

AHLAN RAMADAN
SUPPLEMENT INSIDE



6 085010 120010

RAMADAN PRAYER TIMINGS	
DHUHR	12:18pm
ASR	3:44pm
MAGHRIB	6:25pm
ISHA	7:35pm
FAJR (MARCH 27)	4:49am

Founded 1975 · Volume 48 No. 22 | 16 Pages · Baisas 200 · Subscription OMR63 | ISO 9001:2008 Certified Company | Chairman/Editor-in-Chief: Mohamed Issa Al Zadjali | Printed & Published by Muscat Media Group

TIMESOFOMAN.COM

FACEBOOK.COM/TIMESOFOMAN

TWITTER.COM/TIMESOFOMAN

YOUTUBE.COM/USER/TIMESOFOMANONLINE

TIMESOFOMAN.COM/WHATSAPP

TIMESOFOMAN.COM/RSS

LINKEDIN.COM/COMPANY/TIMES-OF-OMAN

INSTAGRAM.COM/TIMESOFOMAN

Scan the code
or Call 24790000

"Someday" is today!

Grow your business with Najahi
Business Banking from Bank Muscat.

Bank Muscat. Better Everyday.

RAMADAN: BE ALERT AND AWARE OF WHAT YOU BUY

Consumer Protection Authority warns people not to fall into trap of false promotional offers during the Holy Month of Ramadan

Times News Service

MUSCAT: Various promotional offers to attract the customers reach a high during the Holy Month of Ramadan and it peaks near the end of the month with Eid Al Fitr festivities. While there are shop owners and retailers



that offer genuine discounts and promotion, the Consumer Protection Authority (CPA) has warned consumers not to fall into trap of false promotional offers and ensure that the quality of the goods are maintained. There have been some reports of malpractices and price hike of goods during Ramadan and a senior CPA official has called upon consumers to be alert and aware and inform the au-

thorities if they find shop owners indulging in any malpractices.

In conversation with Shabiba radio, Khalid bin Ali Al Rashdi, a media expert at the Consumer Protection Authority, said: "The Consumer Protection Authority welcomes any complaints from consumers if they come across illegal market practices during the Holy Month of Ramadan, such as hike in prices and poor quality of

products. The validity of products also need to be checked before they get tempted by the offers.

He added: "Consumers should avoid random shopping and make sure the date of production of products is not very old. At times, products that have been produced long back are put on sale during this Holy Month as promotional offers."

Al Rashdi suggested that "consumers should be wary of offers and ensure that they genuinely benefit from those promotions."

The official at the CPA advised the necessity of balancing expenses during the month of Ramadan and for Eid al-Fitr. "The best way for the consumer is to make a list of his requirements, compare prices and check the quality of products, before purchasing them. He should also visit markets and malls that are known to him and to avoid buying any products of unknown origin," said Al Rashdi. >A5

FORBES ADVISOR

Omani Rial third strongest currency in the world

Times News Service

MUSCAT: The Omani Rial has been ranked as the third strongest currency in the world for 2023 by Forbes Advisor. The Omani Rial is equivalent to 2.60 dollars. "The Omani Rial was introduced in the 1970s, and is pegged to the dollar," the magazine added.

The magazine classified the Kuwaiti Dinar as the strongest cur-

rency in the world, as the Dinar is equivalent to 3.26 dollars. The Bahraini Dinar came second, and the Jordanian Dinar fourth, followed by the British Pound. The Cayman Islands Dollar came sixth, followed by the Gibraltar Pound, which in turn was followed by the Swiss Franc.

Forbes Advisor determined the strongest currencies based on the amount of dollars needed to buy one unit of each currency.

TOP THREE INSIDE STORIES

OMAN

Asyad Shipping reports revenues of OMR385mn

1 Asyad Shipping has reported revenues of OMR385 million at the end of 2022 and a net profit of OMR54 million at end of 2022, a senior executive of the company said on Saturday. >A3

WORLD

23 dead in the US

2 At least 23 people were killed and dozens injured as tornado and strong thunderstorms swept across Mississippi, US. >A6

MARKET

Bank Muscat dividend

3 Bank Muscat shareholders approved to distribute a cash dividend of 15 baisas per share for the financial year ended 31 December, 2022. >B1

JETOUR X90 PLUS Enjoy Life to the Max

There's always room in the Jetour X90 Plus for more fun and luxury.
Designed for all your driving pleasures.

JETOUR
— Drive Your Future —



AZAIBA
MABELA

2452 3373
7146 1999



jetouroman.com



محسن حيدر درويش للمركبات ش م م
MOHSIN HAIDER DARWISH AUTOMOBILES L.L.C.



Dhuhr.....	12:18pm
Asr.....	3:44pm
Maghrib.....	6:25pm
Isha.....	7:35pm
Fajr (Tomorrow).....	4:49am

TOURISM

Italian ship docks at Salalah port

SALALAH: The Port of Salalah received the Italian cruise ship 'Costa Toscana', with 3,179 passengers, including 1,653 tourists, as part of its tourism programme to a number of ports around the world.

The programme for the passengers of the Italian cruise ship coming from Port Sultan Qaboos in the Governorate of Muscat included

visiting archaeological, tourist and historical monuments that the Governorate of Dhofar is famous for, in addition to visiting the beaches and traditional markets in the city of Salalah.

It should be noted that the Sultanate of Oman annually witnesses the visit of many cruise ships due to its distinguished marine location overlooking the Indian



Ocean, the Arabian Sea and the Sea of Oman. -ONA

MINISTRY OF TRANSPORT, COMMUNICATIONS

Issue of licences for sea berths helps in regulating ports



MUSCAT: The Ministry of Transport, Communications and Information Technology affirmed that granting of licences for operating sea berths comes with the aim of regulating the port and sea berth sector, raising their quality and aligning them with maritime safety requirements.

In addition, it also aims to support the port sector, maritime transport and the logistics system, and enrich the tourism, commercial and industrial sectors in the Sultanate of Oman.

The Director of the Ports and Marine Quays Department at the Ministry of Transport, Communications and Information Technology, explained that the regulations for the establishment, management and operation of marine quays outside ports need some basic terms and requirements for obtaining a licence and granting the applicant initial approval from the port authority.

He said that it takes 30 days for a decision until the fulfilment of approval of the concerned and competent authorities regarding the application submitted to the port authority, and approvals and maps stipulated in these regulations are completed and the project site inspected.

He said in a statement to the Oman News Agency: "The port authority issues, after verifying that all documents and approvals stipulated in this regulation are met, a licence to manage or oper-



ate a marine pier for a period of one year, renewable for a similar period, provided that the application for licence renewal is submitted 30 days before its expiry date.

The Director of the Ports and Marine Quays Department at the Ministry of Transport, Communications and Information Technology stated that initial approvals have been granted to a number of local and foreign commercial companies for tourism purposes, and they are now in the process of completing the requirements of the regulation to issue licenses for managing and operating marine berths.

Pointing out that licences are granted to large companies, as they contribute to providing job opportunities for small and medium enterprises in terms of providing maintenance services and services provided to ships.

The Director of the Ports and

Seaports Department added that (4) licenses have been issued to manage and operate tourist berths, namely: the tourist berth of Al Marsa Travel and Tourism Company, the length of the berth is (250 metres) and the tourist berth of Saraya Bandar Al Jissah - Muscat Bay, the length of the berth is (105 metres) and the berth of the Muriya Company (Jebel Sifah) with a length of berths (864 metres) and the tourist berth of the Muriya Company (Hawana Salalah) with a length of berths (482 metres).

He said: Two licenses have also been issued to manage and operate commercial berths, namely: the commercial berth for berthing service boats of the Oman Natural Gas Company in the Wilayat of Sur, with a berth length of (150m), and the commercial berth of Al Shorouk Marine Handling and Navigation Company, with a berth length of (305 metres). -ONA

SALE OF USED RENT A CAR VEHICLES

Kia Rio, Nissan Sunny, Toyota Yaris & Toyota Corolla

We invite offers for purchase of the above vehicles. Highest bidder for an individual car will be given preference.

Anyone can bid, even for a single car.

Tender form can be collected from our Head Office, Gr. Muttrah.

Contact **Mr. Gopi**
Tel: **+968 24765557**



MINISTRY OF SOCIAL DEVELOPMENT

Plan to establish an effective cinema industry

MUSCAT: The Ministry of Social Development on Saturday issued two ministerial decisions, the first of which requires amending the name of the 'Omani Society for Cinema and Theatre' to be called the 'Omani Film Association', and the second decision requires publicising the 'Omani Theatre Society'.

The Omani Film Society works to bring together those involved in the film industry under one umbrella, to enhance cooperation between them and take care of their interests and their material and moral rights.

In addition it will support joint efforts in establishing an effective cinema industry consistent with the objectives of the association and introduce Omani filmmakers productions in Arab and international forums.

The association also works to represent Omani filmmakers in conferences, festivals and film gatherings in the Gulf, Arab and international countries, as well as opening channels of communication with the official and civil authorities in the Sultanate of Oman and obtaining their support for the objectives of the association and holding conferences, seminars and film festivals inside and outside the Sultanate



of Oman, which contributes to activating and revitalising the film industry.

In addition to holding training and educational courses and workshops in all fields and specialisations related to cinema to contribute to supporting the competence of those working in it in the Sultanate of Oman, in cooperation with institutes, academies and bodies specialised in cinema arts inside and outside the Sultanate of Oman, after obtaining the approval of the ministry.

While the Omani Theatre Association works to bring together those working in the art of theatre in the Sultanate of Oman under one umbrella, achieving acquaintance and caring for their interests and their moral and material rights, and supporting joint efforts in promoting the theatrical movement. -ONA

CELEBRATE RAMADAN WITH THE GLOBAL SUV SPECIALIST

Insurance for 1st year*

50,000 km Service*

Registration for 1st year*

3M Window Tinting*

50% Assured Trade-in**

HAVAL JOLION

EMI Starting from OMR 71

HAVAL DARGO

EMI Starting from OMR 106

HAVAL H6

EMI Starting from OMR 93

HAVAL H9

EMI Starting from OMR 139

CALL TOLL-FREE 800-50004

79334300

** Terms and Conditions Apply
* Included in Price

FRESHEN UP WITH THE NEW LEMON & MINT

Call Center Number

24 596 999

PERFORMANCE

Asyad Shipping reports revenues of OMR385mn

MUSCAT: Asyad Shipping has reported revenues of OMR385 million at the end of 2022 and a net profit of OMR54 million at end of 2022, a senior executive of the company said on Saturday.

Dr. Ibrahim Bakhit Al Nadhiri, Chief Executive Officer of Asyad Shipping and Drydock, at Asyad Group further said that the government subsidy has stopped since 2014.

He said that the company's total assets exceeded OMR 577 million at the end of last year.

The cost of the regular maintenance cost of the company's fleet amounts to OMR35 million, annually, he said, adding that the maintenance of the company's fleet is carried at the Drydock in Duqm since 2014 ,except in some emergency cases.

He said that the fleet of Asyad



Shipping stood at 84 ships for the various purposes at the end of last year. He said that the company has taken several initiatives for society which amounted to

OMR1 million annually, including OMR600,000 for training of college students specialised in marine engineering and shipping.

He said that the fleet of Asyad Shipping reached 220 ports, worldwide.

Asyad Shipping is working on sustainability and flexibility of its supply chains with the various international markets through direct shipping lines for transport of containers and general goods from their countries of origin.

Asyad Shipping also offers integrated logistics facilities to local business community and international business community, which contributed to diversification of the national economy and attraction of foreign investments and made Oman an international logistics hub.

— OMA



IN COMING MONTHS

Oil prices expected to return to normal

Times News Service

MUSCAT: A number of experts and economic analysts expect that oil prices will return to normal in the coming weeks, after witnessing a decline due to fears of an expected financial crisis, owing to the recent banking crisis in the United States (US) and Europe.

Ali bin Abdullah Al-Riyami, an expert in oil and gas marketing,

explained that oil prices began to drop dramatically a week ago, from about \$85 per barrel, until they reached \$65 per barrel.

Energy sector

In addition, Al-Riyami elaborated that the collapse of large financial institutions affected oil prices directly, as many investors dealing in the energy sector in general, and the oil sector in particular,

are closely linked to the banking sector through financial liquidity, loans or financial coverage for oil companies.

"With the news of the collapse, dealers felt a lack of confidence in dealing with banks, and a fear of other collapses in other banks. This led to a reduction in dealing with banks and, consequently, a drop in oil prices," he further elaborated.

GUIDE

RAMADAN SPECIAL

Check out Ramadan Map
in Times of Oman's
Monday edition

BAHAR

CELEBRATING 40 YEARS OF TRUST

الاحتفال بمرور 40 عامًا من الثقة

PARTICIPATE IN THE

RAFFLE DRAW

WIN

Mega Prizes

40 MEGA PRIZES

Buy Bahar products worth RO 3 and get a coupon.

25gm Gold 10 Nos. iPhone 14 10 Nos. Samsung Fold 10 Nos. iPad 10 Nos.

Guaranteed "Scratch and Win" Prizes

Promotion Period - 20 January to 31 March, 2023

Ramadan Mubarak

PROVIDING FLEXIBLE INSURANCE SOLUTIONS SINCE 1985

FOR ALL YOUR INSURANCE NEEDS, CHOOSE US

Oman United Insurance Company SAOG

Post Box 1522, Ruwi, PC 112 Sultanate of Oman

24477300 | info@omanutd.com | www.omanutd.com

Oman United Insurance Co. SAOG

» IFTAR TIMING

6:25 pm

» PRAYER TIMINGS

Dhuhr	12:18 pm
Asr	3:44 pm
Maghrib	6:25 pm
Isha	7:35 pm
Fajr (March 27)	4:49 am

» IFTAR RECIPE

PINEAPPLE AVOCADO SMOOTHIE

Recipe by Samreen Hamid

INGREDIENTS

- 2 bananas
- 1 avocado
- 1/2 cup spinach
- 1/2 cup chopped pineapples
- 2 tbsp. honey
- 1 and 1/2 cup almond milk (you can use any milk)
- 1 tbsp soaked chia seeds
- Ice cubes as required



DIRECTIONS:

1. Put all ingredients in a blender except for chia seeds and blend well until you obtain a smooth consistency.
2. Serve in a glass and top with chia seeds.

» WORDS OF WISDOM

Patience is a beautiful word, as it represents one of the most important attributes followers of Islam should exhibit. To be patient means trusting in Allah's will; a concept that is a great comfort for the sad, weary, and afraid. Allah is with the patient ones, and for Muslims, practising patience, enables us to fully enjoy and savour the blessing that comes at the end of our waiting.

» FASTING TIPS



Fasting is not only a physical but also a spiritual exercise that has many lasting benefits. It enables a person to develop sustained consciousness of God, helps one

to choose a healthier lifestyle by small but meaningful changes in the dietary habits, and helps to make a person more humble and purposeful in daily life.

» CUISINE

TRADITIONAL OMANI DISHES

RAMADAN is the ninth month of the Islamic calendar and is considered to be the holiest month by Muslims all around the globe. Ramadan is special in many ways as Muslims set out on a spiritual journey during this month through praying and fasting.

The Suhoor (start of the fast) and Iftar (breaking of fast) include dates across the Arab countries. Dates contain all the required Vitamins and minerals to keep the body hydrated throughout the day during fasting. Oman has retained a huge part of its food heritage, specially during the Ramadan practices.

Omani delicacies are often a mixed fusion of spices with herbs and varieties of marinades. But the level of spices is much milder compared to other Arabian peninsulas.

I bring to you a glimpse into the traditional way of cooking food during Ramadan, specially as followed in Oman during the 1960s.

The most relished food during the olden days of Oman back in the 1960's was the chicken or lamb rice cooked with fresh saffron strands and seasoned with ingredients like zaa'tar, ginger and nutmeg.



My Omani friends shared simple recipe of the Dry Fish salad prepared as a pre-Ramadan dish by their grandmothers. Sun-dried small fish, Qhasha were softened by kneading with hands to remove any rawness. The fish was added to freshly chopped onions, radish and spinach. After sprinkling lemon juice over with some olive oil and the tasty dish was good to be served for iftar. This method reminds me of how the Turkish make the Kebabs with ground meat.

Firdaus Noorain is a food vlogger, entrepreneur, food columnist and recipe creator by hobby

» GOOD DEEDS

RAMADAN: IT'S ALL ABOUT MERCY, GOODNESS, LOVE AND BROTHERHOOD

Ramadan is a month that is all about mercy and goodness, love and brotherhood, and drawing closer to Allah. It is an opportunity to change yourself through acts of obedience to Allah, a time to celebrate all that you have been blessed with, and to put aside differences from the past year.

Ramadan is a time to reflect and re-evaluate our lives. It's the time to be mindful, work on our strengths, and overcome our weaknesses. The fast involves not only abstaining from

food and drink, but also from sins like dishonesty, cruel words, pride, and overindulgence.

The night Ramadan is to be announced, people wear new traditional clothing and wait for the moon to be spotted, marking the beginning of the "month of goodness".

And, in remote villages you will still find children dressed in traditional costumes beating home-made drums and roaming the lanes and alleys singing to welcome the Holy Month.

امتلكها بثقة
Reliably Yours



**Mustafa Sultan
Enterprises L.L.C.**

2023 SFWG WORK PLAN



OQ adopts latest technologies in its maintenance operations

MUSCAT: Global Integrated Energy Company OQ adopts the latest technologies in the field of predictive maintenance in its operations using advanced artificial intelligence technology, in partnership with BakerHughes C3.ai.

Mariam bint Ahmed Al Shaibani, Vice President of Digital and Information Solutions at OQ, said: "This cooperation comes within the framework of OQ's efforts aimed at promoting innovation in its business and activities, as it believes in the importance of employing modern technologies in maintaining the efficiency of assets and facilities."

Identify risks

"This technology allows OQ Group to monitor its critical and non-critical assets with unparalleled accuracy, identify risks to equipment, and make proactive decisions that reduce maintenance costs, increase uptime, and improve safety in operations," Al Shaibani added.

Reliability application

Al Shaibani notes that the BHC3 Reliability application uses advanced deep learning algorithms that recognise OQ's consolidated data to provide comprehensive monitoring, identify uncommon cases, and recommend mandato-

ry actions. This ensures that OQ stays ahead of the curve when it comes to asset maintenance.

Commitment to innovation

Vice President of Digital and Information Solutions at OQ stressed that this cooperation between OQ and BakerHughes C3 is a testament to their firm commitment to innovation and sustainability, as they work together to open more horizons in the energy sector, provide new opportunities, and achieve advanced performance that exceeds all expectations. The future of maintenance is in the energy industry. — **ONA**

SAUDI NATIONAL WATER STRATEGY 2030



Saudi Arabia outlines its clean water efforts at UN conference

NEW YORK: The Kingdom of Saudi Arabia has highlighted its efforts to address the water woes at the local and international levels, as well as the progress it has achieved in the sector at the UN 2023 Water Conference.

The Kingdom has also touched upon the role of the Saudi National Water Strategy 2030 in developing a road map for the sector, contributing to achieving the Sustainable Development Goals.

This came during the panel sessions held earlier today in New York by the Kingdom on the sidelines of the UN 2023 Water Conference, with the participation of several international institutions active in the field of water, including the World Bank, the Food and Agriculture Organization (FAO), the United Nations Development Program, the Organisation for Economic Co-operation and Development (OECD).

The Undersecretary of the Saudi Ministry of Environment, Water and Agriculture for Water Affairs, Dr. Abdulaziz Al-Shaibani, presented a comprehensive review of the most prominent efforts and achievements of the water sector in the Kingdom, and

its success in overcoming many of the challenges it is facing, through the launch of the National Water Strategy 2030.

Dr. Al-Shaibani also highlighted the Kingdom's efforts to adopt water issues around the world as part of its presidency of the G20, and to support water infrastructure projects in developing countries, as well as to contribute to supporting and encouraging scientific research on water by allocating an international award called the "Prince Sultan bin Abdulaziz International Prize for Water."

Several speakers from agencies representing the water sector in the Kingdom participated in the sessions of the conference, including the Saline Water Conversion Corporation; the General Irrigation Corporation; the National Water Company, and the Saudi Fund for Development, in addition to ACWA Power as a representative for the private sector.

It is worth mentioning that the UN Water Conference 2023 in New York is hosted by the governments of the Netherlands and Tajikistan.

DURING RAMADAN

CPA continues to monitor markets

< FROM Al Rashdi said that the authority is represented by its various directorates and departments in all the governorates of the Sultanate.

"We continue to monitor the markets in order to maintain the stability of the markets and provide commodities to consumers in sufficient quantities due to the increase in demand before and during the Holy Month of Ramadan," he said.

As part of the efforts of CPA team, Salim bin Ali Al Hakmani, chairman of the Consumer Protection Authority, Ahmed Nasser Al Bakri, Undersecretary of the Ministry of Agriculture, Fisheries and Water Resources, and a number of officials of the concerned government agencies visited the Central Market for Fruits and Vegetables in Al Mawaleh to check the availability of commodities and ensure that suppliers comply with laws and legislation related to consumer protection, prior to the beginning of the Holy Month of Ramadan.

Monitoring the markets

CPA has been involved in monitoring the markets to provide a safe and secure environment for consumers.

The Authority has also implemented an action plan to intensify monitoring of the markets in accordance with the mechanisms of implementation and enforcement of relevant laws and regulations by protecting the rights of consumers through a series of inspection visits to centres and shops to ensure the stability of markets, the availability of goods, and to avoid prices hike during Ramadan.

CPA has set up field visit teams that include judicial control officers and inspectors of commercial stores to monitor any commercial activities violations.

BAHRAIN

Minister meets UN officials

NEW YORK: Bahrain's Minister of Sustainable Development, Noor bint Ali Al Khulaif, met with several UN officials on the sidelines of her participation at the UN 2023 Water Conference on the Midterm Comprehensive Review of the Implementation of the Objectives of the International Decade for Action, 'Water for

Sustainable Development' (2018-2028), currently held at the UN Headquarters in New York. The Minister met with the Under-Secretary-General for the Department of Economic and Social Affairs (DESA), Li Junhua. She reiterated the Kingdom of Bahrain's commitment to achieving the Sustainable Development Goals. — **BNA**

ON INDEPENDENCE DAY

HM sends cable

MUSCAT: His Majesty Sultan Haitham bin Tarik has sent a cable of congratulations to President Mohammad Abdul Hamid of Bangladesh on his country's Independence Day anniversary.

In his cable, His Majesty the Sultan expressed his sincere greetings and wishes to the president and to his country's people further progress and prosperity. — **ONA**

Invitation to Attend the Ordinary General Meeting of Bank Muscat Money Market Fund

The Investment Manager of Bank Muscat Money Market Fund (the "Fund") has the pleasure in inviting the unitholders to the Extraordinary General Meeting ("EGM") and Ordinary General Meeting ("OGM") to be held on Monday, 10th April 2023, at 3:00pm, at Bank Muscat headquarters, airport heights, Seeb, Sultanate of Oman.

Falling quorum, the EGM and OGM shall be reconvened on Sunday, 16th April 2023, at 3:00pm, at Bank Muscat headquarters, airport heights, Seeb, Sultanate of Oman, to discuss and consider the following agenda of the meeting:

Firstly: Agenda for the Extraordinary General Meeting

- To amend articles (7), (9), (13) and (24) of the fund's Articles of Association.

Secondly: Agenda for the Ordinary General Meeting

- To elect the new member of the Fund Management Body.

Any person who wishes to nominate himself/herself for the position should complete the nomination form. The completed forms should be sent to the Fund secretary email yousufsb@bankmuscat.com at least five days prior

to the OGM date. Nomination forms received after the end of the business day, on Wednesday, 5th of April 2023 would not be considered for nomination. The candidate should observe the conditions required for the membership of the Fund's Management Body.

In accordance with the Fund's Articles of Association, every unitholder has the right to appoint any other person in writing as his proxy to attend the meeting and vote on his behalf, by way of a proxy card attached to the notice. Any such natural person should attach to the proxy card a copy of their ID for adults, their passport for minors or those who do not have a civil card or resident card, and resident card or passport for non-Omanis. For corporates, the proxy form shall be signed by authorized signatories and sealed by the company's stamp accompanied with copies of the commercial registration certificate and the specimen signature form. Kindly arrive at the meeting venue at least half an hour before the general meeting.

The respected unit holder is requested to attend at the EGM/OGM venue half an hour before the meeting.

For queries, please contact Mr. Yousuf Al Habsi on (+968) 24767449

P.O. Box 134, Ruwi, P. C. 112, Sultanate of Oman

Ramadan Iftar Program



The Prophet (ﷺ) said, "He who provides a fasting person something with which to break his fast, will earn the same reward as the one who was observing the fast, without diminishing in any way the reward of the latter."

The Oman Charitable Organization is pleased to announce that it will receive donations for Ramadan Iftar Program in Sultanate of Oman for the year 1444 AH AD 2023

You can donate through the following :

donate via devices automated payment of a company "ONEIC"



Bank Muscat
0331010930310021

Bank Dhofar
01040609090001

National Bank of Oman
1049337798005

Omantel users
Send Donate to **90022**

Ooredoo users
Send Donate to **90909**

Electronic Donations Portal www.donate.om

O C O Headquarters : Muscat Governorate , Al Khuwair 33 , Street No.47, next to Sultan Said bin Taimur Mosque, or one of its branches :

South Al-Sharqiyah Governorate
26541087
Sur / Al-murtafa

North Al-Batinah Governorate
26864241
Sohar / Al-Hambar

Musandam Governorate
26731588
Khasbi / Al-Shaebiah

Dhofar Governorate
23234735
Salalah / Al-saada

OCOOMAN
charity@oco.org.om


www.oco.org.om

 **24297960**
24297961

23 dead, dozens hurt as tornado, storms hit US

The thunderstorms swept across Mississippi, US on Friday leaving a trail of damage for over 100 miles



WASHINGTON: At least 23 people were killed and dozens injured as tornado and strong thunderstorms swept across Mississippi, US, late on Friday, leaving a trail of damage for over 100 miles, ABC News reported citing local and federal authorities said. Mississippi Governor Tata Reeves said 23 people were killed in the tornado and storms that struck Mississippi. Reeves tweeted, "At least twenty three Mississippians were killed by last night's

violent tornados. We know that many more are injured. Search and rescue teams are still active." In another tweet, he stated, "Many in the MS Delta need your prayer and God's protection to night. We have activated medical support--surging more ambulances and other emergency assets for those affected. Search and rescue is active. Watch weather reports and stay cautious through the night, Mississippi!" Meanwhile, Mississippi Emergency Management Agency in a

tweet said, "We can confirm 23 dead, dozens injured, 4 missing due to last night's tornadoes. We have numerous local and state search and rescue teams that continue to work this morning. A number of assets are on the ground to assist those that have been impacted." It further said, "We will provide more information as it becomes available." Speaking to ABC News, Coroner Angelia Easton said that 13 people had died in Sharkey County. Car-

roll County Coroner Mark Stiles confirmed that three people had died. Meanwhile, Coroner Alan Gurley said that two people died in Monroe County. Jose Watson, a Mississippi Highway Patrol trooper, said one person died in Silver City, in Humphreys County, as per the news report. As thunderstorms battered Mississippi late Friday, a tornado was reported at about 8:50 pm in Silver City and Rolling Fork, the National Weather Service said. From there, the tornado rolled onto the northwest side of Tehula and along Highway 49, ABC News reported citing officials. NWS officials in Mississippi in an alert on Friday, said, "9:31 PM - Confirmed tornado is on the ground moving across I-55 moving into the city of Winona in Montgomery County shortly," as per the news report. They further called on the people to "Take cover now!" According to an NWS official, a tornado Emergency alert was later issued for Winona with a tornado moving northeast through town.

-ANI



Printed and published by:
Muscat Media Group
Post Box: 770,
Postal Code: 112

Founder: Essa bin Mohammed Al Zedjali
Chairman / Editor-in-Chief: Mohamed Issa Al Zedjali
Deputy Editor-in-Chief: Anees bin Essa Al Zedjali
Chief Executive Officer: Ahmed Essa Al Zedjali

EDITORIAL: Telephone: 24726666, Fax: 24813153, E-mail: editor@timesofoman.com
ADVERTISING: Telephone: 24726666, Fax: 24812624, E-mail: advertising@timesofoman.com
CIRCULATION: Telephone: 24726666, Fax: 24818270, E-mail: circulation@timesofoman.com

COUNTER-TERRORISM

Iraqi, Indian NSAs agree to boost defence relations



NEW DELHI : National Security Adviser of Iraq, Qasim Al-Araji is on an India visit at the invitation of his Indian counterpart Ajit Doval and both agreed to enhance defence cooperation and counter-terrorism efforts and strengthen security linkages, according to sources. The National Security Adviser of Iraq, who is in India from March 22 to 25, also exchanged views on the recent developments in their respective regions, as per the sources. The visit of the Iraqi NSA is the first Cabinet Minister-level visit from Iraq to India in the last seven years. Iraqi NSA was earlier the Minister of Interior in 2016-18. He has been the NSA since July

2020. Iraq has been the largest supplier of oil to India since 2017 accounting for almost 25 per cent of the oil imports. Iraq is India's fifth largest trade partner (imports from Iraq: USD 32.00 billion; exports: USD 2.4 billion; total trade: USD 34.40 billion). Opportunities for Indian oil and gas companies in upstream, mid and downstream sectors are vast. India organised an Artificial Limb Fitment Camp at Al Kafel Hospital in Karbala in November-December 2018 which was very well received. Prosthetic limbs/Jaipur Foot were provided to more than 600 amputees on a charity basis. A second camp is being planned shortly. -ANI

NUCLEAR ATTACK DRONE

North Korea claims it tested 'radioactive tsunami'

SEOUL: North Korea on Friday claimed that it had tested an underwater nuclear attack drone able to unleash a "radioactive tsunami," amid deteriorating relations with the US, reported CNN. A report from the state-run Korean Central News Agency (KCNA) said the drone, called the "Unmanned Underwater Nuclear Attack Craft 'Haeil,'" was tested from March 21 to 23, cruising in waters off the country's east coast for more than 59 hours before its test warhead was detonated on Thursday afternoon. "The mission of the underwater nuclear strate-

gic weapon is to stealthily infiltrate into operational waters and make a super-scale radioactive tsunami through underwater explosion to destroy naval striker groups and major operational ports of the enemy," the KCNA report said. However, analysts questioned North Korea's claims, noting that North Korea has previously exaggerated its capabilities and deployment timelines, reported CNN. "Pyongyang's latest claim to have a nuclear-capable underwater drone should be met with skepticism" because North Korea offered no proof, said Leif-Eric Ea-

sley, associate professor of international studies at Ewha Womans University in Seoul. In March 2022, North Korea released footage of what it claimed was a new intercontinental ballistic missile (ICBM) that was later discredited by experts. North Korea's drone test claim comes at the same time Pyongyang said it tested nuclear-capable cruise missiles this week. Four of the subsonic missiles hit targets in the East Sea, also known as the Sea of Japan, after flying oval and figure-8 patterns of 1,500 and 1,800 kms on Wednesday,

KCNA reported. Wednesday's drill "let strategic cruise missile units get familiar with the procedures and processes for carrying out the tactical nuclear attack missions," the report said. The KCNA report said Pyongyang's nuclear weapons development was necessary to counter "the reckless military provocations being escalated by the US and the South Korean authorities." US and South Korean forces have been holding their biggest war games in five years on the southern part of the Korean Peninsula. -ANI

ONCE-IN-A-DECADE EVENT

Asteroid to zip between Earth and moon without collision

WASHINGTON: A large asteroid is scheduled to safely zip between Earth and the moon later on Saturday, in what is considered a once-in-a-decade event. The asteroid, named 2023 DZ2, is big enough to wipe out a large city if it collides with Earth. It is estimated to be 40 to 70 metres (130 to 230 feet) wide. 2023 DZ2 will come at 1949 GMT within a third of the distance from the Earth to the moon, according to Richard Moissl, the head of the European Space Agency's planetary defense office. "There is no chance of this 'city killer' striking Earth, but its close approach offers a great opportunity for observations," Moissl said in a statement. Asteroid flybys are a common occurrence. However, the chance of an asteroid so big to come so close to earth is once in a decade, NASA said.



The asteroid's trip will offer astronomers the chance to study a space rock from merely over 100,000 miles (168,000 kilometres) away, less than half the distance between the Earth and the moon. A photo of an asteroid dated March 24, 2023A photo of an asteroid dated March 24, 2023 The asteroid is scheduled to

come to almost half the distance between Earth and the moon. 2023 DZ2 should therefore be visible through binoculars and small telescopes. The asteroid was first spotted on February 27 by an observatory in La Palma, one of the Canary Islands. It's not too late to see it again until 2026. -DW

MICROPROCESSOR INDUSTRY

Intel co-founder Gordon Moore dies

WASHINGTON: Gordon Moore, who co-founded semiconductor giant Intel and trailblazed the microprocessor industry that developed computers and smartphones like we know them today, has died at the age of 94. Intel, which Moore launched in 1968, said he died "surrounded by family at his home in Hawaii." He had retired from the company in 2006. Moore was among the pioneers in the semiconductor industry, which is responsible for making computing devices such as laptops and smartphones smaller and smaller. He joined Fairchild Semiconductor Laboratory, among the earliest firms working on commercially viable transistors and integrated circuits, in 1957 after earning a PhD from CalTech. The growth of the company came in parallel with the transformation of the peninsula of land



Gordon Moore.

south of San Francisco into what we now know as Silicon Valley. Moore and his longtime colleague Robert Noyce defected from Fairchild in 1968, to launch what will become known as Intel. Andy Grove, the future Intel CEO, was soon to join them. Intel dominated the semicon-

ductor industry for decades, with Moore often acting as the fuel to the engine, pouring in the hours and hard work to refine Noyce's ideas. He described himself to Fortune magazine as an "accidental entrepreneur." Among his longest surviving achievements was what was coined as "Moore's Law." In an article he published in 1965, Moore predicted that the trend of annually doubling the number of transistors on microchips since the invention of integrated circuits would continue. He later revised it to every two years. "Moore's law" held true for decades, and was used to explain the rapid rate of technological advancement. Intel CEO Pat Gelsinger mourned the industry prodigy on Twitter, vowing to "work relentlessly to exponentially outdo what he and Robert Noyce set out to do" at Intel. -DW

UPGRADE Your Lifestyle
SUBSCRIBE, SAVE & ENJOY

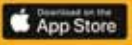


Your new style of living!
Unlimited 2 for 1 Offers and valuable Discounts
at leading merchants covering all your needs.



circlee

FREE 2TRY





مستشفى الحياة الدولي
AL HAYAT INTERNATIONAL HOSPITAL
Quality Care Without Compromise

WORLD GLAUCOMA WEEK

12 - 18 March

50% OFF OPHTHALMOLOGIST CONSULTATION

MOH NO. - 11/2023

2200 4000 9972 8290 7919 1834

GERMAN GIANTS

Nagelsmann axed as Bayern coach, Tuchel is new boss



Julian Nagelsmann



Thomas Tuchel

MUNICH: German football giants Bayern Munich axed their 35-year-old head coach Julian Nagelsmann along with assistant coaches Dino Toppmoller, Benjamin Gluck and Xaver Zembrod on Friday. Former Chelsea manager Thomas Tuchel has been named as Nagelsmann's replacement and will be on contract until 30 June 2025. Nagelsmann came to Bayern Munich in the summer of 2021 and won the German title in his first season as well as the German Supercup in 2021 and 2022. The German had a 71.4% win rate after managing 84 games. During this period he showcased his winning mentality by registering 60 wins and only suffered

10 defeats and 14 draws. Tuchel will not find it easy to fill the huge void left by Nagelsmann. He has led Chelsea and Paris Saint-Germain in the past and was voted World Coach of the Year in 2021. Tuchel was sacked by Chelsea last September. The 49-year-old kept an eye out for the managerial job at Bayern. He will be under pressure from the start, as Bayern face Borussia Dortmund following the international break on 1 April in a game that might decide the championship race. Ten days later, Tuchel will return to England when Bayern visit City at the Etihad Stadium for the first leg of their Champions League last-eight tie. -ANI

Mbappe's captaincy era begins with a win

France thrash Netherlands 4-0 in a Euro 2024 qualifier with captain Mbappe scoring twice



PARIS: Kylian Mbappe scored his first goals as France captain as the World Cup finalists began their Euro 2024 qualifying campaign with a resounding 4-0 victory against the Netherlands in a Group B match on Friday. The hosts were ahead after just two minutes when Antoine Griezmann curled in from Mbappe's pass. Defender Dayot Upamecano made it 2-0 six minutes later as he bundled in. Mbappe then got his 37th goal for France when he drove in, before powering home his second late on. Griezmann had reportedly been unhappy at being overlooked for the captaincy role given to Mbappe, but there were no signs of

friction between the pair as they celebrated Mbappe's first of the night in the 21st minute. The Paris St-Germain striker's second two minutes from time was a stunning solo effort as he left the Dutch players falling over in an attempt to block his shot before thumping a finish into the bottom corner. Memphis Depay had the chance of a consolation deep in stoppage time for the visitors, but his

penalty was saved. That capped a frustrating first game for Ronald Koeman in his second spell as Netherlands boss, although his cause was not helped by a flu virus that led to five players being sent home on the eve of the game. Defenders Matthijs de Ligt and Sven Botman, forward Cody Gakpo, midfielder Joey Veerman and goalkeeper Bart Verbruggen had all contracted the illness.

France though were kept off the top of their group by Austria, for whom Manchester United's Marcel Sabitzer scored twice in a 4-1 triumph against Azerbaijan. France will face Ireland on Tuesday at Aviva Stadium. In a Group F match, Romelu Lukaku scored a hat-trick to lead Belgium to 3-0 victory against Sweden in their Euro 2024 qualifier and upstage Zlatan Ibrahimovic on his international return. However, Gibraltar striker Lee Casciaro - who is four days older than Ibrahimovic - took the record in his team's 3-0 home defeat to Greece in Group B on Friday. Last weekend, Ibrahimovic became the oldest player to score a goal in Serie A history when the AC Milan striker converted a penalty against Udinese. Ibrahimovic has said he wants to play at Euro 2024 in Germany next year when he will be 42, and would become the oldest player to ever participate in the tournament. **Other results:** Group E: Czech Republic 3 Poland 1, Moldova 1 Faroe Islands 1. Group F: Austria 4 Azerbaijan 1. Group G: Bulgaria 0 Montenegro 1, Serbia 2 Lithuania 0. - Agencies

Tupperware®

is now in Oman.



You can find it on Tupperware.om, Cassabella Oasis Mall & Buildex Mall of Oman

cassabella BUILDDEX



AIR CONDITIONERS



BEST COOLING BEST ENERGY EFFICIENCY!

ROTARY SERIES
BSTS18CNE | BSTS24CNE | BSTS36CNE

RECIPROCATING SERIES
BSTS18GPE2 | BSTS24GPE2 | BSTS30GPE2



4 way swing
Better Air Flow



6 in 1 Filter
Healthy Air



Low Noise
Peaceful Sleep



Gold Fin
Anti Rust









جینتکو Genetco

C.R. No. 1009680

MUSCAT
96742452

SALALAH
94048494

Available at
Major Hypermarkets & Electronics Retailers

www.genetco.net

@GenetcoOman

@GenetcoOman

Genetco Oman

SPORTS

ASIAN HOCKEY FEDERATION CONGRESS

Oman Hockey Association chief Al Juma elected as AHF vice-president

MUSCAT: Oman Hockey Association (OHA) president Marwan Al Juma was elected as the vice-president of the Asian Hockey Federation (AHF) at their congress in Mungyeong, South Korea, on Friday.

Besides Al Juma's election, OHA's treasurer Zuhair Al Ajmi was re-elected to the AHF executive board. Their AHF term will be from 2023-2027.

Al Juma said: "It is an honour to be elected as Asian Hockey Federation vice-chairman, and I would work to develop the game in Oman and the region."

At the AHF Congress, Al Juma was honoured with the AHF



Marwan Al Juma (right) and Zuhair al Ajmi at the AHF Congress

Promising Leadership Award while Al Ajmi was felicitated with the AHF Diploma of Merit Award. The AHF congress also appreci-

ated the efforts of Oman Hockey Association (OHA) with OHA's high-performance and international relations manager Shakir



Zuhair al Ajmi (centre) with the AHF award

Munir being awarded with the FIH Certificate of Appreciation at the meeting by the FIH president Tayyab Ikram.



Shakir Munir (centre) in Mungyeong on Friday

Al Juma also gave a presentation on Oman's preparations for the hosting of the ninth edition of AHF Men's Junior Asia Cup in

Salalah from May 23 to June 1. At the congress, AHF also set up the women's advisory panel for the first time.

Oman go down fighting to Iran in semi-final

Oman had already booked their spot in the 2023 FIFA Beach Soccer World Cup in the UAE after reaching last-four



MUSCAT: Oman's winning streak that saw them march into the semi-finals of the AFC Beach Soccer Asian Cup was finally halted on Saturday as they went down fighting to Iran 6-3 in the Thai city of Pattaya on Saturday.

In a hard-fought semi-final match, Iran overcame stiff resistance from the 2015 Asian champions before prevailing to set up a title clash with defending champions Japan on Sunday.

Japan were dominant in their 5-1 win over the UAE in the other semi-final match.

Earlier, Oman along with three other semi-finalists, qualified as the top-four teams for the FIFA Beach Soccer World Cup, which will be held in the UAE in November.

It will be Oman's fifth appearance in the Beach Soccer World Cup and the third in a row, having participated in 2011, 2015, 2019, and 2021 editions.

On Saturday, it was a highly charged encounter between Talib Hilal-coached Oman and Iran, coached by Ali Naderi Hosseini-abadi at Jomtien Beach Arena with Oman threatening in the first minute through Yahya Al Muraiki while Iran's Ali Mirshekari couldn't keep his shot on target.

Iran, however, found a way through in the fifth minute with Mohammadali Mokhtari slotting home from the penalty spot, send-

ing Oman keeper Younis Al Owaisi the wrong way.

To Iran's surprise Oman didn't flinch as they struck back within seconds through Sami Al Balushi, who collected Khalid Al Araimi's deflected shot before rifling home the ball for the equaliser.

Iran restored their lead in the eighth minute through a wonderful move which started from Amir Akbari's overhead kick feeding Mirshekari, whose back heel bounced off the bar for Mohammad Moradi to nod home from close range.

Oman replied two minutes later with Khalid Al Araimi scoring off

a free-kick leaving the teams level going into the first break.

After soaking up the pressure for much of the second half, Iran turned on the power and regained the lead through Mokhtari's 19th minute effort before Abbas Rezaei and Mirshekari both netted within three minutes for a 5-2 lead.

Oman, after being denied twice by the bar, reduced the deficit through Moslem Mesigar's own goal in the 23rd minute.

Iran showed their class in the 33rd minute with Amir Akbari collecting the ball from Javad Khosravi before striking the ball on the volley, leaving Younis Al Owaisi rooted.

Earlier, Japan won to remain on course for a record-extending fourth title while Iran will be eyeing their third crown on Sunday.

For Oman, the qualification into the FIFA Beach Soccer World Cup was the 'first goal' according to coach Talib Hilal and they achieved it in style.

Oman hammered China 11-0 in the quarter-finals after they had finished unbeaten to top Group D.

Talib Hilal's men had begun their campaign at the Asian Cup with a 7-0 win over Kyrgyzstan on March 17. They then trounced Kuwait 5-1 two days later before concluding their group engagements with a 5-1 over Palestine.

NZ crush Sri Lanka

AUCKLAND: A five-wicket haul by pacer Henry Shingley helped New Zealand beat Sri Lanka by 198 runs in the first ODI of the three-match series at Auckland on Saturday. This was Black Caps' biggest win over Sri Lanka in ODIs.

New Zealand got going on the back of contributions from Finn Allen (51 in 49 balls) and Daryl Mitchell (47 off 58 balls). Despite losing a flurry of wickets in the middle overs, the Kiwis got to 274 with the help of some lower-order hitting from Glenn Phillips (39 off 42 balls) and Rachin Ravindra (49 off 52 balls). Chamika Karunaratne was

the pick of Sri Lanka bowlers with his 4/43. Lahiru Kumara and Kasun Rajitha picked up two wickets each.

Sri Lanka's top-order fell to a destructive spell from fast bowler Henry Shingley (5/31). They lost half their side in the first 10 overs and were bowled out for 76.

The loss further jeopardises Sri Lanka's quest for a direct qualification into the ICC World Cup. They are placed 10th in the Super League standings, with 77 points and two more games to play. Only the top eight sides in the Super League get a direct qualification to the World Cup. - ANI

T20I SERIES

Afghanistan beat Pakistan for their maiden victory

SHARJAH: Mohammad Nabi's all-round display led Afghanistan to their first-ever win over Pakistan as they completed a six-wicket victory in the first T20I of the three-match series in Sharjah on Friday. Eleven years on from when these two sides first played each other, this was the first time that Afghanistan tasted success against their fancied rivals.

Opting to bat, Pakistan was restricted to just 92/9 in their 20 overs. For Afghanistan, Fazalhaq Farooqi, Mujeeb Ur Rahman and Mohammad Nabi picked up



two wickets. Afghanistan's chase seemed to have been derailed as they looked in trouble at 45/4. But Nabi (38 off 38 balls) and Najibullah Zadran (17 off 23 balls) guided Afghanistan home with more than two overs to spare. - ANI

INTRODUCING THE ALL-NEW

LEXUS RX

ALWAYS MOVING YOU

Discover pure luxury with the all-new Lexus RX. The SUV that defied conventions with its pioneering technology is now all set to elevate expectations. Experience the all-new RX at any Lexus showroom today.

• 14" DISPLAY FULL HD NAVIGATION WITH MARK LEVINSON PUREPLAY • 21 SPEAKER AUDIO SYSTEM

• ADVANCED AUTO PARKING SYSTEM • LEXUS SAFETY SYSTEM+ • ANDROID AUTO & APPLE CARPLAY

• REAR SEAT ENTERTAINMENT • PANORAMIC VIEW MONITOR

Choice of Engines • RX350 2.4L Turbo Charged Gasoline Engine with 275 HP • RX350h (Hybrid Electric Vehicle) 2.5L HEV with 246 HP • RX500h F Sport (Hybrid Electric Vehicle) 2.4L HEV Turbo Charged Engine with 366 HP

Saud Bahwan Automotive LLC (Lexus Division)

(ISO 9001: 2015 Certified) | C. R. No: 1703412

Muscat: 24578913, 92844016, 93320817, Al Mawaleh: 99375422, Barka: 99471397, Buraimi: 99319510, Sohar: 99374199, Ibri: 99898249, Nizwa: 92858001, Salalah: 99103579

YouTube

Lexus Oman

Oman.Lexus

Lexus Oman

www.lexusoman.com

FOREX RESERVES RISE

India's foreign exchange reserves rose sharply by \$12.798 billion to \$572.801 billion in the week ending March 17, according to the Reserve Bank of India's latest data. During the prior week that ended on March 10, forex reserves declined by about \$2.4 billion to \$560.003 billion.

MARKET
BUSINESS & FINANCE



EUROPEAN BANKING SECTOR

Responding to concerns of whether the banking turmoil which began in the US would spread to Europe, leaders of the European Union (EU) have said that the European banking sector is stable.

Bank Muscat AGM approves 15% dividend to shareholders

During the Annual Ordinary General Meeting, the bank's shareholders approved the report of the Board of Directors of the bank and the report on Corporate Governance for the financial year ended 31 December 2022

Times News Service

MUSCAT: Bank Muscat held an Annual Ordinary General Meeting (AGM) of its shareholders on Wednesday, 22 March 2023 through the electronic platform developed by Muscat Clearing and Depository Company and accessed through www.mcd.gov.om.

The meeting was presided over by Sheikh Khalid bin Mustahail Al Mashani, Chairman of the bank's

board of directors.

During the AGM, the bank's shareholders approved the report of the Board of Directors of the bank and the report on Corporate Governance for the financial year ended 31 December 2022. Shareholders also approved the report of the Sharia Supervisory Board of Meethaq, the Bank's Islamic banking window for the financial year ended 31 December 2022 and the appointment of statutory auditors



for the Bank as well as external independent Sharia auditors for Meethaq Islamic banking.

Bank Muscat shareholders granted their approval to distribute a cash dividend of 15 baisas per share for the financial year ended 31 December 2022. Bank Muscat shareholders will thus re-

ceive a cash dividend of OMR0.015 per ordinary share aggregating to OMR112.596 million on the Bank's existing share capital. The bank's Capital Adequacy Ratio (CAR) after the cash dividend payout will be 21.25 per cent, which is well above the regulatory minimum. Speaking on the occasion,

Sheikh Khalid bin Mustahail Al Mashani expressed his thanks and gratitude to the shareholders for their strong support and confidence in the Board of Directors and the bank's performance and progress.

He said, "Bank Muscat which celebrated its 40th anniversary

in 2022, will continue to work to further consolidate its leadership position in the Sultanate's banking sector. The bank is continuously enhancing its service offerings for different customer segments to provide better value, while also achieving enhanced value for its shareholders."

Sheikh Khalid bin Mustahail Al Mashani added, "Bank Muscat's Board of Directors welcome and supports the measures undertaken by the Central Bank of Oman and the Capital Markets Authority to strengthen and diversify Oman's financial and banking sector. We would also like to take this opportunity to wish success to all as we gear up for a new phase in the Sultanate's growth and development."

It may be noted that Bank Muscat posted a net profit of OMR200.75 million for the year ended 31 December 2022 compared to OMR189.63 million reported in 2021, an increase of 5.9 per cent.

NCSI DATA

Oman's inflation stands at 1.93% in February



MUSCAT: The inflation rate of consumer prices in the Sultanate of Oman during February 2023 was 1.93 per cent, according to the data issued by the National Centre for Statistics and Information (NCSI).

The data showed an increase in the prices of the main commodity groups in February 2023 compared to the same month of 2022, such as the food and non-alcoholic beverages group by 5.08

per cent, the furniture, fixtures, household equipment and routine home maintenance group by 3.83 per cent, the restaurants and hotels group by 3.79 per cent, and the culture and entertainment group by 2.08 per cent and the miscellaneous goods and services group by 1.61 per cent.

The NCSI data further said that the health group increased by 1.23 per cent, the clothing and footwear

group by 1.02 per cent, the transportation group by 0.77 per cent, the education group by 0.05 per cent, and the housing, water, electricity, gas and other fuels group by 0.03 per cent. While the communication group showed a decrease of 0.15 per cent the tobacco group showed a decrease of 0.02 per cent.

The prices of meat increased by 4.29 per cent, the prices of other foodstuffs by 4.25 per cent. -ONA

CENTRAL BANK OF OMAN

CBO increases repo rate by 25 basis points

MUSCAT: After the US Fed's recent announcement to raise its key policy rate, the Central Bank of Oman (CBO) increased its repo rate for local banks at a similar rate of 25 basis points to stand at 5.50 per cent.

The Central Bank of Oman's monetary policy target is to sustain and maintain its fixed ex-

change rate. This policy is aligned with the structure and nature of the Omani economy. Several advantages for Oman are derived from this policy among which are the stability of the Omani Rial, mitigation of capital outflow and promoting certainty among investors by removing exchange rate risk. -ONA

MUSCAT STOCK EXCHANGE

MSX index declines in weekly trading

MUSCAT: Muscat Stock Exchange's benchmark index in the weekly trading index closed lower by 16 points at 4,871 points. The financial sector index lost 80 points, the industrial sector index fell by more than 55 points and the Sharia index recorded a decline of 4 points.

Local institutional investors were seen buying in last week's trading, while individual investors were seen selling to take advantage of the gains they had achieved in the IPO of Abraj Energy Services Company, which concluded at the beginning of this month, and 35 per cent of the shares offered for subscription were allocated for public to individual investors.

Last week, the purchases of local institutional investors accounted for 61.8 per cent of the total trading value witnessed by the Muscat Stock Exchange (MSX), compared to sales of 51.6 per cent of the total trading value, while the sales of Omani individual investors amounted to 34.5 per cent of the total trading value, compared to purchases of 16 per cent of the trading.

Last week, the share of Abraj Energy witnessed several selling pressures after its rise in the previous week to the level of 300 baisas per share, recording good gains for individual investors who subscribed for 224 baisas per share. These gains encouraged individual investors to sell, which put pressure on the shares and led to a fall at the end of the weekly trading to 293 baisas, recording a weekly decline of 5 baisas. Last week's trading ranged between 299 baisas and 292 baisas, and the last deals were executed for 293 baisas. The market value of the company at the end of last week amounted to OMR225.60 million, recording weekly losses of OMR3.9 million.

Last week's trading came amid other pressures on the shares of banks and leading companies that held annual ordinary general assemblies meetings during the week, during which dividends recommended by their boards of directors were approved. This pushed its shares to decline, leading the main index and the sectoral indices to decline, except for



the service sector index, which rose 11 points, with the support of the shares of Omantel, Al Maha for Marketing Petroleum Products, energy companies, and several other companies included in the sector index sample.

Last week witnessed the annual ordinary general assemblies of 15 public joint-stock companies approving the dividends recommended by their boards of directors. The most prominent of these companies are Bank Muscat, Bank Dhofar, National Bank of Oman, Salalah Mills, Oman Cement, Al Maha Oil Products Marketing, Salalah Port Services and Oman Beverages.

The value of trading last week amounted to OMR15.4 million, down by 61 per cent from the previous week, which witnessed transactions of more than OMR40 million in the first week of listing Abraj Energy Services Company. The number of transactions executed last week decreased to 4,549 compared to 17,337 transactions that were executed in the preceding week.

The share of Oman International Development and Investment (Ominvest) ranked second among the most heavily traded companies in terms of trading value, af-

ter the share of Abraj Company, which accounted for 33.2 per cent of the total trading value. Bank Muscat came next with transactions amounting to OMR1.89 million, Omantel at OMR1.2 million, and Sohar International Bank with transactions amounting to 688,000, representing 4.4 per cent of the total trading value.

Last week, the prices of 34 securities declined, compared to 20 securities whose prices rose, and 19 securities remained unchanged at their previous levels. The shares of Al-Madina Investment Holding, Al-Batinah for Development and Investment, Al-Hassan Engineering and Al-Maha for Marketing Petroleum Products and the Building Materials Industry were at the forefront of the stocks that rose the most in terms of the rate of rise, while it topped Shares of Dhofar Power Generation, Oman National Engineering and Investment, Al Fajr International, Al-Safa Foods and Al-Sawadi Energy list of losing stocks.

The declines in stocks led to a fall in the market capitalisation of the Muscat Stock Exchange at the end of last week at OMR23.83 billion, recording weekly losses of OMR100.30 million. -ONA

Green Energy Consultancy and Ampere sign a strategic partnership agreement to offer complete carbon and net zero services in Oman

MUSCAT: Green Energy Consultancy Services (GEC), and Ampere signed a strategic partnership agreement during Oman Sustainability Week event at Oman Convention & Exhibition Centre (OCEC), on March 15. This partnership agreement was signed by Eng. Mohammed Khamis Al Namani, CEO of Green Energy Consultancy and Eng. Ahmed Qadry, General Manager at Ampere, MENA Region.

Founder and CEO of Green Energy, Eng. Mohammed Al Nomani, commented on the announcement: "We are excited to cooperate with Ampere, the first UNFCCC accredited entity in the MENA region for carbon related services.

He added: "this partnership agreement is a form of mutual commitment in complimenting each other's duties and function in the perspective of National Development of the Policies and Framework for Net Zero Target of 2050, set out by His Majesty Haitham bin Tarik, and Green



Energy Consultancy aims to spearhead the efforts in Oman working in tandem with government authorities in fulfilling this national obligation."

For his part, Eng. Ahmed Qadry, General Manager at Ampere, stated: "We are delighted for this newly established partnership between Ampere and GEC. This collaboration will undoubtedly strengthen our efforts to combat climate change, as we believe that working alongside GEC will pave the

way for a more sustainable future, with a focus on driving innovation and technological advancements to create lasting change and contribute to a greener and more prosperous future for the Sultanate of Oman and its people.

Green Energy Consultancy (GEC) has already started working with leading entities in Oman to provide road map for the Net Zero Solutions and looking forward to have a very strong foot print in the market.



MARKET

DEVELOPMENT PLANS



Phase Two opening invites more sailing enthusiasts to Al Mouj Marina

Times News Service

MUSCAT: A programme of expansion has concluded with Al Mouj Marina welcoming its increased mooring capacity that will accommodate more yacht owners and boating enthusiasts at this superlative Gold Anchor marina at the heart of Oman's premium lifestyle and leisure destination.

Thirty-three berths have been added as part of Phase Two of the luxury marina's development plans, taking the total number of moorings up to 166 with extra wide walkways and berthing fingers alongside.

A boating haven, the Al Mouj Marina has set a new standard in excellence with owners enjoying waterside restaurants just steps away from their yachts.

Al Mouj Muscat also offers comprehensive services for owners and those looking for a new or first boat, an end-to-end approach that includes searching for financing, and maintenance insurance.

The new berths can accommodate boats from 8m up to 12m in length with the option of flexible berthing arrangements for larger boats and where all members benefit from an on-water lounge, fuelling and maintenance facilities, 24/7 security and emergency response, buggy service and a 24-hour dock master.

Al Mouj Marina was the first in the region to be awarded International Clean Marina and 5 Gold Anchor accreditation and has one of the largest breakwaters in the world helping to facilitate safe mooring conditions as well as easy access. In addition to first-class facilities, the on-shore

amenities of Al Mouj Muscat's shops, cafes, hotels, the multi-award-winning Al Mouj Golf course, parks and beaches all add to its appeal. Off-shore, the nature reserve of the Daymaniat Islands is within an easy sail.

The Daymaniyat are an archipelago of nine islands with exceptional beaches and underwater marine life, providing opportunities for diving and snorkelling as well as overnight camping stays. Five tour operators offering trips to the islands are based at Al Mouj Marina, adding to the variety of services available to boat owners, Al Mouj Muscat residents and tourists.

Nasser bin Masoud Al Sheibani, CEO of Al Mouj Muscat, said: "We are delighted that we can now offer an increased number of berths which will satisfy a growing demand not only from residents but from boat owners further afield. Since it opened in 2011, our marina has been recognised for its exceptional setting, international accreditation and the high-quality services it provides, helping to cement

"Al Mouj Muscat's position as a leisure and lifestyle destination without equal, and contributing to the significant impact our destination has on Oman's growing tourism sector."

Al Mouj Marina will ultimately provide 400 berths making it one of the largest marinas in the Middle East. As Oman's first Integrated Tourism Complex (ITC), Al Mouj Muscat is a lifestyle community that is now home to 8,000 people from 85 countries and attracts over 4.9 million visitors to its boulevard-style, world-class retail, dining and leisure experiences.

European banking sector not in turmoil

While European bank shares have slumped, EU leaders are not worried. But they warn to "never be complacent"

BRUSSELS: Responding to concerns about whether the banking turmoil which began in the US would spread to Europe, leaders of the European Union (EU) have said that the European banking sector is stable.

On Thursday, the 27 leaders of the bloc gathered in Brussels as part of a two-day summit to talk about the current status of the European economy, as well as other issues pressing the Union, such as the war in Ukraine.

President of the European Central Bank (ECB) Christine Lagarde joined the summit for economic talks.

There have been concerns within the EU that, following the collapse of Silicon Valley Bank and Signature Bank in the US, the fallout from Switzerland's Credit Suisse takeover could put European banks at risk.

According to Bloomberg, shares of Germany's Deutsche Bank slumped as much as 15 per cent on Friday, marking its biggest decline since 2020 and stoking further fears of a banking crisis.

But German Chancellor Olaf Scholz told reporters in Brussels that there was no cause for concern, as Deutsche Bank had reorganised its business model and was a "very profitable bank."

Before the EU leaders' meeting, Paschal Donohoe, Irish Minister for Finance and President of the Eurogroup, shared a similar voice of reassurance: "I'm confident in the resilience of our banking system at the moment. I think last year was a very good example of that, despite the outbreak of this terrible war on the people of Ukraine," he told reporters.

"But we can never be complacent either, which is why the work of our regulators and future policy change is so important," he added.

Fears of reliving the 2008 financial crisis

Meanwhile, Greek Prime Minister Kyriakos Mitsotakis highlighted that the ECB had done a "very good job" in shoring up any potential



banking crisis.

Together with Italy, Portugal, and Spain, his country was severely impacted by the 2008 banking crisis, and memories of the strict austerity measures imposed by the EU at the time still linger in people's minds.

"I would say there has been aggressive regulation by the ECB to ensure mistakes of the past will not be repeated," Mitsotakis told reporters.

Last week, the ECB raised interest rates by 0.5 percentage points as an inflation control measure amidst current financial tensions.

"The euro-area banking sector is resilient, with strong capital and liquidity positions. In any case, the ECB's policy toolkit is fully equipped to provide liquidity support to the euro-area financial system if needed," the ECB said in a statement on Sunday.

Jacob Funk Kirkegaard, senior fellow at the German Marshall Fund of the United States (GMF) in Brussels told DW that this time, the European economy was not on the cusp of a major financial crisis, adding that what happened in 2008 had been very different.

"The banking crisis which began with issues in the Silicon Valley Bank was somewhat idiosyncratic to banks in the United States, and also basically a supervisory failure by the Federal Reserve. And the issues in Credit Suisse are something markets have known for a long time," he said.

"When Silicon Valley Bank collapsed, markets were already able to estimate whether rising interest rates would impact banks elsewhere buying government bonds. This was not the case in 2008," he added.

But Kirkegaard highlighted that since banks are interconnected, concerns are valid. He believed

this was the reason why the US government decided to act so forcefully when guaranteeing the safety of all deposits in the Silicon Valley Bank.

"Within the EU, to secure banks further, momentum is needed in completing the European banking union plan," he added.

Progress in the European banking union?

The European banking union was formed in 2014 after the 2008 financial crisis shook the European economy. It seeks to harmonize banking laws and is meant to ensure that the bloc's banks can withstand financial crises without "recourse to taxpayers' money."

But over the past years, this union has not had a solid European Deposit Insurance System (EDIS) to ensure all deposits are secured at a pan-European level.

"Unfortunately, the problem here is that there are very longstanding political controversies. For example, one case is where the German government, among others, does not want to accept common deposit insurance until the Italian banks reduce holdings of Italian sovereign bonds. And it's sort of a stalemate. So I'm not particularly optimistic on that front," Kirkegaard said.

After the meeting with other EU leaders, Donohoe told reporters that this disagreement was a matter for national parliaments to solve.

German Chancellor Scholz told reporters that the banking union had made more capital accessible within the bloc, and had secured the current levels of stability.

Meanwhile, French President Emmanuel Macron told reporters that the banking union was not progressing fast enough. "But the important part is done. Now, we need to go to the question of de-

posits. Several member states are hesitant, but France is not blocking," he said.

Should Europeans be worried?

While European shares continued to react to global market movements after the meeting with EU leaders had concluded, Donohoe said that there was still no reason to worry.

"If I look at where the economy stands overall, we have an economy that's still growing, that has more people in work in it than ever before, and we have banks that, as I have said, have received the impact of different decisions made here in Europe in recent years regarding their capital, regarding their liquidity. I believe that is valuable, and we will see the benefit of that in the time ahead," he told reporters after the meeting.

Kirkegaard highlighted that amid the ECB's recent interest rate hike and falling energy prices, inflation within the EU would also stabilize.

"Obviously, those who are looking to buy a new house or engage in refinancing will face higher interest rates and will have an issue they will have to wade through in the coming months. But overall, the labour markets across the EU are historically strong. So, while certainly there are issues in individual European countries, the overall situation is actually not bad," he said.

"But it is important to not be complacent because Europe is still experiencing war and this will pose strategic challenges which also have an impact on the economy. But compared to the 2008 banking crisis, this current situation is different and not going to lead to an acute financial meltdown," he added. -DW

SEASONAL OFFER

50 ONLY

HOT & COLD DISPENSER

PLUS 2 FULL BOTTLES

30 REFILL COUPONS

20 ONLY

WHITE TAP DISPENSER OR TAP DISPENSER OR MANUAL WATER PUMP OR CRADLE WITH TAP

PLUS 2 FULL BOTTLES

15 REFILL COUPONS

Offer valid from 1st January to 31st March 2023.

CR. No.: 1365452 | MM: 06/40/2023

CALL TOLL-FREE **800 71 222** or GSM: **9275 5522**

India's forex reserves rise sharply

NEW DELHI: India's foreign exchange reserves rose sharply by \$12,798 billion to \$572.801 billion in the week ending March 17, according to the Reserve Bank of India's latest data.

During the prior week that ended on March 10, India's foreign exchange reserves declined by about \$2.4 billion to \$560.003 billion. According to RBI's latest data, India's foreign currency assets, the biggest component of the forex reserves, rose by \$10,485 billion to \$505.348 billion.

Gold reserves during the latest week rose by \$2.187 billion to \$44.109 billion.

At the start of the last year 2022, the overall forex reserves were at about \$633 billion. Much of the decline can be attributed to RBI's recent intervention and a rise in the cost of imported goods. In October 2021, the country's foreign exchange reserves touched an all-time high of about \$645 billion.

The forex reserves had been intermittently falling for months now largely because of the RBI's intervention in the market to defend the depreciating rupee against a surging US dollar.

Typically, the RBI, from time to time, intervenes in the market through liquidity management, including through the selling of dollars, with a view to preventing a steep depreciation in the rupee. -ANI

Chinese manufacturers hail closer economic ties with RCEP countries

NANNING: Every 10 minutes, a brand new loader rolls off the 150-metre-long production line of Guangxi LiuGong Machinery Co., Ltd., joining the rows of machines outside the plant that are ready for export.

Production at the Liuzhou-headquartered machinery manufacturer has been in full swing since the beginning of the year, with rapidly mounting overseas orders and a constantly expanding market share.

China's recovery in economic activity and the high-quality implementation of the Regional Comprehensive Economic Partnership (RCEP) has fuelled the development of the manufacturing sector, getting the economy off to a strong start.

Situated in south China's Guangxi Zhuang Autonomous Region, which faces RCEP economies in Southeast Asia, the company has achieved a string of breakthroughs in overseas markets this year, riding the wave of China's economic recovery and booming China-RCEP cooperation.

In January, the company's export volume of construction machinery increased by over 50 per cent year on year, and since February, the overseas shipment of large excavators has soared by 500 per cent year on year.

During the same period, loaders produced by the company were delivered to Thailand, mark-

ing the first batch of construction machinery exported by the company under the RCEP agreement.

"Chinese products now have a good reputation and satisfactory market share in Southeast Asia. Our sales network in the region is fairly complete," said Xiang Dongsheng, vice general manager of LiuGong Machinery Asia Pacific Co., Ltd., who added that the company has accelerated the pace of international business development by taking advantage of Guangxi's geographical location and its close cooperation with the ASEAN countries.

The implementation of the RCEP offers valuable opportunities for China's manufacturing enterprises to further expand international markets, with a reduction of import costs and a bump in export opportunities.

Li Dongchun, general manager of the LiuGong Overseas Business Centre, told Xinhua that the RCEP region is an important market for Chinese exports of mechanical and electrical products, and it has always been one of the company's key overseas markets.

"The implementation of the RCEP enables us to trade more efficiently, arrange business layout more flexibly and improve the marketing, manufacturing, financial leasing, aftermarket and product adaptability of our overseas subsidiaries," Li said.

Besides the major construction equipment maker, many other leading Chinese manufacturers also rang in a promising new year with growing overseas orders and rosy prospects in the global market. -Xinhua

TEACHING PRACTICAL LIFE SKILLS IS ESSENTIAL IN THE CLASSROOM



Learning the ability to care about others, to communicate, and to understand how character affects the communities and world in which we live is important to early childhood education development

Reading, writing, science and math are subjects that have been associated with classroom instruction since school was established. And all are relevant, important subjects to master in order to succeed in society. But according to a new survey of 2,000 parent respondents conducted by OnePoll on behalf of Kiddie Academy Educational Child Care in the US, these subjects are not the only skills parents are looking to have their children learn in early childhood education.

An astounding 81% of parent respondents believe educators should spend time teaching things outside academics like soft skills and current events, with 60% wanting current events instruction to focus on cultural happenings like festivals and heritage celebrations.

This survey makes it clear that parents of today are focused on developing their children into well-rounded members of society beyond just traditional school subjects.

Sixty-two percent of parents in the survey responded that they prioritize their children learning soft skills like communication, critical thinking and problem solving before they're 8 years old, with 40% of parents saying that practical life skills are the most important thing for their children to learn at a young age. The majority of parent respondents said that core curriculum classes should not begin until the first grade.

"Parents who place their children in a preschool environment that focuses on character development give children a strong start," said Joy Turner, vice president of education for the Kiddie Academy brand. "Learning the ability to care about others, to communicate, and to understand how character affects the communities and world in which we live is important to early childhood education development."

The majority of parents who took the survey think that social and emotional development are absolutely necessary to learn at their child's school, with honesty ranked as the most important character

trait to learn in early childhood. Therefore, parents are leaning on child care providers to bridge the gap between what parents are teaching at home and what children are learning in the classroom.

So how can parents find child care that aligns with these priorities? By asking thorough questions when touring a facility, researching social media and websites affiliated with their early childhood education options and paying close attention to the interactions they have with a provider during a tour or interview.

"Parents have many choices to make when it comes to sending their children to an early learning program," said Turner. "Making sure you're on the same page with the facility where your children spend so much time is key to developing them into the people we hope they become." - BPT

T

SPORTS



MFA wins medals in all age categories at Arab International Youth Cup 2023

The Under 16 MFA squad lifted the winner's trophy at the tournament that was held in Doha

Times News Service

MUSCAT: Imagine being a 15-year-old – cheering for the Gods of Football as they defy the limits of both human body and gravity at FIFA 2022 match in Qatar. Now imagine standing in the same stadium three months later – this time on the field in front a crowd cheering you on. Sounds like The Dream - right?

The players of Muscat Football Academy (MFA) recently got the chance of living this dream at the Arab International Youth Cup 2023 held in March in Doha. The tournament had 30 teams from Qatar, Saudi Arabia, UAE, Kuwait, Oman and India competing in categories ranging from Under 8 to Under 16. Transforming the dream opportunity into a life-long moment of pride, MFA's Under 16 team claimed the winner's trophy. With the Oman national anthem being played at the venue the players brought glory not just to their academy but for all people living in Oman.

The vision

This moment of glory encapsulates the vision behind MFA – says Chuck Martini, MFA founder and coach for U16 team. Martini - a former Morocco international goalkeeper who played for Premier League sides Leicester City and Tottenham – beams with pride as he recounts “Our goalkeepers performed heroically throughout the tournament especially when the final was decided



by the dreaded penalty shootout.”

The MFA teams got medals in each one of the 5 categories at the tournament held in association with Aspire Zone and the Qatar Football Association.

Standout performers:

U16 team: Gold medallists
Mahmoud AlJarwani, Mundhir Al Miskery

U14 team: Bronze medallists
Saif Al Battashi, Eyad AlBulushi, Imraan Shekhuna, Christian Fisher

U12 team: Bronze medallists
Lucas Jaramillo - a hatrick of goals , Fouad Mahmoud saved the decisive penalty kick

U10 team: Silver medallists
Sebastian Mccurrach , William Cooper saved all 3 penalties

U8 team: Bronze medallists
SulimaanShekhuna – Outstanding penalty save

Martini talks fondly about the players as “my kids,” and mentions appreciatively about the players “performing heroics” on the field. He acknowledges how many parents travelled to Doha to cheer for their children expressing his gratitude at the team effort displayed by the players as well as their families and coaches. He also thanks the Eva Clinics, the sponsor of MFA's Arab Youth Cup kits.

With coaches from the UK, Portugal and Oman, MFA attracts children from expat and Omani communities alike bringing together diverse coaching practices and styles. Teaching the players to work as one team given their multicultural background, is an exclusive education in itself.

It comes as no surprise that players from MFA are currently playing professional football in

the European League clubs for Holland and Italy. FC Utrecht Holland Premier League' Mees Eppink and Genoa FC Italy's Suhaib Alkharusi and Genoa FC Italy 2nd Division's Mohammed Alnamaani and Ali Alhashmi were all trained at MFA.

University scholarships

Despite the emphasis on excellence, Martini acknowledges not every child will go on to play football professionally. He talks about how MFA experience has helped players secure university sports scholarships abroad.

Their time at MFA will definitely develop a lifelong love for football, Martini expresses hopefully about the children. A character-building game where the needs of the team are paramount before one's own thirst for glory, football



teaches children sportsmanship, leadership and above all connection with others – all core human assets in a future seemingly dominated by AI.

A man of big ambitions and a bigger zeal, Martini's dream is to not just for his players to reach the European League but to create a league of tournaments where players from all academies in Oman compete with each other regularly. Rising over the competitive spirit, giving something back to the game, Martini aims to create this ecosystem which provides all players the opportunities of playing the game at their best ability.

The motivation

With this motivation to help his players continue working towards achieving their potential, Martini says he isn't letting his play-

ers bask for long in the glory of the Arab Youth Cup success.

Martini explains his motto isn't as much practice makes perfect, rather practice makes consistent. Consistent effort in all situations is what helps you deliver your best – mark of a true sportsman – a warrior ready to face challenge any time!

Afterall MFA isn't called the 'Home of Champions' for nothing! (MFA has 3 Academy training locations at Cheltenham Muscat International School, Downe House Muscat International School (Girls Only School) and Ras Al Hamra sports field in association with the PDO Club. It also operates the ECA programmes at Royal Flight School, International School of Chouifat, The French school Muscat and Our Planet International School.).



CELEBRATING CLOSE TO 50 YEARS OF DIPLOMATIC TIES

Oman Japan Friendship Association welcomes renowned educationists from Tokyo University to Sultanate of Oman



Abdullah bin Mohamed Saud Bahwan Managing Director-SBG with renowned Japanese Educationists from Tokyo University.

MUSCAT: Recently, the Oman Japan Friendship Association welcomed a 6-member team of renowned educationists from Tokyo University, Japan. The visit is part of Oman and Japan celebrating close to 50 years of diplomatic ties. The Oman Japan Friendship Association (OJFA), established in 1974, always strives to build and promote lasting bonds between the two nations in diverse fields like culture, society, economy, arts and science. The Japanese visitors were impressed with Oman's vast and diverse natural beauty. They even wholeheartedly appreciated Oman's warm and welcoming hospitality offered to them, wherever they went. Accompanying them on their visits to various tourist sites in Oman and sharing interesting information about those sites, were professional guides from the National Travel and Tourism (NTT) part of the Saud Bahwan Group. The visitors praised the passionate efforts and professionalism displayed by the

guides, rating the popular travel & tourism agency's services, as being among the best. During their visit here in Oman, the visitors visited Saud Bahwan Group's Corporate Centre in Watayah. Here, they were welcomed, by Abdullah Mohamed Bahwan, Managing Director - Corporate. On their visit, they obtained brief insights into the group's various business processes and operations. During their 5-day stay in Oman, the Japanese visitors went around leisurely experiencing the beauty of Oman according to a detailed itinerary specially prepared by National Travel and Tourism (NTT) a division of Saud Bahwan Group. It included visits to the Sultan Qaboos Grand Mosque, Opera House, National Museum, Muttrah Souq, Al Alam Palace, Jalani Fort and Sunset Cruise among others. Sharing his thoughts Abdullah Mohamed Bahwan, Managing Director - Corporate, Saud Bahwan Group, said, "It is a delightful moment to host such renowned

Japanese educationists as guests here in Oman. Their visit here reinforces the commitment of the Oman Japan Friendship Association to use every opportunity to strengthen the warm and inspiring relationship between Oman and Japan. For many years through specially planned events, people of Oman and Japan have had many opportunities to increase their interest in learning more about each nation's rich heritage and culture; thereby contributing towards building lasting bonds." Impressed with their experiences here in Oman, the visitors remarked, "It is indeed an absorbing and fascinating experience for us. We have always heard about this beautiful nation but only now have had the opportunity to visit and experience it thoroughly. We were specially delighted to receive such warm and welcoming hospitality which we learned was an age-old tradition of Oman. We are sure that, we will be coming back to experience more of Oman soon."

Ramadan specials at Hormuz Grand Muscat

Curated specially with a spread of delectable dishes, the culinary team offers everything you wish for in a truly exquisite Iftar this Ramadan



MUSCAT: Hormuz Grand Muscat is all set to mark this season of divinity with a range of Iftar offers for individuals and corporate guests. There is no better time to experience Arabian hospitality while getting immersed in tradi-

tions. Curated specially with a spread of delectable dishes, the culinary team offers everything you wish for in a truly exquisite Iftar this Ramadan. Hormuz Grand Muscat looks

forward to welcoming you with your families, friends and colleagues to create special memories over a wonderful meal of traditional delicacies and authentic specialities.

Iftar at The Straits along with live Oud music
The all-day dining restaurant transforms into an authentic retreat showcasing the warmth and hospitality of Arabian tradition and features an open oriental and international Iftar buffet, with a local ambience.

Ghabga Nights
Introducing at Hormuz Grand Muscat- Ghabga Nights, where you can experience leisurely evenings with light snacks, flavours and board games at our elegant waterside terrace. Corporate and private group Iftars can be arranged by our dedicated events team at any of our stunning meeting and events spaces with a delicious International and traditional Arabic spread to choose from. Hormuz Grand looks forward to making the holy month of Ramadan special for you and your guests.

PROVIDING WORLD-CLASS RENAL CARE

Aster Royal Hospital launches Department of Nephrology



MUSCAT: Aster Royal Hospital launched its new Department of Nephrology, which is set to provide advanced care to patients suffering from renal conditions. The department is equipped with advanced technology and equipment and will be led by a team of highly skilled and experienced nephrologists. Speaking on the launch of the Department of Nephrology, Dr Sadiq Al Lawati, Senior Consultant, Royal Hospital expressed his commitment to providing world-class care to patients with renal conditions. "At Aster Royal Hospital, we are committed to advancing the field of nephrology and providing our patients with the best possible care. Our team of highly skilled nephrologists and technicians will work tirelessly to ensure that our patients receive personalized and compassionate care, while also benefiting from the latest advancements in renal care." According to Dr Ashik Sainu Mohiyadeen, the Medical Director of Aster Oman, "We are excited to launch the Department of Nephrology at Aster Royal Hospital. With the growing need

for private dialysis centres in Muscat, our hospital is committed to providing 24x7 renal care to our patients. Our department is staffed by a team of highly skilled and experienced nephrologists, including Dr Sadiq Al Lawati, and Dr Farooq Ahmed. With their leadership and guidance, we are confident that our department will provide the highest standard of care to our patients." Dr Farooq Ahmed, a key member of the department, is a certified nephrologist with years of experience in managing complex kidney-related cases. His expertise in critical care and internal medicine, combined with his specialization in nephrology, ensures that patients receive aggressive, comprehensive and integrated care for their kidney conditions. As per the hospital's Chief of Medical Services, Dr Dilip Abdul Khadar, the launch of the Department of Nephrology is a major milestone for the hospital and the community, as it addresses the growing need for private dialysis centres in Muscat. "We understand the challenges faced by patients who require regular dialysis

and the importance of timely, personalised care in managing acute and chronic renal conditions." The Department of Nephrology at Aster Royal Hospital Muscat will feature six bedded state-of-the-art haemodialysis centres, which will be staffed by highly trained technicians and nursing staff. In addition to traditional dialysis treatments, the department will also offer treatment options such as Haemodialysis, Haemodiafiltration, Sustained low-efficiency dialysis (SLED), dialysis access such as temporary dialysis catheter, perm cath insertion, AV fistula & AV graft, peritoneal dialysis, kidney biopsy and emergency & critical care dialysis. As a leading healthcare provider in Oman, Aster Royal Hospital remains committed to expanding access to high-quality healthcare services for patients across the country. With the launch of its Department of Nephrology, the hospital aims to provide a much-needed solution to the growing need for private dialysis centres in Muscat, while also furthering its commitment to excellence in healthcare delivery.

SOCIAL RESPONSIBILITY



OETC organises blood donation campaign

MUSCAT: As part of social responsibility initiatives and spreading awareness of the importance of donating blood in cooperation with the Blood Bank, Oman Electricity Transmission Company (OETC) organised the 16th blood donation campaign and the first one for the year 2023 which focuses on its employees and contractors. More than 65 employees participated in the campaign as part of the company's efforts in supporting the community and encouraging employees to donate blood periodically every 3 months, to help cover the needs of the blood bank and to save lives. This campaign is considered the most successful among the blood donation campaigns organised by the company throughout the previous years, as the number of those registered in the initial list of donors reached 95 employees, and 57 employees managed to donate, including 15 female employees, while 8 employees were not able to donate who did not meet the donation requirements. The donors undergo a medical examination by a team of specialists to ensure that they meet the eligibility criteria to donate blood.

HEALTHCARE

Prediabetes: A window of opportunity at IMC Sugar Apollo in Ruwi

MUSCAT: Apollo Hospitals, Oman is a pioneer in setting up an exclusive and comprehensive diabetic care centre - IMC Sugar Apollo in Ruwi situated next to Apollo Hospital. The centre is dedicated to offering patients comprehensive, holistic and customised care. The pristine facility is a combination of comfort, convenience and sophistication at every stage, for patients. Every patient that walks in is attended to by a multidisciplinary team led by a highly skilled endocrinologist and diabetologist, who is backed by an ophthalmologist, diabetes educator, and nutrition specialist. It also offers home care services, which includes blood sample collections, home delivery of medicines, online consultation with specialist and GP doctor and nurse visit as and when needed. IMC Sugar Apollo has experienced and well-trained professionals that focus on all aspects of diabetes management. With over 12 years of expertise, Dr Praveen Jayapathy is a Specialist Diabetologist who has vast expertise in handling patients with all forms of diabetes and its accompanying challenges. He has additional training in diabetic foot conditions which has contributed to the development of a robust risk stratification screening program for all patients. His particular interests include diabetes prevention in pre-diabetic individuals, gestational diabetes, young-onset type 2 diabetes, and diabetic wound care. It has a state-of-the-art diabetes foot lab to assess foot-at-risk. It is actively engaged in screening for prediabetes. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. It is widespread, affecting all ages and ethnicities, and has devastating consequences if not treated properly. Its multidisciplinary team, which includes an endocrinologist, diabetologist, ophthalmologist, dietitian, and all other essential related services, is at your service to offer comprehensive care for prediabetes based on globally accepted protocols. It aims to screen a maximum number of individuals for pre-diabetes and curtail the increasing incidents of diabetes cases in Oman. Despite the advances in diagnostic methods and the discovery of multiple drugs including the latest insulins for diabetes mellitus, we haven't been able to curb the devastating progress of the disease or its complications. Why? Because we start late - by the time we diagnose diabetes mellitus, already the damage has started. Therein lies the importance of Pre-diabetes. Pre-diabetes is the stage where the blood glucose levels are neither normal nor high enough to be called type 2 diabetes mellitus. i.e. an FBS [fasting blood glucose of 100-126 mg, PPBS [postprandial blood glucose] 140-199mg or



Dr Praveen Jayapathy, Specialist Diabetologist

HbA1C 5.7 -6.5 %.

Early detection of the prediabetes stage by dedicated screening and early institution of rigorous lifestyle changes and adding a tablet called metformin as and when needed can lead to remission of prediabetes. Managing prediabetes effectively is like vaccination for diabetes.

Whom to screen? Different guidelines have different criteria as to whom to screen for prediabetes/diabetes mellitus - The USPSTF [US Preventive Services Task Force Recommendation Statement] recommends all adults between the age of 35-70 who have a BMI of > 25 kg/m2 to be screened for T2DM/Prediabetes. Practically speaking we should consider screening at an earlier age i.e. less than 35 years, in persons who have a family history of diabetes, a history of diabetes during pregnancy [Gestational diabetes mellitus], or a history of the polycystic ovarian syndrome, and at a lower BMI in Asian American persons i.e. at a BMI of more than 23 kg/m2.

How to screen? - By measuring fasting plasma glucose levels, HbA1C and an oral glucose tolerance test.

Why prediabetes is so important to detect and treat? People with prediabetes have up to a 50% chance of developing diabetes over the next five to 10 years. Worldwide, approximately 1 in 13 adults (374 million) aged 20-79 years have prediabetes, and more than 8 in 10 adults with prediabetes don't know they have it. Latest research has shown that even in the pre-diabetes stage complications like retinopathy, heart disease and neuropathy can occur commonly. Hence, we should not take the diagnosis of prediabetes lightly and need to manage it actively and aggressively. What does someone with prediabetes need to do? Well, your doctor will consider further assessing your health through a physical examination and appropriate tests. Additionally, one needs to lose at least 7% of your body weight. Increase your physical activity to at least 150 minutes a week. Adopt a healthy diet. Get a personalised diet plan from a registered dietician based on your existing weight and daily physical requirements. Quit using tobacco in any form. Give your body adequate rest. Sleep for at least 7 hours at night.

ROUND-UP

All-new MG ONE: A game changer elevated by technology launched

A completely new and stylish sporty SUV offers a wide range of hi-tech features at great value for the urban customer



MUSCAT: MHD ACERE, the exclusive distributor of MG Motor launched the first generation of MG Motor's all-new MG ONE at a glittering event held at The Al Bustan Palace Hotel on March 20. Available in three trims, the all-new 2023 MG ONE will strengthen the British-born brand's increasingly popular model portfolio, offering customers even more style, technology and travelling comfort at great value prices. The MG ONE harnesses the latest technology with the introduction of SAIC Motor's self-developed all-new modular SIGMA architecture platform, housing a 1.5 Turbo unit delivering 181hp and max. torque of 285Nm – pow-

ering the vehicle to a top speed of 195 km/h. All models are equipped with an innovative seven-speed Continuously Variable Transmission for smoother, more efficient gear changes and optimum reliability. The arrival of the MG's newest SUV is set to help the brand reinforce its position in the top six Middle East car makers. The self-developed SIGMA architecture platform has been designed to optimise interior space, with up to 70 per cent efficiency. The architecture compresses the mechanical space to help balance the exterior and interior space. As an all-in-one modular platform, it can house a range of all-electric, and hybrid powertrains, as well

as regular internal combustion engines. This advanced electric architecture creates a smart car experience for MG's new generation of vehicles. The all-new sporty mid-size SUV's aggressive look is emphasised by a new three-dimension front grill, shifting downwards, flanked by sharp-looking LED headlamps. The MG ONE's athletic look is highlighted through a dual-tone colour scheme, a low and wide stance and sloping roofline, giving it a couple-like silhouette, split rear protruding lights and a distinctive sport spoiler with a cut-out. Designers of the all-new MG ONE emphasised the use of sound

and light technology to create a high-tech cabin built for a new generation of tech-savvy customers living in urban spaces. A unique surround-type trip screen, Arkamys sound system, dual-coloured sports seating, and drive-by-wire gear system provide a new smart experience for drivers and passengers. The aesthetically designed cabin is padded with soft materials to ensure total comfort for occupants during their journey. There are plenty of storage spaces and even a wireless mobile phone charger on top-of-the-range models. The impressive specification levels include the availability of leather seats, a 12.3" virtual cluster

panel with a trip computer, a six-way electric driver seat with lumbar support, four-way electric passenger seats, a panoramic sunroof, Apple CarPlay and Android Auto, GPS navigation, as well as front, side and curtain airbags. Cruise control, push-button ignition, keyless entry, and a rear-view camera are all fitted as standard, with a 360-degree parking view camera on full option models, to give the driver full control and peace of mind on their journey. MG cars are renowned for featuring the latest safety technology and the all-new MG ONE is no different. Occupant safety is prioritised by the installation of a body structure that comprises over 65

per cent high-strength steel to minimise the impact of any collision by absorbing the energy. The standard Electronic Stability Program includes eight safety functions, with ABS, EBD, CBC, TCS, VDC, HAZ, HHC and BDW enhancing driving stability in extreme road conditions or in situations involving aggressive driving to ensure driving safety. Tom Lee, Managing Director of MG Motor's Middle East, commented: "The all-new MG ONE is the latest in our SUV offerings, which have propelled the MG brand into one of the most popular in the region. This tech-focused compact SUV not only complements our current product lineup but also provides customers with an exciting new option priced competitively." "The MG One is a truly innovative SUV that will revolutionize the segment in Oman," said Mohsin Hani Al Bahrani, CEO, MHD ACERE. "With its unparalleled design, comfort, technology, and performance features, the MG One sets new standards in the SUV market. We are excited to bring this game-changing SUV to Oman and invite everyone to experience the joy of driving it." All-new MG ONE models will benefit from the brand's acclaimed 10-year unlimited kilometres warranty, for ultimate peace of mind.

IMPECCABLE IFTAR

Experience spirit of Ramadan at Sheraton



MUSCAT: For all foodies, chefs at Sheraton Oman Hotel will offer an impeccable Iftar that will mark an exquisite gourmet experience this holy month of Ramadan. The Arabic-International inspired Iftar buffet, carefully created by the hotel's professional culinary team, presents a Ramadan feast offering an unforgettable combination of authentic Middle Eastern and international cuisines under one roof at an affordable rate. This extravagant buffet invites all food lovers to explore its diversity with extensive culinary creations, from authentic Omani dishes and traditional Syrian and Lebanese delicacies to international savoury selections from various cuisines. Samir Messaoudi, General Manager said, "We are looking forward to welcoming our guests and offering them an unforgettable experience with a collection of unique culinary options. Guests can enjoy authentic oud melodies throughout the holy month in a

perfect backdrop. We will be happy to invite our guests to enjoy Ramadan Iftar at the Cliff Deck Cafe in Muscat Bay. There really is no better way to enliven the dining experience than with a little fresh air and great views. Our aim is to offer diverse and lavish Iftar buffets that may tempt even the non-fasters." International desserts, freshly prepared by the talented international pastry team covering dates pudding, Umm Ali, Cheese Kunafa as well as dark chocolate cake and fruit tarts. Sheraton is the perfect Ramadan destination for Sohoor, where friends and families will surely enjoy traditional Oud entertainment. Enjoy a curated à la carte menu enhanced by the solemn ambience of glistening pool views. Sheraton Oman Hotel is inviting guests to experience sumptuous dishes, customary beverages, inspiring surroundings and enthralling music to welcome Ramadan, the holy month of tranquillity and reflection.

EXTROVERT DESIGN



BMW X6 offers sheer driving pleasure

MUSCAT: BMW X6 is a formidable concept that demands attention, blending the agile and versatile driving properties of a sports vehicle with the head-turning looks of a coupe. Armed with an even more potent design presence and performance than its predecessor, the X5, the new BMW X6 strengthens its position as a leading exponent of exclusive driving pleasure. Dynamically stretched proportions exude sporting prowess. The new BMW X6 has grown by 26 millimetres in exterior length over the outgoing model (to 4,935 mm) and by 15 mm in width (to 2,004 mm). It now stands 6 mm lower (at 1,696 mm) and combines dynamically stretched proportions with exceptional visual muscularity. The car's wheelbase has increased by 42 mm to 2,975 millimetres. The extrovert design of the new BMW X6 blends the robustness and versatility of a BMW X model with the sporting elegance typical of the brand's Coupes. From the coupe-like roofline to the chiselled profile, this Sports Activity Coupe sends a message of power and prestige. Expressive and dominant from every angle, the BMW X6 sports a wide stance, horizontal contours, and standard Adaptive Full LED Headlights. The standout feature

of this model is the significantly larger BMW Kidney Grille, which comes in an exclusively illuminated fit. The interior of the all-new BMW X6 is designed to create an exclusive and driver-focused driving experience. The controls have been redesigned for a modern re-interpretation of the classic BMW cockpit. The interior also gets a healthy dose of premium materials such as Leather Vernasca upholstery in 6 colour tones included as standard. With generous space and model-specific sports features and a luxurious ambience, the interior design and equipment packages further highlight the exclusive style of the vehicle. The Design Pure Extravagance equipment package adds striking, high-quality accents to both the interior and the exterior. The M Sport package, meanwhile, includes specially selected features that enhance the vehicle's dynamic character to an immediately eye-catching effect. The model draws its exceptional performance from its powerful engine that can be fitted with 6 different fearsome variants including the latest-generation V8 engine developing 330 kW/450 hp for the BMW X6 xDrive50i and the BMW X6 xDrive35i (225 kW/306 hp).

RECOGNITION

OHI Leo Burnett gets six shortlists for branding at 2023 Transform Awards MEA



MUSCAT: OHI Leo Burnett has yet again secured 6 shortlists for its work in Branding at the annual Transform Awards MEA, the region's most coveted branding awards platform. Being recognised at the Transform Awards is seen as a key global recognition for branding agencies, and their clients in the region. For the 10th year running, OHI Leo Burnett continued to make an impact, competing with other leading global and regional consultancies to secure its shortlists in key categories. Despite the challenges, the awards platform witnessed a 44% increase in participation last year - itself a record year. OHI Leo Burnett once more

reached the shortlist decisively across so many categories. The shortlisted work was for the new brand developed for Watania (UAE) in multiple categories including 'Best Brand Evolution (Consumer)', 'Best Corporate Rebrand Following a Merger or Acquisition', 'Best Use of Typography' and 'Best Visual Identity from the Financial Services Sector'. And for its work with OHI, in the 'Best Brand Evolution (Corporate)' and 'Best Brand Development Project to Reflect a Change of Mission, Values or Positioning' categories. Ammar Al Saleh, Vice Chairman, OHI Group said, "The agency's continued performance alongside other leading regional peers

underlines our belief in keeping high benchmarks. We are proud to also position Oman's competitiveness in branding and communications in the regional arena. We look forward to partnering with more Omani companies in branding and communication projects and for driving value for the industry as a whole." OHI Leo Burnett is Oman's leading brand and digital communications agency with a strong creative team of over 30 resources in strategy, creative, digital and social media, graphic design and studio functions. The agency has a prestigious roster of clients and proudly serves Oman as a 100% Omani entity owned by the OHI Group.





pH 9.1 to 9.5

Alkaline Ionized Drinking Water

© OmanOasis © OmanOasisOfficial © OmanOasisWater



HYDRATE SMARTLY

- ✓ Ultra-hydrating
- ✓ Revitalizing
- ✓ Energizing
- ✓ Electrolytes



800 71 222
9275 5522

Est. No. 1594452



TIMES OF OMAN SPECIAL SUPPLEMENT

SUNDAY, MARCH 26, 2023

Fasting is not only a physical but also a spiritual exercise that has many lasting benefits. It enables a person to develop sustained consciousness of God, helps one to choose a healthier lifestyle by small but meaningful changes in the dietary habits, and helps to make a person more humble and purposeful in daily life.

A MONTH OF REFLECTION, RETROSPECTION

The Holy Month of Ramadan is a time for giving, supporting those in need and being kind to oneself. It is also the month of reflection, and retrospection and showing our gratitude. Ramadan is also the time to be mindful, work on our strengths, and overcome our weaknesses. The fast involves not only abstaining from food and drink, but also from sins like dishonesty, cruel words, pride, and overindulgence. Fasting is not only a physical

but also a spiritual exercise that has many lasting benefits. It enables a person to develop sustained consciousness of God, helps one to choose a healthier lifestyle by small but meaningful changes in the dietary habits, and helps to make a person more humble and purposeful in daily life. One of the seven pillars of Islam is Zakat, an act of financial charity, which is obligatory for those who have excess wealth. The literal meaning of Zakat is 'to cleanse'. In the

Islamic faith, Zakat means purifying your wealth for the will of Allah by acknowledging that everything we own belongs to Him and as a means of working towards the betterment of the Muslim Ummah. The main purpose of Zakat is to provide for the poor so that they can celebrate the festival of breaking the fast along with the rest of the Muslims. Every Muslim is required to pay Zakat as a token of thankfulness to God for having enabled him or her to observe

the obligatory fast. However, giving Zakat is not the only way to bless those around you during the Holy Month, and there are other charitable acts that can be performed in the name of Allah and as a blessing on both the giver and the recipient. There are a million ways to offer a helping hand, so why not start today. Whether you volunteer to help a poor person or someone going through difficult times, good deeds will earn you many

blessings. Although it is important to be selfless and kind throughout the year, helping someone during the Holy Month is indeed a great act of kindness. As we enter the Holy Month of Ramadan it is also essential to look after one's health especially during the current times. While it is important to take enough rest and relaxation, it is equally important to keep one-self fit by doing light exercises, staying hydrated and getting enough fresh air.



Starting from
3.49 % p.a

Your car is waiting with Sayyarati Auto Loan from Bank Muscat

Enjoy a range of benefits

- Low interest rate starting from 3.49% p.a
- Repayment period of up to 10 years
- Loan disbursal within 24 hours
- Available for new and pre-owned cars
- Valid for Omanis and Residents
- Free insurance for pre-owned cars
- Evening timing for Sayyarati Sales Centers (Wattayah & Salalah) from 8 pm to 11 pm, Saturday to Thursday
- Apply through any branches, Internet Banking or mBanking



T & C apply
Apply now

Offer valid until 15th May 2023

Bank Muscat. Better Everyday.

CR No. 17/4573/8



DO MORE

FESTIVAL OF WINNING

BUY ANY MG
and stand a chance to
WIN 30 CARS



SCRATCH & WIN

SMARTPHONE OR FUEL VOUCHERS

AND

30K UP TO 200K SERVICE PACKAGES



FREE REGISTRATION • FREE INSURANCE

CR NO. 1001990

OFFER VALID FROM 6/3/2023 TO 5/5/2023 ONLY FOR CUSTOMERS BUYING MG 2023 VEHICLES FROM MHD DEALERSHIP, FREE INSURANCE 1ST YEAR (OMAN & UAE), FREE 1ST YEAR REGISTRATION. SCRATCH & WIN SERVICE – CUSTOMERS ENTITLED TO WIN FROM 30,000 KM UP TO 200,000 KM SERVICE. SCRATCH & WIN GIFT CUSTOMER ENTITLED TO WIN HUAWEI MOBILE PHONE OR FUEL CARD WORTH RO. 100. WIN YOUR CAR BACK IS FOR 30 NOS OF MG5 STD 2023 MY. THERE WILL BE A TOTAL OF 30 DRAWS (1 VEHICLE EACH). IMAGES USED FOR ILLUSTRATIVE PURPOSES ONLY.



71557334

Al Manuma | Al Azaiba | Bidayah | Al Buraimi | Ibra | Ibri | Nizwa
Jalan Bani Bu Ali | Salalah | Sinaw | Sohar | Sur | Wattayah | Barka

mg-om.com f /mgmotoroman @mgmotoroman



Staying **fit** during Ramadan in the summers

1 Drink sufficient water
As mercury soars, staying hydrated while fasting becomes essential. Do drink at least two litres of water to remain hydrated for the day during the fast. The tip is to eat Suhoor at least half an hour before the time for Fajr so you have at least 30 minutes to just drink water. Sip gradually and not chug up all at once. Avoid tea and coffee as they can drain your balanced body temperature.



2 Include nuts in Suhoor meals
Pre-meals during Suhoor should include nuts and seeds that are rich in protein as well as fibre. These also keep you full for longer periods. After a break of 30 minutes, consume your main meal.

3 Keep a check on the Iftar meal
While feasting on your favourite delicacies is irresistible after observing the fast for the entire day, one should not forget to keep a check on Iftar meal in order to start the next day of fasting with a light stomach.



4 Dates are must
Rich in Vitamin K, dates are helpful to make your body cells store fluids as they are a natural source of glucose. It is also a tradition to include them in the meals. Dates are also rich in copper, selenium and magnesium.



5 Don't miss yoghurt
Apart from juicy fruits and vegetables, the best food to have for Suhoor is yoghurt. Yoghurt soothes the stomach and helps prevent acidity, eventually protecting against dehydration. Avoiding salty, spicy and high in sugar food is the common tip every person gets who is observing the fast.

Tips for healthy Ramadan fasting

1. Taking a walk an hour after iftar can aid your digestive and cardiovascular systems.
2. You often run out of time during Ramadan, as half of the day you are fasting, and the other half feasting. This causes irregularity in your blood sugar levels and makes you feel sluggish and tired. That's when power naps work wonders. Plan some time for a quick nap in the afternoon so that you feel energetic after Iftar.
3. Learn to take essential supplements such as vitamins and omega-3, not only for your body, but



more so for your skin, hair, and overall health.

4. A common mistake made by parents is to encourage their children to overeat during Suhoor or Iftar. This is an extremely unhealthy habit which causes indigestion and bloating.

5. Instead of going all out with extreme exercises, opt for light toning techniques that work best for the situation at hand. Instead of lifting heavy weights, go for light-weight and a tonne of repetitions. And if you enjoy intensive running sessions, then try an alternative, toned-down version that is sustainable. Either way, working out during Ramadan is absolutely fundamental.

JAZEERA STEEL حديد الجزيرة
Al Jazeera Steel Products Co. SAOG
Suhar Industrial City, P.O.Box.40, P.C.327, Suhar, Sultanate of Oman
Tel: (968) 267 51763/4/5, Fax: (968) 267 51766
E-mail: contact@jazeerasteel.com, Website: www.jazeerasteel.com

Ramadan is not just about refraining from food and drink, it's about purifying our souls and strengthening our faith

ENJOY THE LEGACY OF GIVING THIS RAMADAN WITH GMC SPECIAL OFFERS

GMC

Shopping Voucher OMR 500
VAT Charges
Insurance (OMAN & UAE) + REGISTRATION
Service of 3 years or 60,000 KMS*
5 Years Unlimited Mileage Warranty
Fuel Card OMR 100
Quality Window Tinting

Scan the QR Code to check out the GMC RANGE

Offer is valid from 12.03.2023 to 11.05.2023. Insurance (Oman & UAE) & Registration is for the 1st year (Private yellow plate). *Service is for 3 years or 60,000 Kms, whichever is earlier on all models except Sierra LD for which service is for 2 years or 30,000 Kms, whichever is earlier. Service for all Denali models is for 5 years or 100,000 Kms, whichever is earlier. 5 years/Unlimited mileage warranty is through third party in accordance with their terms and conditions. All T1 Sierra models are excluded from the Ramadan promotion. Sales to Government institutions & Ministries, Rent-A-Car companies, Taxi and Driving schools are excluded from the scheme. Shopping voucher from Lulu Hyper Market. Vehicles shown are for illustrative purposes only.

MOOSA ABDUL RAHMAN HASSAN & Co. LLC CR NO. 1002104
9450 0004 Ghubra
9410 6970: For branches at Salalah / Sohar / Nizwa / Sur / Ibri
800 76 200
gmc.moosagroup.com
/GMC.OMAN
GMC Arabia



Ahlan Ramadan



LIFT UP THE EVERYDAY



Iftar delights from around the world



Around the world, each culture has its own Iftar customs and traditions. In Saudi Arabia the tradition of breaking the fast that is kept from morning to night is done by eating dates, Arabic coffee, soup, and fried or baked stuffed pastry along with several other dishes. One of the traditional dishes in the Western region of Saudi Arabia is fowl and tameez, which is a combination of fava bean stew and tameez bread.

Most Egyptian families break the fast with a dish prepared from fowl medames which is eaten with brown bread. As beans are healthy and not heavy on the stomach hence, in most homes they are mixed with hot oil, salt and pepper, but some people prefer to cook them with onion and tomatoes. Egyptians also make some special drinks called qamar al deen and arasyi, which is made from dry apricots that have been soaked all day. It's a delicious and healthy way to break the daylong fast.

Stews, sweets, fresh dates, traditional Azari cheese with veg-



soybean milk mixed with grass jelly, nasi lemak, laksa, ayam percik, chicken rice, satay and popiah.

While in Morocco, harira is prepared that is made of lentils, chickpeas, meat and vermicelli in a rich, robust tomato soup, in India and Pakistan shami kabab is prepared during Ramadan. This melt-in-the-mouth meat snack is made of lamb or beef mince and Bengal gram which is ground and the seasoned with garlic, ginger, cinnamon, peppercorns, cloves, cumin, mint, coriander and green chillies.

Another popular Iftar snack found in almost every part of the world is samosa. Mostly filled with either mashed potatoes or minced meat and spiced with cumin, coriander and garam masala, this street food is liked by all.

Kunafa is another popular dessert in the Middle East. Soaked in a sweet, sugar-based syrup called attar, and typically layered with cheese, or with other ingredients such as clotted cream, pistachio or nuts, depending on the region, Kunafa is present in almost every Iftar meal.



شانجان أوتو

CHANGAN AUTO

قيادة نحو آفاق أوسع

Driving Forward With You

Changan Ramadan is about peace of mind



CS75 PLUS
2.0L Turbo Engine 224 hp, 8-speed AT



CS95
2.0L Turbo Engine, 224 hp, 6-speed AT, 4WD, 7 Seater



CS85 COUPE
2.0L Turbo Engine, 224 hp, 8-speed AT



EADO PLUS
1.6L Engine, 126 hp, CVT
Also available 1.4L Turbo Engine, 155 hp, 7-speed DCT



HUNTER
1.9L Turbo Diesel Engine, 150 hp, 4WD, 6-speed MT
2.4L Turbo Gasoline Engine, 210 hp, 4WD, 6-speed MT & 4WD, 6-speed AT



CS35 PLUS
1.4L Turbo Engine, 156 hp, 7-speed DCT



ALSVIN
1.5L Engine, 105 hp, 5-speed DCT

FREE SERVICE
FROM 2 YEARS / 35,000 KMS
TO 4 YEARS / 75,000 KMS*

FREE INSURANCE*

FREE REGISTRATION*

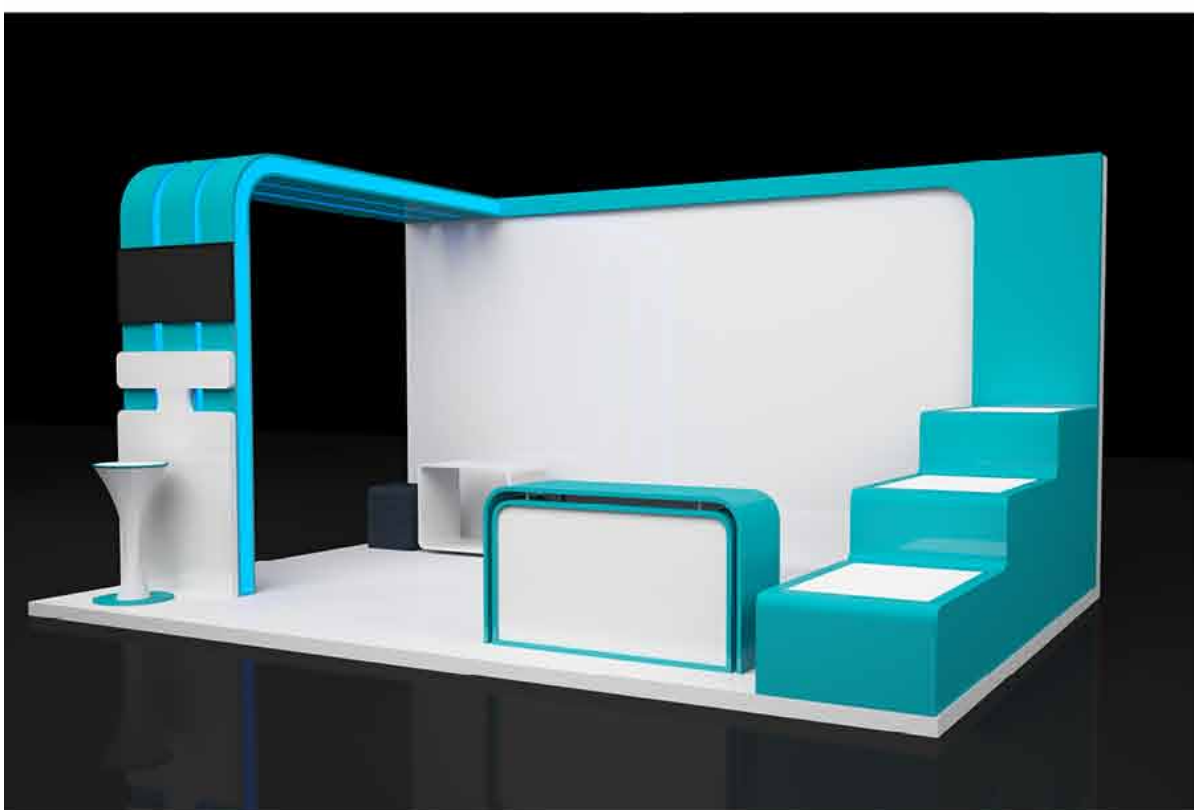
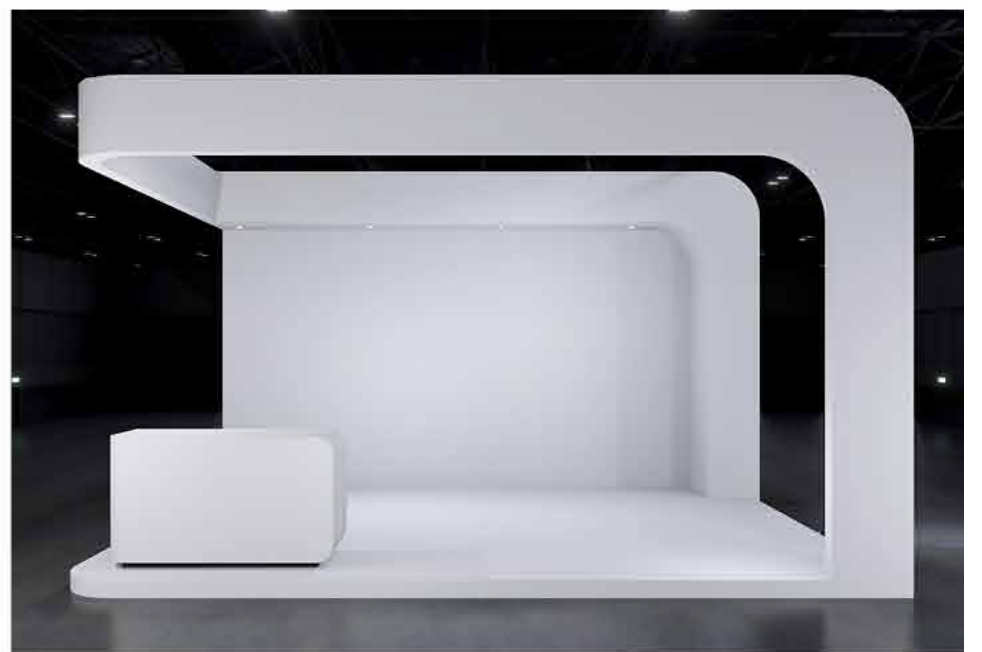
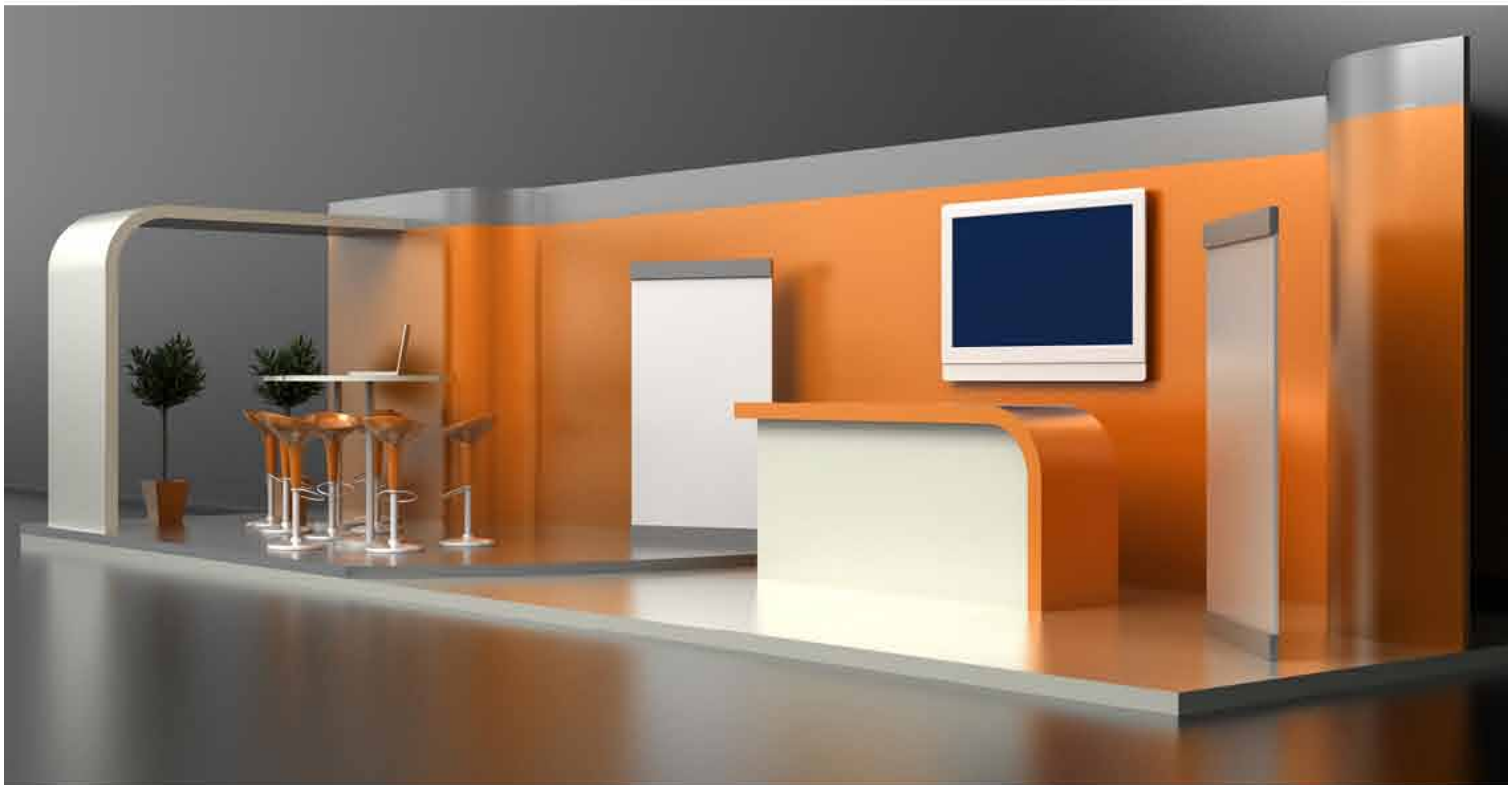
MANUFACTURER'S WARRANTY
FROM 5 YEARS / 150,000 KMS
TO 6 YEARS / 250,000 KMS**

Offer valid from 23rd February to 22nd April 2023 on all models purchased through the CHANGAN Showroom Retail Offer. # Whichever is earlier. Periodic Maintenance Service only. Offer includes only 10,000 kms service intervals. The periodic maintenance service will be between 2 years / 35,000 kms to 4 years / 75,000 kms and varies from model to model. To know more please visit the CHANGAN Showroom. *For 1st year only, Oman & UAE only. **Manufacturer's Warranty - 5 Years / 150,000 Kms - Applicable on Hunter Pickup only, 6 Years / 250,000 Kms - Applicable Alsvin, EADO Plus, CS35 Plus, CS75 Plus, CS85 Coupe & CS95 only. Whichever is earlier. Images shown are for illustrative purpose only. Specification may vary as per the model variant. To know more, please visit the CHANGAN Showroom.



**FOR COST
EFFECTIVE
EXHIBITION
BOOTHS/
DISPLAY
STANDS**

**Call us on
99614066**



**Contact us on wefix@mmg.com
or call/whatsApp 99614066/ 95405033
to make customized exhibition booths**

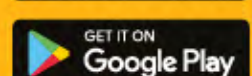
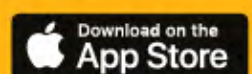
UPGRADE Your Lifestyle **SUBSCRIBE, SAVE & ENJOY**



Your new style of living!
Unlimited 2 for 1 Offers and valuable Discounts
at leading merchants covering all your needs.



FREE
2TRY



QX60

THIS RAMADAN, START A JOURNEY OF MEMORIES.

SERVICE – 3 YEARS / 60,000 KMS[#]

REGISTRATION[^]

WINDOW FILM AND BODY PAINT PROTECTION[@]



3.5L V6 ENGINE, 279 HP, 3-ROW SUV

LEARN MORE



INFINITI

Offer valid from 5th March to 4th May, 2023 on applicable models purchased for personal use. Offer not available for vehicles purchased for Commercial use, Rent-a-car, Taxi, Government and Driving School. [#]Whichever is earlier. Periodic maintenance service only. [^]For 1st year only. [@]Window Film and Body Paint Protection treatment will be done at the SBA Service Centres only.



So generous, IT'S INSPIRING

#Cash Gift STARTING FROM

RO **1,050**
UPTO **RO 3,900**

****FREE AAA**
ROADSIDE ASSISTANCE
3 YEARS

##IINJAZ
Service Package
5 YEARS OR 100,000 KM
(WHICHEVER COME FIRST)
STARTING FROM **RO 200 ONLY**

MAZDA 6



*STARTING FROM
RO **8,450**

MAZDA CX-30



*STARTING FROM
RO **8,650**

MAZDA CX-5



*STARTING FROM
RO **9,350**

MAZDA CX-9



*STARTING FROM
RO **11,900**





شانجان أوتو
CHANGAN AUTO
قيادة نحو آفاق أوسع Driving Forward With You

Changan Ramadan is about peace of mind



CS85 COUPE

2.0L Turbo Engine, 224 hp,
8-speed AT



CS95

2.0L Turbo Engine, 224 hp,
6-speed AT, 4WD, 7 Seater



CS75 PLUS

2.0L Turbo Engine 224 hp,
8-speed AT



CS35 PLUS

1.4L Turbo Engine, 156 hp,
7-speed DCT



EADO PLUS

1.6L Engine, 126 hp, CVT
Also available 1.4L Turbo Engine,
155 hp, 7-speed DCT



HUNTER

1.9L Turbo Diesel Engine, 150 hp, 4WD, 6-speed MT
2.4L Turbo Gasoline Engine, 210 hp, 4WD, 6-speed MT
& 4WD, 6-speed AT

FREE SERVICE
FROM 2 YEARS / 35,000 KMS
TO 4 YEARS / 75,000 KMS*

FREE
INSURANCE®

FREE
REGISTRATION*

MANUFACTURER'S WARRANTY
FROM 5 YEARS / 150,000 KMS
TO 6 YEARS / 250,000 KMS**

KNOW MORE

Offer valid from 23rd February to 22nd April 2023 on all models purchased through the CHANGAN Showroom Retail Offer. # Whichever is earlier. Periodic Maintenance Service only. Offer includes only 10,000 kms service intervals. The periodic maintenance service will be between 2 years / 35,000 kms to 4 years / 75,000 kms and varies from model to model. To know more please visit the CHANGAN Showroom. @For 1st year, Oman & UAE only. *For 1st year only. **Manufacturer's Warranty - 5 Years / 150,000 Kms - Applicable on Hunter Pickup only. 6 Years / 250,000 Kms - Applicable Alsvin, EADO Plus, CS35 Plus, CS75 Plus, CS85 Coupe & CS95 only. Whichever is earlier. Images shown are for illustrative purpose only. Specification may vary as per the model variant. To know more, please visit the CHANGAN Showroom.

**Arabian Gulf Automobiles
and Equipment LLC**

Showroom Location :

Al Qurum 9464 1010, Al Mawaleh 9788 8180, Sohar 7932 4865

www.changanoman.com

[f](https://www.facebook.com/changanoman) [@](https://www.instagram.com/changanoman) changanoman

800 50800

C.R. No. 1232361