

Green light for drone tech hub in SEZAD

To offer specialised instructions in UAV operations, aerial photography

Our Correspondent
Muscat

In a development set to transform the unmanned aerial vehicle (UAV) industry in Oman, Global Space and Technology Company has received a licence from Civil Aviation Authority (CAA) for its Unmanned Technology Centre in Special Economic Zone at Duqm (SEZAD).

The centre is set to become a hub for drone technology and unmanned systems, offering a range of services from training to specialised equipment supply and maintenance.

The centre's services will cater to various sectors, including government, security, military, commercial businesses and hobbyists. Among its key offerings are training programmes that provide comprehensive and specialised instructions in drone operations, aerial photography, software technologies and geographic information systems (GIS) analysis.

Those interested will also have the opportunity to earn licences to operate drones, preparing them for roles as certified drone pilots.

In addition to training, the centre will host advanced workshops for specialists, offering in-depth sessions on drone design and engineering. These workshops aim to equip participants



(Supplied photo)

The Unmanned Technology Centre marks a crucial turning point in the development of drone and unmanned aerial systems in the region, aligning with global trends and addressing local and regional market needs

BAHIYA HILAL SULTAN AL SHUAIB

with practical and scientific knowledge needed to excel in the UAV industry.

About the licence, Bahiya Hilal Sultan al Shuaibi, founder and CEO of Global Space and Technology Company, said, "We are pleased with this achievement; it represents a significant step towards realising our vision of enhancing the unmanned technology sector. We extend our thanks to CAA for their support."

She added, "The Unmanned Technology Centre marks a crucial turning point in the development of drone and unmanned aerial systems in the region, aligning with global trends and addressing local and regional market needs."

The centre will be part of 'ZONE 88,' a larger initiative of Global Space and Technology Company. Located in SEZAD, ZONE 88 is dedicated to advancing space sciences and cutting-edge technologies. It includes five major projects - the Space Habitat Centre, Commercial Space Launch Area, Ground Station, Artificial Intelligence and Advanced Technology Testing Area, and now the Unmanned Technology Centre. These projects aim to boost the space and technology industries, attract global investments and build a sustainable knowledge economy in the region.

Real estate market resilient, sees RO1.41bn in transactions

Muscat - The total value of real estate transactions in Oman reached RO1.41bn during the first half of 2024, a marginal increase of 0.5% compared to RO1.4bn in the same period in 2023. This small growth reflects a steady market, despite fluctuations in specific areas.

According to data released by National Centre for Statistics and Information, the fees collected for real estate transactions amounted to RO32.3mn, down 3.5% from RO33.4mn collected during the same period last year. The value of sale contracts traded stood at RO545.6mn for 32,596 contracts, showing a slight decrease of 0.9% compared to last year.



Mortgage contracts saw a 0.5% increase in value, reaching RO856.7mn for 10,028 contracts, compared to RO852.1mn during the first half of 2023. The number of swap contracts rose significantly - 52% - for 671 contracts valued at RO7.3mn from RO4.8mn in 2023.

The number of properties registered dropped 7% from 117,870 in the first half of 2023 to 109,666 in the first half of

2024. In contrast, the number of properties registered to Gulf Co-operation Council citizens increased 5.2% to 666 from 633 in 2023.

These figures suggest a mixed performance in Oman's real estate market, with some areas growing and others contracting. The overall market remains resilient, supported by ongoing transactions and steady interest of GCC citizens.

Geneva Conventions states have failed: Lazzarini

Palestinian Territories - Philippe Lazzarini, Commissioner-General of United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA), said on Monday that parties to the Geneva Conventions have failed in their responsibilities to ensure that those in war and conflict respect these under all circumstances.

The remarks came on the Geneva Conventions completing 75 years on August 12. "Seventy-five years ago today, the Geneva Conventions were put in place to protect civilians in times of wars. They are the universal 'Rules of War' meant to limit the devastat-

ing impact of wars and conflicts on humanity. The one set of rules we 'all agree on', but do we?"

He added that in the past ten months, these rules have been blatantly broken day in and day out in Gaza by Israeli forces as well as Palestinian armed groups, including Hamas.

"The shared values enshrined in the conventions are at stake as is our shared humanity. The basics still apply - civilians, women, children and detainees must be protected. Schools, hospitals, people's homes, humanitarian plus UN staff, facilities and operations must be protected," he wrote on X.



02

12th Omani Song Festival gets underway in Salalah



09

US to deploy guided missile submarine in Middle East



Hello Salalah!

Welcome to the Chery Experience!









Discover Chery like never before with the newest addition to our expanding network now in Salalah. Visit the Chery showroom and get closer to your favourite Chery vehicle. Enjoy exceptional experiences supported by Saud Bahwan Group's exceptional service. Walk in today and explore the world of Chery.



RAM 1500



THE POWER OF ELEGANCE
RAM 1500 RANGE

STARTING FROM
OMR 20,999 / OMR 248 PER MONTH

5 YEARS / 100,000 KMS FREE SERVICE
5 YEARS / 100,000 KMS WARRANTY
5 YEARS / 100,000 KMS ROADSIDE ASSISTANCE
FREE FIRST YEAR INSURANCE & REGISTRATION
TRADE-IN BONUS UP TO OMR 500

**RAM**

Vehicle image shown is for illustration purposes only and accessories shown might not be part of the standard model. ©2024 FCA US LLC. All Rights Reserved. RAM is a registered trademark of FCA US LLC.

**MHD**
MOHSEN HAIDER DARWISH
AUTOMOBILES L.L.C.

Offer valid from 1st July to 31st August 2024 on RAM vehicles purchased at the Mohsin Haider Darwish Automobiles LLC dealership by retail customers for personal use only. Starting price mentioned is for the RAM 1500 Classic Warlock 2023MY. The monthly instalment mentioned is calculated based on minimum 20% down payment for 8 years loan tenure. Subject to credit approval from Bank Muscat. 5 Years / 100,000 Kms Free Service - Whichever comes earlier. 5 Years / 100,000 Kms Warranty - Whichever comes earlier. 5 Years / 100,000 Kms Roadside Assistance - Whichever comes earlier. Free 1st Year Insurance for Oman and UAE only. Trade-in bonus up to OMR 500, depending on the evaluation by MHD Used Car Team.



mhdramtrucksoman

Toll Free - 800 22 008
WWW.RAM.COM/OM
CR No. 1429646

12th Omani Song Festival gets underway in Salalah

Our Correspondent
Salalah

The 12th Omani Song Festival, organised by the Ministry of Culture, Sports, and Youth in collaboration with the Office of the Governor of Dhofar, commenced on Sunday at Al Murooj Theatre in Salalah.

The four-day festival was inaugurated by H E Dr Mahad bin Saeed Baowain, Minister of Labour, in the presence of several officials and cultural enthusiasts.

The festival aims to attract and nurture Omani singing talents, highlighting their creativity and artistic potential, organisers said. It also seeks to strengthen partnerships between government agencies and the private sector to enrich the cultural and artistic landscape across Oman. Ibrahim bin Saif Bani Araba,

the festival director, noted that since its inception in 1994 in Muscat, the Omani Song Festival has been a platform for Omani poets, composers, and artists to achieve recognition in the cultural and artistic fields.

"The festival has produced many prominent Omani poets,

composers, and artists," he said, adding that the ministry has worked to ensure that the selection process for the final stage of the festival is an enriching experience, blending musical authenticity with modern influences.

This year, 33 contestants participated, with six qualifying to

compete for the top three places. The finalists are Omar al Hasani, Abdul Aziz bin Ajeeb bin Arfa Bait Kalib, Hamed Suhail, Nahla al Mukhainiya, Aisha bint Hafez and Saif al Gharabi.

H E Baowain honoured jury members, recognising their contribution to the event.

Symposium explores intersection of AI, music

Our Correspondent
Muscat

A cultural symposium titled 'Music, Artificial Intelligence and Modern Technologies' was held on Monday at the Sultan Qaboos Youth Complex for Culture and Entertainment in Salalah, as part of the Omani Song Festival.

The event, organised by the Ministry of Culture, Sports and Youth, gathered officials and enthusiasts from literary, cultural, and artistic fields.

Dr Ahmed bin Mohsen al Ghassani, chairman of Dhofar

Municipality, inaugurated the symposium, which featured three insightful presentations.

The first presentation - 'Music and Singing in the Age of Artificial Intelligence: Induction and Foresight' - was delivered by Dr

Salim Dada. He explored how AI is shaping the future of music and singing, addressing challenges related to lyrics, composition and folk arts.

Dr Wael Haddad presented the second paper, which focused

on the impact of AI on Arabic and traditional music. He discussed how AI influences the characteristics, production methods, and preservation of this genre.

The third presentation, 'An Omani Musical Band Using AI Technology', was given by Dr Iman al Harrasi. She showcased a virtual music band made up of digital characters capable of performing traditional Omani tunes using advanced technology. Iman detailed her process, from collecting audio data and training the model to the final sound.

Dhofar International Development And Investment Holding Company (SAOG) AND ITS SUBSIDIARIES

P.O.Box 2163, Salalah, Postal Code 211, Sultanate of Oman, Tel: 23295400, Fax: 23291500, Email: didico@omantel.net.om, Website: www.didic.com

CHAIRMAN'S REPORT FOR THE SIX MONTHS ENDED 30 JUNE 2024

Dear Shareholders,

On behalf of the Board of Directors, I am pleased to present the Un-audited Financial Results of Dhofar International Development & Investment Holding Company SAOG ("DIDIC") for the period ending 30th June 2024.

During the first six months of 2024 Muscat Stock Exchange (MSX) improved by 173 points and closed at 4,687.261 points as on 30th June, 2024 which is a 3.84% increase over the six months period. During this period, however, the Company's investments in equities at a group level recorded a decrease of RO 0.735 million on account of drop in the prices of few of its key equity investments.

Group Consolidated Performance

During the six months period ending 30th June 2024, Net Profits were RO 3.794 million and the total comprehensive income attributable to our shareholders amounted to RO 3.588 million as compared to net profit of RO 2.132 million and total comprehensive profit of RO 2.959 million for the same period in 2023.

The Group ended the first six months of 2024 with total assets of RO 221.059 million, a marginal decrease of 0.3% while shareholders' equity of RO 134.228 million registered an increase of 3.91% from the first six months of 2023 where total assets amounted to RO 221.736 million and shareholders' equity attributable to our shareholders was RO 129.190 million.

Performance of Key Associates

Bank Dhofar, our banking associate, reported after tax net profit of RO 22.18 million for the six months period ended 30

June 2024 as compared to RO 18.43 million for the same period in 2023, representing an increase of 20%. The net interest income and net income from Islamic financing activities and investments increased to RO 60.347 million compared to RO 56.996 million during same period of 2023 registering an increase of 5.88%. Net fees and commission income for the period was RO 12.760 million which was marginally higher by 1.53% as compared to same period last year. Net loans and advances including Islamic financing receivables witnessed an increase of 9.16% and reached RO 3.73 billion as at 30 June 2024 as compared to RO 3.42 billion as at 30 June 2023. Similarly, customer deposits including Islamic deposits, significantly increased by 15.57% to 3.551 billion compared to comparative period of last year. Total shareholders' equity in the bank registered a marginal increase of 1.47 %, increasing to RO 568.101 million from RO 559.892 million a year prior:

Dhofar Insurance, our insurance associate recorded a significant increase of 16.96% in its insurance revenue to RO 44.37 million from RO 37.94 million a year earlier for the six months period. Its insurance service results were similarly up by 26.09% from a net revenue of RO 1.579 million to a net revenue of RO 1.991 million. Also, its net insurance finance results improved from a net expense of RO 0.280 million to a net expense of RO 0.188 million for the first six months of 2024. It reported net profit of RO 2.394 million for this period as compared to RO 2.158 million a year earlier; a growth of 10.96%. The shareholders' equity has increased by 18%, from RO 32.622 million as at 30 June

2023 to RO 38.348 million as at 30 June 2024.

Oman Investment & Finance Company, our billing and collection associate that has also ventured into money exchange and contracting operations through two specialized subsidiaries, had its revenue dropped in its group operations in the first six months of 2024 by 11.23%. However, net profits more than doubled to RO 4.564 million from RO 2.198 million a year earlier. The Shareholder's equity increased by 15.18%, from RO 28.806 million as at 30 June 2023 to RO 33.179 million as at 30 June 2024.

Acknowledgements

On behalf of the board of directors, I would like to extend our gratitude to the leadership of the FSA, CBO and MOCI for their continued support. I would also like to thank the management teams of DIDIC, our subsidiaries and associate companies for all their hard work and dedication.

Finally, we wish our country continued safety and stability under the wise leadership and guidance of His Majesty Sultan Haitham Bin Tarik, may God protect him and prolong his life.

Khalid Bin Mustahail Al Mashani
Chairman

Note: The complete accounts will be sent by mail to any shareholder who request the company in either Arabic or English as requested within 7 days of receipt of the request.

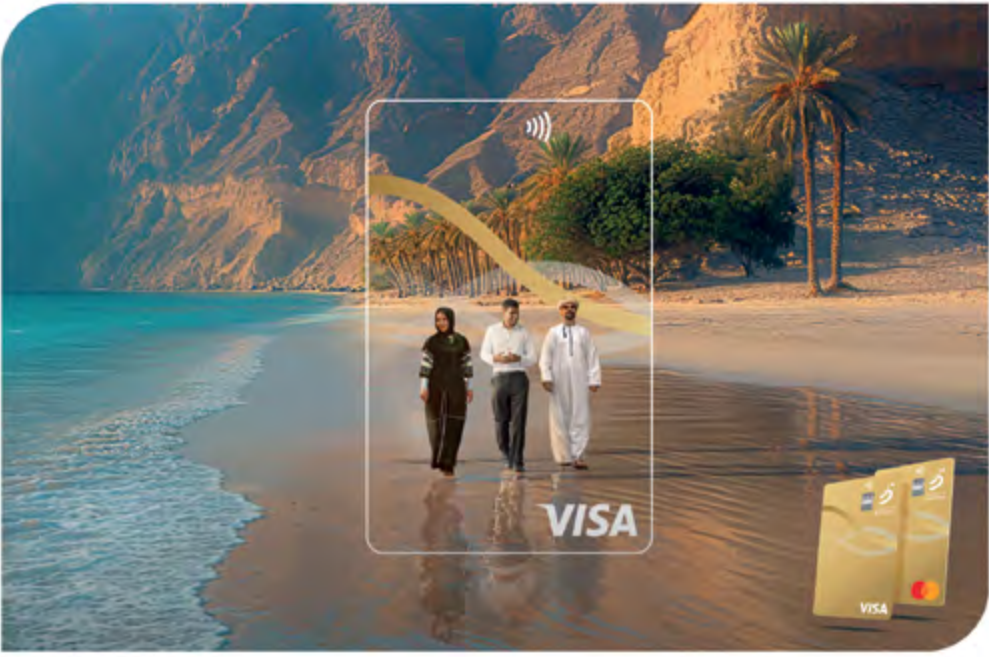
UN-AUDITED STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2024

	Group 2024 RO	Parent Company 2024 RO	Group 2023 RO	Parent Company 2023 RO
ASSETS				
Cash and bank balances	653,584	355,471	3,470,998	2,828,375
Receivables and prepayments	778,896	6,308,535	922,395	3,876,666
Inventories	9,777	-	22,129	-
Financial assets at fair value through profit or loss				
- Investment in equities	37,643,006	23,107,599	41,196,611	25,495,886
- Investment in term deposits	730,000	730,000	1,830,000	1,830,000
Financial assets at fair value through other comprehensive income	1,387,861	-	1,215,129	-
Investment in subsidiaries	-	690,366	-	2,632,200
Investment in associates	174,617,992	174,617,992	167,706,253	167,706,253
Loan to subsidiary	-	4,950,000	-	4,950,000
Investment property	247,212	247,212	247,212	247,212
Property and equipment	4,990,842	492,503	5,125,118	528,450
Total assets	221,059,169	211,499,678	221,735,845	210,095,042
EQUITY AND LIABILITIES				
Equity				
Share capital	54,472,000	54,472,000	54,472,000	54,472,000
Legal reserve	11,095,936	11,095,936	10,210,339	10,210,339
General reserve	7,070,404	7,070,404	7,070,404	7,070,404
Investment revaluation reserve	(3,294,236)	(3,294,236)	(2,678,188)	(2,678,188)
Retained earnings	64,884,765	64,476,178	60,115,631	59,707,044
Total equity due to shareholders of the Parent Company	134,228,869	133,820,282	129,190,186	128,781,599
LIABILITIES				
Other liabilities	498,338	318,569	675,276	297,443
Income tax payable	9,400	-	9,383	-
Loans and borrowings	86,322,562	77,360,827	91,861,000	81,016,000
	86,830,300	77,679,396	92,545,659	81,313,443
Total equity and liabilities	221,059,169	211,499,678	221,735,845	210,095,042
Net assets per share	0.328	0.327	0.316	0.315

UN-AUDITED STATEMENT OF COMPREHENSIVE FOR THE PERIOD ENDED 30 JUNE 2024

	Group 2024 RO	Parent Company 2024 RO	Group 2023 RO	Parent Company 2023 RO
INCOME				
Dividend income	1,138,146	1,078,131	1,201,346	1,075,781
Net revenue of a subsidiary	45,000	-	165,218	-
Realised gain/(loss) on sale of financial assets	(39,680)	(776)	-	-
Unrealised (loss)/gain on financial assets at fair value through profit or loss	(735,356)	(708,639)	(720,929)	(734,471)
Interest income	42,039	355,659	75,613	310,864
Other income	146,693	50,063	50,019	46,668
Total income	597,832	774,438	771,267	698,642
EXPENSES				
Administrative and general expenses	(950,158)	(835,751)	(1,088,257)	(883,962)
Depreciation	(74,580)	(28,149)	(96,896)	(29,316)
Total expenses	(1,024,738)	(863,900)	(1,185,143)	(913,300)
Operating (loss)/profit	(426,906)	(89,462)	(413,876)	(214,658)
Finance costs	(3,234,931)	(2,939,837)	(2,877,005)	(2,525,108)
Deferred finance cost	(47,459)	(47,459)	(1,385,256)	(1,385,256)
Share of loss from subsidiaries	-	(644,456)	-	(551,115)
Share of profit from associates	7,622,281	7,622,281	6,808,505	6,808,505
Profit for the period before tax	3,912,985	3,901,067	2,132,368	2,132,368
Income tax	(118,819)	(106,901)	-	-
Profit for the period	3,794,166	3,794,166	2,132,368	2,132,368
Other comprehensive income/(loss)				
Items that will not be subsequently reclassified to profit or loss				
Changes in fair value of financial assets through other comprehensive income	480,038	-	26,669	-
Share of other comprehensive profit of subsidiaries	-	480,038	-	26,669
Share of other comprehensive profit/(loss) of associates	(686,427)	(686,427)	799,950	799,950
Other comprehensive income/(loss) for the period	(206,389)	(206,389)	826,619	826,619
Total comprehensive income for the period	3,587,778	3,587,777	2,958,987	2,958,987
Basic earnings per share	0.009	0.009	0.005	0.005

Terms and conditions apply



We made it easy to get a Credit Card



Minimum salary from **OMR 250**



No need for salary assignment letter



First year annual fee waived

Apply now



International media puts spotlight on Dhofar's cultural, natural riches

Our Correspondent
Salalah

The Ministry of Information is currently hosting a group of international media professionals in Dhofar, aiming to showcase the governorate's economic and tourism projects, investment opportunities and cultural heritage.

Led by the ministry's Directorate General of External Media, the initiative is part of a broader effort to attract more tourists from Europe, North America, Africa and East Asia. The programme will run till August 20.

Sheikha bint Ahmed al Mahrouqi, Acting Director General of External Media, stated, "The programme during Dhofar Khareef 2024 is designed to enhance Oman's presence on the global cultural and tourism stage. We are collaborating with several prestigious international



media organisations, including Reuters, Foreign Press Association, *National Geographic Magazine*, Chinese TV and Turkish TV, besides others from Italy, Spain, Belgium and Australia."

The media personnel will visit a range of tourist, cultural, historical and archaeological sites in



The monsoon drizzle and fog added a unique charm to the experience in Dhofar

DAVID ROLLE

opportunities to experience Omani culture firsthand with visits to the countryside to observe the lifestyle of local communities.

Sharing his impressions of the visit, David Rolle, a photographer for *National Geographic*, said, "Dhofar's natural diversity is

striking, from the frankincense trees in Wadi Dokah to the beaches of Al Mughsail. The monsoon drizzle and fog added a unique charm to the experience."

Rolle described his time in Dhofar as "wonderful," highlighting his visits to Al Fazayeh Beach in Rakhyut, the waterfalls and lush greenery of Wadi Darbat, and Al Hafa Market, known for its distinctive aroma of frankincense and incense. He also toured the archaeological sites of Samharam and Al Baleed, which reflect the ancient history of the region.

Fascinated by Dhofar's topographic diversity, Max Stanton, an e-content creator, found the governorate "breathtaking" during khareef.

He marveled at the variety of activities available for tourists, from adventure tourism to exploring cultural landmarks and traditional crafts.

MoE signs agreement to support the deaf

Our Correspondent
Muscat

Ministry of Education (MoE) has signed an agreement with Mitsui E&P Middle East to establish a sensory and visual interaction hall at Al Amal School for the Deaf in Al Khuwayr.

The agreement was signed on Sunday by H E Majid bin Said al Bahri, Undersecretary for Administrative and Financial Affairs in MoE, and Nasser bin Ali al Kindi, General Manager of Mitsui E&P Middle East.

The signing event was attended by several key figures, including Dr Shanoona al Habsi, Assistant Director-General for Special Education, and Mohammed al Harbi, Principal of Al Amal School for the Deaf.

The new facility aims to enhance the development of sensory skills among students with special needs. It will provide a stimulating educational environment through various tools and devices, contributing to the learning, evaluation and rehabilitation of students who experience functional disorders.

On the occasion, H E Bahri said, "This agreement reflects the Ministry of Education's commitment to creating a multi-sensory educational environment tailored to the needs of students with special needs."

He added that the hall would include globally recognised sensory devices and physical therapy equipment designed to improve concentration and develop students' abilities.

"We hope this hall will play a major role in providing this category of students appropriate communication skills, making them feel satisfied and psychologically stable, while helping them strengthen their senses."

H E Bahri also highlighted the importance of partnerships between MoE and private sector institutions. "Such collaborations have a significant impact on improving the quality of education services," he noted, while thanking Mitsui E&P Middle East for its support in this vital initiative.

Oman, Malaysia discuss tourism cooperation

Muscat - H E Salim bin Mohammed al Mahrouqi, Minister of Heritage and Tourism, received Tiong King Sing, Malaysia's Minister of Tourism, Arts and Culture, who is currently visiting Oman, on Monday.

During the meeting, the ministers discussed ways to enhance cooperation in the fields of heritage and tourism between the two nations. Key topics of discussion included boosting mutual tourism, increasing the number of direct flights between Oman and Malaysia, and expanding training programmes within the tourism sector.

They also reviewed a memorandum of understanding signed earlier focused on a framework for cooperation through an executive programme.

This programme will target specific areas of interest and outline a timetable for achieving the agreed-upon objectives.

The meeting was attended by several officials from both sides, underscoring the importance of the bilateral discussions.

TRUSTED SINCE 1920

OMAN'S 1st EXCHANGE

WE EXCHANGE TRUST

WE BUY & SELL GOLD & SILVER

1 gm to 1kg 24ct gold bars available at best international rate.

WORLD WIDE REMITTANCE

PURSHOTTAM KANJI EXCHANGE

شركة برشوتم كانجي للمصارفة

Download it NOW!

+968 91787629 | 99849289

www.pkeexchange.com



You've never heard it like this before.

NEW Bose Smart Ultra Soundbar



BOSE

FOR MORE INFORMATION CONTACT 92311039 / 99347243

OHI ELECTRONICS

MARKET WATCH	
MSX30	4,686.18
Sensex	79,648.92
FOREX RATES	
(RO1 equals)	
India	218.07
Pakistan	723.91
Bangladesh	305.30
Philippines	148.75
Sri Lanka	777.41
*Rates as on August 12 Source: xe.com	

BRIEFS

ADNOC Gas posts \$1.2bn net profit for Q2

The UAE's ADNOC Gas announced strong financial results for the second quarter of 2024, posting an adjusted net income of \$1.19bn, a 21% year-on-year improvement exceeding market expectations.

Revenues for the Q2 period of \$6.076bn are an increase of 13% year-on-year. Within the UAE, increased population and industrial growth have contributed to stronger sales for the domestic gas business.

ADNOC Gas fulfils more than 60% of the UAE's gas demand and is fuelling the development of key industrial sectors, including the growth of petrochemicals.

Earnings Before Interest, Taxes, Depreciation and Amortisation (EBITDA) growth outpaced revenue improvement during the quarter, reaching \$2.086bn, an 18% year-on-year increase.

Oman's refinery production declines in first half of 2024

Our Correspondent
Muscat

The total refinery and petroleum industry production in Oman decreased by 1.8% in the first half of 2024 compared to the same period in 2023, latest data released by National Centre for Statistics and Information (NCSI) showed.

The production of motor fuels saw a significant drop of 27.1% in the month of June compared to the previous month, according to NCSI data, as reported by Oman News Agency.

The statistics revealed that the production of Mogas 91 grade petrol decreased by 9.5% during the first half of 2024, while the production of Mogas 95 petrol increased by 9.8%.

The total production of Mogas 91 petrol reached approximately 7.479mn barrels in the first six months of 2024, with its sales totaling 6.827mn barrels. In contrast, the production of Mogas 95 petrol amounted to 6.559mn barrels, with sales recorded at 6.412mn barrels.

On the other hand, the production of diesel declined by 6.2%, totaling 16.085mn barrels during the first half of this year, with sales amounting to 6.815mn barrels.

Jet fuel production in Oman's refineries increased by 2.3%, reaching 5.622mn barrels during January – June period, with sales



Exports of Mogas 91 petrol increased by 16.2% to 1.410mn barrels in the first half of 2024, while exports of Mogas 95 petrol surged by 53.5% during this period, totaling 572,800 barrels

of 1.995mn barrels. The production of liquefied petroleum gas (LPG) was recorded at 4.484mn barrels, while its sales stood at 5.033mn barrels.

In the petrochemical sector, gasoline production rose 6.5% to 83,500 metric tonnes, paraxylene production increased by 4.6% to 265,100 metric tonnes, and polypropylene production decreased by 23.7% to 101,800 metric tonnes. However, sales of polypropylene saw a significant increase of 25.7% to 17,000 metric tonnes.

Exports rise

Oman's exports of Mogas 91 petrol increased by 16.2%, reaching 1.410mn barrels in the first half of 2024. Exports of Mogas 95 petrol surged by 53.5% during this period, totaling 572,800 barrels.

Diesel exports reached 9.058mn barrels, jet fuel exports amounted to 3.605mn barrels, and LPG exports totaled 280,600 barrels. Additionally, paraxylene exports were recorded at 254,700 metric tonnes, gasoline exports at 81,500 metric tonnes, and polypropylene exports at 81,200 metric tonnes.



CBO issues treasury bills worth RO35mn

Our Correspondent
Muscat

The Central Bank of Oman on Monday announced that it has issued government treasury bills worth RO35mn this week.

The value of the allotted treasury bills amounted to RO30.63mn, for a maturity period of 91 days. The average accepted price reached RO98.763 for every RO100 bill, while the minimum accepted price arrived at RO98.750. The average discount rate and the average yield reached 4.9613% and 5.0235%, respectively.

The value of the allotted treasury bills amounted to RO4mn, for a maturity period of 182 days. The average accepted price reached RO97.485 for every RO100 bill, while the minimum accepted price also arrived at RO97.485. The average discount rate and the average yield reached 5.0438% and 5.1739%, respectively.

The value of the allotted treasury bills amounted to RO0.37mn, for a maturity period of 364 days. The average discount rate and the average yield reached 4.7179% and 4.9508%, respectively.

The interest rate on the Repo operations with the CBO is 6.00% while the discount rate on the Treasury Bills Discounting Facility with the central bank is 6.50%. Treasury bills are short-term highly secured financial instruments issued by the Ministry of Finance, and they provide licensed commercial banks the opportunity to invest their surplus funds. The Central Bank of Oman acts as the Issue Manager and provides the added advantage of ready liquidity through discounting and repurchase facilities (Repo).

Furthermore, treasury bills promote the local money market by creating a benchmark yield curve for short-term interest rates. Additionally, the government may also resort to this instrument whenever felt necessary for financing its recurrent expenditures.

FDI in Saudi Arabia rises to \$215bn

Riyadh, Saudi Arabia – Khalid al Falih, Saudi Minister of Investment, said that the pro-investment measures introduced by Saudi Arabia in recent years include the introduction of the Civil Transactions Law, Private Sector Participation Law, Companies Law, Bankruptcy Law and Special Economic Zones.

These reforms have helped drive rapid investment growth, with gross fixed capital formation increasing by 74% from 2017 to nearly \$300bn in 2023.

Additionally, Foreign Direct Investment (FDI) stock increased by 61% from 2017 to 2023, reaching almost \$215bn in 2023, and FDI inflows have surged by 158%, jumping from \$7.5bn in 2017 to \$19.3bn in 2023.

These initiatives and developments, in addition to incentives, facilities, and enablers, have motivated investors to seek a positive, supportive, and stable investment environment, the Saudi Press Agency (SPA) reported.

The minister added, "The law reaffirms Saudi Arabia's commitment



ment to creating a welcoming and secure environment for investors, driving economic growth, and enhancing the kingdom's position as a premier global investment destination."

The policy direction outlined in Vision 2030 allows investors to invest with certainty and to grow with confidence at a time when many other markets are experiencing considerable volatility.

The executive regulations will come into effect beginning in 2025.

WAM

85% GCC companies rank innovation as top priority, but face readiness challenges

Dubai, UAE – Companies in the GCC prioritise innovation more than ever – with 85% of senior executives in the region ranking it among their organisations' top priorities, slightly above the global average.

This strong commitment to innovation reflects the region's ambition to lead the global knowledge economy. A new report released by Boston Consulting Group (BCG) highlights this positive trend while noting opportunities for GCC firms to enhance their innovation readiness.

For its annual innovation study, Innovation Systems Need a Reboot, BCG assessed companies' innovation maturity and surveyed senior innovation executives worldwide, including those in the GCC region.

While innovation continues to demonstrate value, the study shows that innovation systems globally need a reboot. Innovation priority remains at an all-time high, with 83% of global companies ranking it as a top-three priority.



As per BCG report, 84% of GCC firms are starting to use Generative AI to drive innovation

However, innovation readiness has sharply declined worldwide, from 20% two years ago to 9% last year and just 3% this year globally. This global trend is even more pronounced in the GCC, where firms exhibit even lower innovation readiness than the global average.

The study reveals that while GCC organisations prioritise innovation at a higher level than their global counterparts, they face greater challenges in translating that ambition into readiness. This aligns with global patterns where companies across various regions are struggling to match their innovation priorities with practical readiness, though the gap appears more significant in the GCC.

"We are seeing GCC organisations prioritise innovation, with 85% of executives ranking it highly. However, converting this ambition into readiness remains a challenge," said Faisal Hamady, Managing Director and Partner at BCG.

"To close this gap, it is crucial to strengthen the link between innovation and business strategy. Organisations must benchmark processes, align them with strategic goals, and leverage Generative AI while addressing talent constraints and rising capital costs."

When GCC business leaders were asked to rank the challenges facing their innovation teams, talent pool constraints emerged as one of the top concerns, alongside the rising cost of capital.

"The GCC is in flux when it comes to attracting top talent," noted Thibault Werle, Managing Director and Partner at BCG. "While Dubai, Abu Dhabi, and Riyadh have all ranked highly as cities of choice for global talent, the region is still in the nascent stages of building its talent pool. However, as we've seen with many initiatives in the GCC, if you build it, they will come. The rapid development of innovation ecosystems in these cities will likely accelerate talent attraction in the coming years."

The study also highlighted the need for a broader ecosystem approach to innovation in the GCC, recognizing the crucial role of public sector leaders and national strategies in driving innovation alongside corporate efforts.

The study found that 84% of GCC firms are starting to use Generative AI (GenAI) to drive innovation, reflecting the region's embrace of cutting-edge technologies. However, as with global trends, most organizations are still in the early stages of GenAI adoption.

India's corporate credit quality is getting stronger, says S&P Global

New Delhi, India – India's corporate credit landscape is showing positive trends that are expected to persist, according to a recent report by S&P Global. The report highlights strengthening credit quality across various sectors, driven by enhanced financial discipline, broad-based earnings growth, and robust liquidity profiles.

S&P Global's analysis reveals that one in three ratings within India now shows a positive outlook, marking a significant shift after three years of net positive rating actions. The report indicates that corporate India has

built greater resilience against downside risks, reflecting a more stable and robust credit environment.

However, corporate leverage in India is expected to decline marginally, even as capital expenditure (capex) rises by 30% compared to pre-pandemic levels. This improvement is attributed to more entrenched financial discipline among companies, which have managed to balance rising capex with prudent financial management.

The report forecasts a 10% growth in aggregate EBITDA in 2024, driven by strong perfor-



mance in sectors such as telecommunications, airports, commodities, and chemicals. This broad-based earnings growth underscores the resilience of corporate India and its

ability to generate substantial cash flows despite a challenging global environment.

S&P Global said that Indian companies are benefiting from strong onshore liquidity and the

absence of large debt maturities, which support their liquidity profiles. The resilience of these companies to foreign exchange and interest rate volatility further strengthens their liquidity positions.

Corporate India's positive credit trends are closely linked to broader economic drivers such as GDP growth. Increased consumer spending is bolstering sectors like airports, automobiles, and telecommunications. Meanwhile, infrastructure investment is significantly boosting the commodities, utilities, and commercial automotive

sectors.

S&P Global noted that both infrastructure and non-infrastructure sectors are experiencing reductions in leverage, with absolute debt reduction more pronounced in non-infrastructure sectors. However, infrastructure entities are slower in reducing debt due to higher capex, particularly in energy transition initiatives.

Operating cash flows across sectors are outpacing capex, supporting further deleveraging. While capex intensity remains higher in infrastructure sectors, the neutral free operating cash

flow is seen as a positive trend, indicating that companies are managing their capital expenditures efficiently while maintaining cash flows.

The transportation infrastructure sector is benefiting from traffic growth and tariff increases, with rising cargo volumes supporting port revenues and improved operating efficiencies boosting margins. Airports are also experiencing higher traffic levels and tariff increases, contributing to better operating cash flows and overall credit quality, S&P Global noted.

ANI

Global youth unemployment rate falls

Geneva, Switzerland – The International Labor Organization (ILO) said in a report published on Monday that the global youth unemployment rate fell to its lowest level in 15 years last year (2023) and is likely to continue falling until 2025.

The global labour market outlook for young people has improved in the last four years, and the upward trend is expected to continue for two more, according to the new ILO report.

However, the report, titled Global Employment Trends for Youth 2024, cautions that the number of 15- to 24-year-olds who are not in employment, education or training (NEET) is concerning, and that the post-COVID 19 pandemic employment recovery has not been universal. Young people in cer-

tain regions and many young women are not seeing the benefits of the economic recovery.

The 2023 youth unemployment rate, at 13%, equivalent to 64.9mn people, represents a 15-year low and a fall from the pre-pandemic rate of 13.8% in 2019. It is expected to fall further to 12.8% this year and next. The picture, however, is not the same across regions. In the Arab States, East Asia and South-East Asia and the Pacific, youth unemployment rates were higher in 2023 than in 2019.

The ILO report also cautions that young people face other “headwinds” in finding success in the world of work. It notes that too many young people across the globe are NEET and opportunities to access decent jobs remain limited in emerging and



developing economies. One in five young people, or 20.4%, globally were NEET in 2023. Two in three of these NEETs were female.

For the youth who do work, the report notes the lack of progress in gaining decent jobs. Globally, more than half of young workers are in informal employ-

ment. Only in high- and upper-middle-income economies are the majority of young workers today in a regular, secure job. And three in four young workers

in low-income countries will get only a self-employed or temporary paid job.

The report cautions that the continuing high NEET rates and insufficient growth of decent jobs are causing growing anxiety among today's youth, who are also the most educated youth cohort ever.

“None of us can look forward to a stable future when millions of young people around the world do not have decent work and as a result, are feeling insecure and unable to build a better life for themselves and their families. Peaceful societies rely on three core ingredients: stability, inclusion, and social justice; and decent work for the youth is at the heart of all three,” explained Gilbert F Houngbo, ILO Director-General.

Oil prices holds on last week’s gains

Beijing, China – Oil prices rose for a fifth consecutive session on Monday, extending gains from last week's more than 3% rise, as US recession fears eased while geopolitical tensions in the Middle East supported prices.

Brent crude futures climbed 22 cents, or 0.3%, to \$79.88 a barrel, while US West Texas Intermediate (WTI) crude futures rose 36 cents, or 0.5%, to \$77.20.

Brent ended last week up more than 3.5% on the week, while WTI gained more than 4%, on supportive economic data and increased hopes of a US interest rate cut.

ONA

Moody’s lowers growth forecast for Bangladesh

New Delhi, India – A recent report by Moody’s warns that the ongoing situation in Bangladesh could severely harm the country’s economy.

The report also emphasises that the closure of businesses, which are already struggling due to global economic issues, will worsen the situation.

“The curfews, the latest of which was lifted on last Tuesday, have been reminiscent of the pandemic lockdown in terms of their economic consequences. If the situation in Bangladesh doesn’t calm, and businesses are forced to shut for prolonged periods, we would expect similar drops in exports” said the report.

Moody’s has also lowered its GDP growth forecast for Bangladesh this year from 5.4% to 5.1%.

The report added, “For now, we have downwardly revised our GDP growth forecast for this year to 5.1% from 5.4% previously. This is a provisional figure that is contingent on the length and severity of the political, social, and economic upheaval.”

The report also noted that the ongoing disruptions might lead companies to reconsider their operations in Bangladesh. Some



If the situation in Bangladesh doesn’t calm, and businesses are forced to shut for prolonged periods, we would expect severe drops in exports

MOODY’S

businesses have already redirected their orders to other countries to avoid supply chain disruptions.

After months of political unrest, Bangladesh has a new interim government in place headed by Nobel laureate

economist Muhammad Yunus. The government took charge three days after Sheikh Hasina was forced to quit as Prime Minister and subsequently leave Bangladesh.

The countrywide protests erupted in early July due to demands for reforming the quota system that reserves civil service jobs for specific groups, including descendants of 1971 war veterans.

The unrest intensified after students opposed a new policy allocating government jobs to descendants of freedom fighters, leading to violence, including attacks on state television headquarters and police booths in Dhaka.

ANI

Nasdaq Dubai welcomes \$500mn sustainability sukuk by Kuwait's Warba Bank

Dubai, UAE – Nasdaq Dubai has welcomed the listing of \$500mn sustainable trust certificates issued by Warba Bank, a Kuwaiti Islamic bank. This is the fourth listing under their \$2bn trust certificate issuance programme.

In a statement on Monday, Nasdaq Dubai said, “This is a significant listing, as it marks the first-ever sustainability sukuk to be issued in Kuwait in compliance with Warba Bank’s sustainable finance framework. The five-year certificates are designed to support eligible sustainable projects and initiatives, aligning with global sustainability goals.”

Nasdaq Dubai continues solidifying its status as the premier platform regionally and globally for fixed income and ESG-related listings. ESG stands for Environmental, Social and Governance.

The exchange holds an outstanding total value of \$134bn



in listed fixed income securities and \$30bn in ESG listings. Among these, ESG Sukuk account for \$18bn, including the recent listing of Warba Bank.

The issuance received an overwhelming positive response from investors, with orders reaching \$1.8bn, which is 3.6 times the issuance size. This strong demand underscores the growing appetite for sustainable investment opportunities in the region.

Hamed Ali, CEO of Nasdaq Dubai and Dubai Financial

Market, said, “We are pleased to welcome Warba Bank’s Sukuk to Nasdaq Dubai. This listing reflects our commitment to continuously support green and sustainable financing initiatives in the region and provide a robust listing platform for such financial instruments.”

With this additional listing, the total value of Warba Bank’s Sukuk, currently listed on Nasdaq Dubai, reaches \$1.25bn through three listings.

WAM



NATIONAL ALUMINIUM PRODUCTS COMPANY S.A.O.G

P.O. Box: 15, Rusayl, P.Code: 124, C.R. No. 1/22025/0, Sultanate of Oman
Tel: +968 24446450, Fax: +968 24446453/24446449
E-mail: info@napco.co.om, Website: www.napcooman.com

BOARD OF DIRECTORS' REPORT FOR THE YEAR ENDED 30 June 2024

Dear Shareholders,

On behalf of the Board of Directors of National Aluminium Products Company SAOG (NAPCO), I present the unaudited financial statements for the quarter ended 30 June 2024 and an overview of the performance of the Company.

Economic environment

The global growth landscape and divergence under the clouds of uncertainty due to inconsistent geopolitical situation is causing uneven economic recovery. Activity in many economies remains well below pre-pandemic trends and divergences across countries are rising. Medium-term global growth projections remain weak with core inflation remaining more persistent than expected.

Performance Review

The financial performance of the National Aluminium Company Products Company SAOG (parent company) and Novel Aluminium Products Company LLC (subsidiary company) collectively represent as a “group” during the 30 June 2024, as compared to 2023, is summarized in the table below:

RO 000s				
Summary of Income Statement				
Particulars	Group		Parent	
	YTD 2024	YTD 2023	YTD 2024	YTD 2023
Revenue	10,052	16,071	10,000	15,912
Net loss before taxation	(1,012)	(1,155)	(994)	(1,231)
Net loss after tax	(1,012)	(1,000)	(994)	(1,077)

The financial synopsis for the period ending 30 June 2024, when compared to the previous year, reveals a contraction in revenue by 37%, amounting to a decrease of RO 6.019 million. Despite this downturn, the Group has managed to mitigate the net loss after tax to RO (1.012) million, a slight increase from the previous year's loss of RO (1.00) million. This outcome is primarily due to a 37% reduction in total dispatch quantity offset by strategic cost optimization measures.

The financial health of the company has been strained by working capital limitations and the high cost of borrowings. These are areas of concern that we are actively addressing through various strategic initiatives.

Future outlook

It is anticipated that the growth rate for the economies of the Gulf Cooperation Council (GCC) will be at 3.2% in 2024. This represents a deceleration from the previous year's growth, attributed to diminished revenues from oil and gas, coupled with a deceleration in the global economy, as reported in the latest World Bank Gulf Economic Update (GEU).

The company is actively pursuing a variety of strategies to rejuvenate its capital structure, improve its working capital capabilities, and procure raw materials at cost-effective prices with favorable credit conditions. Concurrently, Management is dedicated to identifying new market segments and broadening its customer base to include those with potential for higher returns and more substantial profit margins.

Acknowledgement and Appreciation

We are grateful to our honorable shareholders for their faith and support, to our clients, vendors, banks, regulatory authorities, MSX and CMA and to Management and staff for their loyalty, hard work,

dedication and contribution in achieving our goals.

We express our gratitude to His Majesty Sultan Haitham bin Taimour and his wise government for continued support, encouragement, and guidance in leading Oman to achieve greater progress and prosperity.

Dr. Zakia Hassan Al-Naseeb
Chairperson

Condensed interim statement of financial position As of 30th June 2024				
	Group Unaudited period ended 30 June 2024 RO	Audited year ended 31 December 2023 RO	Parent Unaudited period ended 30 June 2024 RO	Audited year ended 31 December 2023 RO
ASSETS				
Non-current assets				
Property, plant and equipment	10,028,057	10,331,218	10,025,139	10,327,720
Intangible assets	34,778	46,922	30,127	41,384
Right-of-use asset	923,506	945,234	923,506	945,234
Investment property	400,000	400,000	400,000	400,000
Investment in subsidiary	-	-	31,500	31,500
Deferred tax asset	215,832	215,834	214,792	214,794
Total non-current assets	11,602,173	11,939,208	11,625,064	11,960,632
Current assets				
Inventories	2,860,991	2,951,717	2,860,991	2,951,717
Trade and other receivables	6,394,147	6,713,910	3,400,048	6,723,711
Amounts due from related parties	-	-	2,882,308	3,233,898
Cash and cash equivalents	109,899	187,232	30,558	35,351
Total current assets	9,365,037	9,852,859	9,173,905	9,710,779
Total assets	20,967,210	21,792,067	20,798,969	21,671,411
EQUITY AND LIABILITIES				
Equity:				
Share capital	857,145	857,145	857,145	857,145
Legal reserve	-	-	-	-
Revaluation reserve	1,259,030	1,356,219	1,259,030	1,356,219
(Accumulated losses)/retained earnings	(5,876,345)	(4,961,121)	(5,877,067)	(4,980,091)
Total equity	(3,760,170)	(2,747,757)	(3,760,892)	(2,766,727)
LIABILITIES				
Non-current liabilities				
Term Loan	8,504,204	2,620,000	8,504,204	2,620,000
Lease liability	1,092,571	1,091,107	1,092,571	1,091,107
Employees' end of service benefits	323,628	329,931	323,628	329,931
Total non-current liabilities	9,920,403	4,041,038	9,920,403	4,041,038
Current liabilities				
Lease liability	66,781	66,781	66,781	66,781
Borrowings	7,719,741	13,448,653	7,719,741	13,448,653
Trade and other payables	7,020,455	6,983,352	6,852,935	6,881,666
Total current liabilities	14,806,977	20,498,786	14,639,457	20,397,100
Total liabilities	24,727,380	24,539,824	24,559,860	24,438,138
Total equity and liabilities	20,967,210	21,792,067	20,798,969	21,671,411
Net assets per share	(0.439)	(0.321)	(0.439)	(0.323)

Condensed interim statement of profit or loss and other comprehensive income for the period ended 30th June 2024				
	Consolidated Unaudited 01.01.2024 to 30.06.2024 RO	Consolidated Unaudited 01.01.2023 to 30.06.2023 RO	Parent Unaudited 01.01.2024 to 30.06.2024 RO	Parent Unaudited 01.01.2023 to 30.06.2023 RO
Revenue	8,791,510	14,207,365	8,740,562	14,044,972
Scrap sales	1,153,154	1,836,411	1,153,154	1,836,412
Cost of sales	(9,685,012)	(15,493,019)	(9,678,967)	(15,487,152)
Gross Profit	259,652	550,757	214,749	394,232
Other income	107,703	34,484	106,401	30,909
Expenses:				
General and administrative expenses	(413,546)	(558,383)	(398,317)	(542,024)
Selling and distribution expenses	(283,204)	(508,148)	(228,213)	(449,043)
Allowance for expected credit losses	-	(29,074)	-	(29,074)
Net finance costs	(683,018)	(644,662)	(688,785)	(636,383)
Loss before tax	(1,012,413)	(1,155,026)	(994,165)	(1,231,383)
Income tax	-	155,310	-	154,761
Loss for the period	(1,012,413)	(999,716)	(994,165)	(1,076,622)
Other comprehensive income for the period	-	-	-	-
Total Comprehensive loss for the period	(1,012,413)	(999,716)	(994,165)	(1,076,622)
Basic loss per share	(0.236)	(0.233)	(0.232)	(0.251)

NOTE
The Company does not have items under other comprehensive income.
Certain comparative figures have been reclassified to confirm to presentation adopted in these financial statements.
The complete accounts will be sent to any shareholder who requests them either in Arabic or English as required within 7 days of receipt of the request.

Saud Bahwan opens new Chery showroom in Salalah

Saud Bahwan Group celebrated the grand opening of Chery's fourth showroom in Oman, in Salalah. The event was marked by the presence of Sheikh Mohammed Saif al Busaidi, wali of Salalah, along with other distinguished guests from both public and private sectors.

On the occasion, a representative from Saud Bahwan said that the Chery's presence in Oman is steadily growing, which is evident in the increasing number of Chery vehicles on the road today.

"Chery's commitment to quality, engineering and performance provides our customers with true value for their money," he said.

Underlining the group's commitment to Omanisation, the representative asserted that Saud Bahwan Group had always been at the forefront of providing talented Omanis with numerous opportunities to excel.

"We have invested significantly in facilities that support the Chery brand in Oman, many of which are operated by outstanding Omani employees. These employees are passionate about their roles and are achieving impressive milestones in line with the group's objectives."

The event featured a showcase of Chery vehicles, giving customers the chance to get up close with their favourite models and learn more about their high-quality build, advanced features and cutting-edge technology.

Chery's range in Oman includes an impressive line-up of



Exterior of the Chery showroom in Salalah

the TIGGO8 PRO MAX, TIGGO4 PRO, and ARRIZO6 PRO. The TIGGO8 PRO MAX

and TIGGO4 are powerful SUVs known for their subtle ambient lighting and unmatched fuel efficiency.

The sedan-styled ARRIZO6 PRO boasts a sleek design, im-

pressive interiors, and advanced safety and usability features, all contributing to an unparalleled

driving experience. Customers are now welcome to visit the new Salalah show-



Sheikh Mohammed Saif al Busaidi inaugurates the plaque

room to experience Chery vehicles first-hand.

The showroom is equipped with modern amenities, product displays and a dedicated sales and marketing team ready to meet customer needs.

Kantar and Google jointly released the 2023 Chinese Global

Chery's commitment to quality, engineering and performance provides our customers with true value for their money

Brand Builders. Chery is ranked as the best Chinese global brand builder in cars and 14th in the overall list and its brand power has achieved strong growth.

Chery Automobile secured the first spot among all Chinese automotive brands in J D Power 2023 China Initial Quality StudySM (IQS).

Saud Bahwan Group is the distributed of Chery vehicles in Oman.

Trend Micro unveils capabilities to counter AI-based Deepfake attacks

Trend Micro Incorporated, a global cybersecurity leader, announced new innovations in its enterprise platform and consumer cybersecurity products focused on protecting all environments from the rapidly growing threat of AI-based attacks and fraud.

Trend research shows that cybercriminals are aggressively developing powerful AI-based hacking tools to exploit the growing use of AI in enterprises. These tools are cheaper and more accessible than ever, enabling criminals at any skill level to more easily launch attacks at scale that mislead victims for purposes of extortion, identity theft, fraud, or misinformation.

In response to this growing threat, Trend Micro is introducing Deepfake Inspector which can help verify if a party on a live video conversation is using deepfake technology, alerting users that the person or persons with whom they are conversing may not be who they appear to be.

Building on its industry-leading capabilities, Trend Micro will also soon be introducing new deepfake detection technology in its Trend Vision One™ platform, leveraging a variety of advanced methods to spot AI-generated content.



Generative AI is revolutionising innovation in the Sultanate of Oman and the region by automating tasks, enhancing customer experiences, and assisting in critical decision-making processes

DR MOATAZ BIN ALI

"Generative AI is revolutionising innovation in the Sultanate of Oman and the region by automating tasks, enhancing customer experiences, and assisting in critical decision-making processes," said Dr Moataz bin Ali, Regional Vice President and Managing Director, MMEA, Trend Micro.

However, he said, this technology has also given rise to new deepfake tools that make it disturbingly easy for cybercriminals of all skill levels to launch damaging scams, social engineering

attacks, and security bypass attempts.

"Underscoring our mission to secure our customers' digital transformation and AI-powered future, Trend Micro is at the forefront of the industry, providing powerful new capabilities to detect deepfakes and other AI-based fraud for both enterprise and consumer in Oman and the region, empowering them to safely navigate the ever-evolving digital landscape."

Deepfakes pose a significant risk to modern enterprises and individuals. A recent PwC survey found that over 50% of regional respondents believe this technology could lead to cyberattacks within the next year.

An undetected deepfake can lead to serious consequences, including financial impacts, job losses, legal challenges, reputation damage, identity theft, and potential harm to mental or physical health.

Recognising the gravity of this threat, government authorities specialized in cybersecurity in the Sultanate and the region are actively raising awareness and educating the public about the risks of deepfakes and AI-based cyberattacks.

Going beyond techniques like image noise analysis and colour detection, Trend Micro platform

analyses user behavioural elements to provide a much stronger approach to detecting and stopping deepfakes. Upon detection, the company immediately alerts enterprise security teams, enabling them to learn, educate, and take proactive measures to prevent future attacks. This technology is not only being abused to bypass human verification but also biometric security measures like facial recognition.

Trend Micro, a global cybersecurity leader, helps make the world safe for exchanging digital information. Fuelled by decades of security expertise, global threat research, and continuous innovation, Trend Micro's AI-powered cybersecurity platform protects hundreds of thousands of organisations and millions of individuals across clouds, networks, devices, and endpoints.

As a leader in cloud and enterprise cybersecurity, Trend's platform delivers a powerful range of advanced threat defence techniques optimised for environments like AWS, Microsoft, and Google, and central visibility for better, faster detection and response. With 7,000 employees across 70 countries, Trend Micro enables organisations to simplify and secure their connected world.

Ooredoo, Tech Mahindra strengthen partnership in digital transformation

Ooredoo has taken a successful leap forward in its multi-phased mega transformation program, by advancing its Digital Transformation journey and upgrading their digital customer experience.

By teaming up with Tech Mahindra, a leading global provider of technology consulting and digital solutions to enterprises across industries, Ooredoo has revamped and digitised their CRM stack.

Together, with unification and digitisation of Charging, Rating and Billing systems the CSI revamp and transformation, Ooredoo is able to provide a unified and state-of-the-art digital experience across the nation.

The first two phases have been completed, which has seen unification of CRM, and charging and rating services for the company's B2C customers. Now Ooredoo and Tech Mahindra are progressing to the last two phases of this digital transformation journey. Upcoming phases will focus on transformation and revamping of the Ooredoo CRM stack for B2C fixed line customers and ultimately the B2B segment.

"We are thrilled to have partnered with Tech Mahindra for these transformation initiatives," said Dr Ahmed al Abri, CTIO at



Dr Ahmed al Abri

Ooredoo.

"This successful implementation under stringent timelines has laid the foundation for the next stages of Ooredoo's digital transformation; a program which both simplifies and modernises the entire Ooredoo IT stack.

"It also provides a solid and dynamic IT platform to cater to rapidly changing telecoms and IT innovations. Our focus is to excel in digital customer experience and provide Oman with an even greater value footprint."

"We are proud to have played a key role in Ooredoo's digital transformation and data migration journey by leveraging new ways of working," said Ram Ramachandran, Senior Vice President - India, Middle East & Africa at Tech Mahindra.

"Our deep telecom industry and expertise in digital transformation have enabled us to play a pivotal role with other Ooredoo partners resulting in achievement of tangible milestones for Ooredoo Oman and its customers. We look forward to continuing our partnership and supporting Ooredoo in its mission to provide cutting-edge digital services and enable them to scale at speed."

This successful digital transformation, coupled with on-going modernisation of the entire IT infrastructure, demonstrates Ooredoo's commitment towards its customers across Oman, by providing innovative digital solutions that meet every customer's needs.

Omani Qatari Telecommunications Company - Ooredoo - was founded and registered in the Sultanate of Oman in December 2004. Services were launched in March 2005, originally operating under the name Nawras.

Ooredoo provides individuals and businesses with cutting edge products and services and a digital-first customer experience. Ooredoo generated revenues of RO258.1mn as of December 31, 2022 and is listed on the Muscat Stock Market (MSM) under the ORDS ticker.



Ooredoo, Tally Solutions team up to give SMEs smart financial solution

Looking to provide B2B customers with even more exceptional products and services to digitalise their operations, Ooredoo and Tally Solutions held an exclusive SME event at Intercity Hotel Nizwa recently.

Teaming up with the renowned accounting software specialist, Ooredoo showcased how Tally's products can streamline and simplify financial processes. Tally is an easy-to-use digital solution that can be used by anyone running a business, regardless of their technical proficiency or financial background.

Ooredoo has Tally's software as part of its Maktabi plans. A comprehensive fixed line and mobile communication solution, Maktabi is designed to automate mundane tasks, generate real-time financial insights, and streamline data management, enabling SMEs to digitise accounting and bookkeeping processes. This focus allows businesses to concentrate on growth while ensuring compliance with Oman's financial regulations.

Saied al Lawati, Director of Business Marketing at Ooredoo, said, "Ooredoo aims to deliver the best for businesses of all sizes and across all sectors in Oman, which aligns with the objectives of Oman's Vision 2040. TallyPrime and Maktabi support the digitalisation of companies and supports entrepreneurs in saving time and resources so they can focus on growth."

Vikash Panchal, general manager - MENA, Tally Solutions, said, "With SMB Pulse our aim is to up-skill the businesses and assist them in optimising growth potential and efficiency with the help of technology."

"Our collaborative efforts with Ooredoo focuses on creating awareness for businesses on the role that technology will play in their daily lives and enhancing their business growth," Panchal explained.

Through this forum, he said, Tally aims to address major organisational issues such as cash-flow management, importance of MIS reports for decision making, remote capabilities and most importantly the latest capabilities of TallyPrime 4.0 on smart dashboards, Excel to Tally import and WhatsApp integration, which is bound to make entrepreneurs' life simpler and their business operations more professional.

Ooredoo focuses on meeting the ever-changing and specific needs of the B2B market by offering award-winning and innovative products and services and tailored solutions.

OPAZ releases 36th edition of Duqm Economist Magazine

The Public Authority for Special Economic Zones and Free Zones (OPAZ) has released the 36th edition of the *Duqm Economist Magazine*.

This issue highlights numerous projects and investments within the Special Economic Zone at Duqm (SEZAD) and the free zones in Salalah, Sohar and Al Mazyunah, as well as in the industrial cities. The magazine's editorial highlights the efforts of the authority in attracting various types of investments. These efforts form the foundation for the success of economic diversification policies, as part of Oman Vision 2040, which is considered the primary platform for investments in the Sultanate of Oman.

The magazine dedicated a feature article under the headline 'Corporate commitment to health and safety procedures is a priority to ensure a safe environment'. In an interview with the magazine, Engineer Ahmed Harib al Balushi, Director of the Authority's Compliance and Environmental Affairs Department,



emphasised that the health and safety of workers are top priorities in the economic zones, free zones, and industrial cities.

He noted that preventive measures help eliminate or reduce workplace accidents and injuries, improve working conditions, and increase worker productivity. All these factors contribute directly to enhancing the work environment, fostering competitiveness and transparency, and creating an attractive investment environment.

The magazine included several topics, one of which is 'More than 80 services are provided by the one-stop shop for investors'. The authority explained that these one-stop shops play a crucial role in enhancing the business environment and impact the economic landscape by offering an encouraging environment for innovation, research, and development.

This leads to improved efficiency and productivity in companies located in these areas. The magazine highlighted positive indicators and ongoing opportunities in SEZAD, which is experiencing significant economic momentum and rapid growth.

NBO calls on customers to 'save big' using credit cards

In its ongoing endeavour to deliver greater value to its loyal customers, National Bank of Oman (NBO) has launched an exclusive campaign in partnership with Oman Oil Marketing Company, running from August 1 to 31.

During this special one-month campaign, all NBO credit card customers will enjoy a remarkable 20% cashback on their first transaction at Oman Oil along with a 20% discount on hot and cold beverages at Café Amazon.

This initiative underscores NBO's commitment to delivering exceptional value and rewards to its customers.

"At National Bank of Oman, we are always looking for ways to provide added value and rewards to our customers," said Maha al Raisi, assistant general manager and head of Retail Products at NBO, while expressing delight "to partner with Oman Oil Marketing Company for this exclusive campaign".

This campaign, he said, offers tangible benefits such as significant cashback rewards and attractive discounts, ensuring that



"our customers can enjoy complete value and savings on their everyday expenses, thereby making their experience with NBO even more rewarding. Don't miss out on this fantastic opportunity to earn rewards and enjoy great discounts!"

The 20% cashback, credited as equivalent reward points, is available to the first 3,000 customers who make a qualifying purchase, with a maximum cashback of RO3 per customer.

Additionally, as part of this limited-time promotion, NBO credit cardholders can enjoy a 20% discount on hot and cold beverages at Café Amazon.

NBO credit cards also help our customers save every time they shop, with cashback in form of rewards and NBO offers. Customers can enjoy complementary chauffeur service to and from airport, lounge access, 50% discount on Vox cinema and many such offers.

Through this exciting offer, NBO ensures significant benefits to both its existing and new customers, the bank stated.

Hakkasan to bring Cantonese dining experience to beating heart of Muscat

Hakkasan, the award-winning Cantonese dining concept by Tao Group Hospitality, will be opening its 12th location worldwide in October at The St Regis Al Mouj Muscat Resort.

Bringing an alluring ambience and innovative flavours to Oman, the restaurant will combine high-end design, modern techniques and Chinese influences to create a unique, unforgettable experience. The opening of Hakkasan at The St Regis Al Mouj Muscat Resort will herald a new dimension of modern, yet timeless flavours to Oman's flourishing gastronomy scene.

Since its establishment in 2001 in London, Hakkasan has garnered a reputation for exceptional dining experiences, with recent Michelin accolades for Hakkasan in Dubai and Abu Dhabi.

The menu, an inventive interpretation of authentic Cantonese cuisine, will feature signature dishes like Grilled Chilean Seabass and Crispy Duck Salad, crafted with the finest ingredients and time-honoured techniques.

"We are delighted to bring to life Hakkasan's philosophy of ancient gastronomy reimagined for the modern day at The St Regis Al Mouj Muscat Resort. We promise to deliver an intriguing blend of contemporary Cantonese cuisine and an atmosphere shrouded in mystery that will truly captivate guests," said Noah Teppenberg, Co-CEO of Tao Group Hospitality.

"Hakkasan's Cantonese heritage is at the heart of everything we do. We honour tradition but through worldly experience, look for ways to push the boundaries of luxury and strive for excellence and quality which extends to every touch point."

Tarek Mourad, general manager of The St Regis Al Mouj



Muscat Resort, added, "It is with great excitement that we welcome Hakkasan and its exceptionally-talented team to our resort. This partnership further enriches and expands our range of exquisite culinary offerings, reinforcing The St Regis Al Mouj

We promise to deliver an intriguing blend of contemporary Cantonese cuisine and an atmosphere shrouded in mystery that will truly captivate guests

NOAH TEPPERBERG

Muscat Resort as a must-visit dining destination for both locals and visitors from all corners of the world."

Hakkasan will offer artfully-crafted encounters that balance the best of the past with the breathtaking innovation of the future.

This vision of elegance is meticulously realised by Hakkasan's dedicated team, who continually endeavour to conceive unforgettable memories, and inspire new stories.

The soon-to-be-opened Muscat location will epitomise this signature style, providing guests with immersive, multi-sensory dining experiences.

The restaurant's renowned interior design, originally conceptualised by Christian Liaigre, will combine fashionable aesthetics with classic Chinese elements, evoking a seductive sense of intimacy, glamour, and vibrant energy. Inside Hakkasan, exclusivity, darkness, and anticipation set the stage, where each guest feels like a star in a movie. These additive qualities will entice guests to keep escaping to Hakkasan time and time again.

Hong Kong court rejects Jimmy Lai’s bid to overturn conviction

Hong Kong - Hong Kong’s top court has dismissed a bid to overturn the convictions of media tycoon Jimmy Lai and six other activists over their roles in the 2019 pro-democracy protests.

Lai, the founder of the now-shuttered *Apple Daily* newspaper, veteran democrat Martin Lee and five former pro-democracy lawmakers were found guilty in 2021 of organising and participating in an unauthorised assembly during the monthslong anti-government demonstrations.

A lower court had earlier quashed their conviction for organising the unauthorised assembly, but their conviction for taking part in an unauthorised assembly was upheld.

Judges at the Court of Final Appeal (CFA) on Monday unanimously rejected their appeal over the rest of the convictions.

The activists’ appeal relied on whether their conviction was proportional to fundamental human rights protections, as per ‘operational proportionality’, a principle laid down in two non-binding decisions of Britain’s



Media tycoon and *Apple Daily* newspaper founder Jimmy Lai

Supreme Court. Chief Justice Andrew Cheung and Justice Roberto Ribeiro said in their written verdict that the

two British cases should not be adopted in the semi-autonomous Chinese territory’s courts because of the differences between the legal structures for human rights challenges in Hong Kong and the UK.

The judges added that the activists’ proposition was ‘unsustainable’ and ‘contrary to all established principles governing constitutional challenges in Hong Kong’.

“A separate proportionality inquiry in relation to arrest, prosecution, conviction and sentence

is inappropriate and uncalled for,” they said.

For organising and taking part in an unauthorised assembly in 2019, Lai and three former lawmakers Lee Cheuk-yan, Leung Kwok-hung and Cyd Ho were ordered to be imprisoned for between eight and 18 months.

They were given a reduced sentence of three to six months after their conviction for organising was overturned.

Martin Lee, barrister Margaret Ng and veteran pro-democracy politician Albert Ho were handed suspended sen-

tences.

Meanwhile, Lai is facing a separate trial over charges of ‘sedition and collusion with foreign forces’.

He has been in solitary confinement since December 2020.

Beijing imposed a national security law in 2020 following massive pro-democracy protests in the former British colony.

In March, the Hong Kong legislative council passed a new, tougher national security law, known as Article 23. DW

Joe Biden says he pulled out to see Donald Trump beaten

The president, during a short interview with CBS, admitted that his performance against Trump in the first TV debate had been a failure

Washington, D.C., US - US President Joe Biden gave his first TV interview on Sunday since withdrawing from the presidential election race, saying his decision stemmed from a desire to see his Republican rival Donald Trump beaten.

Biden pulled out of a bid for a second term in the White House last month amid growing concerns about his age, health and mental acuity.

What did Biden say?

During a short interview with CBS recorded last week at the White House, Biden said he faced pressure from fellow Democrats about his chances of winning the next US election.

“What happened was, a number of my Democratic colleagues in the House and Senate thought that I was going to hurt them... and I was concerned if I stayed in the race, that would be the topic



Joe Biden pulled out of a bid for a second term in the White House amid growing concerns about his age and health

you’d be interviewing me about,” Biden said.

“I thought it’d be a real distraction,” he said, and that his main priority was that Trump not win a second term.

The president admitted his performance against Trump in the first TV debate in late June had been a failure, but stressed that health-wise he has ‘no serious problem’.

Trump a ‘danger’ to US democracy

“A critical issue for me still is - not a joke - maintaining this democracy,” Biden said.

I have an obligation to the country to do what is the most important thing we can do, and that is we must, we must, we must defeat (Donald) Trump

JOE BIDEN

“I have an obligation to the country to do what is the most important thing we can do, and that is we must, we must, we

must defeat Trump.”

Calling the Republican candidate a ‘genuine danger to American security’, Biden said he was ‘not confident at all’ of a peaceful transfer of power if Trump loses a second time.

Biden gives full support to Harris

The president also vowed to campaign hard for Vice President Kamala Harris, who has replaced him as the Democratic Party’s nominee.

“I’m going to do whatever Kamala thinks I can do to help most,” he told CBS.

Harris said on Saturday she planned to unveil her policy positions in the coming week.

Last week, she announced Minnesota Governor Tim Walz as her vice presidential running mate. “He’s my kind of guy, he’s real, he’s smart, I’ve known him for several decades. I think it’s a hell of a team,” Biden told CBS.

Harris leads Trump by four points each in Pennsylvania and two other key swing states, Wisconsin and Michigan, according to polls by the New York Times and Siena College released on Saturday.

Gaza ceasefire deal ‘possible’

Biden also said a ceasefire deal in the Gaza Strip would be ‘possible’ before the end of his presidency.

“Yes. It’s still possible,” Biden said when asked if he believes a ceasefire could be secured with five months left to his term.

“The plan I put together, endorsed by the G7, endorsed by the UN Security Council, etc., is still viable. And I’m working literally every single day - and my whole team - to see to it that it doesn’t escalate into a regional war. But it easily can,” Biden said in the interview.

Biden said on May 31 that Israel presented a three-phase deal that would end hostilities in Gaza and secure the release of hostages in the besieged enclave. The plan includes a ceasefire, a hostage-prisoner exchange and the reconstruction of Gaza.

Agencies



UN Secretary-General Antonio Guterres

UN chief ‘deeply alarmed’ over Sudan situation

Washington, D.C., US - The UN expressed concern on Sunday over the ongoing fighting between the Sudanese Armed Forces and paramilitary Rapid Support Forces (RSF) in North Darfur.

“The Secretary-General (Antonio Guterres) is deeply alarmed at the evolving situation in El Fasher, North Darfur, where fierce fighting has been reported between the Sudanese Armed Forces, the Rapid Support Forces and elements of the Armed Struggle Movements,” Farhan Haq, a UN spokesman, said in a statement.

“These clashes have devastating consequences for the civilian population,” he added.

The fighting will also further exacerbate humanitarian needs in and around El Fasher at a time when famine conditions have been confirmed in Zamzam camp south of El Fasher and is likely prevailing in other displacement sites in the city, Haq said.

“The Secretary-General calls

on all parties to abide by their obligations under international humanitarian law to protect and allow safe passage for civilians and facilitate rapid and unimpeded humanitarian access,” he added.

Reiterating his call for an immediate cessation of hostilities and lasting ceasefire, Haq said that Guterres also urged the parties to return to political dialogue as the only path to a negotiated settlement.

Sudan has been mired by fighting between the army, led by General Abdel Fattah al-Burhan, who is the head of the ruling Sovereign Council, and the RSF led by his former deputy Mohamed Hamdan Daglo.

At least 12,260 people have been killed and more than 33,000 injured in the conflict that started in April 2023, according to UN figures. A humanitarian crisis continues to worsen as nearly 6.8mn people have fled their homes.

Anadolu Agency

MANGO SEASON IN EGYPT



A boy presents newly harvested mangoes at a farm in Ismailia Governorate, Egypt, on Sunday. Mangoes have entered harvest season in Egypt (Xinhua)

Fire at Zaporizhzhia Nuclear Power Plant stopped, says Ukrainian governor

Kyiv, Ukraine - A Ukrainian governor said on Monday that the fire at the Zaporizhzhia Nuclear Power Plant, over which Moscow and Kyiv have traded accusations since Sunday night, has been stopped.

“The fire on the territory of the Zaporizhzhia NPP has stopped,” Dnipropetrovsk Governor Serhii Lysak said on Telegram, expressing that the level of radiation in the Nikopol district, which lies opposite the plant but is separated by the Dnieper River, is at a normal level. Ukraine’s national nuclear energy provider Energoatom also said early on Monday that there were no breaches of the limits and conditions for the plant’s safe operation, as well as no record of discharges of radioactive substances.

Energoatom went on to allege that the probable cause of the fire was ‘negligence’ by Russian forces or ‘deliberate firing’ by Russian troops at the cooling tower, which it said is located



around 1km (0.6 mile) from the power units of the plant.

It further claimed that Russian forces used the Zaporizhzhia plant and its premises as ‘military warehouses for the placement of equipment, weapons, explosives and military ammunition’, arguing that this significantly increases the risk of fires. It said large-scale fires in the plant can lead to a radiation accident, but

that current readings show the radiation level at the plant to be within the current norms, and that there is no threat of radiation for the population at this time.

“Only the liberation of the ZNPP and its transfer to the only legitimate operator, Energoatom, can guarantee the prevention of a nuclear and radiation accident as well as ensure its reliable and safe operation,” it added.

On Sunday, Ukraine and Russia traded accusations after reports emerged of a fire breaking out at one of the cooling systems of the Zaporizhzhia Nuclear Power Plant.

Moscow has accused Ukraine of causing the fire by shelling the city of Enerhodar hosting the power plant, while Kyiv blamed Russia for starting the fire.

Anadolu Agency

US orders deployment of guided missile submarine to Middle East

US Defence Secretary Lloyd Austin ordered the USS Georgia to the Central Command region

Washington, D.C., US - US Defence Secretary Lloyd Austin ordered the deployment of a guided missile submarine to the Middle East, the Pentagon said on Sunday.

In a phone call with Israeli Defence Minister Yoav Gallant, Austin reiterated the US's commitment to take 'every possible' step to defend Israel, the Pentagon said in a statement.

"Reinforcing this commitment, Secretary Austin has ordered the USS ABRAHAM LINCOLN Carrier Strike Group, equipped with F-35C fighters, to accelerate its transit to the Central Command area of responsibility, adding to the capabilities already provided by the USS THEODORE ROOSEVELT Carrier Strike Group," it added.

Additionally, Austin ordered the USS Georgia (SSGN 729) guided missile submarine to the Central Command region.

The defence chiefs also discussed Israel's operations in the Gaza Strip and the importance of mitigating civilian harm, progress towards securing a ceasefire and the release of hostages held in



In a phone call with Israeli Defence Minister Yoav Gallant, US Defence Secretary Lloyd Austin reiterated the US' commitment to take 'every possible' step to defend Israel

Gaza, and US efforts to deter 'aggression' by Iran, Lebanon's Hezbollah group, and other Iran-aligned groups across the region, the Pentagon added.

Earlier this month, the Pentagon announced that the US will deploy additional military assets

to the Middle East ahead of possible retaliation by Iran against Israel. Tensions are running high in the Middle East following the July 31 assassination of Hamas's political chief Ismail Haniyeh in the Iranian capital Tehran and Israel's assassination of senior Hezbollah

commander Fuad Shukr in an airstrike on a southern suburb of Beirut on July 30.

Hamas and Iran have accused Israel of carrying out Haniyeh's assassination, while Tel Aviv has not confirmed or denied responsibility. Iran vowed 'harsh punish-

ment' for Israel for Haniyeh's killing on Iranian soil.

Israeli strikes in southern Lebanon

Meanwhile, at least three people were injured in an Israeli airstrike in southern Lebanon, the Health

Ministry said on Monday as tension continues to escalate between Israel and Hezbollah.

A ministry statement said the overnight strike targeted the town of Kfar Kila. Other Israeli airstrikes were also reported in the towns of Chihine and Borj El

Mr. Louk, according to the state-run National News Agency.

Four tank shells also hit Ayta ash-Shaab in southern Lebanon, the broadcaster said.

No information was yet available about injuries or damage.

Hezbollah, meanwhile, said that its fighters had targeted Israeli surveillance equipment at Metula site in northern Israel with 'appropriate weapons', resulting in a direct hit. It also claimed rocket attacks on the newly established headquarters of the Is-

The defence chiefs also discussed Israel's operations in the Gaza Strip and the importance of mitigating civilian harm, progress towards securing a ceasefire and the release of hostages

raeli army's 146th Brigade in Ja'aton in northern Israel.

Suspension of flights

Lufthansa announced on Monday that it is extending the suspension of flights to the Middle East crisis region for another week due to security concerns.

All flights to and from Tel Aviv, Tehran, Beirut, Erbil, and Amman will remain suspended until August 21, the German flag carrier said in a statement.

Lufthansa will not use Iraqi and Iranian airspace during this period, the statement said.

In line with the Lufthansa Group's decision, scheduled flights to the region by Eurowings, Swiss, Austrian, and Brussels Airlines were also cancelled.

Anadolu Agency

Iran's vice president Javad Zarif resigns after 11 days in office

Tehran, Iran - Iran's vice president, Mohammad Javad Zarif, is resigning, leaving President Masoud Pezeshkian's Cabinet just 11 days after his appointment.

"I am not satisfied with my work and regret that I have not been able to fulfil expectations," the moderate politician said on the social media platform X.

Zarif, Iran's former foreign minister, hinted that the selection of ministers for Pezeshkian's new Cabinet had been the reason for his decision. At least seven of the 19 ministers nominated were not his first choice, according to Zarif.

President Pezeshkian, who took office at the end of July, presented his Cabinet, which included one woman, to parliament on Sunday for approval. The proposed list drew criticism from some among Iran's reformist camp, including over the inclusion of conservatives from the government of late President Ebrahim Raisi.

"I am ashamed that I could not implement, in a decent way, the expert opinion of the committees (responsible for selecting candidates) and achieve the inclusion of women, youth and ethnic groups, as I had promised," Zarif said.

Zarif pointed out that he also faced pressure after his appointment as vice president because his children hold US citizenship.

"My message ... is not a sign of regret or disappointment with dear Dr Pezeshkian or opposition to realism; rather it means doubting my usefulness as a vice president for strategic affairs," he



I am not satisfied with my work and regret that I have not been able to fulfil expectations

MOHAMMAD JAVAD ZARIF

said, noting he would return to academia and focus less on Iran's domestic politics.

His resignation is the second crisis Pezeshkian has faced since taking office, following the killing of the Palestinian Hamas leader Ismail Haniyeh in Tehran.

During Pezeshkian's presidential election campaign, Zarif was his right-hand man and, due to his popularity, also played a key role in Pezeshkian's victory.

Zarif was also one of the key figures for Pezeshkian in the implementation of his new foreign policy line. Zarif was the country's chief diplomat between 2013 and 2021 and was able to conclude the landmark international nuclear agreement with the six world powers in 2015 as head of the Iranian negotiating team.

DW

At least 18 killed in several areas of Gaza Strip

Gaza City, Palestine - Israeli forces killed at least 18 Palestinians overnight in heavy bombardments on the eastern regions of the central and southern Gaza Strip, which continued into Monday morning, as well as targeting residential areas in eastern Khan Younis and western Rafah.

Medical sources told Anadolu that 16 bodies have been transferred from various areas of southern Gaza to the Nasser Medical Complex in western Khan Younis since Sunday night.

Those Palestinians were killed in the Israeli strikes on Khan Younis and Rafah, with rescue teams recovering several bodies from the rubbles following heavy bombardment.

Israeli warplanes launched heavy raids on the southeastern and northeastern areas of Khan Younis and eastern Deir al-Balah, causing significant dam-



age to residential structures, eyewitnesses told Anadolu.

They added that the Israeli military demolished residential blocks in Abasan al-Jadida town, east of Khan Younis, and damaged some residential buildings in the Tel Sultan neighbourhood,

west of Rafah.

In central Gaza, two Palestinians were killed in an Israeli drone strike targeting the entrance to the Nuseirat refugee camp, according to medical sources.

Israeli warplanes also targeted the home of Jamil Mazhar,

deputy secretary-general of the Popular Front for the Liberation of Palestine, in the Nuseirat refugee camp, according to a statement from the group.

Israeli artillery also intensified its bombardment of Al-Jurah and Al-Husayna streets in Gaza

City's southern Sabra neighbourhood.

Eyewitnesses said the indiscriminate artillery fires hit the Sabra area, causing extensive damage to residential homes and infrastructure.

Raids in West Bank

The Israeli army launched a series of raids across various cities and towns in the occupied West Bank early on Monday morning, arresting more Palestinians.

Witnesses reported to Anadolu that the Israeli military raided the city of Jenin and its refugee camp in the northern West Bank, where they stormed several homes in the eastern part of the city.

The raids sparked armed clashes with Palestinian residents. Witnesses also described hearing explosions intermittently throughout the operation.

Anadolu Agency

Call for 'resumption of negotiations' in Mideast

London, UK - France, Germany, and the UK said on Monday they welcome efforts from Qatar, Egypt, and the US 'towards an agreement on a ceasefire and the release of hostages'.

A joint statement signed by French President Emmanuel Macron, German Chancellor Olaf Scholz, and British Prime Minister Keir Starmer said they endorsed a joint statement of Qatar's Emir Sheikh Tamim bin Hamad al Thani, Egypt's President Abdel Fattah al-Sisi, and US President Joe Biden 'calling for the immediate resumption of



negotiations'.

"We agree that there can be no further delay," it said, adding that they 'have been working with all parties to prevent esca-

lation and will spare no effort to reduce tensions and find a path to stability'.

It further said: "The fighting must end now, and all hostages

still detained by Hamas must be released. The people of Gaza need urgent and unfettered delivery and distribution of aid.

Meanwhile, Belgium's development cooperation minister on Monday slammed Israel's far-right National Security Minister Itamar Ben-Gvir for his statement about Palestinian civilians, and described what he suggested as a 'war crime'. "Denying humanitarian aid to civilians - children (!) - is a war crime," Caroline Gennez wrote on X.

Earlier on Sunday, Ben-Gvir called any ceasefire and prisoner

swap deal with the Palestinian group Hamas a 'grave mistake'.

"If we cut off their fuel, within a week they would be on their knees. And if we stop the (aid) trucks, within two weeks they would be on their knees. So why are we going to do a deal, especially such an irresponsible deal?" he said.

Israeli Prime Minister Benjamin Netanyahu, meanwhile on Monday, instructed his government ministers to refrain from making public statements related to security issues.

Anadolu Agency

Will India listen to repeated environmental warnings?

New Delhi, India - Prasanna Kumar, a survivor from the deadly landslides that struck Kerala's Wayanad district, saw his sister and her family being swept away by the swirling and powerful muddy waters on July 30. Several others who were sleeping were caught unaware and were washed away.

"I have seen many landslides in this region but this was devastating. The ground shook and the earth under my feet gave way in the blink of an eye. There was a trail of death and destruction after," Kumar told DW from a relief camp.

Fragile ecosystems
Rescue operations are winding down for the search of some 200 people who are still missing, including Kumar's relatives. The natural disaster took the lives of over 300 people and caused damage to property and infrastructure. It has also prompted soul-searching over whether India should be taking more steps to avoid further environmental catastrophes in the future.

Sunita Narain, director for the Centre for Science and Environment, points towards natural disasters in the Himalayan region as examples of the environment being unable to withstand activities such as deforestation and ill-considered construction.

Last year, Joshimath town in the state of Uttarakhand was reported to be 'sinking' with cracks



A search and rescue operation being conducted after a devastating landslide triggered by heavy rainfall hit hilly villages recently in Wayanad, in India's southern State of Kerala (ANI)

in the town's buildings and streets. In October, a dam containing a glacial lake in Sikkim burst. The following month, a cave-in left over 40 Indian workers trapped in the Silkyara tunnel of the Himalayas for 17 days.

"It is just one example of the mindless way we are making hydro-electric projects in the fragile Himalayan zone. Should there not be better planning to decide what is good for people and good for the ecology? What is important is that we should have viable livelihood options for

What is important is that we should have viable livelihood options for people in these fraught areas

SUNITA NARAIN

people in these fraught areas," Narain told DW.

In Kerala, the Western Ghats region where the landslides oc-

curred is also an ecologically sensitive region where suggestions from environmentalists have been ignored. Quarrying and deforestation is carried out in unsuitable or dangerous locations.

An expert panel led by environmental scientist Madhav Gadgil recommended in 2010 that 75 per cent of the 129,037km area of the Western Ghats be declared environmentally sensitive, citing its dense forests and the presence of many endemic species. But this was reduced to 50 per cent just three

years later based on recommendations by a second panel.

Need to update warning system

Akshay Deoras, a meteorologist from the National Centre for Atmospheric Science and the Department of Meteorology at the UK's University of Reading, called for India to adapt its current warning system to reflect the dramatic changes in climate the country is experiencing.

"The efficacy of the current colour-coded warning system

and the language used in alerts or forecasts must be re-examined by consulting all stakeholders in the country, including the media, citizens, disaster relief forces and state governments. Traditional ways of managing disasters are not going to work for such events," added Deoras

She suggested that early warning systems in India must be made robust by exploiting the use of doppler radars, satellites, real-time observations, and direct communications with people. DW

Bangladesh takes safety measures for minorities

Dhaka, Bangladesh - Bangladesh has taken more measures to ensure the safety of minorities in the South Asian nation, with official assuring compensation to those affected in recent attacks.

AFM Khalid Hossain, adviser to the transitional government on religious affairs, told reporters that the 'miscreants' behind the attacks on religious places and houses of minorities will be brought to justice.

"Although there are isolated incidents, this country is a country of communal harmony. Those who attack minorities are miscreants... Efforts are being made to bring these miscreants to book to ensure punishment," said Hossain.

Chief advisor Muhammad Yunus will meet the minorities on Tuesday, said Hossain.

Hossain also said that the government was collecting a list of places damaged during the attacks.

"The amount of assistance to the victims will be decided on Tuesday," he added.

According to the daily *Prothom Alo*, such attacks happened in at least 12 districts following the ouster of Prime Minister Sheikh Hasina's government on August 5.

Anadolu Agency

Mountaineer descends to death

Karachi, Pakistan - A Pakistani mountaineer was killed while descending from the 8,047-metre (26,400 feet) Broad Peak, raising the tally of climbers who died in Pakistan this year so far to six, an official told Anadolu on Monday.

Murad Sadpara was severely injured and later died during his descent when a loose rock struck him on the head a few days ago, said Karrar Haidri, the secretary-general of Alpine Club of Pakistan, the country's official mountaineering body.

Despite the urgency of the situation, rescue efforts were hampered by the harsh conditions on the mountain, leading to a delay, Haidri added.

Sadpara was part of a successful mission involving multiple local and foreign climbers to bring back the body of a high-altitude porter, Hasan Shagri, from



Broad Peak in northern Gilgit-Baltistan (G-B) region, which is home to five of 14 highest peaks in the world.

Shagri had fallen from a narrow trail while attempting to ascend 8,611-metre (28,251-foot) K2, the world's second tallest mountain, during an expedition

last year. His body, however, could be brought back last week by the rescue team.

Sadpara was widely recognised last year when he successfully retrieved the body of an Afghan mountaineer from K2.

The latest casualty occurred days after two Japanese

climbers, who fell from K2, were officially declared dead.

Another three Japanese climbers were also killed while trying to scale the 7,027-metre (23,054 feet) Spantik Peak, also known as Golden Peak, in alpine style in June and July.

Anadolu Agency

STAMPEDE KILLS SEVEN IN INDIA'S BIHAR



Family members of the victims mourn after a stampede killed seven people and injured several others at Baba Siddhanath temple, in Jehanabad, Bihar, India on Monday (ANI)

Russia will 'dislodge' Ukraine from Kursk border region: President Putin

Moscow, Russia - Russian President Vladimir Putin told a meeting of defence and security officials broadcast on state television on Monday that Ukraine's recent incursions into the region of Kursk was an attempt to 'destabilise the situation in the border zone'.

Putin added that Ukraine would receive a 'worthy response', and vowed to 'dislodge' Ukrainian forces from Russian territory, insisting that Russian forces would prevail.

Russian forces are still scrambling to fight back the surprise Ukrainian incursion into the Kursk region after almost a week of fighting. More than 100,000 civilians have fled or been evacuated. Putin also characterised the Ukrainian operation as an attempt to create public unrest and

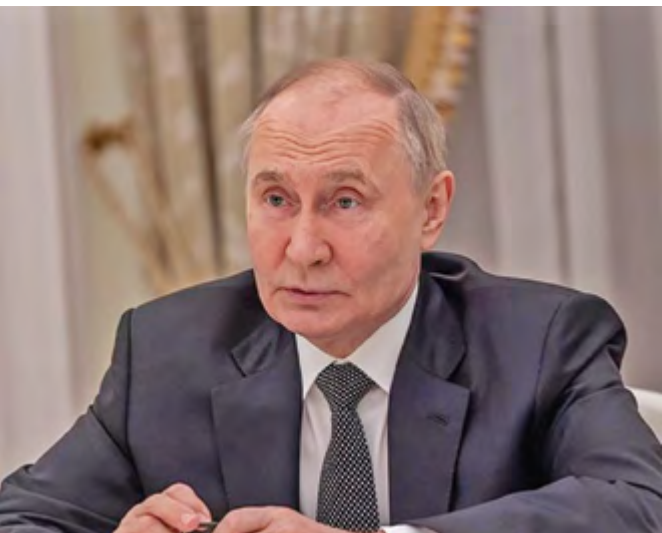
instability within Russia.

He claimed that rather than marking a military defeat, Kyiv's offense had actually had the opposite effect by driving new recruitment into the Russian military.

Putin added that the fighting in Kursk was little more than Ukraine attempting to get leverage for future peace negotiations and that Russia's ongoing campaign in Ukraine's eastern region of Donbas was unaffected.

Meanwhile, Kursk regional governor Alexei Smirnov has said that Ukrainian forces have taken control of 28 settlements and advanced 12km (7.4 miles) into Russian territory.

Ukraine first pushed into the border area on August 6 has since made gains that have surprised Moscow and the Russian



Vladimir Putin said that Ukraine would receive a 'worthy response'

military, assisted by Western powers dropping restrictions on using their military equipment inside Russian territory.

Smirnov said that 'as of today

121,000 people have left and been evacuated', from the front lines, while 59,000 more need to leave.

The governor said that 12 Rus-

sian civilians have died as a result of the Ukrainian operation and that 121 have been wounded, including 10 children.

Evacuation orders in Belgorod

Russian authorities have ordered fresh evacuations in the region of Belgorod, bordering Ukraine.

The decision follows 'activity' by Ukrainian forces in the area, regional Governor Vyacheslav Gladkov said.

Gladkov said evacuations had begun from the Krasnaya Yaruga district due to 'enemy activity on the border' that was a 'threat'.

"I am sure that our servicemen will do everything to cope with the threat that has arisen," he added. "We are starting to move people who live in the Krasnaya Yaruga district to safer places."

Berlin 'unaware'

The German government appeared to be unaware of the details of Ukraine's recent incursion into the Russian region of Kursk, according to comments from a government spokesperson.

"There is contradictory and sometimes intentionally falsified information about the operation that was prepared apparently in great secrecy," Wolfgang Buchner said from Berlin.

"So far it looks like a spatially limited deployment."

The government spokesperson said that the military situation was still in flux 'so it would be unclever now to comment publicly on this basis'.

He also refused to comment on the reports that German weapons had been used in the re-

cent operation inside of Russia.

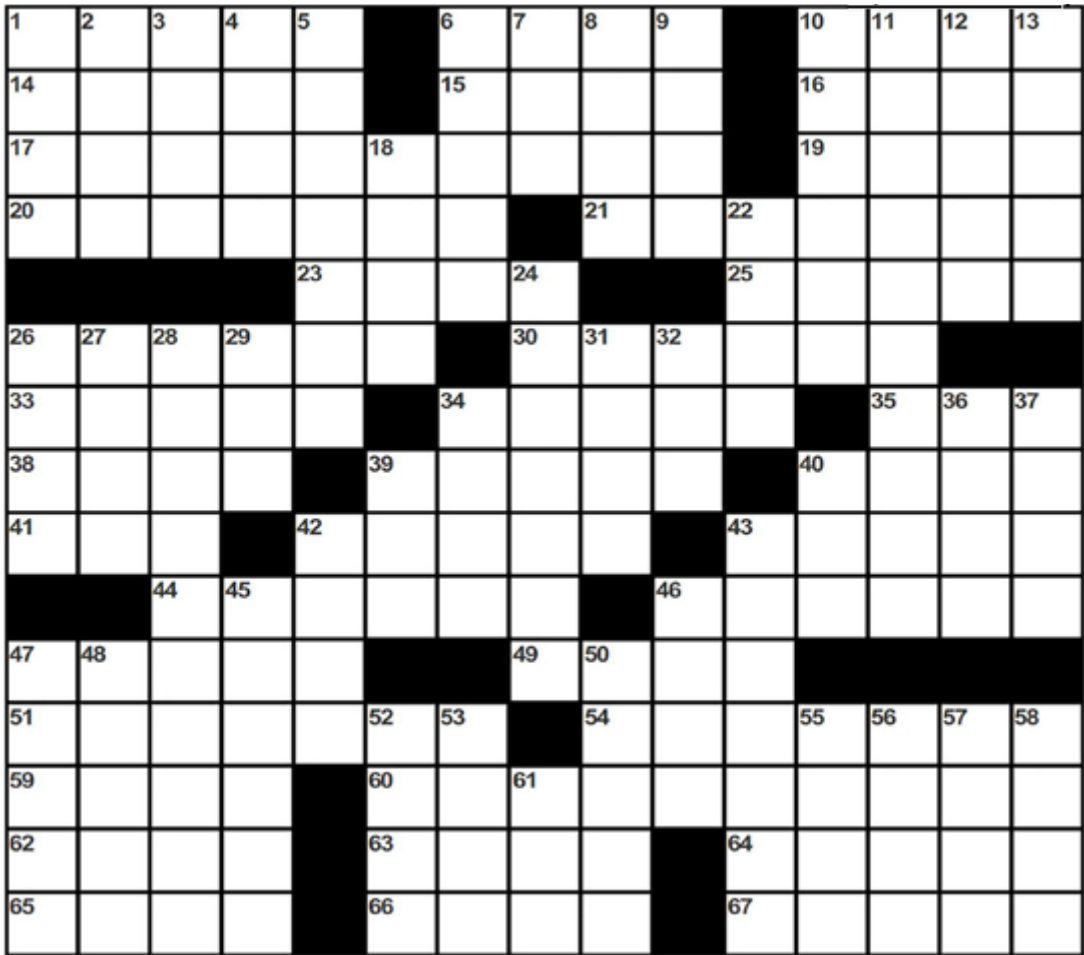
Ukrainian minister arrested

The Prosecutor General's Office of Ukraine said law enforcement officers had detained one of the four deputy energy ministers following an investigation into corruption.

The minister, along with several others, was suspected of having organised a plan to smuggle out mining equipment from a state-owned company located in a combat zone in Donetsk.

The group had demanded a bribe of US\$500,000 to allow the removal of the equipment to go ahead, according to the prosecutors. They were detained while allegedly receiving a tranche of US\$100,000. DW

DAILY CROSSWORD



ACROSS

- 1) Babka and baba
- 6) "Boola Boola" colle-gians
- 10) Cut out
- 14) Bird-related
- 15) Jaunty tune
- 16) Cathedral center
- 17) Vodka cocktail with lime garnish
- 19) Filmmaker Kazan
- 20) Not at sea
- 21) Fly's undoing
- 23) Salon 'do
- 25) Sorority members, once
- 26) Hose down
- 30) Tack on
- 33) Paperless birthday greeting
- 34) Creative output
- 35) Work on the fairway
- 38) Pizzazz
- 39) Stave off
- 75 YEARS OF M&Ms
- 40) Enjoy Spago, say
- 41) CNN founder Turner
- 42) Workshop gripper
- 43) Sweetly, on a score
- 44) Place to dock
- 46) Knocked flat
- 47) Diagonal line, to a

DOWN

- 1) Hunter's garb, for short
- 2) (ding-dong) " _ calling"
- 3) Gene Simmons' rock band
- 4) Pricing word
- 5) Was nosy
- 6) Fudd of cartoons
- 7) Lucy of "Ally McBeal"
- 8) Pandora's boxful
- 9) Goulash, for example
- 10) Large pickup
- 11) Soda fountain order
- 12) Vine-covered
- 13) Goes like the dickens
- 18) Tiny songbird
- 22) Does perfectly

- 24) Mafia member
- 26) Delinquent's problem
- 27) Zoning unit
- 28) Robin's sweetie
- 29) Brave, Chief or Indian
- 31) Suspect, in cop lingo
- 32) Light touch
- 34) Lend! of tennis
- 36) In days past
- 37) Whacker's target
- 39) Boxer played by Will Smith
- 40) A Disney dwarf
- 42) Team on the Thames
- 43) Publicly bad-mouths
- 45) Main lane
- 46) Scott who sued for freedom
- 47) Fork over
- 48) "Gay" city
- 50) Standing upright
- 52) Revival cry
- 53) "Holy cow!"
- 55) "Chuck" star Zachary
- 56) Blissful spot
- 57) Turn state's evidence
- 58) _ Modern (London gallery)
- 61) Greek consonants

NOTE PAD



YOUR DAILY HOROSCOPE



ARIES MARCH 21-APRIL 19

You're more observant than usual, especially when you stand to benefit from your discoveries. Your eyes are open wide and nothing escapes your gaze. This is a great day for detective work. You find it easy to stay one step ahead of those around you. You shine with an inner light. The excitement that surrounds you motivates everyone else to have a more positive attitude.



LEO JULY 23-AUGUST 22

You begin to understand a vast, underlying pattern later in the day. It's even easier to excel when you understand why it's happening. Your abilities and desires come together in a perfect match. Your coworkers look on with a mixture of awe and envy. When you're on fire like this, no one needs to fan the flames of your success. This is the perfect time to get your ideas out of your head and into the right hands.



SAGITTARIUS NOVEMBER 22-DECEMBER 21

Spend some time in a natural environment today. Take a long walk in the park or visit a nature conservatory. Even sitting in your own backyard is better than staring at the television or computer screen. Your interior landscape is a pretty healthy place, but you can always freshen it up with outside influences. Be sure to leave the place as clean as it was when you arrived. Travel may be in the cards for this evening. Make sure you pack appropriately.



TAURUS APRIL 20-MAY 20

The chickens are coming home to roost, so get out there and make sure that chicken coop is ready for guests. The sooner you deal with the past, the sooner you can get started on finding an opportunity in this situation. Avoid power struggles with someone in a position of importance later in the day. Your interests are best served when you keep smiling and make it look easy.



VIRGO AUGUST 23-SEPTEMBER 22

Are you the hunter or the hunted today? Sometimes your position changes depending upon what you are looking for. It's a good thing you like this game (and are so good at it), but make sure you don't take it too seriously. That means no lashing out at folks who don't get the rules of how this situation works as quickly as you do. Work on winning allies right now



CAPRICORN DECEMBER 22-JANUARY 19

Old challenges turn into new obstacles today. Business issues rise to the surface as you are faced with a seemingly insurmountable hurdle. Be prepared for any contingency when asking for assistance. You may not get much help from the people who could give it easily, so have a backup ready just in case. Try not to blame someone for your issues. They may be having problems you know nothing about. Get plenty of sleep tonight in preparation for tomorrow's activities.



GEMINI MAY 21-JUNE 21

Sometimes things really are just as good as they look! Today, you are surprised to find that the substance of an attractive person matches up to their image. You could fall in love easily, though why complicate a perfect friendship? The choice may not be entirely up to you. You are tempted to throw caution to the wind. Don't rush into a hasty decision. Let things develop naturally.



LIBRA SEPTEMBER 23-OCTOBER 22

Get ready to be a part of the action today. You enter a period of leadership where all eyes will be on you. You depend on others for affirmation even as they look to you for guidance. The sooner you learn to stand on your own two feet the better. Second-guessing yourself has no place in this new role. Delegate as many of the details as possible so that you can concentrate on your vision.



AQUARIUS JANUARY 20-FEBRUARY 18

Sometimes there's nothing you can do about a situation. Get over what you can't change or your fixation about it will eat you alive. While it isn't like you to give up, you also know when you can't win. This is one of those times. Later in the day, an unreliable associate may yet surprise you with a dependable response. Be sure to write it down or no one will believe you. Tonight, your romantic impulses could trap you in a tight spot. Use the secret exit to escape if necessary.



CANCER JUNE 22-JULY 22

The more you strive to be number one, the less fun you seem to be having. Is this really how you want to be spending your time? Rethink your priorities and goals to make your life more enjoyable. Nobody's perfect, so why do you expect it of yourself? Call up old friends or family and do some heavy-duty relaxing today. It's the cure for what ails you. Don't be afraid to be assertive either.



SCORPIO OCTOBER 23-NOVEMBER 21

Daydreaming may serve you very well right now. Imagining a better situation is the first step toward making concrete improvements, so let your mind wander where it will. Plan out the steps in your head before committing them to paper. If the task proves to be too much for one person to handle alone, find allies to help you enact your changes. Your leadership is needed every step of the way.



PISCES FEBRUARY 19-MARCH 20

Don't forget that every action has an equal and opposite reaction. Yielding to temptation today might lead to a consequence that could have been easily avoided. Be especially aware of what you eat and drink. Your health has the potential to improve greatly if you are willing to modify your diet. You may find yourself getting tired of those same old tricks your imagination keeps playing. The time has come for everyone to lay all those wild cards on the table.



TEST YOUR KNOWLEDGE

1. In 1986, which country was found guilty by the International Court of Justice (World Court) of war crimes against Nicaragua?

A. Bolivia
B. Great Britain
C. Australia
D. USA

2. Which of these cities is in the Canadian province of Alberta?

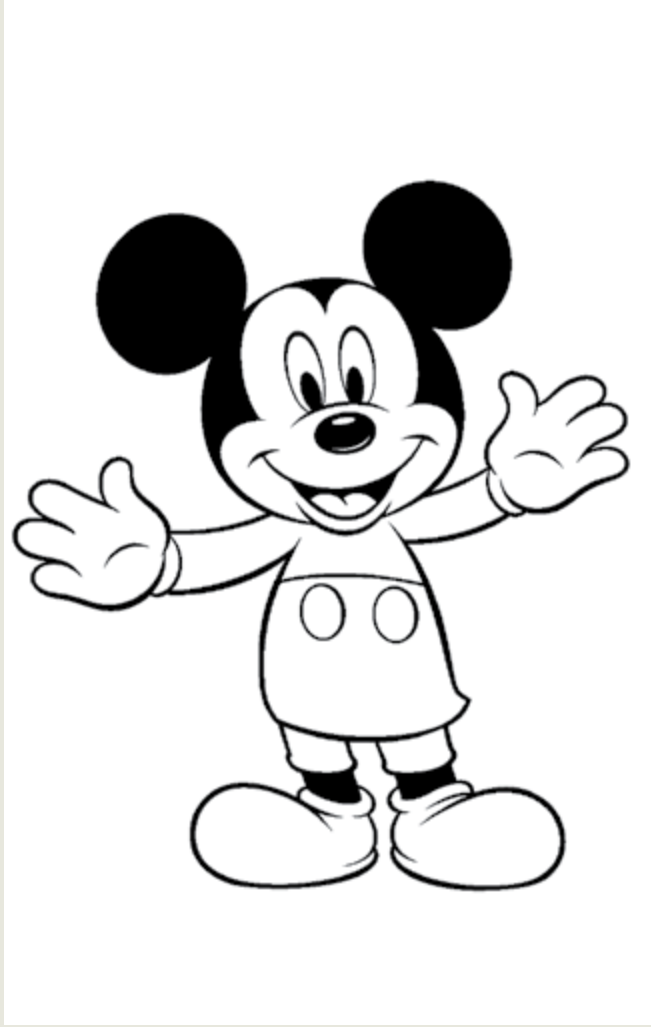
A. Montreal
B. Calgary
C. Toronto
D. Vancouver

3. Which of these was an explorer of Australia who led several expeditions into the interior of the continent, from Sydney and Adelaide?

A. Roald Amundsen
B. James Cook
C. Doctor David Livingstone
D. Charles Sturt

Answers: 1. D 2. B 3. D

KIDS COLOURING



BOGGLER

G	O	S	U
N	A	W	E
N	U	D	M
G	O	M	L

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

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

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

A FAREWELL TO REMEMBER

Spectacular closing ceremony at Stade de France caps off successful Paris Games

Paris, France - From its very start on a memorable evening on the Seine River to its spectacular finish inside the iconic Stade de France, the Olympic Games Paris 2024 were like nothing we've ever seen before. Or felt.

Sunday evening's Closing Ceremony marked the end of a return to the City of Light for the first time in 100 years, a glittering farewell steeped in layers of French culture - and an official handover to LA 2028.

Newly-minted French icon Leon Marchand, who won four golds in the pool this Games, opened the ceremony under the

athletes and sport at its best," Bach said during his speech. "The first Olympic Games delivered fully under our Olympic Agenda reforms: younger, more urban, more inclusive, more sustainable. The first Olympic Games with full gender parity."

He added, speaking directly to the athletes: "You showed us what greatness we humans are capable of. Thank you for making us dream."

The Closing Ceremony's artistic director Thomas Jolly filled the ceremony with notes of French culture that also looked ahead to the future, featuring sensational

Sunday evening's Closing Ceremony marked the end of a return to the City of Light for the first time in 100 years, a glittering farewell steeped in layers of French culture - and an official handover to LA 2028

Olympic cauldron before some 9,000 athletes paraded into the Stade de France, with a programme harkening back to the creation of the modern Games, by Frenchman Pierre de Coubertin.

IOC President Thomas Bach praised the athletes' performances for 'sparking excitement' around the world, but also nodded to a pivot in the Olympic movement - to 'a new era.'

"The Olympic Games Paris 2024 were a celebration of the

lighting effects, repelling acrobats, dancers, actors - and a global cast of renowned singers.

Some 206 national delegations took part in the ceremony, in front of over 70,000 fans inside Stade de France, which featured as an electric venue this Games for the rugby competition before hosting 10 days of memorable athletics.

It lit up for the Closing Ceremony like never before, with the Olympic rings hoisted from a stage shaped by the five conti-



Stade de France looks stunning during the Closing Ceremony



LA Mayor Karen Bass with Thomas Bach



Tom Cruise jumped from the top of Stade de France to pick up the Olympic flag for the handoff to LA

nents around the globe, glowing high above the stadium floor. It was a crowning moment, capped off by a chilling display of fireworks along the roof of the Stade.

A host of recognisable faces served as flag-bearers for their respective nations during the opening portion's parade of athletes, perhaps none as notable as French rugby super hero Antoine Dupont, alongside fellow gold-medal winning mountain biker Pauline Ferrand-Prevot.

Katie Ledecky (USA), Kaylee McKeown (AUS) and Gregorio Paltrinieri (ITA) meant swimming was well represented among the flag-bearing contingent.

As the athletes covered the Stade de France floor, some of the 45,000 volunteers of the Games were applauded for their generosity and spirit during the Games.

Jolly's performance section, titled "Records" saw a spectacular display of a wide array of artwork, including French pianist and opera singer Benjamin Bernheim singing the Hymn to Apollo, while Alain Roche played on a piano - being suspended vertically in the air. While the evening marked a celebration of a Paris 2024 Games that were full of raucous crowds and iconic Parisian venues, it also served as the official hand-over to LA 2028.

In true Hollywood style, LA took the reigns with celebrity stardom, including gymnastics superstar Simone Biles, who was handed the Olympic flag along with Los Angeles Mayor Karen Bass.

That happened as musical superstar H.E.R. sang the American national anthem, cueing the surprise of the night: Tom Cruise!

Egypt to bid for 2036 and 2040 Olympics

Paris, France - Egypt will bid to host the 2036 and 2040 Summer Olympics, with the country's improving infrastructure and sports facilities key for a successful African bid, said the head of the African National Olympic Committees Association (ANOCA) on Sunday.

The continent has never staged an Olympic Games. Cairo last made an unsuccessful bid for the 2008 Olympics.

The most populous country in the Arab world, Egypt has spent billions of dollars building facilities, stadiums and sports complexes in recent years as part of its plans to modernise the country.

The Egypt International Olympic City complex in the new administrative capital the country has been building east of Cairo since 2015 is expected to have a 93,900-capacity national stadium and 21 other sports facilities.

"Egypt will bid for 2036 and 2040," Mustapha Berraf, head of ANOCA told a press conference on the day of the closing ceremony of the Paris Olympics.

The Algerian sports administrator said another African bid could potentially materialise with South Africa's Cape Town considering an Olympic candidacy.



Zhang Yufei won six medals in Paris for a career tally of 10 to become China's most decorated Olympic swimmer

China shine in Paris with best show since 2008

Paris, France - China delivered their best performance at a Summer Olympics since the 2008 Games on home soil, winning the joint most gold medals with the United States and only missing out on topping the standings on silver medal count.

The 40 golds was an all time high for Games outside China and was achieved despite immense pressure and tightened scrutiny resulting from a doping row involving some of its swimmers.

Chinese athletes strengthened their dominance in diving and table tennis with clean sweeps of all the titles on offer, adding two golds on the badminton court, five on the weightlifting platform and five at the shooting range.

Breakthroughs were made with first gold medals in artistic swimming, rhythmic gymnastics, women's boxing and in singles tennis.

Zheng Qinwen, 21, backed up her status and one of the best young talents in women's tennis by winning the singles gold at Roland Garros after a few hard-fought wins, including one against world number one Iga Swiatek.

The run-up to the Games was clouded by reports in the *New York Times* and German broadcaster ARD in April that 23 Chinese swimmers had tested positive for a performance-enhancing drug in 2021 but been allowed to compete at the Tokyo Olympics.

One silver, five bronze: India finish with six medals in Paris

Paris, France - A total of 117 Indian athletes made up the contingent that went on the hunt for medals and sporting immortality at the Paris 2024 Olympics, which ran from July 26 to August 11.

In all, India won six medals - a silver and five bronze - at the Paris 2024 Olympics.

Manu Bhaker won the first medal for India at the Paris 2024 Olympics. She bagged a bronze and became the first Indian woman to win an Olympic shooting medal. She then created history by becoming the first Indian to win two medals at a single edition of the Olympics after she clinched a mixed team 10m air pistol bronze with Sarabjot Singh.

Swapnil Kusale added a third medal in shooting to make it India's biggest haul in a sport in a single edition of the Olympics.

The Indian men's hockey team matched their Tokyo 2020 success with the bronze in Paris while Neeraj Chopra became the most successful individual



Neeraj Chopra won India's lone silver, in javelin throw

Olympian after he claimed a silver medal in the javelin throw.

Later, Aman Sehrawat became India's youngest Olympic medalist when he won bronze in wrestling.

However, India left the Paris 2024 Olympics with more heartbreaks than cheers. India missed out on six potential medals, most

Manu Bhaker won the first medal for India in Paris. She bagged a bronze and became the first Indian woman to win an Olympic shooting medal.

There was Indian interest in a total of 69 medal events across 16 sports - archery, athletics, badminton, boxing, equestrian, golf, hockey, judo, rowing, sailing, shooting, swimming, table tennis and tennis - at the Paris 2024 Olympics.

Neeraj Chopra, badminton ace PV Sindhu, weightlifter Mirabai Chanu, boxer Lovlina Borgohain and select members of the Harmanpreet Singh-led Indian men's hockey team were the other returning Olympic medallists in the Indian contingent to Paris 2024.

Overall, India have won 41 medals at the Olympics to date.



Japan won 20 gold medals with eight of them, including Kiyooka Kotaro's feat in the men's freestyle 65kg, coming from wrestling

Japan meet expectations with 20 gold medals

Paris, France - Japan can walk away from the Paris Games with their head held high after meeting their lofty goal of 20 gold medals and coming in third on the medals table, beyond their wildest dreams to match its ranking as hosts of last Games.

The 20-medal haul was smack in line with what seemed like an optimistic target from Japan's national Olympic committee, with the country fielding a far fewer 409 athletes versus 552 in Tokyo three years ago.

Nielsen's Gracenote had forecast Japan to more than halve its titles to 13 and rank seventh; instead, it trailed only the United States and China and ahead of hosts France, which raked in 16 golds for a fifth-place finish behind Australia.

"We had the best result at an Olympics outside home soil," Deputy Chef De Mission Kosei Inoue said on Sunday.

Countries have been known to get a bump in medals after hosting an Olympics because of the big investments in sports that go into the home Games.

Britain and Brazil both managed that, improving their total medal hauls slightly after London 2012 and Rio 2016.

LOCKED AND LOADED

Mbappe's arrival makes Real Madrid hot favourites as La Liga starts on Thursday

Madrid, Spain - Clearly, a LaLiga-Champions League double last season was not enough to satisfy Real Madrid, who have welcomed the arrival of France captain Kylian Mbappe to an already stellar cast as they set their sights on another trophy-laden campaign.

Under the calm guidance of Italian mastermind Carlo Ancelotti they reclaimed the Spanish title from bitter rivals Barcelona in dominant fashion and won a record-extending 15th Champions League title - their sixth in the last 11 seasons.

As they get ready to kick off their season in Warsaw on Wednesday against Europa League winners Atalanta in the UEFA Super Cup, Real look to be even stronger this year.

Mbappe, 25, joined Real as a free agent from Paris St Germain on a five-year contract in June, ending a transfer saga that had rumbled on for years.

He won six Ligue 1 titles and four French Cups at PSG and became their record scorer with 256 goals during seven years in Paris, but failed to win the Champions League with the club, or



We have a very talented squad that has a very competitive mindset. The competition within the squad is something that helps everyone to be more focused.

CARLO ANCELOTTI

the Ballon d'Or.

Mbappe's hunger for glory seems like the perfect match for Real's obsession with excellence, while Ancelotti's relentless search for improvement means there will be no let-up in the intensity.

The most successful coach in

Champions League history with five titles, Ancelotti has expertly managed a club constantly under pressure to uphold sky-high standards.

The Italian kept Real's momentum going even after the departures of Cristiano Ronaldo, Sergio Ramos, Marcelo, Karim

France captain Kylian Mbappe will surely strengthen Real Madrid's title bid

Benzema and Casemiro, and he now faces another challenge in having to replace midfielder Toni Kroos, who has just retired.

Ancelotti's biggest headache is who to leave out of his starting 11.

In terms of experience he can call on Dani Carvajal, Luka Modric, Antonio Ruediger and Thibaut Courtois, while at the other end of the spectrum is emerging talent such as 19-year-

old Turkey midfielder Arda Guler and 18-year-old sensation Endrick.

Brazil's jet-heeled winger Vinicius Jr and England maestro Jude Bellingham headline this new-age 'Galacticos' team, while Rodrygo, Brahim Diaz, Aurelien Tchouameni, Eduardo Camavinga, Eder Militao and Federico Valverde are all coming into their prime.

"We have a very talented



Takehiro Tomiyasu

Arsenal's Tomiyasu still weeks away from return, says Arteta

London, England - Arsenal will be without defender Takehiro Tomiyasu for the start of their Premier League campaign as the Japan international will be out for weeks with a knee injury, manager Mikel Arteta said on Sunday.

Tomiyasu, 25, was left out of Arsenal's pre-season tour in the U.S. due to the injury, and was also absent from Sunday's 2-0 win over Lyon in London.

"I think it will take weeks on that one unfortunately," Arteta told reporters of Tomiyasu's injury. "He's going to have to be patient and work through it because I think it's going to take a few weeks."

Dutch defender Jurrien Timber, who missed most of last season due to an anterior cruciate ligament tear, also missed Sunday's game with a knee injury but is expected to rejoin the first team in the next week.



Julian Alvarez

Simeone looks to revitalise Atletico with new signings

Madrid, Spain - Atletico Madrid's quiet summer transfer window will have had their fans in a nervous sweat after finishing fourth last season but anxiety will give way to renewed hope if the blockbuster signings of Julian Alvarez and Conor Gallagher go through.

The arrivals of Argentinian forward Alvarez from Manchester City and England midfielder Gallagher from Chelsea would take Atletico's spending to around 200 million euros (\$218 million) following deals for Spain defender Robin Le Normand and last season's LaLiga top-scorer Alexander Sorloth.

Those aggressive moves are set to inject new energy into Diego Simeone's decade-long project that looked desperately in need of a breath of fresh air after two trophyless seasons.

A distant fourth in LaLiga, Atletico were knocked out of the Champions League quarter-finals by eventual runners-up Borussia Dortmund in heart-breaking fashion.

However, on a positive note, Atletico handed Spanish and Eu-

ropean champions Real Madrid their only two defeats in all competitions in the 2023-24 campaign.

While Spanish striker Alvaro Morata moved to AC Milan last month, Simeone should have much more firepower at his disposal this season.

Versatile forward Alvarez was one of City's standout players from their Premier League title-winning campaign while powerful Norwegian striker Sorloth scored 23 goals for Villarreal in LaLiga last season.

Atletico sign Alvarez

Atletico Madrid have signed Alvarez from Manchester City on a six-year contract, the LaLiga club said on Monday. British media reported that the deal was worth around 75 million euros (\$82 million) plus 20 million euros in potential add-ons.

"Today I say goodbye to this wonderful club with many emotions. They were two very special years. During this time, I grew and learned a lot as a player and as a person," Alvarez said on Instagram.

Young star Yamal gives Barca new hopes

Madrid, Spain - Barcelona hope the stunning rise of teenage sensation Lamine Yamal will elevate a talented young squad under the guidance of new manager Hansi Flick and help them regain the LaLiga title from a star-studded Real Madrid.

Yamal turned 17 a day before Spain beat England in the Euro 2024 final in Berlin last month, the electrifying winger terrorising defences throughout the tournament and fuelling hopes of a brighter future for struggling Barca.

Last season was one of turmoil for Barca, finishing second and 10 points behind champions Real in the league and sacking club legend Xavi Hernandez as manager in controversial fashion.

The club then appointed 59-year-old Flick as coach, tasking the former Germany and Bayern Munich manager with getting the best out of a squad featuring a mix of exciting young talent and seasoned veterans like Robert Lewandowski and Ilkay Gundogan.

Flick, who had been out of management since being sacked by Germany in September 2023, must revive a side that failed to



Lamine Yamal, the standout star of Euro 2024, will be the key to Barcelona's title challenge

win a single trophy in Xavi's final season in charge.

Flick has a mammoth task on his hands to overpower a Real side who added France captain Kylian Mbappe to a squad that already boasts the likes of Vinicius Jr and Jude Bellingham.

Deepening financial issues have forced Barca to get creative

to stay competitive within the restrictions of LaLiga's Financial Fair Play rules but they finalised the signing of attacking midfielder Dani Olmo from RB Leipzig last week.

Alongside Lamine, the versatile Olmo was central to Spain's Euro 2024 triumph, finishing as one of the tournament's top scorers

I know how demanding this job can be, Barcelona are an incredible club and I have been enjoy every second of working here

HANSI FLICK

the tournament, including a double in their 5-3 win against France in the final.

Other rising stars like Pedri and Gavi could also flourish under Flick while Gundogan's leadership, Lewandowski's consistency and goalkeeper Marc-Andre ter Stegen's safe pair of hands will bring some much-needed experience.

"I know how demanding this job can be, Barcelona are an incredible club and I have been enjoy every second of working here. The reception has been incredible," Flick told a press conference last week. "I believe that we are on the right track and want us to enjoy together."

Barca start their LaLiga campaign on Saturday at Valencia.

Van Persie's coaching career off to losing start

Amsterdam, The Netherlands - Robin van Persie's coaching debut ended in defeat on Sunday as Heerenveen lost their opening game of the new season in the Netherlands at Ajax Amsterdam.

A goal from Kristian Hlynsson was enough to send Heerenveen home without any points and leave the former Dutch international striker, who played at Arsenal and Manchester United, feeling they had missed out on an opportunity.

"Based on the entire match,



Robin van Persie

there might have been more in it," Van Persie told television reporters afterwards.

"We had a few chances in the first half. We had hoped that one of them would have gone in and created a bit more belief. In the second half, you could see our intentions but we didn't really create any chances."

That is what he said he would work on for the next game.

"We are going to face FC Utrecht next week in high spirits. "With this way of playing, I

cannot promise that we will win every match, but in terms of intensity and sometimes also quality, this is football as I think you should play it. We will show that every week," he added.

The 41-year-old Van Persie, who scored 50 goals in 102 internationals for the Netherlands, was taken on Feyenoord's coaching staff after he retired from playing in 2020, before joining Heerenveen. They will play their first home match of the season against Utrecht on Saturday.



Alick Athanaze scored 92 to help West Indies draw with South Africa

Athanaze shines as West Indies draw with South Africa in first Test

Port Of Spain, Trinidad and Tobago - West Indies batsman Alick Athanaze led home resistance as he fell agonisingly short of a maiden Test century but still did enough to help ensure a draw in the first Test against South Africa at the Queen's Park Oval in Port of Spain on Sunday.

South Africa set the West Indies a target of 298 to win the match after declaring their second innings before lunch on the final day in a bid to try and bowl out their hosts and win the first of the two-Test series.

But the 25-year-old Athanaze, in his eighth test, scored 92 as the West Indies proved more resilient than they had in their first innings and held out to tie the contest. They were 201-5 when the rain-affected match was called off 20 minutes from close with six overs remaining.

South Africa scored briskly at the start of the last day after re-summing on 30-0 with a lead of 154 runs as they looked to set an imposing target and also give

themselves enough time to bowl out the Windies in their second innings.

Tristan Stubbs scored a maiden Test half century with a quick-fire 68 off 50 balls as he put all the skills accumulated as a Twenty20 player to use.

Tony de Zorzi added 45 and Aiden Markram 38 before South Africa declared on 173-3 some 20 minutes before lunch.

The home side lost their last six first innings wickets for 60 runs on Saturday, and there was concern a similar collapse was on the cards when captain Kraigg Brathwaite was dismissed three balls into the second innings.

Spinner Keshav Maharaj opened the bowling and Braithwaite tried to slog a six off his third ball, slicing it high and being caught by Stubbs at extra cover.

The Windies slumped to 18-2 when Mikyle Louis went for nine, snaggged by the speed of Kagiso Rabada, before Maharaj bagged the wickets of Keacy Carty (31) and Kavem Hodge (29).

England's Stokes injured

London, England - England Test captain Ben Stokes was helped off the field after suffering an injury while playing for the Northern Superchargers in The Hundred on Sunday.

While batting for the Superchargers against the Manchester Originals at Old Trafford, the 33-year-old suddenly halted after completing a single, clearly in distress as he clutched the back of his left hamstring.



Ben Stokes

With England set to begin a three-match Test series against Sri Lanka at Old Trafford on Aug. 21, there are now concerns about the all-rounder's availability.

Superchargers captain Harry Brook acknowledged that the injury appeared to be serious and confirmed to Sky Sports that Stokes was scheduled for a scan on Monday. The

BBC reported it was suspected to be a hamstring injury.

ALCARAZ EYES TOP SPOT

French Open and Wimbledon champion targets year-end number one ranking

Madrid, Spain - After capturing back-to-back Grand Slam titles and a silver medal at the Paris Olympics, world number three Carlos Alcaraz said one of his key goals for the rest of the season is to finish as the top-ranked player in the world.

The 21-year-old French Open and Wimbledon champion, who lost a thrilling Olympic final to Novak Djokovic, returns to action at this week's Cincinnati Open, where he can gain ground on the Serb and Italian Jannik Sinner.

Alcaraz is 450 points behind world number one Sinner in the ATP live race to the season finale in Turin, the separate year-to-date standings that serve as a measuring stick for the year-end number one battle.

"Obviously being number one is a goal every time that I'm (behind) and the race is an important ranking for me. At the end of the year if you end the race number one, in the rankings it's quite similar, so you're going to end number one," Alcaraz said.

"So I'm really focused on that. I'm focused on going to every tournament, thinking about playing great tennis, doing a good result just to get better in the race. This year, ending the year as number one is one of my main goals right now."

Last year's Cincinnati runner-up, Alcaraz will begin his campaign against Gael Monfils or Alexei Popyrin as he returns to hardcourt tennis for the first time



Carlos Alcaraz

since reaching the Miami quarter-finals in March.

"This one is a really important tournament, really good tournament for me. So I'm going to try to play good tennis, try to play same level as I was playing, and let's see."

"I've been playing great tennis, but probably most of the matches I won, I won them with-

out playing great tennis, or I felt like I didn't play really great tennis," Alcaraz said. "So the way that I approach every match, I stay there strong mentally in some situations, I'm really, really happy about that.

"[I'm happy] about the way that I [handled] some situations, that I stayed there, even knowing that I didn't play, or I wasn't play-

I'm focused on going to every tournament, thinking about playing great tennis, doing a good result just to get better in the race

CARLOS ALCARAZ

ing great tennis. But [I played] with a positive attitude, with the right face always and trying to find solutions in some moments that I could do it. I'm really happy

about it." The Cincinnati Open is an important tune-up event for the Aug. 26-Sept. 8 U.S. Open.

"I'm excited to play here again. Obviously great memories from last year, reaching the final, losing a really tight and epic match (to Djokovic)," Alcaraz said.

Djokovic withdrew from Cincinnati after his Olympic triumph.

Bangladesh opt for pace-heavy squad for Pakistan Tests

Dhaka, Bangladesh - Bangladesh have named five pacers in their squad for the upcoming two-Test series in Pakistan, though Taskin Ahmed will only be available for the second match of the tour, the Bangladesh Cricket Board (BCB) said.

Ahmed, who last played a Test in June 2023, focused on white-ball cricket ahead of this year's Twenty20 World Cup while also dealing with a shoulder injury.

He will play for Bangladesh A, who are also touring in Pakistan, before returning to the first team.

"He hasn't bowled in a Test since June last year and we have decided to include him in the A team for the second four-



Mushfiqur Rahim

dayer against Pakistan A to get him into the rhythm for longer version matches," chief selector Gazi Ashraf Hossain said in a

statement on Sunday.

Wicketkeeper-batter Mushfiqur Rahim is set to add to his 88 Test caps after returning to

the 16-man squad in place of 22-year-old Shahadat Hossain, who debuted last year.

"The likes of Mushfiqur,

Mominul (Haque) and Shakib (Al Hasan) have played 216 matches combined and there is no substitute for that kind of experience," Hossain said.

Bangladesh will travel to Pakistan ahead of schedule on Tuesday to hold practice sessions in Lahore.

The first Test will begin in Rawalpindi on Aug. 21.

BANGLADESH SQUAD

Najmul Hossain Shanto (Captain), Mahmudul Hasan Joy, Zakir Hasan, Shadman Islam, Mominul Haque, Mushfiqur Rahim, Shakib Al Hasan, Litton Kumer Das, Mehidy Hasan Miraz, Taijul Islam, Nayeem Hasan, Nahid Rana, Shoriful Islam, Hasan Mahmud, Taskin Ahmed, Syed Khaled Ahmed

CLASSIFIEDS

SITUATION WANTED

Sri Lankan Male - (CGMA ACMA+CPA+BBA+MAAT) Looking for Asst. Finance Manager/Chief Accountant role. 12 years of experience in various industries, looking for a suitable placement. Key areas: MIS, VAT, Audit, Fin Reporting, Cashflow Mgt, Budgeting, ERP etc) Available to join. Contact: +968 78773250 & 92095240 Email : ali.mohamedown@gmail.com

SEND YOUR REQUEST FOR

Birthday/Anniversary wishes to wish@apexmedia.co.om with your resident card copy (It's free of cost)



FOR RENT/SALE

Available 2100 sq meter best in class Warehouse cum office Space, fully furnished ready to use, Located at Prime area of Ghala in the heart of the city having easy access to airport & express Way.

Contact: Mr.Sumit Mudgil - 95616835
Girish Sewani - 93893596



Quality car rentals at competitive prices.

Muscat 9014 6672, 9679 0684
Sohar 9731 6218 | Salalah 9429 9325
www.orbit-oman.com

WJ Towell Group Company

- Fleet of 2,000 vehicles
- Choose from a wide range of brands & models
- PDO, OXY and BP spec vehicles available
- Attractive rates for short-term & long-term lease

اوربٹ ORBIT
Car Rental & Lease

BIRTHDAY WISHES



ADHIYA SANTHOSH

May you be surrounded by love and all your favourite things today and forever! Wishing you a happy 5th birthday my dear...

عيادة فصول السنة للطب الهندي التقليدي ALL SEASON AYURVEDA CLINIC

The most efficient and authentic Ayurvedic Treatment & Medicine, Yoga, Kalari, Panchakarma, Massage, Dhara etc... Rehabilitation, Beauty therapy & post Delivery Care

Zaher Building ,1st Floor, Flat 8A, Al Khuwair Service Road ,near Al Zawawi Mosque & Burger-king Tel:24475280, GSM: 95371664 , 92504980 , Website:www.siddhayur.com



VANDANA CHAWLA



NUTRITION
& YOU



VITAL NUTRIENTS FOR INFANTS

Babies grow at a miraculous rate in the first year of their life. From tiny sleeping tots to the crawling, standing pre-toddlers in just one year, really requires very serious nutrition.

During the first six months, breastmilk meets all the nutritional needs of a growing baby. The beauty of this milk is that it contains all the nutrients as per the needs of the baby. Not only this, it builds up immunity and makes baby strong enough to face the outer world. Hence, the World Health Organisation (WHO) recommends, exclusive breastfeeding for the first six months.

It is after six months that the need for certain nutrients increases, which breastmilk alone cannot fulfill. So, as the baby begins the exciting journey of starting solid foods, the emphasis should be on nutrient-dense foods.

The essential nutrients to look out for, are as follows:

Iron

Babies are born with good stores of iron which are laid down, while they are in the womb, which lasts for 4-6 months. These stores get depleted by 4-6 months and it is at this time that the need for iron increases. Breast milk is low in iron and will not be able to replenish stores, hence, when solids are introduced, special emphasis should be on meeting iron

needs. Iron is obtained from vegetarian sources, like, spinach and other greens, broccoli, beans, whole grains and dates. These can be gradually introduced from 6 months but in stages, in the same order as mentioned, keeping in mind to give one food at a time. Animal sources of iron include meat, and eggs, which can be given to a baby in cooked form from eight months of age.

When starting with any new food, remember to start with cooked food in small quantities and check for the baby's tolerance before gradually increasing.

Zinc

Zinc is an important mineral required for making proteins and DNA. Plus, it also helps in boosting the baby's immunity. Hence, it is critical to introduce breast-fed babies zinc-rich foods. Foods like, cheese, yogurt, nuts (cashew/pine nut in powdered form), beans, eggs, and meat, are all great sources of zinc. Be careful of introducing these foods at different ages and always starting with small quantities.

Omega 3

Omegas 3's or the essential fatty acids, help to boost the baby's brain and eye development, as well as immunity. DHA and EPA are the essential omega 3 fatty acids, which our bodies cannot produce. Breast milk is the richest source of DHA, the brainy fat. In addition, adding powdered flax seeds, cooked egg yolk/chicken from 8 months and powdered walnut or cooked fish like salmon from one year onwards is a great way of adding Omega 3 to a baby's diet.

Proteins

Proteins are vital for a baby's growth and de-

velopment. Luckily, there's just the right amount of protein in breast milk, which fulfills a baby's needs in the first six months. And when the baby starts solids, you need to introduce the baby to plenty of protein-rich foods, like eggs, cheese, yoghurt, meat, poultry and fish. The baby also gets protein from non-animal sources such as powdered nuts-seeds, whole grains, beans as well as some fruits and vegetables. Do not depend on one food to get proteins, make sure the baby gets it from a variety of sources.

Vitamins

All vitamins are essential for baby's overall growth and development. Whole grains like oats, millets, whole wheat, and

cereals are all great sources of many B vitamins. Introduce the baby to variety of grains, but one at a time, and from eight months onwards.

Vitamin C is not only a great immunity booster but also helps in iron absorption. Fresh fruits and veggies, are the first vitamin C rich foods for a baby.

Fat-soluble vitamin like vitamin A can be obtained from dairy, eggs, and coloured fruits and veggies. Since the food choice for vitamin D is limited, supplements may be needed. It is always better to check with a doctor before starting with the supplements.

To conclude, a baby's need for essential nutrients keep growing as he/she grows older. Including a variety of foods in the baby's diet is the best way to meet the baby's increasing nutritional needs. But, go slow, introduce one food at a time, and do not forget the 3-day rule when starting with any new food.

(Vandana Chawla is an Online Nutrition Expert and a Registered Nutritionist-UKVRN)



Shape-up

POST
PREGNANCY



Do you want to get back into shape after a pregnancy and keep this as your sole priority? Indeed it is!

After a few months of pregnancy, it's perfectly normal to be worried about how your body will look after giving birth. But, contrary to what you might think, recovering your pre-pregnancy body is not a pipe-dream, rather it is absolutely possible.

Usually, it'll take a few months to achieve this goal. You're not going to get fit again in a couple of days. And it is not just a matter of time...you have to be consistent and patient too.

The consensus among professionals is that there's a golden period for mothers who want to get in shape again: between six months and a year after giving birth. Your body will be more receptive to working out and achieving the best outcome.

Though this may seem obvious, exercise is probably the most important thing you can do to achieve your goals. In fact, it's recommended for everyone, not just post-pregnancy mothers! Jog, swim or find a toning routine. Especially one that targets your abdomen and back.

Beware of pitfalls

There can be a few things that can ruin all your good intentions, so try to avoid them at all costs:

Don't get obsessed

This is easier said than done, but you must stay focused without losing control of the situation. Avoid getting obsessed with your plan. Only those who are consistent

will succeed. But those people must also be rational. Again, don't get so obsessed with the idea that your entire life should be revolving around getting fit.

Miracle creams

Keeping your skin hydrated with creams and regular massages are undoubtedly two essential things to help with scarring/tightening. But beware, not all creams work.

Postpartum belts

Currently, there is some debate about whether postpartum belts are useful for women who want to lose weight. Some experts recommend them and others don't. However, a postpartum belt should only be used as a last resort - there is no better natural belt than an abdomen routine. (Courtesy: themanualtherapyclinic.uk)

مستشفى الحياة الدولي
AL HAYAT INTERNATIONAL HOSPITAL
Quality Care Without Compromise

NEW VISA MEDICAL SYSTEM "IGRA"
NOW AVAILABLE SAT - THU 8:00 AM-10:30 PM

SCAN FOR LOCATION
SCAN TO WHATSAPP

طابقه 1، مبنى 1 - حي كرمشدا، فرقة
Opp. Bank Muscat, Ghubra roundabout
MOH NO. - 1640238/24 2200 4040 9551 0632 9241 3639

poppins
ابدأ يومك بلذة!

Corn Flakes

Distributed by
CATERING SOLUTIONS TRADING LLC
Please contact +968 22060236/237

f Poppins Arabia @ poppins_arabia 🌐 poppins.com

KNEE OSTEOARTHRITIS

HINGE

benefits

Knee osteoarthritis (OA), also known as degenerative joint disease of the knee, is typically the result of wear and tear and progressive loss of articular cartilage. Age is the most common cause of this disease.

While OA can occur even in young people, the chance of getting osteoarthritis rises after age 45, and the most commonly affected part of the body are the knees. Though this a progressive disease, exercise can play a part in bringing relief.

Knee osteoarthritis can be divided into two types - primary and secondary. Primary osteoarthritis is articular degeneration without any apparent underlying reason. Secondary osteoarthritis is the consequence of either an abnormal concentration of force across the joint as with post-traumatic causes or abnormal articular cartilage, such as rheumatoid arthritis (RA).

Here are a few exercises to relieve pain which must be done in consultation with your doctor:



Calf Stretch

Hold onto a chair for balance. Bend your right leg. Step back with your left leg, and slowly straighten it behind you. Press your left heel toward the floor. You should feel the stretch in the calf of your back leg. Hold for 20 seconds. Repeat twice, then switch legs.

For more of a stretch, lean forward and bend the right knee deeper - but don't let it go past your toes.

Hamstring Stretch

Stretching keeps you flexible and improves your range of motion, or how far you can move your joints in certain directions. It also helps you lower your odds of pain and injuries.

Always warm up with a 5-minute walk first. Lie down when you're ready to stretch your hamstring. Loop a bed sheet around your right foot. Use the sheet to help pull the straight leg up. Hold for 20 seconds, then lower the leg. Repeat twice. Then, switch legs.

Straight Leg Raise

Build muscle strength to help support weak joints. Lie on the floor, upper body supported by your elbows. Bend your left knee, foot on the floor. Keep



the right leg straight, toes pointed up. Tighten your thigh muscles and raise your right leg.

Pause, as shown, for 3 seconds. Keep your thigh muscles tight and slowly lower your leg to the ground. Touch and raise again. Do two sets of 10 repetitions. Switch legs after each set.

Pillow Squeeze

This move helps strengthen the inside of your legs to help support your knees. Lie on your back, both knees bent. Place a pillow between the knees.

Squeeze your knees together, squishing the pillow between them. Hold for 5 seconds. Relax. Do two sets of 10 repetitions. Switch legs after each set.



Hamstring Stretch

WHERE FINANCE LEADERS CONVERGE.



17 Sept 2024

Sheraton Oman Hotel Muscat

Support Partners

جمعية المصارف العمانية
Oman Banks Association

OMAN AMERICAN BUSINESS COUNCIL

Driving Innovation Partner



Integrated Communications Partner

CONCEPT

Organised By

INTERACTIVE apex

MUSCAT DAILY

The Business Today CFO Forum 2024 brings together top finance executives, industry experts, and thought leaders for insightful discussions and knowledge exchange. The forum aims to empower CFOs to drive innovation, navigate complexities, unlock sustainable growth opportunities in today's dynamic business environment, and honor outstanding achievers.

FOCUS AREAS



Enhancing strategic planning & decision-making for competitive advantage



Fostering innovation & leadership in finance for long-term success



Integrating ESG factors & advancing sustainable finance initiatives



Strengthening risk management practices in a dynamic business landscape



Building resilience & adaptability in finance operations and strategies



Embracing data analytics, AI & automation to drive operational efficiency & performance



Navigating regulatory compliance challenges & evolving market trends



Inspiring talent development & enhancing In Country Value (ICV)

Nominations open for Business Today CFO Awards 2024

The Awards will honour CFOs who have demonstrated exceptional performance, finance teams that have achieved remarkable results, and initiatives that have made significant contributions to their organizations and the broader financial community besides the exceptional financial technology solutions.

AWARD CATEGORIES

- Emerging CFO of the Year
- CFO of the Year
- CFO of the Year (Industry category)
- Lifetime Achievement in Finance
- Finance Team of the Year
- Financial Innovation Award

- Excellence in Risk Management
- Excellence in ESG Integration
- Merger and Acquisition of the Year
- Sustainable Finance Initiative Award
- Digital Transformation Initiative of the Year
- Finance Technology Solutions Company of the Year
- Finance Technology Solutions Leader of the Year

The winners will be prominently featured in a special, dedicated edition of BT, showcasing their exceptional achievements and contributions to the world of finance.



Scan to submit your nominations, or visit www.bt-cfoforum.com
Last Date 25 August 2024

For more information, contact: sajir@apexmedia.co.om, +968 9947 4314

www.bt-cfoforum.com

Follow us on [BT CFO](https://www.linkedin.com/company/BTCFO)

LYNK & CO

QUICK!
**GRAB LIMITED-TIME
DEALS TODAY!**



- 2.0L Turbo
- 218 PS

Starting at

***R0 8999**
ONLY

Starting at

***R0 11499**
ONLY

Visit the **Lynk & Co** showroom TODAY!
Valid on 01 MY '23 & 03 MY '24 models only. *VAT Extra

Showroom - Ghala Heights, Muscat

Applicable on 01 MY '23 & 03 MY '24 models only



71611137
lynkcooman.com
lynkcooman

