

Omani carbon capture startup raises \$37mn

Muscat - Omani startup 44.01 - involved in groundbreaking new technology to eliminate CO₂ safely and permanently - announced on Monday that it has completed a US\$37mn Series A funding round.

The funding round was led by Equinor Ventures with Shorooq Partners in the UAE. Innovation Development Oman (IDO) is among a number of Omani investors.

Existing investors including Breakthrough Energy Ventures have also recommitted to 44.01's technology by participating in the round, a press release stated.

The fundraise reflects confidence in the potential of 44.01's mineralisation technology and its capacity to eliminate CO₂ safely, permanently and at scale. The funding will enable 44.01 to continue to refine its technology, develop commercial-scale projects, and expand its deployment internationally, the company stated.

Talal Hasan, founder and CEO of 44.01, said, "We believe mineralisation can play a significant role in protecting and repairing our climate. We are grateful to our investors for committing to that mission and for demonstrating their confidence in our technology."

He added that Oman's ophio-



We believe mineralisation can play a significant role in protecting and repairing our climate. We are grateful to our investors

TALAL HASAN

lite inspired him to establish 44.01 four years ago. "We have demonstrated how we can work with the ophiolite to help protect Oman's environment and provide new economic opportunities for the sultanate. We are grateful for all the support we have here in Oman."

Rasha Sulaiman, Acting CEO of IDO, said, "IDO is delighted to invest in such a leading Omani startup. We believe 44.01's technology can play a big role in supporting the sultanate to reach its Net Zero target, while also attracting investment and economic prospects to the country."

RO46mn Durra Project to transform Khabourah

The project spread over 654,000sqm will create 1,750 direct, 4,000 indirect jobs

Our Correspondent
Muscat

The North Batinah governorate has announced a tender for the development of a historical centre in Khabourah as part of the 'Durra' project.

The project - with a budget exceeding RO46mn - secured the top spot among the development proposals in North Batinah governorate this year.

According to the North Batinah Governor's Office, bids for consultancy services to design the historical centre are invited, with a submission deadline of July 31.

Eng Manal bint Sulaiman al Ajmi, Head of the Planning and Statistics Department, stated, "The Al Durra project has been recognised as the premier development initiative in Khabourah, aiming to revitalise the area's historical and cultural heritage."

The project's vision includes developing a 4.8km waterfront, set to become a major economic and tourist destination. The initial phase, with an investment of RO9.8mn, focuses on rehabilitating and developing the historical centre and the old market in



Khabourah, covering 48,000sqm and revitalising historical monuments.

Key features of this phase include 95 commercial stores, 15 fish shops, ten restaurants and cafés, two craft training centres, a tourist visitor centre, a harbour for fishing boats, and a hotel. Additionally, the project will include

a marina with heritage markets, pedestrian paths, community squares, and a floating walkway.

Spread over 654,000sqm, the project aims to create 1,750 direct jobs and 4,000 indirect jobs, fostering cultural and economic sustainability while generating new investment opportunities.

An official from the governor's

office said, "The project aligns with Royal Directives and Oman Vision 2040, playing a crucial role in revitalising Khabourah's heritage and authentically promoting Omani identity."

The historical centre is envisioned as a vibrant urban hub, blending historical charm with modern amenities, enhancing

residents' quality of life, stimulating domestic tourism, and attracting further investments. Strategically located along the coast, Khabourah is set to reaffirm its importance as a commercial hub in Oman.

The Durra project aims to enhance urban facilities and heritage tourism, the official added.

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600 Omani youth graduate from PDO's Emdad initiative

Our Correspondent
Muscat

Over 600 Omanis completed their training under the Emdad initiative conducted by Petroleum Development Oman (PDO) to help local jobseekers hone their skills and become competitive for the modern job sector.

PDO celebrated the graduation of the 20th batch of the programme on Monday, after the trainees completed various technical and non-technical training programmes, which align with the company's commitment to support the government's economic diversification efforts.

The graduation ceremony was held at Oman Convention and Exhibition Centre (OCEC) under the auspices of H E Mohsin Hamad al Hadhrami, Undersecretary in the Ministry of Energy and Minerals (MEM), in the presence of Dr Aflah Said al Hadhrami, PDO's Managing Director.

"As we celebrate the 20th batch of PDO's Emdad initiative",



(Supplied photo)

H E Hadhrami said, "I commend the dedication of over 600 young Omanis who have completed their training. PDO's commitment to creating job opportunities aligns with our economic diversification goals".

"These graduates, with their technical and non-technical skills are ready to contribute across sectors crucial to Oman's development," he noted.

PDO's Managing Director pointed out that this national programme stems from PDO's

commitment to enhancing the skills of Omani youth and developing their capabilities in the oil and gas sector. "Since its launch in 2011, the Emdad programme has created thousands of jobs and training opportunities for Omani job seekers through various specialised training programmes."

PDO's much celebrated Emdad initiative was launched in 2011 to create jobs and training opportunities for Omani job-seekers in the oil and gas sector

and other sectors.

The programmes under this initiative include the inspection programme, HSE (health, safety and environment) practitioner, protection engineers, IT for females, and others. As a result, the trainees are now qualified to contribute to sectors such as HSE, engineering, IT and quality control.

The training programmes lasted from seven to 24 months at various training institutes and companies, PDO informed.

MHT restores Habubiyah Tower to preserve architectural heritage

Our Correspondent
Muscat

The Ministry of Heritage and Tourism (MHT) has completed the restoration of the Habubiyah Tower in the wilayat of Quriyat under the Governorate of Muscat.

A statement, issued by the MHT, highlighted that the restoration of the tower is part of the ministry's continuous efforts to preserve Oman's architectural and archaeological heritage.

'This initiative aims to safeguard these valuable assets for future generations, ensuring they are protected from deterioration and extinction.'

The ministry noted that the



(Supplied photo)

restoration efforts are part of the objective of making Oman's architectural heritage an important attraction for tourists.

One of the most important aspects considered in the restoration of any monument is the architectural and historical value

of the landmark, its geographical location and the proposed use of the site.

'It is also imperative not to change its basic structure, while protecting and preserving the original building without tampering with any decorations.'

MHT cracks down on unlicensed operators of adventure tourism

Our Correspondent
Muscat

The Ministry of Heritage and Tourism (MHT) has warned institutions and companies against organising adventure tourism trips and promoting them on social media without obtaining proper licences.

In an official statement on Monday, MHT said it has observed instances where organisations were seen advertising adventure tourism activities without the necessary licences. This is explicitly prohibited under Article 8 of the Cultural Heritage Law, the ministry reminded.

MHT urged all unlicensed entities to cease their activities im-



(Supplied photo)

mediately and not to engage in them until they obtain the required permissions.

According to the ministry, violators could face imprisonment ranging from ten days to six months, in addition to fines ranging from RO6,000 to RO50,000.

The ministry encouraged individuals and institutions interested in conducting adventure tourism activities to register through their website www.mht.gov.om

Hotel revenues surge by 10.2% to RO108mn

Muscat - The revenues of 3- to 5-star hotels in Oman rose by 10.2% by the end of May 2024, reaching RO108.3mn, according to the National Center for Statistics and Information. This is an increase from RO98.3mn recorded during the same period in 2023.

The growth is attributed to several factors, including a 13.7% increase in the number of hotel guests, totalling 913,677 by the end of May 2024 compared to 803,442 guests in May 2023. Additionally, the occupancy rate increased by 6%, reaching 51.5%.

The breakdown of guest nationalities shows diverse growth: Omani guests increased by 11% to 306,255, Gulf patrons rose by 6.8% to 58,572, and other Arab guests increased by 13.2% to 40,548.

Europeans contributed to a notable rise of 19.6% in their category, reaching 286,980. Guests from the Americas numbered 28,695, while from Africa they totalled 4,677, reflecting a modest increase of 1.6%. Asian guests showed the highest increase at 21%, totalling 139,950.

These statistics underscore a positive trend in Oman's hospitality sector, driven by increased visitor numbers across various demographics. This growth not only contributes to the economic vitality of Oman but also reflects its growing appeal as a tourist destination among regional and international travellers.

Oman continues to position itself as a vibrant hub for tourism, supported by strategic initiatives enhancing visitor experiences through its rich heritage.

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Labour ministry launches e-platform for innovation, change management

Our Correspondent
Muscat

The Ministry of Labour (MoL) hosted its third forum dedicated to the National System for Institutional Innovation and Change Management on Sunday, marking a significant milestone in Oman's commitment to enhancing government performance and service quality under Oman Vision 2040.

Central to this event was the unveiling of an electronic platform for the National System for Institutional Innovation and Change Management. This platform aims to foster the exchange of development practices and research among various governmental entities, thereby bolstering administrative efficiency.

Key highlights of the forum included the signing of several memorandums of cooperation, among which the agreements of the ministry with Petroleum Development Oman, Weatherford, and Marsh Oman appear to be the most significant ones.

These collaborations are



The platform was launched at the MoL's third forum dedicated to the National System for Institutional Innovation and Change Management

geared towards managing and overseeing development initiatives in institutional innovation, change management, continuous improvement and training programmes.

They also focus on knowledge transfer, experience sharing and the establishment of a comprehensive database for studies and research on government employees.

Mohammed bin Mubarak al Kalbani, Director General of Development and Quality Assurance at the Ministry of Labour, underscored the forum's significance as a platform for adopting cutting-edge administrative practices and methodologies. He laid emphasis on the integration of six advanced practices and

more than 48 governmental units within the state's administrative framework stand to benefit from these initiatives.

The forum, he added, sets the stage for pioneering new avenues aligned with institutional needs, ensuring sustained progress and innovation.

The launch of the e-platform for the National System for Institutional Innovation and Change Management represents Oman's proactive approach towards fostering collaborative partnerships and advancing governmental capabilities, ultimately driving the nation towards achieving its long-term development goals.



Fisheries sector flourishes with 114 factories till 2023

Our Correspondent
Muscat

Oman saw the number of its fish factories reach 114 till the end of 2023, strengthening the sector's revenue generation model.

According to the Ministry of Agriculture, Fisheries, and Water Resources (MAFWR), the authorities are committed to providing value-added fish products, promoting sustainable development, and fostering a diversified economy.

These efforts are part of the Oman Vision 2040 goals, which focus on innovation and growth within the fisheries sector, it added.

The ministry spoke about significant growth in Oman's fish-

eries industry, underscoring its role in achieving food security and maximising fishery resources.

As of today, 81 fish factories have received quality control and export certificates, ensuring they meet international food safety standards. This certification enhances the reputation of Omani fish products and facilitates access to global export markets, the ministry informed.

Expanding sphere of Oman's fisheries include various projects such as processing, packaging, frozen fish, canning, and producing seafood products. These initiatives aim to meet both local demand and international consumer needs for high-quality fish products.

Muttrah wali's office discusses Darsait Port development

Our Correspondent
Muscat

The office of the wali of Muttrah convened a meeting on Monday to discuss the development of the Darsait Port project.

Led by Sheikh Abdul Hamid bin Abdul Rahman al Kharousi, deputy wali of Muttrah, the

meeting featured a visual presentation highlighting the project's comprehensive services and entertainment offerings.

Key elements of the project were reviewed, emphasising benefits for fishermen and visitors alike. These include the establishment of ice factories, boat maintenance workshops, and ample parking facilities.

Additionally, the project will feature a marina and facilities for yacht berths, complemented by an entertainment area tailored for children and various other services.

The meeting, attended by representatives from the Ministry of Agriculture, Fisheries, and Water

Resources, along with the Muscat International Development Company, discussed the broader contributions of the project to the area.

It underscored the project's commitment to enhancing local infrastructure and tourism, aligning with the strategic development goals of the wilayat.

Omani citizens can now travel visa-free to Singapore

Singapore - Oman's Foreign Ministry has announced that the citizens wishing to visit Singapore no longer require an entry visa. Instead, travellers can complete the Singapore Arrival Card online via the official website - <https://www.ica.gov.sg/enter-transit-depart/entering-singapore/sg-arrival-card>

Official notification says that an interested traveller would be required to submit the Singapore Arrival Card three days (including the day of arrival) before arrival in Singapore.

This is to avoid unnecessary delays during immigration clearance upon your arrival, the notification added.

Upon arrival, visitors will be granted a Short-Term Visit Permit (STVP) for up to 30 days.

The submission of the card is free of charge.



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Announcement

The Tax Authority would like to draw the attention of taxpayers who are subject to Excise Tax and VAT to submit their returns for the third quarter of 2024, according to the forms prepared for this purpose through Tax Authority's Portal: www.taxoman.gov.om not later than **30 July 2024**. We hope that all taxpayers will abide and commit to the deadline of submitting.



Aldar, DP World ink pact to develop Grade A logistics park in Dubai

Abu Dhabi, UAE - Aldar Properties and DP World have signed a strategic agreement where Aldar will fund and develop a 144,000sqm (1.55mn square feet) Grade A logistics park at National Industries Park (NIP) in Jebel Ali, Dubai.

This partnership will provide Aldar access to develop and lease assets within NIP, strategically positioned near Jebel Ali Port and Al Maktoum International Airport, and well-connected to major road networks such as the E11 and E311.

Construction of the new logistics park will begin in the last quarter of this year, with the first tenants set to be welcomed in Q4 2025.

Catering to the high demand for warehousing facilities, the project will target third-party logistics (3PL), eCommerce and retail tenants looking to expand or relocate.

The Grade A and LEED certified logistics park will sit on a 220,000sqm plot and will comprise three modular buildings that can be modified to become single or multi tenanted facilities, offering flexible unit sizes.

Aldar will be responsible for the full development cycle of the logistics park, from concept and design to execution and management. The project represents a portion of the company's recently announced AED1bn investment to expand its logistics real estate business in Abu Dhabi and Dubai.

Aldar Properties Group CEO Talal al Dhiyebi said that the location of the site within NIP strategically positioned them in a logistics hotspot with excellent access to the port and the main highway to Dubai and Abu Dhabi.

"Leveraging our expertise in both development and asset management, this unique project will play an integral role in the continued growth and diversification of our logistics offering," he added.

Abdulla bin Damithan, CEO and Managing Director of DP World GCC, stated, "With more than 330 businesses operating their facilities out of NIP, the development of this logistics park will ensure that the right infrastructure and services are in place."

Bank Muscat posts profit of RO112.12mn in H1 2024

Muscat - Bank Muscat, the flagship financial institution in the sultanate, announced its preliminary unaudited results for the first half of 2024, recording a net profit of RO112.12mn.

The bank posted a net profit of RO112.12mn for the first six months ending on June 30, compared to RO104.32mn reported during the same period in 2023.

This is an increase of 7.5% on a year-on-year basis.

Presenting the key highlights of the results, the bank reported net interest income from conventional banking and net income from Islamic financing reaching RO190.63mn for the six-month period this year, from RO184.71mn for the same period in 2023, an increase of 3.2%.

The bank's non-interest income this year was RO75.27mn till June 30 as compared to RO66.48mn for the same period last year, an increase of 13.2%.

'This increase was due to overall improvement in various business lines and volume increase,' the bank stated.

Operating expenses for the aforesaid period was RO102.13mn as compared to RO97.44mn for the same period in 2023. This represents a total increase of 4.8%.

Net impairment for credit and other losses for the first half of the year was to the tune of RO29.96mn, the bank report showed. The losses under those heads were RO30.11mn for the same period in 2023.

Net Loans and advances including Islamic financing receivables increased by 3.3% to RO10.209bn as against RO9.880bn during the first half of the last year.

Customer deposits including Islamic customer deposits increased by 5.3% to reach



KEY HIGHLIGHTS OF PRELIMINARY UNAUDITED RESULTS			
Particulars (in Omani rials/millions) For the period ended	30 JUN 2024	30 JUN 2023	CHANGE (%)
Net interest income & Islamic financing income	190.63	184.71	3.2%
Other operating income	75.27	66.48	13.2%
Operating expenses	102.13	97.44	4.8%
Operating profit	163.77	153.75	6.5%
Net profit	112.12	104.32	7.5%
Particulars (in Omani rials/millions) As at period ended	30 JUN 2024	30 JUN 2023	CHANGE (%)
Total Assets	14,192	13,356	6.3%
Net loans and Islamic financing	10,209	9,880	3.3%
• Conventional loans and advances	8,665	8,331	4.0%
• Islamic financing receivables	1,544	1,549	(0.3%)
Customer deposits and Islamic deposits	9,563	9,084	5.3%
• Conventional customer deposits	8,258	7,781	6.1%
• Islamic customer deposits	1,305	1,303	0.2%
Total Equity*	2,358	2,238	5.4%

*Total Equity includes Perpetual Tier I capital of RO505mn (2023: RO505mn)

The bank's net interest income from conventional banking and net income from Islamic financing reached RO190.63mn for the first six months of this year

RO9.563bn as against RO9.084bn last year for the same period.

While declaring the results of H1, the bank stated that the full results for this six-month period along with the complete set of unaudited financial statements will be released following the approval of the Board of Directors of the bank at its meeting scheduled later this month.

Stone laid for RO1.3mn waste treatment plant in SOHAR

Suhar - SOHAR Port and Freezone witnessed the groundbreaking ceremony of Elite Hazardous Waste Management Solution (FZC) LLC - a project set to boost the country's efforts in ensuring proper disposal of various industrial wastes generated within.

This project, strategically located within the SOHAR Freezone, will specialise in the recycling, treatment and disposal of various industrial wastes generated by diverse industries operating in Oman.

'This project highlights our commitment to sustainable development and the circular economy, aiming to enhance our position as a hub for innovative solutions,' SOHAR Freezone asserted.

The ceremony was held under the patronage of Sheikh Mohammed bin Sulaiman al Kindi, Governor of North Batinah and was attended by representatives from Elite Hazardous Waste Management Solution (FZC) LLC and a number of partners along with the executive management team from SOHAR Port and Freezone.

The new facility, spanning 10,000sqm and boasting a total investment of RO1.3mn (US\$3.5mn), will utilise advanced, eco-friendly technology to minimise carbon emissions.

It will incorporate leading-



This milestone underscores our shared vision for a future where SOHAR Freezone continues to drive environmental stewardship and economic growth

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edge pollution control equipment, ensuring the safe treatment of industrial waste such as oil sludge, sludge and rubber. Key outputs include heavy oil for slow-moving machinery and low-contamination carbon dust for use in cement manufacturing or road construction. The facility's initial capacity of 40 tonnes per day is set to double to 80

tonnes per day within one year.

Expressing happiness on this achievement, Shiv Sood, co-owner of Elite Hazardous Waste Management Solution, said, "Partnering with SOHAR Freezone represents a strategic alignment of our commitment to advancing sustainable practices and pioneering the circular economy. This milestone not only sig-

nifies our leadership in innovative waste management but also underscores our shared vision for a future where SOHAR Freezone continues to drive environmental stewardship and economic growth."

Omar al Mahrizi, SOHAR Freezone CEO and DCEO of SOHAR Port, emphasised that the new facility represents a pivotal step in promoting circular economy. "By incorporating advanced technology and adhering to rigorous environmental standards, we enhance our waste management capabilities while contributing to Oman Vision 2040's circular economy objectives," he added.

Oil prices ease on strong dollar

Istanbul, Türkiye - Oil prices decreased on Monday as a strong dollar ramped up prices for non-US currency holders and discouraged investors.

International benchmark Brent crude traded at US\$84.80 per barrel at 10.57am local time (0757GMT), a decline of 0.27% from the closing price of US\$85.03 per barrel in the previous trading session.

The American benchmark West Texas Intermediate (WTI) traded at US\$80.75 per barrel at the same time, a 0.33% fall from the previous session that closed at US\$81.02 per barrel.

Former US president Donald Trump was targeted in an assassination attempt during a rally in Pennsylvania on Saturday, just days before he was set to accept



the Republican nomination for a third term.

Political uncertainty in the US supported a higher US dollar. The upward trend in the US dollar against other currencies dulled oil demand and supported price declines. The US dollar index rose by 0.11% to 103.892 at 10.57am local time (0756

GMT).

A strong dollar reduces demand by making oil more expensive for foreign currency users.

Meanwhile, efforts to implement a cease-fire in the Middle East, home to the vast majority of global oil reserves, continue to impact oil prices.

Anadolu News

Saudi's logistics sector continues to thrive with 76% growth in Q2

Riyadh, Saudi Arabia -The logistics sector showed the highest growth among ten promising sectors in the second quarter of this year.

The number of active commercial registrations reached 11,928, representing a 76% growth compared to the previous year's 6,742 registrations.

Promising sectors play a crucial role in supporting the gross domestic product and offer opportunities for businesses to ex-

pand and develop partnerships.

The Ministry of Commerce recently released a bulletin for the second quarter of this year, highlighting ten promising sectors. These sectors align with the Kingdom of Saudi Arabia's Vision and present opportunities for both local and foreign businesses.

According to the bulletin, the sectors experiencing the most growth in active registrations are as follows: Logistics (76%), arti-

ficial intelligence technologies (53%), container handling services (48%), cloud computing services (43%), pharmaceutical and pharmaceutical product manufacturing (34%), urban and suburban passenger land transport (31%), electronic game manufacturing (29%), arts, entertainment, and recreation (24%), short-term accommodation (22%), and mining and quarrying (18%).

SPA



Bank Muscat hosts seminar for Najahi clients

Bank Muscat, the leading financial services provider in the Sultanate of Oman, organised a seminar for entrepreneurs titled 'Marketing Your Business in a Rapidly Changing World' presented by Hashar al Mandhari, CEO, Alamah Marketing.

The seminar was attended by a number of Bank Muscat officials and Najahi Business Banking customers in Dhofar Governorate, a press release said.

On this occasion, Taya Eid Bait Sabeea, deputy general manager Interior Regions, Bank Muscat, said, "We are pleased to see the continuous efforts made to enhance the bank's pioneering role by working to implement various initiatives to support this sector. Such initiatives aim to achieve long-term results in enhancing inclusion and financial awareness, developing SMEs, and empowering youth.

"Bank Muscat is committed to continue supporting this sector by providing the best possible services, facilities, advisory and training programmes and initiatives. I would like to take this opportunity to extend my sincere thanks and appreciation to the Bank's valued customers for their continuous trust in the programmes and services designed for SMEs."

Hashar al Mandhari, CEO, Alamah Marketing, delivered a workshop titled 'Marketing Your Business in a Rapidly Changing World'. It covered a variety of themes, including the concept of marketing and its significance for small and medium-sized enterprises (SMEs), the prospects for SMEs in the digital sphere and the significance of digital applications, and the utilisation of marketing trends for these businesses. Additionally, He provided a few instances of small businesses that saw success in digital marketing.

Bank Muscat realises the importance of SMEs and works to enhance its role in supporting the sector. One step taken in this regard is the inauguration of Najahi Business Banking in 2014 to support micro businesses by providing a suite of financing options. The products and services provided are designed to help these enterprises grow and thrive in their business, thus creating a positive impact on the community.

By providing tailor-made financial and non-financial solutions as well as handholding small businesses in their entrepreneurial journey, Bank Muscat's Najahi Business Banking is helping many Omani nationals, especially the youth.



MCBS awarded QS 5 stars

The Modern College of Business and Science (MCBS) was honoured with the prestigious QS '5 stars' rating. This recognition places MCBS among the world's elite institutes of higher education, enhancing its reputation as a leader in the region's educational sector.

The award is the result of a rigorous and meticulous process of independent data collection and analysis by the QS stars methodology. This thorough evaluation, which assesses universities globally across various categories, provides a reliable and comprehensive understanding of university strengths and areas for improvement, instilling confidence in the quality of education at MCBS and aiding prospective students in making informed decisions, a press release said.

MCBS has excelled by achieving an overall rating of '5 stars' as a result of evaluating its performance in academic areas related to Teaching, Academic Development, Facilities, Employability, Internationalisation, Business Management Studies, Social Impact, and Inclusiveness. The QS states that 'a university with a '5 Stars' Rating is considered world-class in a broad range of areas, enjoys a high reputation, and has cutting-edge facilities and internationally renowned research and teaching faculty."

Dr Muneer al Maskari, executive chairman of MCBS, said, "This is an outstanding praise for MCBS. Receiving the '5 stars' is a great honour, as it places MCBS among the top 150 of the world's excelling institutes of higher education. This recognition of the academic and professional standards comes as a result of the commitment of both the management team and the faculty."

Dr Ashwin Fernandes, regional director, QS, said, "We congratulate the MCBS on achieving the remarkable QS '5 stars' rating. This accomplishment reflects MCBS's unparalleled commitment to providing high-quality education and promoting a favourable learning environment. MCBS's success sets a level for academic institutions and showcases its role in higher education."

Since its establishment in 1996, MCBS has been dedicated to upholding the highest standards in education, emphasising providing exceptional teachers, state-of-the-art facilities, and enriching learning experiences for its students.

This longstanding commitment underscores MCBS's unwavering pursuit of academic excellence.

Royal Academy launches Elmam programme

To promote sustainable development by nurturing local expertise, the Royal Academy of Management has launched the Elmam programme.

This initiative is designed to equip new employees in the government sector with essential skills and knowledge, enhancing efficiency and effectiveness. Developed in collaboration with the Ministry of Labour and Ejada Development as an educational partner, the programme aims to cultivate qualified national talents adept at transferring and applying knowledge effectively, a press release said.

Dr Fathiya Abdullah al Rashdi, vice president for Programme Affairs at the Royal Academy of Management, emphasised that the Elmam programme for eligible new government employees is pivotal to the academy's comprehensive initiatives. This initiative reflects His Majesty Sultan Haitham bin Tariq's profound commitment to nurturing and empowering Omani cadres.

The Academy remains committed to integrating modern knowledge, tools, and technologies into Oman's social and economic advancement, aiming to enhance operational efficiency, productivity, and transparency across all sectors.

Dr Fathiya further emphasised that the programme takes participants on a rich journey that builds national leadership capabilities with renewed thinking, enabling them to adapt to continuous and accelerating change. It also contributes to shaping the future development map of the Sultanate of Oman.

Around 200 employees who recently joined government institutions, with less than one year of practical experience, will participate in the programme. Divided into five cohorts, they will engage with comprehensive content covering ethics, the fundamentals of government work, innovation, digital transformation, modern government management, and national trends. The goal is to prepare employees with the knowledge and skills necessary to enhance performance in the government sector.



Kavitha presents Omani jewellery artwork

In a significant cultural exchange, Kavitha Ramakrishna, a renowned yoga practitioner, Sanskrit exponent, philanthropist, and cultural ambassador for Oman and India, presented a unique Omani jewellery Tanjore artwork to Rudaina al Hujaria, president of the Oman-Bahraini Friendship Association.

Rudaina, an influential figure in the cultural and historical spheres, has an impressive list of accomplishments. She is the founder and president of the Omani-Bahraini Friendship Association which was officially announced by the Omani Ministry of Foreign Affairs in March 2022. Her leadership highlights her dedication to fostering strong ties between Oman and Bahrain.

Hujaria is known for her pioneering roles in various prestigious organisations. She is the first Omani woman to become a member of the executive office of the Arab Organisation of Museums (ICOM) and a respected member of the International Council of Museums.



GAC unveils offers on Mitsubishi ASX and Xpander till stocks last

General Automotive Company (GAC), the authorised distributor of Mitsubishi Motors in Oman, announced an unbeatable price on two of its popular models, the spacious 7-Seater Xpander and Sub-Compact SUV ASX.

This special price is valid only till vehicle stocks last, presenting a unique opportunity to experience the comfort, style, and adventure that Mitsubishi vehicles are renowned for, a press release said.

The Mitsubishi Xpander offers a blend of comfort and versatility, making it the perfect vehicle for families and those seeking a touch of sophistication. This spacious 7-seater boasts multiple seating configurations, ensuring a comfortable journey for all passengers. Features such as rear AC vents, an 8-inch Digital Gauge Cluster, and Smart-Link Display Audio enhance convenience and entertainment on the move.

Packed with family-friendly features, the Xpander starts at RO6,995 including VAT and comes with a comprehensive 6-year unlimited kilometers warranty for complete peace of mind.

Designed for enthusiasts who crave adventure, the Mitsubishi ASX offers exceptional performance and style. Equipped with Electronically Controlled 4WD and a powerful 2ltr MIVEC



engine, the ASX delivers thrilling performance on both city streets and rugged terrains. LED headlamps with LED DRLs, Rear view Camera and an 8-inch touchscreen with Smart Display Audio enhance convenience and safety.

The ASX is available at a starting price of RO7,995, including VAT and, like the Xpander, boasts a 6-year unlimited kilometers warranty, ensuring reliability and confidence for every journey.

Manoj Ranade, general manager of General Automotive Company, said, "We are thrilled to bring these exceptional deals on the Mitsubishi Xpander and ASX to our customers in Oman. These models combine versatility, advanced features, and Mitsubishi's renowned reliability, making them ideal choices for families and adventure enthusiasts alike.

"With attractive starting prices and comprehensive warranties, they make a compelling choice for anyone looking to buy a vehicle in Oman. There's no better time to discover the Mitsubishi Motors advantage than now, as these offers are available only until stocks last."

GAC invites patrons and prospective customers to visit their nearest Mitsubishi Motors showroom in Azaiba, Mabelah, Barka, Sohar, Nizwa, Ibri, Sur, Jalan Bani Buali and Salalah to experience the Xpander and ASX.

Lincoln floats latest summer offer



Indulge in the exquisite timeless elegance and refined craftsmanship of Lincoln's premium SUV range. Experience Lincoln's latest summer promotion with additional service and registration incentives across Lincoln models.

New Lincoln Owners can now benefit from upgraded service of up to 100,000km and free first-year registration. The offer is valid till August 1, a press release said.

Owning a Lincoln is a premium-power experience. The new offer entitles customers to additional service benefits and a registration fee waiver for the first year. A Lincoln representative commented, "We aim to enhance the luxurious ownership experience. Customers can benefit from our exclusive after-sale service and state-of-the-art service facilities by trained professionals."

Lincoln's premium range includes the Nautilus, Aviator, Corsair and Navigator. Select from a range of powerful SUVs, built with premium craftsmanship, high-technology safety and connectivity features. The Lincoln is the perfect choice for a summer getaway with family and off-roaders.

Embark on the next road trip in the 5-seater mid-size Nautilus powered by a turbocharged 2ltr engine that produces 250 horsepower and 380Nm torque mated with an 8-speed automatic transmission. The engine is exceedingly fuel-efficient and delivers optimal power output. Elevate the experience with seamless connectivity with Android Auto Play and Apply Car play compatibility, wireless charging options, smart exit and entry systems, powerful LED headlamps with AHS, front-rear and side airbag protection, anti-lock braking system and a plethora of other features.

The Navigator powered by a twin-turbo V6, 3.5L GTDI engine that produces a thrilling 440 horsepower and 691 Nm of torque and paired with a 10-speed automatic transmission with SelectShift paddle activation. Easily switch between driving modes with a beautiful animation display, ambient lighting and daytime running LED lights. Command the road with Lincoln's 22" polished aluminium wheels and the night-time illuminated Lincoln logo to set off a journey of a lifetime.

The Lincoln Aviator, a mid-sized 4x4 makes a bold presence with an inspiring design and sleek profile. The Aviator offers premium capability in a three-row 7-seater setting.

NBO, Landmark Group join hands BankDhofar SME support continues

Marking a significant step towards enhancing customer experiences, National Bank of Oman (NBO) has announced a new partnership with Landmark Group, enabling its customers to convert their NBO Rewards Programme points into Shukrans.

This collaboration allows customers to redeem their rewards across a vast selection of 25 Landmark Group brands, reflecting NBO's commitment to providing its customers with enhanced value and a broader range of reward options, a press release said.

Maha al Raisi, assistant general manager and head of Retail Products at NBO, said, "National Bank of Oman is thrilled to partner with Landmark Group to bring our customers even more value through the NBO Rewards Programme. By converting their NBO Rewards into Shukrans, our customers can enjoy a wide range of shopping options across various leading brands, making their rewards more versatile and valuable. This collaboration marks NBO as the first bank in Oman to offer such a feature."

"We encourage all our customers to take advantage of this opportunity by logging into their NBO App and converting their rewards today. This partnership is a testament to our commitment to enhancing customer satisfaction and delivering increased delight in reward redemption. We are confident that our customers will enjoy this exciting new way to shop."

Shukran, the largest and most successful retail loyalty programme in the Middle East, offers a highly rewarding shopping experience. With Shukrans, customers can shop at a wide range of brands, including Centrepunt, Lifestyle, Babyshop, Shoe Mart, Max, Home Centre, and E-max.



By converting NBO Reward points to Shukrans, customers can enjoy shopping at some of the region's most popular retail destinations, further enriching their loyalty programme benefits.

Saikat Mishra, territory head at Oman Landmark Group, said, "Landmark Group is happy to form a partnership with NBO. Through this collaboration, NBO customers now have the opportunity to convert their NBO reward points into Shukrans, the loyalty points of Landmark Group, and redeem them across our extensive network of stores spanning over 25 brands.

BankDhofar, in alignment with Oman Vision 2040, is taking substantial steps to support the Small and Medium Enterprises sector.

The bank has significantly enhanced its focus at this sector as it is the backbone of the economy that will boost economic prosperity for the state and individuals alike, a press release said.

A set of policies and initiatives have been set forward since the launch of the implementation of Oman Vision 2040, to finance these institutions and to ensure their expansion and increase their contribution to the Gross Domestic Product of the Sultanate of Oman, such as raising the capital of the Development Bank and launching the Oman Future Fund.

Various government institutions and private sector establishments seek to encourage young entrepreneurs to establish their small and medium enterprise post-graduation, as they have a major role in achieving economic growth and providing job opportunities for other citizens. This is done by providing financing to them through various banks and financial institutions, and providing technical consultations to avoid the faltering of their projects through the stages of establishment and expansion, as well as enabling their products to be available in local markets by holding various exhibitions and conferences, and supporting emerging companies based on innovation and technology.

Thanks to these continuous efforts from all government and private agencies, the number of micro, small, and medium enterprises increased to 240,000 enterprises by the end of last year 2023, and their numbers may double in the coming years through continuous encouragement of Omani youth venturing to open their own enterprise, and providing them with the necessary tools and support to ensure their existence. It is driving the wheel of the national economy.

BankDhofar's SME Business Banking account is currently supporting owners of small and medium enterprises by having a specialised bank account. The account provides solutions to meet the day-to-day needs of customers and offers a range of investment solutions, including time deposits and financial products, to help businesses grow and maximise their surplus funds.

The bank also has an innovative SoftPOS system. It is one of the great advantages for entrepreneurs who have a bank account for their company in BankDhofar, as it makes it easy to collect payments from customers via smart devices without the need for a specific device to do it. In addition, the banks Wage Protection System simplifies the process of paying the staff salaries conveniently.



Al Mouj Muscat, MoHERI announce 11th Science Cafe

Al Mouj Muscat, in collaboration with the Ministry of Higher Education, Research, and Innovation (MoHERI), represented by Oman Animal and Plant Genetic Resources Center (Mawarid), hosted the eleventh edition of the Science Café.

Building on the successes of previous installments, this initiative aims to enhance scientific literacy and fostering discussions on critical issues such as genetic resources, biodiversity, and the impact of carbon sequestration on global warming, a press release said.

This latest edition of the Science Café, held at Al Mouj Muscat, welcomed more than 60 attendees. It was moderated by Dr Mutassim al Maamari and featured distinguished speakers Dr Maryam bint Mohammed al Busaidi, head of the National Programme for Carbon Sequestration, and Sara bint Zaher al Affani, manager of Farm Planning at Nakheel Oman.



Dr Maryam provided an insightful introduction and a comprehensive review of the government's carbon sequestration efforts. Following her presentation, Sara al Affani discussed the impact of carbon sequestration on the agricultural sector.

The event emphasised the crucial role of genetic resources, particularly in aquatic ecosystems and forests, in carbon sequestration and combating global warming. The panel highlighted that about 45% of CO2 emissions from human activities remain in the atmosphere, significantly contributing to global warming. They also engaged with attendees, addressing a range of questions and fostering an informative and dynamic discussion.

Nasser al Sheibani, CEO of Al Mouj Muscat, said, "Al Mouj Muscat's commitment to promoting scientific discussions and fostering local talent through platforms such as the Science Café reinforces to our mission to maintain strong corporate responsibility. Our collaboration with MoHERI allow us to take a major step in supporting Oman's Vision 2040 by contributing to the growth of local professionals and of scientific industries."

Dr Saif bin Abdullah al

The event emphasised the role of genetic resources, particularly in aquatic ecosystems, carbon sequestration and combating global warming

Haddabi, Undersecretary of the Ministry of Higher Education, Research, and Innovation, said, "Our collaboration with Al Mouj Muscat is instrumental in fostering a robust ecosystem for scientific research and innovation in Oman. This partnership enhances opportunities for joint initiatives and supports the development of a knowledge-driven community. By committing to advancing educational cooperation and cultivating local talent, we advance our vision for a robust economy."

ISB student takes big strides in Telangana

Abdul Hameed Eshaan, a grade 7 student from Indian School Bousher, made a remarkable impact at the 9th Telangana Sub Junior and Junior Inter-district Swimming Championship, held on July 13 and 14.

Competing in the highly competitive Junior category, Eshaan's stellar performance earned him overall championship with four gold medals and one silver medal, a press release said.

Eshaan's success at the state level has secured his qualification for the National Championships, where he will represent Telangana.

K P Sharma Oli appointed as Nepal PM

Kathmandu, Nepal - Chairperson of the Communist Party of Nepal (Unified Marxist-Leninist), K P Sharma Oli, was appointed the Prime Minister of Nepal for the fourth time on Monday at the President's office in Sheetal Niwas.

He was appointed to the post by President Ram Chandra Paudel as per Article 76(2) of Nepal's constitution. After being sworn in as Prime Minister Oli also inducted 21 ministers on board the cabinet which includes two Deputy Prime Ministers.

Oli and Congress President Sher Bahadur Deuba jointly signed an application for the President to appoint the UML chief the new prime minister on Friday evening right after the results of the vote of confidence.

Oli, with the backing of the Nepali Congress and smaller parties on Friday, had submitted signatures of 165 lawmakers claiming majority support in the parliament for the Prime Ministership. Prakash Man Singh and Bishnu Paudel took charge as Deputy Prime Ministers.

The Prime Minister must take a vote of confidence within 30 days of appointment to prove his



K P Sharma Oli, was appointed the Prime Minister of Nepal for the fourth time on Monday at the President's office in Sheetal Niwas

support.

The Oli-led cabinet includes ministers from the Nepali

Congress, the Communist Party of Nepal (Unified Marxist-Leninist), Janata Samajbadi Party

(JSP) and Loktantrik Samajbadi Party (LSP). Since the NC and UML have set aside four min-

istries for other parties, other fringe parties in the federal parliament are also expected to join

his cabinet.

The Constitution of Nepal mandates a Prime Minister to

cross a majority of 138 out of 275 seats in the House of Representatives to take over as the Prime Minister.

The Nepali Congress and CPN-UML (Communist Party of Nepal- Unified Marxist Leninist) had signed an agreement on July 2 to divide 9 and 8 ministries respectively on board the council of ministry. As per the July 2 deal between Congress chief Deuba and UML chairman, Oli, the two parties will lead the government on a rotational basis until the next general elections in 2027. But, the deal has not been made public to date.

Meanwhile, Indian Prime Minister Narendra Modi extended his best wishes to K P Sharma Oli on his appointment as the Prime Minister of Nepal.

"Congratulations @kpsharmaoli on your appointment as the Prime Minister of Nepal. Look forward to working closely to further strengthen the deep bonds of friendship between our two countries and to further expand our mutually beneficial co-operation for the progress and prosperity of our peoples," Modi posted on X. ANI

RIDING CAMELS IN GOBI DESERT



Tourists ride camels at the Mingshashan and the Crescent Lake, an oasis scenic spot in the Gobi Desert in Dunhuang, northwest China's Gansu Province on Sunday. Many tourist destinations across China have recently seen a surge in visitors as the country enters its peak summer tourist season (Xinhua)

Pakistan government seeks to ban Imran Khan's party

Islamabad, Pakistan - Pakistan's Information Ministry on Monday said the government would move to ban the political party of jailed former Prime Minister Imran Khan.

"The federal government will move a case to ban the PTI (Pakistan Tehreek-e-Insaf)," Information Minister Attaullah Tarar told reporters in Islamabad, saying the case would be taken to the Supreme Court. "We believe that there is credible evidence that PTI should be banned," he said, citing allegations against Khan including leaking state secrets and inciting riots.

Why is Imran Khan in jail?

Khan, who served as premier from 2018 to 2022, has been jailed for nearly a year.

Monday's announcement comes days after a court over-



turned Khan's conviction and ordered his release in a case relating to his marriage. However, Khan remains in jail on charges of inciting riots.

The former premier faces multiple charges in more than 100 cases. His sentences and convictions in several cases have

been either suspended or overturned by the courts.

Khan claims that the cases are politically motivated and seek to prevent his return to power.

The PTI was barred from contesting elections earlier this year, forcing its members to stand as independents. The candidates

then emerged as the largest single group in parliament, with 93 lawmakers.

The party claimed that there was widespread vote-rigging on election day to prevent it from winning a majority of seats in parliament. DW

What is Estonian Prime Minister Kaja Kallas' EU foreign policy vision?

Until a few months ago, Estonian Prime Minister Kaja Kallas was a lead candidate in the race to replace Jens Stoltenberg as secretary-general of the North Atlantic Treaty Organisation (NATO), but her reputation as a Russia hawk scuttled her chances.

Influential NATO member states, many from the European Union, agreed that with the war in Ukraine, it was no longer possible to keep the eastern members on the fringe in Brussels' hierarchy. However, there were concerns that handing the top security job to a Baltic leader was too strong a message for Russian President Vladimir Putin.

Moreover, the possibility of a change in US leadership and calculations over who could best deal with Donald Trump should he win the November presidential election was also an issue.

Kallas took it on the chin and endorsed Mark Rutte as the next NATO boss. However, observers suspected her nonchalant exit was part of an agreement that

paved the way for her to enter the office of the EU high representative for foreign policy.

Kallas, 47, was one of the first EU leaders to sound the alarm about Putin's expansionist designs, warning colleagues against falling into the 'trap' of believing good trade relations with Moscow could avert the crisis that Europe later found itself in when Russia invaded Ukraine.

"Her nomination proves that now she represents the mainstream view in EU capitals," said Merili Arjakas, a fellow at the International Centre for Defence and Security (ICDS), a think tank in Tallinn, Estonia. Kallas' credentials and instincts seem to have turned into assets as the EU decided to step out of its comfort zone and prepare against the Russian threat. Some are even mulling whether to bring back military conscription.

Kallas' foreign policy priorities

Several experts told DW that Kallas is the right pick at the right time in terms of foreign policy,



mostly because, over the next five years, the EU's focus will be on strengthening defences against Russia.

As the prime minister of Estonia, a tiny country that was part of the Soviet Union until 1991, and the daughter of a woman who was deported to Siberia as a baby, Kallas understands all too well what could happen if Ukraine lost its war with Russia or was forced to cede territory.

Her top priority as the EU's chief diplomat will be ensuring that Europeans are prepared to prevent future Russian advances.

The war in Ukraine has exposed many of Europe's vulnerabilities, including inadequate ammunition production and gaps in satellite-based surveillance and reconnaissance capabilities. Kallas has suggested joint borrowing by the EU to fund the expansion of defence capabilities. While France's President Emmanuel Macron has backed the idea, it will be harder for her to convince fiscally prudent states like Germany. Reports suggest she may have raised it in February in Hamburg with Chancellor Olaf Scholz.

Estonia's first woman Prime Minister Kaja Kallas has stepped down to become the foreign policy chief of the European Union later this year

However, there are already concerns over potential turf wars within the bloc and whether Kallas' focus on Russia might steal the thunder of incoming NATO chief Rutte.

"In terms of a military crisis, it is important who gives orders to whom and how the chain of command really works. That is NATO, militarily," she said in March in a bid to clarify. "But boosting the defence industry is where the European Union also has a say."

Kallas' bigger challenge will be defining her foreign policy vi-

sion in other areas, such as dealing with Iran, China, and the Middle East.

No particular policy?

Kristi Raik, deputy director at the ICDS, the Estonian think tank, said Kallas will have a critical view of China and Iran but will also judge them based on their ties with Moscow.

"I think China will be an issue where the EU is kind of developing its approach regarding transatlantic relations," said Raik. "Iran, I don't think she will strongly formulate a view. But with Iran now being a close partner of Russia and being an authoritarian regime, that will be the basic starting point."

Raik added that Kallas will take great care in pushing for a multilateral, rules-based world order. "She comes from a small state, so it's very natural for her to lay strong emphasis on a rules-based order where international agreements are valid and norms respected."

Others, however, have said that while that approach may

work in the context of the threat Russia poses to smaller Baltic states, it could be controversial when it comes to conflicts in the Middle East. In May, Estonia voted in favour of a United Nations General Assembly resolution upgrading Palestinian status from that of an observer to full membership. An Israeli source told DW that while little was known about Kallas in Tel Aviv, Estonia's vote had been noted.

"Kallas personally hasn't been vocal about foreign policy questions other than Russia," Merili Arjakas of the ICDS added. "In any case, it will come down to what the EU decides as a whole on major foreign policy questions."

And then there is the question of whether she will pursue a so-called feminist foreign policy.

Even among feminists, there is a debate about whether a feminist foreign policy merely encourages the inclusion of women in positions of power, fights for their rights and pushes for allocation of more resources. DW

Germany’s Baerbock visits West Africa amidst Sahel violence

Berlin, Germany - German Foreign Minister Annalena Baerbock was in West Africa on Monday as instability in the Sahel threatens to spread to other regions.

“If more countries in West Africa descend into instability, that will not only have dramatic consequences for the local population but also a direct impact on our security in Europe,” Baerbock said ahead of her two-day visit, which includes stops in Senegal and Ivory Coast.

The two countries are some of West Africa’s last remaining democracies amid coups and outbreaks of violence that have seen many countries in the area turn their back on the West and instead seek support from Russia and China.

Baerbock said that Germany will be ‘focusing on offers that benefit people on both sides today and tackle the challenges of the future together’.

Since 2020, Mali, Chad, Guinea, Burkina Faso, Niger, and



Germany’s top diplomat is set to meet with her Senegalese counterpart Yassine Fall, as well as newly elected President Bassirou Diomaye Faye in Dakar

Gabon have seen military uprisings. Meanwhile, in neighbouring Sudan in particular, sectarian violence has led to compounding humanitarian crises and some 15,000 deaths.

Baerbock to talk migration

The people of Senegal and Ivory Coast, as well as ‘other countries bordering the Sahel, live under the constant threat that terror and violence from neighbouring countries will also seep into their

societies’, Baerbock said.

Germany’s top diplomat is set to meet with her Senegalese counterpart Yassine Fall, as well as newly elected President Bassirou Diomaye Faye in Dakar. Migration and renewable energy are set to be at the top of the agenda.

Baerbock is also scheduled to see the electric Bus Rapid Transit (BRT) system in the Senegalese capital, one of the first such fleets in Africa.

Anadolu Agency



Rwanda President Paul Kagame

Rwanda votes, Kagame victory almost certain

Kigali, Rwanda - Polls opened in Rwanda on Monday morning for presidential and parliamentary elections as President Paul Kagame’s fourth term in office seemed all but assured.

Over nine million Rwandans are eligible to cast their ballot.

The election features the same two opponents as the last election in 2017, when prominent opposition candidates were also barred from running.

Frank Habineza is the leader of the Democratic Green Party, and in the last election, garnered a mere 0.48 per cent of the vote. Philippe Mpayimana, an independent, was the only other person approved to run out of eight applicants.

Kagame, 66, is seen in turn as an autocrat who swiftly silences any criticism but also as a strong leader who brought the country back to stability after the devastating genocide of 1994. Some 800,000 people, mostly ethnic Tutsis, died in a period of 100 days. Kagame has been the de

facto leader since then and president since 2000.

Abroad, Kagame has been heavily criticised for arbitrarily jailing his political opponents, as well as extrajudicial killings and enforced disappearances. He has also been accused of stoking unrest in the neighbouring Democratic Republic of Congo, where a recent UN report says Rwandan troops are fighting alongside M23 rebels in the troubled east.

With some 65 per cent of Rwanda’s population under 30, Kagame is the only leader much of the country has ever known. He has overseen controversial new laws that allow him to rule until at least 2034.

For weeks, the powerful propaganda arm of his Rwandan Patriotic Front (RPF) has been working full-tilt while courts rejected appeals from opposition figures Bernard Ntaganda and Victoire Ingabire to remove previous convictions that effectively disqualified them from running.

DW

US: Biden calls for unity after Trump assassination attempt

Washington, D.C., US - US President Joe Biden called on Americans to ‘stand together’ on Sunday following an assassination attempt against former President Donald Trump, saying politics must never be a ‘literal battlefield’.

“We debate and disagree, we compare and contrast the character of the candidates, the records, the issues, the agenda, the visions for America. But in America, we resolve our differences at the ballot box. That’s how we do it, at the ballot box - not with bullets. The power to change America should always rest in the hands of the people, not in the hands of a would-be assassin,” Biden said when addressing the nation from the Oval Office.

Noting that disagreements are inevitable in a democracy, he said: “But politics must never be a literal battlefield, god forbid a killing field.”

“We can’t allow this violence to be normalised. The political rhetoric in this country has gotten very heated. It’s time to cool it down. We all have a responsibility to do that,” he added. “I believe politics ought to be an arena for peaceful debate,” he said. “All of us now face a time of testing as the election approaches.”

“Violence has never been the answer. Whether it’s with members of Congress of both parties being targeted and shot, or a violent mob attacking the Capitol on January 6, or a brutal attack on the spouse of former Speaker of the House Nancy Pelosi, or information and intimidation on election officials, or the kidnapping



US President Joe Biden said the motive of the shooter, who was identified as Thomas Matthew Crooks, a 20-year-old Pennsylvania man, is still unknown

plot against a sitting governor, or an attempted assassination on Donald Trump,” he stressed.

On the assassination attempt against Trump at a rally, Biden said the motive of the shooter, who was identified as Thomas Matthew Crooks, a 20-year-old Pennsylvania man, is still unknown, noting that law enforcement professionals are investigating the incident.

Crooks was fatally shot by a Secret Service agent after he opened fire from what the agency said was an elevated position outside of the Butler, Pennsylvania field where Trump was addressing his supporters ahead of November’s presidential election.

Earlier on Sunday, Biden said

We can’t allow this violence to be normalised. The political rhetoric in this country has gotten very heated. It’s time to cool it down. We all have a responsibility to do that

JOE BIDEN

he spoke with Trump the previous day, adding: “I am sincerely grateful that he’s doing well, and recovering. We had a short but good conversation. Jill and I are keeping him and his family in our prayers.”

In addition to the shooter, one spectator is dead and two others were critically injured.

Biden also extended his condolences to the family of the man who was killed, Corey Compera-

tore. “Corey was a husband, a father, a volunteer firefighter, a hero, sheltering his family from those bullets,” he said.

Meanwhile, the US Federal Bureau of Investigation (FBI) said on Sunday that it is looking into the assassination attempt against former President Donald Trump during a rally in Pennsylvania as a ‘potential domestic terrorism act’ while noting that the shooter had

acted alone.

“At this point (in) the investigation, it appears that he was a lone actor, but we still have more investigation to go,” Robert Wells, the executive assistant director of the FBI’s National Security Branch, told reporters, referring to the suspected shooter, who was identified as Thomas Matthew Crooks, a 20-year-old Pennsylvania man.

“We are investigating this as an assassination attempt but also looking at it as a potential domestic terrorism act,” he added.

“So our counterterrorism division and our criminal divisions are working jointly together to determine the motive,” Wells said.

Anadolu Agency

CONQUERING GIZA PYRAMIDS



A tourist poses for a photo at the Giza Pyramids scenic spot in Giza, Egypt, on Sunday. Tourism revenue of Egypt hit US\$6.6bn in the first half of 2024, surpassing the US\$6.3bn dollars during the same period in 2023 (Xinhua)

Childhood immunisation levels stalled in 2023: UN

Geneva, Switzerland - Global childhood vaccination levels have stalled, leaving around 2.7mn children lacking the protection they need compared to the pre-COVID-19 levels of 2019, UN agencies said on Sunday, warning of dangerous coverage gaps enabling outbreaks of diseases like measles.

That is according to the World Health Organisation (WHO) and UN Children’s Fund (UNICEF) snapshot of trends for vaccinations against 14 diseases - all of which underlines the need for ongoing catch-up, recovery, and system-strengthening efforts.

“The latest trends demonstrate that many countries continue to miss far too many children,” said UNICEF Executive Director Catherine Russell.

The data revealed that previous progress in reaching pre-pandemic immunisation levels has stalled. Worldwide diphtheria, tetanus and pertussis (DTP) im-



munisation coverage was 84 per cent in 2023, the same as in 2022 but below 86 per cent recorded in 2019. This stagnation reflects ongoing challenges with disruptions in healthcare services, logistical challenges, vaccine hesitancy and inequities in access to services, the report added.

The new report also showed that the number of children who had not received a single dose of the DTP vaccine increased from

13.9mn in 2022 to 14.5mn in 2023. Additionally, 6.5mn children did not complete their third dose of the DTP vaccine, which is necessary to achieve disease protection in infancy and early childhood.

The data further highlighted that vaccination rates against the deadly measles disease stalled, leaving nearly 35mn children lacking sufficient protection.

WAM

Call for stance against US arming Israel

The call by Gaza Government Media Office came amid extensive military escalation by Tel Aviv

Gaza City, Palestine - The Gaza Government Media Office urged the international community on Monday to take a stance against the US arming of Israel, which has led to the deaths of tens of thousands of Palestinians in the Gaza Strip.

This call came amid extensive military escalation by Tel Aviv, which enjoys US support, resulting in the deaths and injuries of hundreds of displaced persons over the past two days.

Since the start of its devastating war on Gaza on October 7, Washington has provided Tel Aviv with support across military, intelligence, and diplomatic levels. The US is also set to supply Israel with weapons worth billions of dollars in the coming months. "The US administration, under President Joe Biden, has caused a humanitarian catastrophe for Palestinians through its involvement in genocide and its provision of internationally banned weapons to the occupation, leading to the deaths of more than 38,500 martyrs and 88,800 injured," the media office said in a statement.

Regarding arms deals, the statement highlighted that 'the US has granted the Israeli occupation all types of prohibited weapons, including missiles and bombs weighing 200 pounds of explosives'.

The office also called on 'the



Empty or unexploded US-manufactured ammunition and the remnants of rockets are found in the region after Israeli army's withdrawal from Khan Yunis, Gaza on June 4, 2024

world to condemn the American brutal behaviour towards the Palestinian people', urging 'the international community to take a principled and public stance against the US and its serious transgressions in arming the Israeli occupation'.

On April 20, the Wall Street Journal reported that the Biden administration is preparing a new

US\$1.3bn arms sale to Israel, citing unnamed US officials who confirmed that Washington continues its uninterrupted military support to Israel.

The US newspaper also noted that this deal would be one of the largest military support packages the US has provided to Israel since October 7.

It pointed out that this latest

deal is separate from the US\$26bn support package for Israel currently under consideration by the US Congress.

Death toll rises to 38,664

At least 80 more Palestinians were killed in Israeli attacks in the Gaza Strip, pushing up the overall death toll to 38,664 since last

October 7, the Health Ministry in the battered territory said on Monday. A ministry statement added that some 89,097 other people have been injured in the onslaught. "Israeli forces killed 80 people and injured 216 others in three 'massacres' against families in the last 24 hours," the ministry said.

"Many people are still trapped

under rubble and on the roads as rescuers are unable to reach them," it added.

The death toll from Israeli bombardment of a UN-run school sheltering displaced Palestinians in the central Gaza Strip rose to 22, the Health Ministry said on Monday.

At least 102 other people were injured in the attack that targeted

Since the start of its devastating war on Gaza on October 7, Washington has provided Tel Aviv with support across military, intelligence, and diplomatic levels. The US is also set to supply Israel with weapons worth billions of dollars in the coming months

the Abu Oreiban School run by the UN Agency for Palestinian Refugees (UNRWA) in the Nu-seirat refugee camp on Sunday, the ministry added in a statement. According to witnesses, several children and women were among the victims.

The Israeli army acknowledged the attack, claiming that the school served as a hideout and operational infrastructure for attacks against its forces.

Sunday's school attack came one day after at least 90 people were killed and nearly 300 others injured in an Israeli strike on a 'humanitarian zone' for displaced Palestinians in Gaza Strip.

Anadolu Agency

Israeli settlers establish new outpost near Ramallah

Ramallah, Palestine - Illegal Israeli settlers established a new outpost on Monday east of Ramallah in the occupied West Bank, according to a local nongovernmental organisation.

"A group of extremist settlers set up tents and placed barbed wire over land belonging to the village of Burqa, east of Ramallah," Hassan Mleihat, the general supervisor of the local Al-Baidar Organization for Defending Bedouin Rights, told a press conference. He pointed out that this move was aimed at establishing a new settlement outpost.

"This area has seen rising conflicts between illegal settlers and Palestinians over land, and the new outpost is part of the occupation government's plans to seize more land for settlement expansion," Mleihat added.

Estimates indicate that around 700,000 Israeli settlers live in roughly 300 illegal settlements in the occupied West Bank and East Jerusalem.

All Israeli settlements in the occupied territories are considered illegal under international law.



Tensions have been running high across the West Bank since Israel launched a deadly military offensive against the Gaza Strip that killed nearly 38,600 people after an attack by the Palestinian group Hamas on October 7 last year.

At least 574 Palestinians, in-

cluding at least 136 children, have since been killed and nearly 5,350 others injured by Israeli army fire in the occupied territory, according to the Health Ministry.

The Israeli army also raided on Monday cities and towns across the occupied West Bank, arresting Palestinians and destroying

property. Witnesses told Anadolu that the army stormed the towns of Qabatiya, Yabad, Marka, and Bir al-Basha in Jenin, leading to armed clashes with Palestinian fighters.

The army destroyed properties and homes during the raid on Qabatiya, amid sounds of gunfire

Estimates indicate that around 700,000 Israeli settlers live in roughly 300 illegal settlements in the occupied West Bank and East Jerusalem

and explosions in various parts of the town, the witnesses said.

They also noted that the army blew up a vehicle and arrested several Palestinians from the towns before withdrawing.

In Nablus, the Israeli army raided several towns, including Jammain, where they searched homes and shops, arrested three Palestinians, and interrogated them on-site before releasing them, according to witnesses.

The army also conducted raids in towns in the governorates of Qalqilya, Bethlehem, Hebron, and Ramallah, before later pulling back.

Anadolu Agency



Syrian President Bashar al-Assad

Syrians vote for new parliament

Damascus, Syria - Polls opened on Monday in government-held parts of Syria for a legislative election that was likely to yield no surprises.

The election is the fourth to take place in Syria amid an ongoing war, which started in 2011 following mass anti-government protests and a brutal clampdown on demonstrations by security forces.

Candidates' campaigns largely revolved around general slogans, such as national unity and prosperity, in a country ravaged by a conflict involving foreign armies and militants.

Many people called for an election boycott in the southern province of Sweida, where anti-government protesters have regularly rallied over the past year.

Online footage showed demonstrators seizing ballot boxes off a truck in a bid attempt to stop them from arriving at polling stations.

How does the election work?

The Syrian government has approved 1,516 candidates to run for the 250-seat People's Assembly.

Syrians are eligible to vote with an identity card from the age of 18. There are 8,150 polling stations in 15 voting districts in government-held parts of Syria.

People living in the Kurdish-

controlled northeast, the militant-run city of Idlib in the northwest or along the northern border with Turkey under the rule of Ankara-backed rebels effectively cannot vote.

However, voters in government-held areas can elect candidates vying for seats representing non-government-controlled regions.

Millions of Syrians who have sought refuge abroad after the war broke out cannot vote.

What is expected?

Elections in Syria rarely have surprising results, as the country has been run by the same family for decades.

Analysts say the number of candidates put forward by President Bashar Assad's Baath party is just above the margin of members needed to propose a constitutional amendment, protect the president from being accused of treason and veto legislation.

There are no real opposition parties competing, and all the independent candidates are seen as either loyal to the regime or unthreatening.

Under current laws, Assad faces term limits that would end his presidency in 2028. The coming parliament is therefore widely expected to pass a constitutional amendment to extend his rule.

DW

Major cities in US brace for record-breaking temperatures

Washington, D.C., US - Millions of Americans are facing scorching temperatures as a record-breaking heat wave expands eastward, threatening major cities with 'particularly intense' heat.

The relentless heat wave that has scorched the western US for the past week is now expanding into the central and eastern regions, bringing with it a slew of health risks and infrastructure challenges, according to USA Today. As temperatures soar, meteorologists and health officials are sounding the alarm on the potentially deadly conditions facing millions of Americans.

"A broad heatwave from the Plains to the East Coast will continue over the next couple of days, becoming particularly in-



tense for many of the urban centres in the Southeast, Ohio Valley, and along the East Coast," USA Today reported, citing the National Weather Service.

At least 30mn people are expected to face temperatures of 100 degrees Fahrenheit (approximately 37.8 degrees Celsius) or higher, with millions more expe-

riencing 90-degree Fahrenheit heat, according to AccuWeather.

The severity of the situation is underscored by the forecast of heat indices reaching 105 to 110

degrees Fahrenheit (approximately 40.6 to 43.3 degrees Celsius) in many areas. These extreme conditions are exacerbated by high humidity levels, creating a dangerous environment, especially for vulnerable populations.

These conditions will be 'dangerous and potentially deadly' for those without adequate access to effective cooling and hydration, warned the weather service.

The risk is particularly high in urban areas across the Southeast, Ohio Valley, and East Coast, where the heat is expected to be most intense.

The heat wave has already been linked to at least 30 fatalities in the West, and concerns are growing as it expands eastward.

Anadolu Agency

Europe struggling to recruit soldiers

Beginning July 17, a lottery could determine who in Latvia will be drafted into the army. As of this year, conscription is once again compulsory in the Baltic country. If not enough volunteers sign up for the 11-month service, the army will draft young men.

Neighboring Lithuania reintroduced compulsory military service in 2015, Sweden in 2017, and countries such as Germany and the UK are currently discussing whether they should do so as well.

"The promise of conscription is really powerful," says Sophia Besch of the Carnegie Endowment for International Peace in Washington DC. "It seems to offer a path to building up military reserve, which is what you need in the case of war." Many European armies, including Germany's, are currently struggling to recruit enough soldiers.

Conscription, which originated with the civilian armies of the French Revolution, seemed unnecessary in Europe after the end of the Cold War. With the Russian attack on Ukraine, things have now changed. European countries fear a direct conflict with Russia, Besch told DW. And they want to be prepared for it.

Ready for war

For a long time, the argument has been 'that we need more technology, more highly equipped, fewer, professional forces', said Besch. "I think we need both. We need highly equipped forces. We need the technology on the battlefield, and we need more troops. And that is exactly what the war on



Most of Europe has abolished compulsory military service. Now, faced with the threat from Russia, some countries want to bring it back

We need highly equipped forces. We need the technology on the battlefield, and we need more troops. And that is exactly what the war on Ukraine is showing us

SOPHIA BESCH

Ukraine is showing us."

The Russian war against Ukraine has turned out to be a war of attrition. Hundreds of thousands of soldiers have already been killed. And Russia is

still sending new recruits to the front, some of them with virtually no training. This shows that even with the use of drones and supersonic missiles, there is still a high demand for soldiers in modern warfare.

"If you think about modern warfare, you need to have high-tech weaponry and you also need to have soldiers who are capable of operating them," Bove told DW. He believes that conscription involving less than one year of training is simply insufficient. "So they talk about 3 months, six months, maybe nine months, which in my view does not provide the foundational skills and knowledge that is sufficient for combat units within

the armed forces," said Bove, who learned how to fight submarines firsthand as an officer in the Italian Navy.

And he says there is yet another problem more serious than lack of training and experience. "If you're forcing young people to serve in the armed forces against their will, there is obviously an issue about the absence of motivation, which compounds the lack of training and experience," said Bove.

Only highly motivated sol-

diers are prepared to put their lives on the line. And that can be decisive in winning a war. "I can't see how you can really make sure that people will ultimately employ weapons and fight on the battlefield and be successful."

Bove cited the large number of casualties among those conscripted into the Russian army. He also pointed to surveys showing that many young people wouldn't be willing to defend their country with weapons even if attacked.

The costs for politics, business

According to a recent study, reintroducing conscription could cost Germany up to 70bn (US\$76bn) a year. After all, it's not just military instructors, barracks, and uniforms that are expensive. It weakens the economy when young people serve in the army instead of working.

"Obviously there is a high cost when you think about conscription," said Bove. In addition to the economic costs, there are also political costs. "Those people who were forced to serve, then years later they display a lower level of trust towards institutions." Bove and his colleagues have analysed this in a scientific study. He fears that universal conscription could weaken democracy in Europe in the long run.

Bove praises the Swedish model, which is based on voluntary service. Under this model, only those who are highly motivated are invited to take part in the draft. The army can use numerous tests to select those who seem best suited to serve in the armed forces. In this way, the number of recruits is lower, but over time the army can draw on a very large reserve of qualified soldiers.

Sophia Besch from the Carnegie Foundation also shares the concern that compulsory military service could boost the popularity of extremist parties in Europe. "If politicians were to pursue conscription against domestic resistance, then they risk creating single-issue voters. DW



China: CPC kicks off meeting

Beijing, China - The 20th Central Committee of the Communist Party of China (CPC) kicked off its 'reform-oriented' third plenary session in Beijing on Monday, state media reported.

President Xi Jinping, who is also the general secretary of the CPC Central Committee, delivered a work report on behalf of the Political Bureau of the CPC Central Committee and expounded on a draft decision of the CPC Central Committee on

further deepening reforms and advancing Chinese modernisation, state-run English daily *Global Times* reported.

The document centres on 'further comprehensively deepening reform and advancing Chinese-style modernisation'.

The four-day meeting is important because the Central Committee will issue an authoritative 'decision' that will guide policymaking for years to come.

With 205 full members and

171 alternate members, the Central Committee plays a pivotal role in shaping both party and governmental leadership in China. Typically, the CPC holds seven plenary sessions over a five-year term, focusing on various strategic initiatives and policy formulations.

The ongoing third plenum is anticipated to unveil key economic policies alongside other critical issues.

Anadolu Agency

Japan takes stand against fully autonomous lethal weapons

Tokyo, Japan - Japan has recently adopted a firm policy against the development of fully autonomous lethal weapons, asserting that such arms should never be allowed worldwide, local media reported on Monday.

The Foreign Ministry submitted a paper to the UN in May, outlining Japan's stance on lethal autonomous weapons systems (LAWS). The paper emphasises maintaining a 'human-centric' principle and utilising emerging technologies 'in a responsible manner', Tokyo-based Kyodo News reported, citing an unnamed senior ministry official.

The official noted that Japan currently sees no assurances that LAWS will comply with international humanitarian laws, and it 'does not intend to develop' such weapons.

Global concerns over autonomous weapons are rising, particularly with the frequent use



of combat drones in conflicts like the Russia-Ukraine war and those in the Middle East.

"Artificial intelligence weapons used to be a fictitious topic, but now they have become a reality, and more people are perceiving the need to think about the issue seriously," another Foreign Ministry official said.

UN Secretary-General Antonio Guterres is expected to release a report on LAWS this summer after gathering global opinions, the official added.

In December, the UN General Assembly adopted a resolution underscoring 'the urgent need for the international community to address the challenges and con-

Global concerns over autonomous weapons are rising, particularly with the frequent use of combat drones in conflicts like the Russia-Ukraine war and those in the Middle East

cerns raised by autonomous weapons systems'.

Japan, the US, and 150 other nations voted in favour of the resolution, while Russia, India, Belarus, and Mali voted against it, and 11 members, including China, North Korea, and Israel, abstained.

Anadolu Agency

Estonia's foreign ministry proposes joint Narva River survey with Russia

London, UK - Estonian Ministry of Foreign Affairs on Monday proposed that the Baltic country and Russia jointly survey the Narva River as 'one way of resolving the differences'.

The move comes after Estonian authorities summoned a representative of the Russian Embassy to present a diplomatic note, said national broadcaster ERR. The ministry sent the diplomatic letter to Russian Embassy in Tallinn suggesting that the two countries should conduct joint measurements of the fairway of the border river, the broadcaster added.

"Through diplomatic notes, Estonia has demanded an explanation from Russia for the removal

of 25 buoys on the night of May 23. In its replies, Russia has claimed that Estonia installed the buoys in question in Russian waters. Estonia does not agree with this claim," the ministry said in a statement.

According to the Estonian government, Kremlin has not presented any materials supporting its interpretation that 'the buoys were allegedly on Russian territory'. The ministry further stated that the two countries have a different understanding of the route of the fairway, which is also the basis for the border line between Estonia and Russia.

Natural bodies of water can change over decades because of natural conditions, and for that



Friendship Bridge at the Estonian-Russian border allows pedestrians to cross between the two countries in Narva

reason, the Baltic state proposed a joint survey of the body of water, the government said. The most recent survey of the bed of the Narva River took place nearly 20 years ago, according to ERR.

"Estonia certainly does not agree to resolving these differences in a way where instead of a peaceful dialogue, the buoys are removed under the cover of night. In its diplomatic communication, Estonia has called on Russia to resolve the possible differences over the precise location of the buoys in a balanced way. A joint survey of the fairway would be one way of resolving the differences," the statement said.

Authorities confirmed that the results would not call into ques-

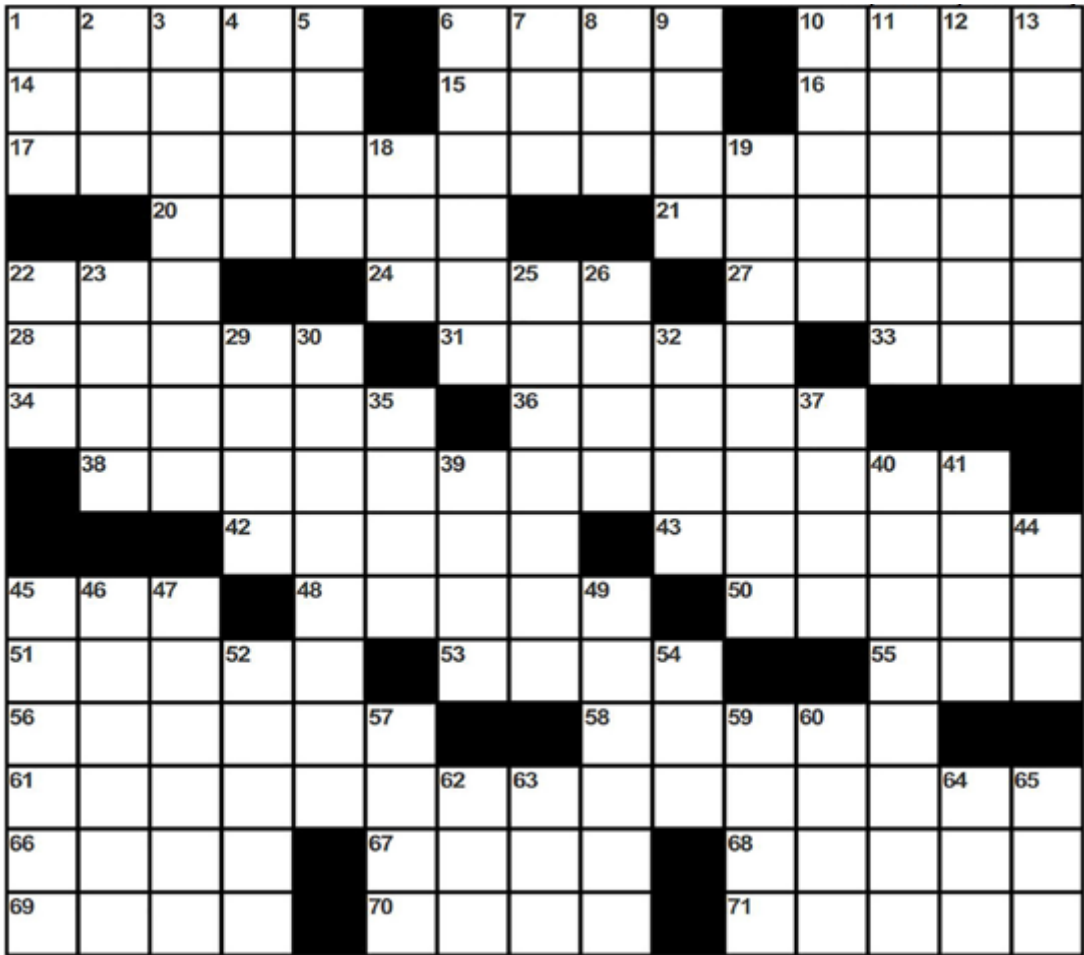
tion the legitimacy of the temporary control line between Tallinn and Moscow but would provide a new and objective basis to rule out any ambiguity.

It has been suggested the survey take place in August at the latest, said ERR, adding that without markers present on the river it can be dangerous for boats as they can cross the border accidentally.

If Russia rejects the proposal, the Baltic country will continue to consider the location of the fairway based on the measurements made in 2005-2006, the ministry said, adding it will then replace the buoys necessary for navigation in Estonian waters.

Anadolu Agency

DAILY CROSSWORD



- ACROSS**
1) Botch
6) Mountain passes
10) Drizzly day phenomenon
14) "He's_ nowhere man." (Beatles lyric)
15) "Once_ a time"
16) _ Spumante (sparkling wine)
17) Source of a fonnal written request
20) Depth charge target
21) Person who holds property in trust
22) That lady
24) Gesture of greeting
27) Air traffic control device
28) Kind of pasta
31) Harder to find
33) Letters on an ambulance
34) Knowledge of the mysterious
36) Like Brutus or Caesar
38) Pry or snoop
42) Adult nit
43) Copier fluids
45) Fraternity characters
48) Moisten, as a roast
50) Target practice place
51) Built-out window
53) All-time knockout king Nolan
55) Boston clock setting
56) It may keep you on your toes
58) Come up with, as money
61) Friendly with each other
66) Weight-loss plan
67) Ireland, to locals
68) Soft, crinkled fabric
69) Maneuverable, as a yacht
70) Breed, as animals
71) Green fence?
- DOWN**
1) Damage
2) Fury
3) Succession
4) Smear, as paint
5) Mingle-mangle
6) Musical "ax"
7) Suitable
8) Baked Hawaiian dish
9) Self-styled superior
10) Puzo subject
11) King Mark's bride
12) Small waterway
13) Stopwatches, e.g.
18) Carpenter's cutter
19) One who does accounts?
22) Mineral baths
23) Rosemary or basil
25) The spice of life
26) Winged god of love
29) Catch, as a criminal
30) Dignifies
32) Give off
35) Blue-green shade
37) Ship of Columbus
39) Russia, once
40) Like most modern furniture
41) Dynes at work
44) Matching collection
45) Not a single person
46) Astronomy Muse
47) Lone Ranger's horse
49) One making money
52) Glitterati, e.g.
54) Pester
57) Stadium level
59) Thing to scratch
60) Desperately dry, as land
62) Make a bow
63) Savings vehicle
64) Hybrid's selling pt.
65) Take in visually

NOTE PAD



YOUR DAILY HOROSCOPE

ARIES MARCH 21-APRIL 19
Group activities are a good choice for you today, because you'll be feeling very social, and your curiosity about other people's perspectives is at an all-time high. But you have to be selective about which people you hang out with. Be careful not to join an activity if one person in the group isn't willing to share. Put yourself in an environment where your creativity is welcomed.

LEO JULY 23-AUGUST 22
Today, you'll need to use your willpower to avoid stepping into a complicated situation that could turn into a trap. This new venture might sound irresistible, but you must try your hardest to resist. Romantically speaking, you might be ready to push things a little further, but you should hold back on this right now. Definitely share your thoughts and feelings with the object of your affections, but be open to the possibility that they may not feel the same way yet.

SAGITTARIUS NOVEMBER 22-DECEMBER 21
Good luck is on your side today, so get ready for some lovely surprises. If you are planning to travel, there is a strong chance you could get upgraded. Don't underestimate the power of charm and a well-placed hint. All of this good fortune should continue only through tomorrow, so if you are offered a bit of a risky gamble, you should keep that in mind. Don't get too carried away. Just enjoy the sunshine that the Universe is spreading over your life today.



TEST YOUR KNOWLEDGE

1. The mountainous Kyrgyz Republic borders which of these countries?
A. The Socialist Republic of Vietnam
B. The Republic of Lithuania
C. The Republic of Kazakhstan
D. The Russian Federation

2. The rumba was originally danced where?
A. Canada
B. Spain
C. Cuba
D. Greece

3. Which player made a comeback to international tennis in 2006 after 4 years?
A. Steffi Graf
B. Martina Hingis
C. Gabriela Sabatini
D. Kim Clijsters

Answers: 1. C 2. C 3. B

TAURUS APRIL 20-MAY 20
Circumstances beyond your control have thrown you into the middle of a power struggle, but that doesn't mean you have to acknowledge it. Just keep doing your thing, minding your own business, and letting the warring parties fight it out without you. Don't play along, and don't rearrange your schedule for anyone or anything. Would they do the same for you? Have you noticed that the people who always expect your help are never around when you need them?

VIRGO AUGUST 23-SEPTEMBER 23
A lot of pressure is being put on you, but the one who's pushing the hardest is you! Lately, you've been way too hard on yourself, and you should stop and realize that you're doing your thing in your own way and that's good enough. Part of the stress you're going through right now may be due to the frenetic pace of your life, so address that issue and cut out what isn't completely necessary. Give yourself time to get accustomed to the newness around you.

CAPRICORN DECEMBER 22-JANUARY 19
It's time to acknowledge that you can't change how people make decisions. If you want the people you love to be happy, all you can do is encourage them and remind them that they are entitled to be happy. Ultimately, it is up to them to improve their situation. You can't do the hard work for them. Even though you love someone and are positive that you know how to help them, you're seeing things through your own filter, and you may be doing a bit of projecting.

GEMINI MAY 21-JUNE 21
Being well educated and being intelligent are not necessarily the same thing, so do not assume that someone is smarter than you just because they can spout off about philosophy, science, religion, or other intellectual pursuits. When you come face to face with someone who has a reputation for being knowledgeable, be confident that you can hold your own in a conversation! Your mind is full of ideas that deserve equal attention.

LIBRA SEPTEMBER 23-OCTOBER 22
You'll be so tuned in to the bigger picture today that the little details might slip right by. So today you need to work a little bit harder to catch the minutiae of whatever you're doing. For example, if you're going to get behind the wheel today, pay close attention to signs and directions. If you're too busy grooving music, you might miss an important detour or exit. Definitely don't be distracted by your phone! And listen closely when your favorite person updates you on their life. They're going to drop a bomb.

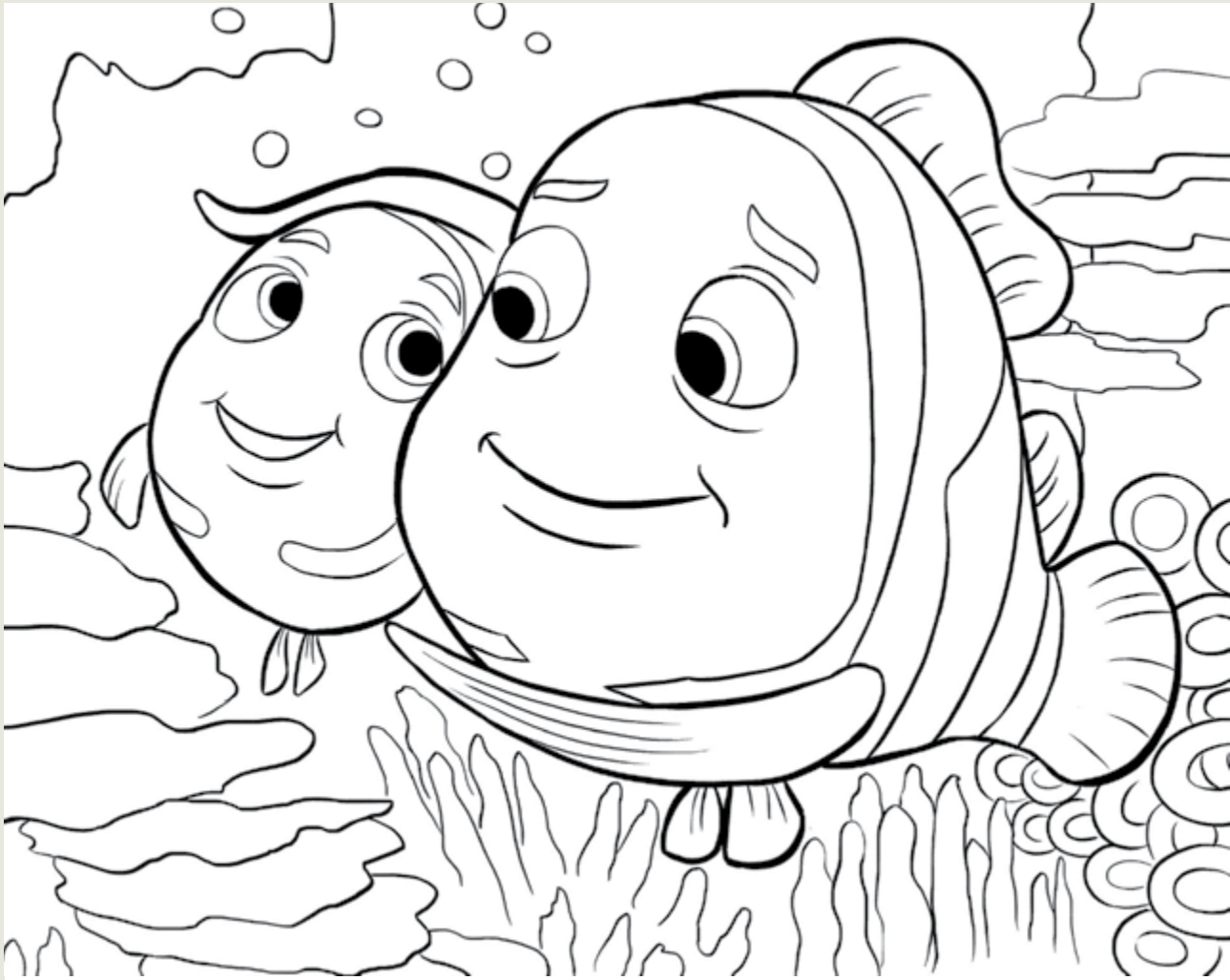
AQUARIUS JANUARY 20-FEBRUARY 18
In a current power struggle, you might be focused on winning, but are you really seeing what's at stake? Right now it's not about winning or losing. It's about achieving the best possible outcome. And when you realize what the best outcome is, you may see that it's time to stop pushing against your opponent and start working with them. Making a compromise will save you a lot of stress, time, and energy. You are stronger when you team up with someone.

CANCER JUNE 22-JULY 22
If you need to get someone's attention today, consider making an extravagant gesture. Instead of just buying them a cup of coffee, treat them to a champagne brunch. Instead of lending them some of your tools, get them their own. It's not about buying or bribing someone's allegiance. It's about doing whatever you can to get them to engage with you. The stars say that all you have to do is get their attention and then they will be putty in your hands.

SCORPIO OCTOBER 23-NOVEMBER 21
In a work or school situation, if the folks around you are missing something that you think is obvious, speak up. Chances are you will alert them to something that will improve the situation for everyone. Let their positive reactions boost your ego and give you the confidence to share your thoughts more often. You have a fresh way of thinking, and in certain situations you are downright innovative. Don't let the fear of others' reactions hold you back.

PISCES FEBRUARY 19-MARCH 20
A recent change in your eating is starting to create some changes in your physical body, either in terms of your energy (you're starting to have more) or in terms of your body (you're starting to have less). Keep up the good work, but don't expect such dramatic changes to continue. Plateaus are in your future, and you have to be prepared to persevere through them. You are treating yourself right and showing yourself the kind of care you usually reserve for others.

KIDS COLOURING



BOGGLER

Y	E	E	E
E	I	R	D
F	I	S	J
B	D	A	M

Each game will present you with a matrix filled with letters. The objective is to form words by linking adjacent letters - to the left, right, on top, bottom, or diagonal to each other. The Boggles Classic game uses a 4 x 4 matrix. Words are valued at one point for each letter in excess of two letters. A three letter word is worth one point, a four letter word is worth two points, and so on. Valid words must be at least three letters long.

SOLUTION
20-25 words: Excellent,
15-20 words: Very good,
10-15 words: Good,
5-10 words: Average

DO YOU SUDOKU?

LEVEL EASY: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9 and only one instance of each number

				2		8	7	
4	2			5			3	
	9				8			5
		6		9	1		5	3
9	5		3	6		4		
5			6				9	
	4			8			1	2
	6	1		3				

WORD BUILDER



You have three minutes to find all the words contained in this word.

Rules: Words should be at least four letters long, proper nouns and duplicates don't count

SUDOKU EASY ANSWER

L	4	5	6	E	Z	L	9	8
Z	L	9	Z	8	5	6	7	E
8	6	E	7	L	9	Z	Z	5
L	8	7	Z	9	E	L	5	6
9	Z	6	5	L	8	7	E	L
E	5	Z	L	6	7	9	8	Z
5	9	Z	8	7	L	E	6	L
6	E	L	9	5	Z	8	Z	7
7	L	8	E	Z	6	5	L	9

SPAIN REIGN SUPREME

Oyarzabal strikes late as La Roja beat England to win record fourth Euro crown

Berlin, Germany - Spain's Mikel Oyarzabal scored four minutes from time as they capped a dominant Euro 2024 campaign with a 2-1 win over England in Sunday's showpiece for a record fourth title and condemned their opponents to a second straight final defeat.

Oyarzabal finished off a counter-attack for the winner after England had fought back from a goal down for the fourth successive match. "I have done my job," said Oyarzabal, who came on for captain Alvaro Morata after 67 minutes. "Just the fact of being in the 26, you value it a lot. It happened to me but could have happened to anyone."

Spain manager Luis de la Fuente added: "I couldn't be happier. A real team, European champions. I said I was proud and today I am even prouder. It confirms what we are. For me, they are the best in the world."

After a cautious first half where Spain had 65% possession but England's Phil Foden managed the only shot on target, the Spaniards struck two minutes after the restart, despite losing influential Rodri to injury at the break. Teenager Lamine Yamal, who had been shackled completely in the first half, found space down the right and crossed for Nico Williams to slot home



Spain players celebrate with the Euro trophy on Sunday

I couldn't be happier. A real team, European champions. I said I was proud and today I am even prouder. It confirms what we are. For me, they are the best in the world.

LUIS DE LA FUENTE, SPAIN

past goalkeeper Jordan Pickford.

Spain then enjoyed a purple patch with a series of sharp attacks as England's previously watertight defence lost its shape and Dani Olmo, Morata and Williams all had good chances.

England manager Gareth Southgate sent on Ollie Watkins, the hero of the semi-final, for an ineffective Harry Kane after an

hour, with Cole Palmer joining him 10 minutes later.

The changes paid off almost immediately when Jude Bellingham laid the ball back into Palmer's path and the substitute curled home a precise low 20-metre shot in the 73rd minute.

The massed ranks of England fans, who vastly outnumbered their rivals, exploded and the

whole feel of the night changed.

But Spain weathered the storm and a lapse of concentration saw England undone as Marc Cucurella was left in space on the left, received the ball from Oyarzabal and drilled it across the box

away Marc Guehi's follow up on the line. It meant that Spain added a fourth title to those won in 1964, 2008 and 2012 and, as only the third team in the last nine Euros to win the trophy without coming through a shootout at some point in the tournament following France (2000) and Greece (2004), nobody can deny they were worthy winners.

Spain eye future dominance after triumph, says coach De la Fuente

Berlin, Germany - Spain played a perfect European Championship by winning all seven games en route to lifting the trophy on Sunday, but the players can get even better and have a great future ahead of them, victorious coach Luis de la Fuente said.

"It's difficult to improve something like that, but I would like my players to keep growing and improving," the 63-year-old coach said after leading Spain to their fourth Euros title.

"They are tireless, they will keep improving and trying to win. They all need to feel proud ... I hope everyone feels exactly as proud about this generation of



Spain coach Luis de la Fuente celebrates with Lamine Yamal

We tried to be unpredictable ... we wanted to control the game with more dynamic situations and quicker transitions

LUIS DE LA FUENTE

players who can make history and have a long future ahead of them."

Spain's bright future was illustrated perfectly by the young duo who made their first goal on Sun-

day, 17-year-old Lamine Yamal crossing for 22-year-old Nico Williams to fire home.

It was a sweet moment for De la Fuente, who has been working with most of his squad for over a decade when he began coaching Spain's youth teams in 2013.

Mocked as "Luis de la Who?" when appointed to the senior team 18 months ago, he has imposed a ferociously attacking approach, moving on from the possession-based "tiki-taka" style that helped Spain win a World Cup and back-to-back Euros.

"I try to impose of course my own idea, an idea that I knew my

players could implement on the pitch," De La Fuente said.

"We tried to be unpredictable ... we wanted to control the game with more dynamic situations and quicker transitions, thanks to very fast players. I was sure that my players believed in me because they proved it, not now but all along this journey.

"They've been infallible, we've done practically everything right ... These footballers are an example for society because of the values that they represent."

Asked about his future, De la Fuente said he assumed he would renew his contract as coach at an appropriate time.

'Spain were the best team in the tournament and deserved to win'

Berlin, Germany - Devastated at losing a second successive Euros final, England coach Gareth Southgate was magnanimous in defeat, saying Spain were the best team and deserved their triumph on Sunday.

Spain won all seven games in Germany en route to lifting the trophy, but England gave them a hard fight in the final, losing 2-1 to a Mikel Oyarzabal goal four minutes from time.

"As always in these games, it's fine margins. But I think they were the best team in the tournament and over the piece they deserved to win," Southgate said.

"We've competed until the very end of the final. I think today we didn't keep possession of the ball quite well enough," Southgate said after Spain outplayed England for long periods and enjoyed 63% possession.

"They press you really well and you've got to get out of that pressure and we weren't able to



England's Gareth Southgate and Harry Kane look crestfallen after the match

do that and in the end that meant they had more control of the game, and that can wear you down a bit.

"That said, we were still right in there when we get the equaliser, so the game was still wide open," he said, ruling a late chance for England when a header was cleared off the line.

Southgate, desperate to give

England a first trophy since their 1966 World Cup win, did not comment on his future.

"It's going to take a while to pick all the bones out of it really," he said, acknowledging the sub-par performance of captain Harry Kane who lacked sharpness and was substituted.

"Physically, it's been a tough period for him. He came in short

of games and not quite got up to the level we'd have all hoped," Southgate said.

Kane was equally devastated.

"Losing in a final is as tough as it gets. We did really well to get back into the game, to get to 1-1. We could have used that momentum to push on. We couldn't quite keep the ball and we got punished for it," he said.

Williams shines brightest when it mattered the most

Berlin, Germany - Spain winger Nico Williams had to do more than his share of heavy lifting, including score the opening goal, to help his team to the Euro 2024 title with a 2-1 victory over England on Sunday and a deserved man-of-the-match award.

The 22-year-old Athletic Bilbao player, a major transfer target for top European clubs, has been one of the most exciting players in Spain's seven-match winning run at the tournament.

He scored the opening goal in the 47th minute from a Lamine Yamal assist after terrorising England defenders on both wings.

"I will never forget this throughout my career. Every footballer dreams of this," Williams told reporters.

"At the end it is flattering for me. I always try to do my best in order to help my team. It is true that people are getting to know me and respect me and I appreciate that respect very much."

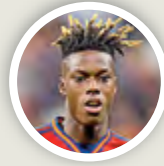
Yamal, the record-breaking 17-



Nico Williams celebrates with Lamine Yamal after scoring against England on Sunday

year-old who became the youngest scorer of the tournament's history when he netted in the semi-final win over France, had been hogging the spotlight but on Sunday he had little opportunity to shine.

WINNERS' VOICES



Euphoric. All our people deserve it. We suffered a lot. They had a good team. They have players who can make the difference but we were able to counter their weapons and in the end we won the European Championship and we are very happy.

NICO WILLIAMS



I have done my job. I did what I had to do at every moment to try to help. I was lucky enough to give the victory. Just the fact of being in the 26, you value it a lot here. To have the moment to help as it has happened to me is the best. It happened to me but could have happened to anyone.

MIKEL OYARZABA



Very happy and looking forward to coming back to Spain and celebrating with all the fans. It is really the best present there is. It's a dream. When we were drawing it was difficult. They pushed us hard, but I don't know what this team is made of, but we always come back, we always win.

LAMINE YAMAL



Surely the best day of my sporting career. We have built a family, we are European champions, as difficult as it is, and now we are the most successful team in the European Championship. We have beaten everyone.

RODRI



Positive messages lead to positive things, and we have seen how Spain believed in us and well, I hope they are proud of this team, of everything that is coming in the future, because you have seen it."

ALVARO MORATA

ALBICELESTE UNSTOPPABLE

Argentina edge Colombia in extra time to win record 16th Copa America title

Miami Gardens, US - Argentina won a record 16th Copa America title by beating Colombia 1-0 thanks to an extra-time goal from Lautaro Martinez on Sunday after the final was delayed for over an hour due to thousands of ticketless fans trying to get into stadium.

Martinez, who came off the bench in extra time, latched onto a precise through ball from Giovani Lo Celso before lifting his effort over advancing Colombia goalkeeper Camilo Vargas in the 112th minute to spark wild celebrations at the Hard Rock Stadium in Florida.

Argentina's latest title comes on the back of their triumphs at the 2022 World Cup and 2021 Copa America, and gives eight-times Ballon d'Or winner Lionel Messi the perfect sendoff in what is likely his last international tournament.

The win, which saw Argentina move ahead of Uruguay after the pair had been tied on 15 Copa titles, marked Angel di Maria's final international match.

Defender Nicolas Otamendi, 36, is also set to end his international career.

"The truth is, this was written, it was this way," 36-year-old Di Maria said. "I dreamed it, I dreamed that I would arrive to



Argentina players celebrate with the Copa America trophy

the final and win it and retire in this way.

"I have so many beautiful feelings and I am eternally grateful to this generation and today I am leaving in this way with a title."

South American football's governing body CONMEBOL pushed the start time of the match back three times after video on social media showed se-

curity scuffling with fans as they ran across the concourses and attempted to breach the gates of the stadium.

A Reuters witness saw several people being ejected from the stadium by security staff at the venue, which will host matches during the 2026 World Cup.

"It was hard because many had their families outside, they

The truth is, this was written, it was this way. I have so many beautiful feelings and I am eternally grateful to this generation and today I am leaving in this way with a title.

ANGEL DI MARIA

didn't know what was going on," Argentina's Cristian Romero told TyC Sports. "It didn't seem like a final, there was a lot of commotion and a lot of concern."

The tournament had already been marred by a number of or-

ganisational issues.

Uruguay's players were involved in clashes with Colombian fans earlier this week, while an assistant referee had to be hospitalised after collapsing in hot and humid conditions while officiating

a group stage match.

Colombia started the match by pressing high up the pitch and Jhon Cordoba hit the post in the seventh minute before Jefferson Lerma and Richard Rios had long-range efforts saved by Emiliano Martinez.

Messi appeared to hurt his ankle in the 36th minute after a collision with Santiago Arias and

while he got back to his feet after receiving treatment he was clearly hampered for the remainder of the half.

Colombia went on the offensive again in the second half with Arias and Davinson Sanchez coming close to scoring.

Argentina soaked up the pressure well but were dealt a blow in the 66th minute when Messi limped off due to the ankle injury.

"Messi had to leave because of that ankle problem but finally we were able to give him some joy," added Di Maria, who jointly lifted the trophy alongside captain Messi and Otamendi at the presentation ceremony.

They continued to grow into the contest and had a goal disallowed for offside but Colombia held on as the match went to extra time.

The defending champions continued to push forward in extra time, testing Vargas with a shot from Nico Gonzalez before Martinez, the tournament's leading scorer, finally found the breakthrough.

The defeat ended a Colombian record 28-match unbeaten streak for Nestor Lorenzo's side, whose last loss also came against 'La Albiceleste' in February 2022.

"It hurts after a tournament that the whole team fought for, it hurts when you compete to win and we felt we deserved more," defender Sanchez said after Colombia's hopes of winning a first Copa America title since 2001 were dashed.

"We wanted to give the victory to a country that deserves it, Colombia deserves everything, and we leave empty-handed, but we will go on."

We were able to win it for Messi, give him the joy he deserves, says Di Maria

Lionel Messi was in tears after injury prevented him from finishing what is likely to be his last match for Argentina at a major tournament but his teammates came through for their captain by delivering the Copa America title on Sunday.

The eight-times Ballon d'Or winner hurt his ankle in the 36th minute of the final against Colombia but soldiered on until the 66th minute when he limped off the field in tears, before strapping an ice pack to his swollen ankle on the bench.

With the game finely poised at 0-0 when the 37-year-old departed, Argentina raised their game and Lautaro Martinez struck in extra time to secure a 1-0 victory and a record 16th Copa title. Skipper Messi went on to lift the trophy alongside longtime teammates Angel di Maria and Nicolas Otamendi, both 36.

"Leo is the greatest player in



Argentina's Angel di Maria celebrates with the Copa America trophy

history. He never wants to leave the pitch. He has a swollen ankle and he wants to keep on playing," Argentina coach Lionel Scaloni told reporters.

"He wants to continue playing because he doesn't want to leave his teammates. He doesn't want to leave them on the pitch even when he's in that condition... He doesn't feel well when he has to leave and he was born to be on the pitch."

Messi's longtime national teammate Di Maria, who was playing his last game for Argentina, expressed satisfaction over the fact that the world champions were able to get over the line in the summit clash despite the skipper going out injured. "The truth is I'm not happy because he had to leave that way because of his ankle problem. But finally today, we were able to win it for him. Give him joy he deserves. It was a great night."

Germany star Muller retires from international football

Germany's Thomas Muller has called time on his 14-year international career after their European Championship exit, the Bayern Munich forward said on Monday.

The 34-year-old featured in his eighth and last tournament on July 5, in Germany's 2-1 quarter-final defeat by Spain, where he was brought on as a substitute in the 80th minute.

Muller helped Germany win the 2014 World Cup and has the third most appearances for the national team with 131 caps and 45 goals. He also won the Golden Boot and Young Player Award during the 2010 World Cup, when Germany finished third.

"It always made me very proud to play for my country. We celebrated together and sometimes shed a tear together," Muller said in a farewell video on social media. "When I had the



Thomas Muller

privilege of making my first international appearance, I would never have dreamed of all this. I would like to say thank you to all the fans and my German teammates for their support over the years. Take the enthusiasm and joy of this year's Euros with you."

"Nobody is like Thomas Muller. His value for German football cannot be overestimated," German national team chief Rudi Voeller said in a statement.

Switzerland's Shaqiri retires

Former Bayern Munich and Liverpool winger Xherdan Shaqiri announced his retirement from international football on Monday, after a 14-year spell with the Swiss national team.

Shaqiri has played 125 matches for Switzerland, scoring 32 goals. He is the only Swiss player to appear in seven major tournaments, from World Cup 2010 to Euro 2024.

Belief and selfless spirit fuel Spain's triumph at Euro 2024

Berlin, Germany - Spain's path to European Championship success was forged the hard way thanks to a remarkable collective effort, with several squad players coming off the bench at key moments to make decisive contributions when the team needed them the most.

Substitute Mikel Oyarzabal became the 10th Spain player to score at Euro 2024 when he set up the move and finished in the 86th minute to secure a 2-1 win over England and a record fourth title.

It was their 15th goal, the most by any team at a Euros.

It was a similar script to the 2-

1 quarter-final victory over Germany when substitute Mikel Merino stepped up to head the winner in the last moments of extra-time to silence a raucous Stuttgart Stadium.

Spain had to dig deep but their monstrous effort in that ill-tempered game against Germany had a price, with midfielder Pedri sustaining a knee serious injury that put him out of the tournament, while bookings for defenders Dani Carvajal and Robin Le Normand left them depleted to face France in the semifinal.

However, Spain once again showed their grit and passion to



Spain's Mikel Oyarzabal gets mobbed by teammates after scoring against England on Sunday

Spain had the perfect leader in coach Luis de la Fuente, the man who was mocked on social media as "Luis de la Who?" after his appointment last year

overcome another obstacle, with Dani Olmo replacing Pedri, and scoring the winner.

Spain's ultimate team victory came in the final when all looked to be going against them after

their most reliable player, Euro 2024 MVP Rodri, could not return for the second-half after suffering a knee injury.

With the game level at 1-1 and England on a roll, left-back Marc Cucurella, whose mistake led to the counter-attack that gave England the equaliser, redeemed himself with a lung-busting 50 metres run followed by the cross for Oyarzabal to score.

Cucurella was one of the brightest lights of Spain's Euro 2024 campaign and credited his performances to his diligent work ethic during an underwhelming spell at club side Chelsea.

A team full of under the radar players with uplifting stories that ground out seven wins in seven matches playing a mostly attacking game.

Spain's two opening victories enabled coach Luis de la Fuente to make 10 changes for the final group game against Albania and the stand-ins did not miss a beat as they carved out a 1-0 win.

They had the perfect leader in coach Luis de la Fuente, the man who was mocked on social media as "Luis de la Who?" after his appointment last year, being little known after toiling away at the country's academy level for over a decade.



Carlos Alcaraz and Barbora Krejickova

I have to keep building my path, says Alcaraz after winning Wimble-

London, England - There was a moment of euphoria after Carlos Alcaraz finished off Novak Djokovic to retain his Wimbledon title on Sunday, the usual pumped fists and group hugs with his entourage in the players' box.

But an hour or so later the Spaniard was already back down on planet earth, insisting his journey is only just beginning.

"I've seen and I've heard all the statistics that I am the youngest to win at Roland Garros and Wimbledon the same year," the 21-year-old told reporters after his 6-2 6-2 7-6(4) demolition of 24-time Grand Slam champion Djokovic.

"I honestly try not to think about it too much. Obviously it's a really great start of my career but I have to keep going. I have to keep building my path.

"At the end of my career, I

want to sit at the same table as the big guys.

"That's my main goal. That's my dream. It doesn't matter if I already won four Grand Slams at the age of 21."

Alcaraz is indeed the youngest player to complete the French Open-Wimbledon double in the same year during the professional era and emulated Roger Federer in winning his first four Grand Slam finals, although the Swiss triumphed in his first seven.

On Sunday he also matched Bjorn Borg, Boris Becker and Mats Wilander in claiming four Grand Slam titles before turning 22 and is trending well ahead of Djokovic, Federer and compatriot Rafa Nadal in his rate of accumulation of majors.

Djokovic had won only one before celebrating his 22nd birthday, Nadal three and Federer one.

BRAWNY IN BRAZIL

Al Harthy, Martin and Rossi secure top-five finish at Interlagos

Muscat - Team WRT drivers Ahmad al Harthy, Maxime Martin and Valentino Rossi combined to perfectly execute an excellent strategy during round five of the FIA World Endurance Championship in Sao Paulo on Sunday to claim a highly competitive top-five finish.

Marking a welcome return to the LMGTC class points with a fantastic performance from 12th on the grid, the No.46 BMW M4 entry impressed throughout the Rolex 6 Hours of Sao Paulo with all three teammates shining under the hot Brazilian sun.

Ending the encounter a mere 0.7 seconds shy of fourth place, Martin heavily pressuring the No.59 McLaren 720S during the final 10 minutes of action, the points for fifth in LMGTC mean Al Harthy, Martin and Rossi depart South America with an improved sixth in the provisional driver standings.

"What a race! I'm really delighted with the way we performed as a team. I had two very good stints which were well done with the strategy, in terms of how we were able to run the race," said Al Harthy.

"For sure, the P5 result was more than we expected here in Sao Paulo because of the charac-



Team WRT's No.46 BMW M4 (L) was mighty impressive at the Rolex 6 Hours of Sao Paulo

teristics of the circuit and our competitiveness against the other cars. So, we're really delighted to get such a strong result.

"I managed to pass a few cars, which is always great, but as a team it was a faultless race and it was very important to get a solid result after the 24hrs of Le Mans. I'm very happy with what we've all managed to achieve this weekend and hopefully we can get a good run at the next round as well."

Al Harthy, who is supported by partners OQ, Oman Ministry of

Culture, Sports and Youth, Omantel and BMW Oman, took the start of the race and he made absolutely sensational progress from 12th on the grid during the opening hour, charging through into the top six with some expert driving to put the Team WRT entry into the thick of the action.

Handing over the car to Martin at the opening pit-stop, he continued the terrific rise through the order and moved into the podium placings to run third ahead of the next round of pit-stops where Al Harthy returned to the driving

seat for his second stint.

Holding seventh when he emerged from the pits, the Omani immediately got down to business and made his way back into the top six in quick order. Racing faultlessly, including some breath-taking four-wide action on the Tribunas Straight - which culminated with Al Harthy exquisitely taking the BMW to the head of the group - he rose as high as second before pitting late in the third hour.

Martin got back into the driving seat and headed out of the

pits in seventh, then climbing into the top five. Just under an hour later, he dived back into the pits to hand over the BMW to Rossi for his first miles of the race.

Running in fifth early in hour five, Rossi traded position with the No.81 Corvette and with less than 90 minutes of the encounter remaining he was third as the next round of stops started. The Italian pitted and re-emerged in eighth with 75 minutes left on the clock and rose again to third as the different strategies played out.

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LONGEVITY

Why do women usually outlive men?
The answer may not be obvious but the fact is that women tend to have longer lives, though in poorer health

Women tend to suffer more often from lower back pain, depression, and headaches. Men, on the other hand, have shorter lives because they get into road accidents more often and have higher rates of cardiovascular diseases and, in recent years, COVID-19, both potential causes of premature death.

That's according to an analysis published in The Lancet Public Health journal. Researchers looked at differences between the sexes in the 20 leading causes of illness and death, across all ages and regions of the world.

"Throughout their lives, women will spend more time in poor health, while men suffer from conditions that will kill them sooner," Luisa Sorio Flor, one of the study authors, said. Then, what causes the differences in diseases between women and men?

Evaluation in the US.

At the same time, men are less likely to get help for mental health conditions due to perceptions of masculine norms that work against their seeking or getting help. Women in pain, on the other hand, are taken less seriously. The high levels of musculoskeletal disorders, such as lower back pain among women are less easily explained.

Biological factors, such as increased pain sensitivity due to fluctuating hormones, differences in skeletal shapes and the physical stress of pregnancy and childbirth, may all play a role here. But studies show that women in pain are also often dismissed at the doctor's and undertreated when they seek help.

One recent study showed that health professionals of both sexes were less likely to offer support for lower back pain when the patient was female. And a review of why women have lower back pain found that women are often in a worse condition than



Why women outlive men

Most of the differences between the sexes show up in adolescence. That is not only the time when biological differences but also gender norms start to have an impact on people's lives, the researchers write in their paper.

"It's not just about the biological body within which you're born. It's about the gendered experience of the environment in which you live that contributes to those measured differences," Sarah Hawkes, a professor of global public health at University College London, said.

For the purpose of this article, sex refers to biological attributes, such as hormone levels and sexual anatomy while gender describes socially constructed roles but can also represent an unequal distribution of power in a society.

"We know that there is a bias in health care systems where they will more easily diagnose women with mental disorders," said Luisa Sorio Flor, who is also an assistant professor at the Institute for Health Metrics and

men when they begin a rehabilitation programme.

The authors suggested there could be a triple burden at play. They said that work, maintaining a household, and care duties may be keeping women from accessing appropriate services.

Comparing data from 1990 to 2021, Sorio Flor's team came across an interesting pattern - "For several conditions, we saw decreasing rates over time, but the difference between males and females remains stable," the team said.

Conditions that disproportionately affect women, such as lower back pain or depressive disorders, showed far smaller or hardly any decrease since 1990 compared to conditions affecting more men.

"I think there has been a tendency within global health systems to equate women's health with their reproductive capacity. So, women's health has all been centred around what their uterus is up to," aid Hawkes.

DW



Say aaaaah!

Your tongue is so important, it helps you speak, chew, swallow, and - with its over 10,000 taste buds - it allows you to enjoy the taste of your food. Your tongue is also home to a majority of the bacteria that lives in your mouth.

That's why it is so important to ensure you're always taking extra care of it. Here are six things you should be doing daily to ensure your tongue is clean and healthy:

BRUSH YOUR TONGUE REGULARLY

Each time you brush your teeth, it is important to remember to brush your tongue as well. Start by applying a small dab of toothpaste to your toothbrush. Then, brush from the back of the mouth toward the opening with a downward motion. This will allow you to expel the odour-causing bacteria from your mouth. Make sure to only use gentle pressure during this process so as not to damage your tongue.

Then, simply rinse with water.

TRY A TONGUE SCRAPER

You can even more thoroughly clean your tongue by using a tongue scraper. This tool is made from a flexible, soft plastic that allows you to lightly scrape away the mucus layer that resides on your tongue, particularly in the center of the tongue. After each swipe of your tongue, simply wash the scraper under warm water to remove the bacteria. If you find that this causes your tongue to feel sore, you could be scraping it too hard. Make sure you're cleaning slowly with light pressure.

RINSE WELL

Each time you clean your tongue, make sure you thoroughly rinse out your mouth with

Patients often overlook one very important element of their oral health care regimen: taking care of their tongue.

water. This will help you to be rid of the bacteria that reside there. You might also consider using a warm saline solution - made by simply mixing water and a teaspoon of salt - to keep your tongue relatively clear of harmful bacteria.

DRINK GREEN TEA

Drinking green tea is a great way to help keep your tongue clean. Doing so greatly reduces the bacteria in your mouth. Therefore, drinking green tea helps to kill off odour-causing bacteria that can linger on the tongue.

MONITOR THE COLOUR OF YOUR TONGUE

It is important to check the colour of your tongue from time to time, as this can be

used to examine the state of your health. A healthy tongue is meant to be light pink and can have a slight white coating. However, a definitively white tongue can be indicative of dehydration and even a fungal infection.

If your tongue is pale, it could mean that you have a vitamin deficiency. If your tongue is bright red, on the other hand, it could be a warning sign for an infection or even a heart or blood disorder. Therefore, if you notice any abnormal colouring to your tongue, be sure to have a medical professional take a look.

DRINK PLENTY OF WATER

Staying hydrated is important to the overall health and functionality of your entire body. Drinking water also helps to wash away the bacteria and food debris from your tongue and teeth. Therefore, make sure you're drinking plenty of water to stay in good health.

(Courtesy: carillondental.com)



WORKOUT

GYM ETIQUETTE



Wellbeing

A public gym can be an endearing or fearful place depending on how you choose to behave there. Follow basic gym etiquette to enjoy your experience

press racks. If you're going to squat, then squat - don't make people wait for you to take the perfect selfie or finish talking with a friend. If there's a queue, don't jump the queue, and be willing to share, and wipe off your sweat on machines, barbells, etc.

BE FLEXIBLE

If you can't get into the squat rack first thing, instead of hovering two inches away from the person who's currently using it, figure out a way to modify your routine. You'll save time and avoid awkwardness, and you might end up challenging yourself in a new way. You can always ask the person how much longer they'll use the squat rack.

DON'T MULTI TASK

Avoid using two pieces of equipment that are far away. Supersets and circuits are great, but don't run from the chin-up bar to the bench press rack over and over again. Few things are as frustrating as setting up a piece of workout equipment, only to have someone fly in from across the gym and say they were using that.

BRING YOUR OWN TOWEL

Bring your own towel to the gym. Most gyms provide towels but when some sweaty guy/gal leaves and there are no antimicrobial wipes around, you might need two hand towels - one to wipe your own sweat and one to wipe up the mess left behind by other people. Unfortunately, it happens in many popular gyms.

CLAIM YOUR SPACE

Make it clear to others where you are working out and what equipment you are using. If you need to swing a kettlebell, run in place or stretch out on the floor, claim enough space to do that. You'll thank yourself and so will the person next to you. When leaving to use the restroom, place some sort of marker on the equipment you're using to say you're coming back.

PLAN YOUR WORKOUTS

Make things easier for yourself by planning your workouts before you go to the gym. Knowing what you're doing before you start will save you a lot of fiddling around and make your workouts go by much quicker. Instead of spending 10 minutes flipping through YouTube to find out what exercise goes best with what you've just done, figure it out before you start.

BE MINDFUL OF YOUR SURROUNDINGS

The gym can be a dangerous place if you aren't alert. Stay aware in the weight room. Don't start a set of kettlebell swings without first making sure you have adequate space around you and look out for anyone else swinging a kettlebell. Respect people's time - Don't chat someone's ear off, even if they're your buddy. Likewise, let people know when they're talking too much.

(Courtesy: cnet.com)



Navigating the chaos of a gym as a beginner isn't easy. You might have questions - How long is too long to stay on a machine? Can I use more than one piece of equipment at a time? Is it okay to ask that guy when he'll be done?

To bring some order to the mayhem and feel more confident at the gym, it's helpful to know the basic code of conduct for gym-goers - easy but important things you can do to keep everyone, including yourself, safe and happy.

The rules of the gym are the same as the general rules

of life - clean up after yourself, share when necessary, and don't be obnoxious.

MAINTAIN ORDER

This might be the number-one gym etiquette rule. Don't leave a trail of equipment behind you. If you use something, put it back where it belongs. You learned this in kindergarten.

DON'T HOG EQUIPMENT

In crowded gyms, equipment is like gold. This is especially true for limited equipment, such as squat racks and bench



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