



## Vietnam embassy holds Food and Household exhibition

Staff Report

The Ambassador of the Socialist Republic of Vietnam to Kuwait H.E. Nguyen Hong Thao along with representatives from the embassy opened the first exhibition of Vietnamese Food and Household items on 17 December at the Kuwait International Fairgrounds in Mishref. The event marked the 40th anniversary celebration of the establishment of diplomatic ties between Vietnam and Kuwait.

Bakheet Al-Rashidi, Chairman and CEO of Kuwait Petroleum International, was the special guest at the function, which was also attended by ambassadors of ASEAN and the Indian Ambassador H.E. Sunil Jain

in addition to prominent business personalities. The exhibition will be open from 17 - 28 December, 2015.

In his opening remarks, Ambassador Thao touched on the close relationship between Vietnam and Kuwait, particularly in terms of trade and

economic relations. "We are pleased to see that more and more Kuwaiti people are using products made in Vietnam," said the ambassador. He added, "There are still many opportunities for entrepreneurs and investors of the two countries to cooperate

and do business together. And we believe that trade promotion will help bring our two countries and people closer." Different booths in the exhibition displayed a wide variety of food items such as various spices, grains, snacks and sweets. The main imports from Vietnam to Kuwait were also showcased at the exhibition, including high-quality organic food items, dried shrimps, pepper and cashew. The frozen section featured Vietnamese fish, which has tended to dominate world markets in recent years.

Among the household items on sale were an assortment of cutlery, decorative kitchenware and other furnishings. The highlight of the exhibition was the handmade art section that allowed visitors a glimpse

of Vietnam's culture and artistry and the talents of its artisans. Table cloths, wooden carvings, and artistic pottery decorated in vibrant colors were a charming addition as was the beautiful traditional paintings and colorful puppets. The exhibition attracted a large group of Kuwaitis and expatriates who browsed the stalls with interest and sampled the delicacies of Vietnam, such as dried jackfruit and Vietnam coffee prepared in the Arabic style.

In addition to playing a vital role in encouraging the sale of Vietnamese products, the exhibition helped visitors delve more into the background of the country and helped promote further cooperation between Kuwait and Vietnam.



## Heartfulness Open Day benefits students and teachers

Heartfulness, the guided relaxation meditation approach of Sahaj Marg meditation with its registered Middle East Headquarters in Dubai, conducted a meditation workshop on 27 November at the Indian Central School, Abassiya. Thousands visited the corner and more than 350 teachers, parents and students experienced the meditation sessions from trained teachers of heartfulness.

During the open day, the heartfulness team invited all parents and children to the event titled 'Experience

Heartfulness' a relaxation method which helps at the initial level to calm down a person for a stress free and balanced existence. For students or adults alike, an inner calming of self helps in better clarity of thoughts, concentration on school and work, better retention and productivity, empathy and a better understanding of people.

Heartfulness is offered free of charge to individuals, students, schools and corporates and anybody who would like to lead a balanced life for personal wellness and wellbeing.

## FSRI holds workshop on women's health physiotherapy

The Fawzia Sultan Rehabilitation Institute (FSRI), a non-profit healthcare institution, under the sponsorship of the Kuwait Society for Student Support (KSSS), hosted an educational workshop on women's health physiotherapy as part of its efforts to promote healthcare education across the Kuwaiti medical community.

The two-day workshop featured international female health physiotherapy specialist, Michelle Lyons, and was attended by local physicians and healthcare providers from both the public and private sector. The comprehensive workshop provided participants with general theoretical knowledge, as well as practical skills training, to help them develop treatment strategies for a wide range of issues affecting women including incontinence, pelvic pain, and menopause. "We believe that



continuing professional education is critical for improving clinical practice in all fields of healthcare.

Workshops like this one help practitioners garner advanced therapeutic knowledge and insights, as well as develop and hone practical skillsets to provide the best level of care to patients," said Dr. Elham Al-Hamdan, President and Medical Director of FSRI.

On his part, Talal Alarab,

Chairman of the Kuwait Society for Student Support said: "We at KSSS are always looking to partner with institutions and organizations that help support education, and whose goals and values are in line with our own goals and policies. We had begun working with FSRI in 2013, due to their being a non-profit institution that supports education and actively participates in many educational initiatives."

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