

Delegation advances bilateral, regional and investment priorities

Kuwait strengthens global ties at 80th UN General Assembly

NEW YORK, Sept 27, (KUNA): The Representative of His Highness the Amir Sheikh Meshal Al-Ahmad Al-Jaber Al-Sabah, His Highness the Crown Prince Sheikh Sabah Khaled Al-Hamad Al-Sabah, and his accompanying delegation departed New York after leading the Kuwaiti delegation to the 80th session of the UN General Assembly, en route to the UK on an official visit.

His Highness was seen off by Kuwait's Ambassador to the US, Sheikha Al-Zain Sabah Al-Nasser Al-Sabah, and Kuwait's Permanent Representative to the UN, Ambassador Tariq Mohammad Al-Bannai. Foreign Minister Abdullah Al-Yahya affirmed that Kuwait's participation in the high-level week of the 80th session of the UN General Assembly in New York achieved exceptional success under the chairmanship of the Representative of His Highness the Amir, His Highness the Crown Prince.

In a statement to KUNA on Saturday, the minister said that His Highness the Amir's representative delivered Kuwait's statement before the General Assembly, reiterating Kuwait's commitment to national, Arab, and Islamic principles, foremost among them support for the just Palestinian cause and the call to enable the Palestinian people to exercise their legitimate rights in accordance with international legitimacy resolutions.

The statement also emphasized Kuwait's prioritization of humanitarian issues and its call for the international community to renew its commitment to reforming the United Nations and developing its working mechanisms to enhance its ability to confront multiple challenges, consolidate international peace and security, and achieve sustainable development for all peoples, the minister added.

He noted that His Highness the Amir's representative also addressed key national concerns, including promoting sustainable development, consolidating regional stability,



Amiri Diwan photo

Kuwait Amir's Representative, the Crown Prince departs US.

and supporting mediation and dialogue efforts.

Minister Al-Yahya stated that His Highness the Amir's representative participated in the Security Council emer-

gency session on "The situation in the Middle East, including the Palestinian issue," delivering a speech on behalf of the Gulf Cooperation Council, which is currently

chaired by Kuwait.

He affirmed the Gulf's principled and unwavering support for the Palestinian cause, as well as its rejection of any attempts to undermine the security of Council member states and their shared unity.

On the bilateral level, Al-Yahya stated that His Highness the Amir's representative held meetings with the heads of state and government of 31 countries to discuss strengthening bilateral relations.

He also met with senior UN officials and held 11 meetings with CEOs of global companies and financial institutions, focusing on opportunities for cooperation and investment in line with Kuwait's development vision.

On the sidelines of the 80th UN General Assembly, the Amir's representative and the Crown Prince held high-level meetings with leaders and senior officials from Iraq, Bahrain, Trinidad and Tobago, Oman, Yemen, Cyprus, Iran, Paraguay, Turkey, Ghana, Nigeria, Sierra Leone, Ethiopia, Senegal, and the African Union.

In each meeting, the Crown Prince conveyed greetings from His Highness the Amir and discussed ways to strengthen bilateral relations, regional cooperation, and investment opportunities.

Key attendees included Minister of Foreign Affairs Abdullah Al-Yahya, KDIPA Director General Sheikh Dr. Meshal Jaber Al-Ahmad Al-Sabah, Undersecretary for Foreign Affairs Mazen Al-Issa, and Kuwait's Permanent Representative to the UN, Ambassador Tareq Al-Bannai.

Meetings with Iraq and Bahrain also highlighted enhancing ties with their respective nations' leadership. These meetings emphasized Kuwait's commitment to strengthening bilateral ties, promoting regional stability, and advancing cooperation in investment and development.

'European Day of Languages' bridges Kuwait and EU youth

EU showcases unity through diversity

By Fares Ghaleb

Al-Seyassah/Arab Times Staff

KUWAIT CITY, Sept 27: Ambassador of the European Union to Kuwait Anne Koistinen affirmed that the celebration of the European Day of Languages is a special occasion that embodies EU's identity and values of openness and diversity, adding that the day reflects EU's motto of "United in Diversity."

She said this in a speech she delivered at the event organized by the French Institute in Kuwait and hosted by the American University of Kuwait, with the participation of several embassies of EU member states, as part of the "Team Europe" initiative. Ambassador Koistinen said, "I am pleased to be with you today at this event, which celebrates European languages and highlights cultural diversity, which we consider as a source of strength and richness for us.

We are a union of 27 countries, united not only by 24 official languages, but also by diverse cultures, beliefs, and lifestyles. Yet we all believe that together we are stronger, more prosperous, and more peaceful. The European Union is proud of its global partnerships, including its ties with Kuwait." She stressed that the spirit of cooperation between the two sides is built on shared values and mutual respect.

Ambassador Koistinen encouraged the students participating in the celebration to take advantage of the occasion to learn more about Europe and the wide range of opportunities it offers in various fields,



EU Ambassador Anne Koistinen, center, with a number of ambassadors and attendees during the event.

particularly in higher education. She highlighted that European universities provide an advanced academic environment and a variety of specializations that can open new horizons for Kuwaiti youth.

Ambassador Koistinen concluded by emphasizing that the event reflects the spirit of the European Union, adding that the goal of the celebration is to promote closer ties between peoples through learning new languages and embracing cultural diversity.

In this regard, Director of the French Institute and Cultural Counselor at the French Embassy Soraya Saa said, "Languages are not just words but they represent culture, history, and a way of seeing the world."

She emphasized that learning languages enhances creativity, broadens



Part of the 'Europe Day' activities.

intellectual horizons, and helps build bridges between people. We wanted to give Kuwaitis the chance to travel without leaving the country, by learn-

ing new words and discovering different cultures."

Furthermore, the Belgian Ambassador Christian Doms stressed that his country's pride in its linguistic diversity, as Belgium has three official languages - French, Dutch, and German.

He revealed that his deputy's spouse would be giving a Dutch language lesson, highlighting that such events spark curiosity among Kuwaitis and encourage them to explore languages besides English.

In addition, the Hungarian Ambassador András Szabo stressed that the European Day of Languages, celebrated annually on September 26, serves as an important occasion to promote linguistic diversity and inspire younger generations across Europe to learn new languages.

Other Voices

How and why do we sleep?

By Ahmad alsarraf

During sleep, the brain undergoes many important processes and changes. Its cells produce bursts of electrical impulses that form rhythmic waves. These waves indicate increased brain activity, even during restful sleep.

They help clear waste and metabolic byproducts, a process believed to reduce the risk of neurological diseases such as Alzheimer's. Sleep consists of multiple stages, each with distinct brain activity.

During non-rapid eye movement (NREM) sleep, the brain slows its electrical oscillations and muscles relax, supporting vital functions like learning and memory consolidation. Sleep is not a dormant state; rather, it is a period of intense brain activity essential for overall cognitive health.

The amount of sleep a person needs changes over time, and their circadian rhythms also change with age. Leading medical centers provide recommendations on the ideal amount of sleep for each age group.

Understanding your sleep needs at different life stages and addressing any issues can help pave the way for better sleep at night. For those who toss and turn, a helpful tip is to avoid exposure to blue light before bedtime, primarily emitted by screens on smartphones, tablets,

and televisions.

A short nap of 15 to 30 minutes in the afternoon is generally recommended to boost alertness without interfering with nighttime sleep. Longer naps, lasting one to two hours, can also enhance slow-wave and REM sleep, contributing to overall increased sleep quality.

However, it is best to nap before mid-afternoon, which is before 3:00 pm to avoid disrupting your ability to fall asleep at night. For older adults, naps can be longer and help increase total sleep time without causing daytime sleepiness. In general, naps complement nighttime sleep but do not replace deep sleep.

For decades, scientists have grappled with a fundamental question - how does the human brain eliminate the waste it produces throughout the day? This waste includes excess proteins and molecules that can become toxic if not removed. Some of these proteins are primary contributors to Alzheimer's disease. Researchers at the University of Rochester have discovered a previously unknown circulatory system responsible for clearing toxic waste from the brain.

Studies on mice have shown that cerebrospinal fluid flows through tunnels surrounding blood vessels in the brain, a process that occurs only during deep sleep at night.

This cleansing stops upon waking and is one of the most important benefits of sleep. When we wake feeling refreshed after restful sleep, it is likely because the brain has undergone a reset, similar to a car receiving maintenance.

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PAYS outlines vision at UN meeting

'Kuwait considers youth as active partners, not just future leaders'

NEW YORK, Sept 27, (KUNA): Acting Director General of the Public Authority for Youth (PAYS), Nasser Al-Sheikh, affirmed Friday that Kuwait considers youth active partners in its present, not merely future leaders.

Al-Sheikh emphasized the need to invest in young generations for the future of the world, in line with the New Kuwait 2035 vision and the principles established by the World Program of Action for Youth.

Al-Sheikh made this statement during his participation in a UN meeting to celebrate the 30th anniversary of the World Program of Action for Youth, held on the sidelines of the High-Level Week of the 80th session of the United Nations General Assembly.

Al-Sheikh said that Kuwait has made youth issues a central focus of its national priorities and has translated this commitment through practical policies and initiatives led by the National Youth Policy, which focuses on capacity development, creativity, entrepreneurship, volunteerism, and leadership, with a focus on youth sciences and the green, knowledge, and creative economy.

Al-Sheikh said that the Public Authority for Youth has included climate and environmental action among the priorities of its strategy (2025-2030).

Al-Sheikh added that Kuwait has launched qualitative initiatives such as the "Kuwait Award for Youth Excellence and Creativity" and the "Mubadaratna" program to support non-profit youth projects with a developmental focus, in ad-



KUNA photo

Nasser Al-Sheikh, Acting Director General of the Public Authority for Youth.

dition to establishing the Kuwait Youth Council, which reports directly to the Minister of State for Youth Affairs.

Al-Sheikh highlighted the strategic partnerships Kuwait has established with the United Nations, most notably the United Nations Development Program (UNDP), through the "Youth Empowerment" project, to enhance skills and active participation in public life.

Kuwait calls for coordinated efforts to support refugees and detainees

NEW YORK, Sept 27, (KUNA): Assistant Foreign Minister for Development and International Cooperation, Ambassador Hamad Al-Mashaan, stressed Friday on the need to enhance international coordination to develop sustainable strategies for the reintegration and rehabilitation of persons from refugee camps and detention centers in conflict zones.

In addition, to ensure an international approach aimed at protecting and promoting human rights and a world of security and stability.

Ambassador Al-Mashaan made the remarks during a high-level international conference on the return of persons from camps and detention centers in conflict zones, organized by the Iraqi government and supported by the United Nations Office of Counter-Terrorism here in New York.

The conference was held on the sidelines of the high-level week of the 80th session of the United Nations General Assembly.

Al-Mashaan stated that the State of Kuwait attaches great importance to maintaining international peace and security and has an honorable record in combating terrorism, in addition to its constant commitment to developing its national capabilities to combat terrorism and aligning



KUNA photo

Assistant Foreign Minister for Development and International Cooperation, Ambassador Hamad Al-Mashaan, during his participation in the high-level international conference.

its efforts with international efforts.

The ambassador pointed out that Kuwait is an active member of the international coalition against the so-called Islamic State (ISIS) through its chairmanship of the coalition's working group to prevent the flow of foreign terrorist fighters.

Since 2019, it has secured and facilitated the transfer of more than 500 fighters and their family members, in

cooperation with the United States, and continues to receive similar requests from other countries.

Al-Mashaan emphasized that the fate of children is a collective global responsibility, warning that ignoring their suffering will lead to the creation of a new generation of instability, while collective action can give them the opportunity to build a positive future.