



H M presides over National Day parade

Muscat - His Majesty Sultan Haitham bin Tariq, the Supreme Commander, presided over a military parade staged at Al Sumoud Ground of Sultan's Special Force on the occasion of the 54th Glorious National Day on Monday.

The event saw the participation of units representing Royal Army of Oman (RAO), Royal Air Force of Oman (RAFO), Royal Navy of Oman (RNO), Royal Guard of Oman (RGO), Sultan's Special Force (SSF) and Royal Oman Police (ROP), in addition to ground and mounted military music bands.

Upon His Majesty the Sultan's arrival at the parade ground, he was received by H H Sayyid Shihab bin Tariq al Said, Deputy Prime Minister for Defence Affairs, Gen Sultan bin Mohammed al Nu'amani, Minister of Royal Office, Vice-Admiral Abdullah bin Khamis al Ra'eesi, Chief of Staff of Sultan's Armed Forces (SAF), and Maj Gen Musallam bin Mohammed

Jaaboub, Commander of SSF.

When His Majesty the Sultan ascended the Royal Dais, columns of the parade performed the military salute. The joint corps of military bands played the Royal Anthem, while the Sultan of Oman's Artillery fired a 21-gun salute to His Majesty the Sultan.

The parade commander then stepped forward to the Royal Dais and requested His Majesty the Sultan to signal the start of the military parade.

The joint corps of military music bands representing SAF, RGO, ROP and Royal Court Affairs played sundry tunes as they marched before the

Royal Dais.

It was followed by columns of Protocols Guard joining the parade and performing ceremonial gestures to the accompaniment of melodies rendered by the joint corps of military music bands as they performed the military salute to His Majesty, the Supreme

Commander.

His Majesty the Sultan watched a musical show staged by mounted bands representing the RGO cavalry and Royal Cavalry. They passed before the Royal Dais, performing the military salute to His Majesty the Sultan.

The columns of the parade then

cheered 'Faith in Allah, Loyalty to the Sultan, Sacrifice for the Nation' and chanted 'Long Live His Majesty Sultan Haitham bin Tariq, the Supreme Commander' thrice.

The joint corps of military music bands played the Royal Anthem, while columns of the parade performed the military salute marking the conclusion of the military parade.

This was followed by His Majesty the Sultan leaving the parade ground.

Alongside His Majesty the Sultan, the parade was attended by Royal family members, members of the Al Bu-saidi family, ministers, advisers, commanders of SAF, commanders of military and security services, heads of diplomatic missions of Arab and foreign countries accredited to Oman, members of State Council and Majlis A'Shura, undersecretaries, senior military and security officers, retired officers and citizens.

ONA



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Qassim al Hassani
Administrative officer

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In celebration of the remarkable accomplishments gracing our generous homeland, OQ Group is honoured to extend its most heartfelt congratulations to

HIS MAJESTY SULTAN HAITHAM BIN TARIK

May Allah protect him, on the occasion of the 54th National Day.

Under Your Majesty's wise leadership, may the Sultanate of Oman continue to thrive, marked by the achievements of this prosperous era. We pray to the Almighty for the success of Your Majesty's noble aspirations for Oman's continued advancements, as we reaffirm our commitment to realising your vision for a brighter future as outlined in Oman Vision 2040.

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136 cybersecurity incidents addressed by MTCIT till Sept

Our Correspondent
Muscat

Ministry of Transport, Communications and Information Technology (MTCIT) represented by National Centre for Information Security - successfully tackled 136 cybersecurity incidents in the first nine months of 2024. Promptly identified and addressed, the efforts highlight the ministry's ongoing commitment to protecting Oman's digital infrastructure from emerging threats.

An official at MTCIT informed that 25 cyber alerts and warnings related to security vulnerabilities were issued during this period. The alerts were accompanied by comprehensive guidelines to help institutions mitigate risks and address potential breaches. Meanwhile, the National Lab-



oratory for Digital Evidence handled 164 cases and conducted digital analysis on 757 devices, including desktop computers, laptops, mobile phones and external hard drives.

MTCIT also made significant strides in digital authentication services, issuing over 2.3mn cer-

tificates for electronic authentication linked to residence cards. Additionally, more than 233,000 certificates were issued for mobile phone authentication and 213 certificates provided for electronic signature tools designed for government and private sector employees.

To further enhance Oman's digital ecosystem, MTCIT completed the integration of 14 new electronic systems from various institutions. These aimed to expand access to electronic authentication services, streamlining operations and ensuring secure digital interactions across sectors.

These efforts reflect MTCIT's broader mission to strengthen Oman's cybersecurity framework and drive the nation's transition towards a more secure and efficient digital future.

NATIONAL DAY

Messages of love and loyalty

Our Correspondent
Muscat

As Oman celebrates its 54th National Day, a novel initiative has brought people together to express their love and pride for the sultanate. A giant board placed outside Lulu Hypermarket in Bausher is covered with sticky notes on which citizens and expatriates have written heartfelt messages to express their patriotism and loyalty.

The messages - 'You are my home and praises for my home always', 'Lovely people, lovely place and lovely food', 'Happy National Day to our beloved Oman; may you remain beautiful always' and the like - all reflect the deep emotional connection people feel for the sultanate. Hundreds of notes from Oman's diverse population have been stuck to the board carrying words of gratitude and pledging allegiance in Arabic and English.

Ten-year-old Ahmed al Balushi penned his love for the country with the words: 'Oman is my heart, and I love my country forever.' Excited to take part, he



said, "This is a new idea, and I am happy to leave a message."

Aisha al Nabhani, a teacher who visited the mall with students on Sunday, said, "This is a beautiful way for everyone to express national pride." Her message was simple: 'Long live Oman and His Majesty.'

Ramesh Kumar, who has called Oman home for over two decades, shared his thoughts. "This country is my second home. My message says, 'Oman, may you prosper forever.'

His son Arjun left a simple

note of gratitude. 'Thank you, Oman, for being so welcoming.'

The initiative, a collaboration between Lulu Hypermarkets and Muscat Creative and Advertising Agency, began on November 1 and continued till November 18 at five Lulu Hypermarket locations - Bausher, Amerat, Suhar, Nizwa and Salalah. Organisers expected about 70,000 notes, each echoing the spirit of National Day.

"The initiative is a celebration of Oman's 54th National Day and we are thrilled by the overwhelming response from our

community," said Shabeer KA, Regional Director of Lulu Hypermarkets Oman. "Collecting nearly 70,000 messages of goodwill and patriotism is a testament to the unity and pride shared by both locals and expatriates. We are proud to have partnered with Muscat Creative and Advertising Agency to bring this unique campaign to life."

Participants of diverse nationalities, including India, Pakistan, the UK, Sri Lanka, Nepal, the Philippines and Bangladesh, joined Omanis in penning their messages.

Jessica Walker, who has lived in Oman for 16 years, said, "Oman's beauty and kindness inspire us all. My message says, 'Happy National Day to a nation of peace and love.'"

Children added a creative touch, drawing images with their notes, while their parents shared memories and hopes for the country. Besides allegiance to His Majesty Sultan Haitham bin Tariq, it reflected the strong sense of community and belonging felt by everyone living in the sultanate.



جبل تشاينامك لونج إكوي فاند
Jabal ChinaAMC Loong Equity Fund

Public Offering Announcement
Jabal ChinaAMC Loong Equity Fund

Fund Name	Jabal ChinaAMC Loong Equity Fund
Address	Jabal ChinaAMC Loong Equity Fund, North Alkhawait, Bousher, Muscat Governance, P.O. Box 2209, Postal Code 133, Sultanate of Oman.
Fund Structure	Open-ended investment (unlisted).
Fund Objectives	The objective of the fund is to arrange, make, manage and dispose of investments with the view to achieve capital appreciation and to deliver superior risk adjusted returns by investing in permissible securities / instruments in accordance with Applicable Laws and the fund constitutive documents.
Fund Strategy	The fund is as an unlisted open-ended investment fund established in accordance with the regulations issued by the FSA. The Fund's strategy will be a long term investment strategy concentrating mainly on capital appreciation through active investing in China and Hong Kong listed equities. The Fund performance benchmark will be the MSCI China All Shares Index.
Fund Currency	OMR
Fund Capital	Minimum: 2,000,000 Rial Omani (Two Million Rial Omani).
Initial Issue Price per Unit	OMR 1.020.
Initial Subscription Period	From 25 November 2024 to until 9 December 2024.
Minimum Subscription during Initial Subscription Period	1,000 Units and in multiples of 100 Units thereafter (Minimum of OMR 1,020 including issue expenses).
Maximum Subscription	No Maximum Limit
Fund Founders	Mun Development and investment LLC CITIC Securities International Capital Management Limited
Investment Manager	Jabal Asset Management LLC
Investment Advisor	China Asset Management Co., Ltd
Collecting Agents	Jabal Asset Management LLC Sohar International Bank SAOG Sohar Islamic Bank
Eligible Investors	The Fund is open for investment to Omani investors and non-Omani investors (except US Persons) that are natural or juristic persons. All investors are responsible for ensuring they inform themselves of, and are permitted to subscribe for Units under, all applicable laws and regulations, including the laws and regulations of Oman. Such investors shall be deemed to have read all information set out in the Prospectus, including the Important Notice set out above.
Subscription and Redemption fees	a) Subscription Fees (or issue expenses during the Initial Subscription Period): The offer price will be OMR 1.020, comprising the value per unit at OMR 1, in addition to 0.020 baizas per unit as issue expenses). b) Redemption Fee: 2% of the Net Asset Value in first year from investment date; and 1% of the Net Asset Value in second year. After the second year, redemption will be without a fee.
Investment Manager Fees	The Investment Manager is entitled to management fees of 2% per annum of the Net Asset Value of the Fund plus any applicable VAT and other taxes.
Method of Payment	All payments will be made by a cheque or a bank transfer.
Fund's Financial Year	Means the period commencing on 1 January and ending on 31 December of each year; with the exception of the first Financial Year, which shall commence on the date of registration of the Fund with the FSA.
Fund prospectus and subscription form available through	Jabal Asset Management LLC Sohar International Bank SAOG Sohar Islamic Bank

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Sayyid Badr bids Russian, Bangladeshi envoys farewell

Muscat – H E Sayyid Badr al-Busaidi, Foreign Minister, received ambassadors of the Russian Federation and People's Republic of Bangladesh on Monday to bid them farewell at the conclusion of their tours of duty in the sultanate.

The Foreign Minister expressed his appreciation for H E Ilya Mourgunov, Ambassador of Russia, and H E Md Nazmul Isla, Ambassador of Bangladesh, and their efforts in strengthening relations between Oman and their countries. He wished them success in their future endeavours.

REGIONAL WEATHER		
	Max	Min
Muscat	29	21
Abu Dhabi	32	19
Doha	32	19
Kuwait City	26	18
Manama	30	21
Riyadh	32	17

PRAYER TIMINGS	
Fajr	5.05am
Sunrise	6.24am
Duhr	11.57am
Asr	3.04pm
Maghrib	5.26pm
Isha	6.39pm

2026 to be ‘Year of Non-Communicable Diseases’

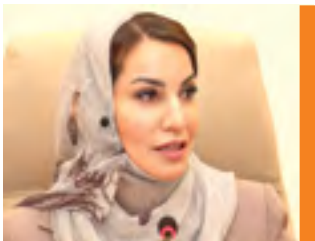
Our Correspondent
Muscat

The National Committee of Non-Communicable Diseases Prevention has declared 2026 as ‘Year of Non-Communicable Diseases’ with a comprehensive plan to address the rising health challenges posed by these conditions. The decision was announced at the committee’s meeting last week chaired by H H Sayyida Dr Muna bint Fahad al Said.

Chairperson of the committee, H H Sayyida Muna stressed the importance of translating policies into actionable, long-term strategies that can significantly benefit public health. “There is ongoing collaboration with the Oman Vision 2040 Implementation Follow-up Unit to identify priorities, implement existing interventions, and establish effective monitoring and evaluation mechanisms,”



(Supplied photo)



she said. The committee has outlined a series of initiatives focusing on prevention, awareness and pol-

These efforts will not only reduce the burden of NCDs but also align with Oman Vision 2040, which prioritises health and well-being as fundamental pillars of development

H H SAYYIDA DR MUNA BINT FAHAD AL SAID

icy development for 2026. These include updating the National Plan for Non-Communicable Diseases, forming specialised work teams, and conducting a nationwide survey to understand the prevalence and impact of these conditions.

The committee also plans to amplify Omani Day for Physical Activity to promote healthier lifestyles and highlight the benefits of regular exercise.

Non-communicable diseases (NCDs), including diabetes, cardiovascular illnesses and cancer, are among the leading causes of mortality globally and in Oman. The committee aims to develop policies and preventive measures to address these condi-

tions and minimise their impact on individuals and the health-care system.

“These efforts will not only reduce the burden of NCDs but also align with Oman Vision 2040, which prioritises health and well-being as fundamental pillars of development,” H H Sayyida Muna said.

The meeting also highlighted the importance of raising awareness among citizens, supporting

research, and fostering cooperation between government and private sectors. The committee is committed to addressing the root causes of NCDs by encouraging healthy habits and integrating preventive healthcare into the national framework.

With 2026 just around the corner, Oman is gearing up for a concerted effort to combat NCD, focusing on a healthier and more sustainable future for all.

Conference explores impact of AI on media, communication

Our Correspondent
Muscat

Represented by Sultan Qaboos University (SQU), Oman is hosting the 4th International Conference on the Present and Future of Communication, Media and the AI Revolution.

Inaugurated on November 17 under the patronage of H E Dr Abdullah Nasser al Harrasi, Minister of Information, the three-day conference has brought together global experts to discuss the profound impact of artificial intelligence on media and communication.

The event will feature over 60 scholarly papers focusing on AI’s influence in areas such as content creation, media education, and the balance of risks and opportunities, including job disruption and misinformation.

Speaking at the opening, H E Harrasi said AI is reshaping various fields, particularly content creation, and highlighted its dual nature of presenting both chal-

lenges and opportunities. He noted that while AI could disrupt media jobs and pose risk of misinformation, it also offers new employment opportunities and enables media organisations to better understand audience trends through advanced data analysis.

The conference coincides with two milestones - the 50th anniversary of Oman TV which began broadcasting on November 17, 1974 and the recent enactment of the Oman Media Law designed to balance media freedom, rights and responsibilities.

Dr Abdullah Khamis al Kindi, Chairman of the Preparatory Committee of the conference, shared insights into the rapid growth of AI in media, with forecast of the market’s worth increasing from US\$10bn in 2022 to over US\$30bn by 2030.

He highlighted the increasing use of AI algorithms with reports attributing around 80% of social media content to AI.



(Supplied photo)

MoH secures funding for Ibra Hospital’s endoscopy unit

Our Correspondent
Ibra

Ministry of Health (MoH) has signed a financing agreement with Oman LNG Development Foundation to equip the urology and paediatric surgery endoscopy unit at Ibra Hospital with the aim of enhancing the facility’s capacity to deliver specialised medical care and improve services for patients, particularly children.

The agreement was signed on Monday by H E Suleiman bin Nasser al Hajji, Undersecretary for Administrative and Financial Affairs at MoH, and Dr Amer bin Nasser al Muta’ani, CEO of Oman LNG Development Foundation.

The agreement will provide advanced equipment and technologies for the endoscopy unit,

significantly improving treatment of urinary tract conditions in children.

Emphasising the importance of the agreement, H E Hajji said, “It is a crucial step in enhancing Ibra Hospital’s ability to provide specialised healthcare. We remain committed to offering the best medical services to our patients and adopting the latest technologies available.”

Muta’ani expressed optimism about the collaboration, saying, “Supporting such projects is one of our key priorities. We look forward to seeing the positive impact of this initiative on children’s health in the region.”

The partnership reflects ongoing efforts to improve healthcare infrastructure and expand access to advanced medical treatment in Oman.

اس ام ان باور القابضة ش.م.ع.ع. SMN POWER HOLDING SAOG				
Unaudited Consolidated Financial Statements For the Nine-Month Period Ended 30th September 2024				
BOARD OF DIRECTORS’ REPORT				
Dear Shareholders, On behalf of the Board of Directors (“the Board”) of SMN Power Holding SAOG (“the Company”), I have the pleasure to present the Board of Directors’ Report for the nine-month period ended 30th September 2024. The Company continued the excellent performance in Health, Safety and Environment and SMN Barka and Al Rusail Plants clocked 61,78 and 5,702 LTA free days respectively. Following the significant achievements of signing a new Power Purchase Agreement (PPA) and a new Water Purchase Agreement (WPA) for an 8.75-Year term each for SMN Barka Power Company SAOG (“SMN Barka”) as well as a new PPA for Al Rusail Power Company SAOG (“Al Rusail”) for a 5.75 Year term, the Company ended the third quarter of 2024 with another significant milestone of achieving the refinancing close of SMN Barka and signing new Financing Facility Agreements. Corporate Governance The Company has complied with the Code of Corporate Governance and applicable circulars issued from time to time by the Financial Services Authority (FSA). Operations The commercial performance of both plants, SMN Barka and Al Rusail, is measured by their reliability, which is the ability to deliver the declared capacity as per the contracts. For the nine-month period to 30th September 2024, the reliability at SMN Barka Power and Desalination Plant was 99.40% (98.23% for the same period in 2023) for power and 98.99% (97.07% for the same period in 2023) for water. The reliability of Al Rusail Power Plant was 99.810% (99.820% in 2023) for the same period. The Company produced an aggregate net power volume of 3151.98 GWh (3052.39 GWh for the same period in 2023) and a total volume of 26,142,336m3 of potable water was delivered (24,456,004m3 for the same period in 2023). All necessary maintenance activities for key equipment were performed in accordance with Original Equipment Manufacturers’ recommendations, while applying the best industry standards and practices for health & safety and maintenance, during the period. Financial Results Total Revenues in the nine-month period amounted to RO 67.36 million (RO 66.56 for the same period in 2023), representing an increase of RO 0.80 million. Total Revenues include fixed revenues (Fixed Capacity Fees) and variable revenues (Fuel Charge and Variable Operating & Maintenance Charge). The Company generated a consolidated net profit of RO 7.01 million during the nine-month period of 2024 compared to a net profit of RO 8.31 million for the same period of 2023. The key variances compared to the same period in 2023 are as follows: - Revenue (Increased by RO 0.80 million): The Company recorded lower capacity charges amounting to RO 4.54 million due to SMN Barka Force Majeure extension (01st April – 1st June 2024) and capacity charges based on new tariff from 2nd June 2024 onwards which was compensated by higher variable charge RO 5.34 million from higher load factors for both SMN Barka and Al Rusail, - Direct costs (Increased by RO 3.83 million): Similarly, this is mainly due to higher load factors for both SMN Barka and Al Rusail of RO 4.97 million which was partially compensated by lower fixed fees for plant operations amounting to RO 0.5 million and lower overhaul costs RO 0.5 million for Al Rusail, - General and Administrative expenses (increased by RO 0.52 million): This is mainly due to Power 2024 and Barka Waters 2024 tender-related costs, - Finance charges (Decreased by RO 0.83 million): This is mainly due to lower interest costs resulting from scheduled repayments of the term loan facilities for the SMN Barka in September 2023 and March 2024. - Other income (Decreased by 0.79 million): This is mainly due to the income from the sale of fuel oil in Al Rusail being completed in September 2023 of RO 1.34 million whereas Al Rusail sale of Gas Turbine 1-6 proceeds RO 0.8 million and lower interest and other income of RO 0.3 million. - Income Tax (Decreased by RO 2.1 million): This is mainly due to lower profit before tax and higher tax provision in September 2023 due to unfavorable Supreme Court judgement for SMN Barka of RO 1.3 million. The reduction in Non-Current Assets is driven by the depreciation of the plant (fixed assets). The increase in Current Assets is mainly due to higher trade/ other receivables and cash/cash equivalents for payments of trade/ other payables and term loan lenders. Future Outlook The Company will continue its focus on HSE and maintain excellent reliability at both the plants. In terms of the latest developments, projects and other initiatives relating to the business, and as disclosed previously: - Al Rusail has been awarded a long-term PPA for 5.75-year term effective from 20th April 2024. - On 7th May 2024, SMN Barka signed a new PPA and a new WPA for an 8.75 Year term each effective from 2nd June 2024. - With these new PPAs and a new WPA in place, SMN Barka will continue operations until March 2033 and Al Rusail will continue operations until January 2030. - For Al Rusail, Gas Turbine 1 to Gas Turbine 6, which were installed between 1984 to 1986, have retired from operation on 30th September 2023 as disclosed to the market. Following the launch of a competitive tender and as disclosed to the market, the sale has been awarded to the best preferred bidder and the Contract of Sale has been signed between Al Rusail and the winning bidder. - As previously disclosed and in line with the financing arrangements disclosed during the IPO, the cash sweep mechanism (accelerated repayment of the debt) started on 30th September 2018 for SMN Barka. As a consequence, the excess cash generated by the Company is paid to the lenders and will not flow to the Shareholders until the loans are fully settled or until the time the loans can be restructured. However, and due to the positive development above of signing new PPA and WPA, SMN Barka has successfully achieved the refinancing close of its commercial loan on 30th of September 2024. Therefore, and taken into consideration any relevant requirements under the existing facilities agreements, this should enable the Company to make future dividend distributions subject to the availability of cash, fulfillment of loan covenants in addition to satisfying the relevant requirements of the Commercial Companies Law and other applicable legislation. As Chairman of the Board, I would like to thank our Shareholders, not only for their confidence, but also for their continued support and for the expertise they bring into the Company. The Board of Directors expresses its gratitude to the Authority of Public Services Regulation (APSR), PWP, FSA and other governmental and non-governmental bodies for their guidance and support. Finally, on behalf of the Board, I would like to extend our deep appreciation and gratitude to His Majesty Sultan Haitham bin Tarik and His Government for their continued support and encouragement to the private sector by creating an environment allowing us to contribute effectively to the growth of the Sultanate of Oman.				
Dr. Abdullah Al Yahya'iy Chairman of the Board				
SMN POWER HOLDING SAOG, P.O.Box 121, Postal Code 134, Sultanate of Oman, Qurum Building, Building No.1022, 1st Floor, Office No.15, Way No. 1013, Al Qurum – Muscat. Tel. +968 2493 5800, Fax: 2493 5830, E-mail: info@smnpower.com, www.smnpower.com				
Statement of Financial Position as at 30 September 2024 (Unaudited)				
	Parent Company		Consolidated	
	30 Sep 2024	31 December 2023	30 Sep 2024	31 December 2023
	RO'000	RO'000	RO'000	RO'000
ASSETS				
Non-current assets				
Property, plant and equipment	-	-	88,047	93,954
Right-of-use-assets	-	-	286	305
Investment in subsidiaries ⁷	27,405	27,405	-	-
Deferred tax asset	-	-	320	318
	27,405	27,405	88,653	94,577
Current assets				
Inventories	-	-	1,664	1,924
Trade and other receivables	69	19	20,441	8,256
Due from related parties	-	24	26	20
Derivative financial instruments	-	-	-	60
Cash and cash equivalents	3,067	46	11,471	7,910
Fixed term cash deposits	-	-	3,551	1,700
	3,136	89	37,153	19,870
	30,541	27,494	125,806	114,447
TOTAL ASSETS				
EQUITY AND LIABILITIES				
Equity				
Share capital	19,964	19,964	19,964	19,964
Statutory reserve	6,655	6,655	6,691	6,691
Retained earnings	3,842	797	30,772	23,757
Hedging reserve	-	-	-	51
Net equity	30,461	27,416	57,427	50,463
Non-current liabilities				
Term loan	-	-	31,621	21,341
Lease liabilities	-	-	436	427
Provision for end of service benefits	-	-	67	58
Provision for site restoration	-	-	1,790	1,726
Deferred tax liability	-	-	9,901	10,449
	-	-	43,815	34,001
Current liabilities				
Term loan	-	-	2,360	17,376
Lease liabilities	-	-	16	26
Provision for site restoration	-	-	1,682	1,682
Trade and other payables	79	77	17,234	7,396
Due to related parties	-	-	1,583	567
Current tax payable	1	1	1,689	2,936
	80	78	24,564	29,983
	80	78	68,379	63,984
Total liabilities				
TOTAL EQUITY AND LIABILITIES	30,541	27,494	125,806	114,447
Net assets per share (RO)	0.153	0.137	0.288	0.253
Statement of profit or loss and other comprehensive income for the nine-month period ended 30 September 2024 (Unaudited)				
	Parent Company		Consolidated	
	30 September 2024	30 September 2023	30 September 2024	30 September 2023
	RO'000	RO'000	RO'000	RO'000
Revenue	-	-	67,358	66,558
Direct costs	-	-	(57,196)	(53,362)
GROSS PROFIT	-	-	10,162	13,196
General and administrative expenses	(203)	(194)	(1,593)	(1,069)
Expected credit losses	-	-	(6)	(34)
PROFIT FROM OPERATIONS	(203)	(194)	8,563	12,093
Finance charges, net	-	-	(1,990)	(2,628)
Dividend income	3,000	-	-	-
Other income	249	198	1,366	2,163
PROFIT BEFORE TAX	3,046	4	7,939	11,428
Income tax expense	(1)	(1)	(924)	(3,113)
PROFIT FOR THE YEAR	3,045	3	7,015	8,315
Other comprehensive income items that may be reclassified to profit or loss in subsequent periods:				
Net Change in fair value of cash flow hedge	-	-	(51)	286
Other comprehensive income for the year, net of tax	-	-	(51)	286
TOTAL COMPREHENSIVE INCOME FOR THE YEAR	3,045	3	6,964	8,601
Basic and diluted earnings per share (RO)	0.015	-	0.035	0.042

MARKET WATCH

MSX30	4,618.30
Sensex	77,339.01

FOREX RATES
(RO1 equals)

India	219.28
Pakistan	721.09
Bangladesh	310.47
Philippines	152.44
Sri Lanka	757.02

*Rates as on November 18

Source: xe.com

BRIEFS

Oil prices up on rising Russia-Ukraine tensions

Oil prices increased on Monday amid growing geopolitical tension between Russia and Ukraine, while concerns about demand in China and global oil demand forecasts limit further price rises.

Global benchmark Brent crude rose 0.18% to \$70.98 per barrel, down from the previous session's close of \$70.85. The US benchmark West Texas Intermediate also increased by 0.3% to \$66.98 per barrel, compared to \$66.78 at the prior session's close.

The conflict between Russia and Ukraine lent upward support to oil prices.

Russia carried out massive airstrikes across multiple Ukrainian regions, including the capital Kyiv, overnight and into Sunday morning, causing significant damage to energy infrastructure.

OQBI aims to raise \$490mn in IPO

Offering consists of 1.7bn shares, or 49% of OQBI's issued share capital

Price for Category I shares will range between 106bz and 111bz per share

At the upper end of price range, IPO is expected to raise up to RO188mn

Subscription opens on November 24 and listing on MSX is expected on Dec 15

Our Correspondent
Muscat

OQ Base Industries (OQBI), a subsidiary of OQ Group and Oman's sole integrated producer of methanol, ammonia, and LPG products, is seeking to raise up to \$490mn in its initial public offering (IPO) on the Muscat Stock Exchange (MSX). The subscription period for the IPO opens on November 24.

OQBI on Monday unveiled the price range and subscription details for the offering, which has been approved by Oman's Financial Services Authority. The IPO will consist of nearly 1.7bn shares, or 49% of OQ Base Industries' total issued share capital.

At the upper end of the price range, the offering is expected to raise up to RO188mn (approximately \$490mn), valuing the company at up to RO385mn (around \$1bn), according to a statement issued by the company.

The offering will be split into three categories: 30% for institutional investors (Category I), 30% for anchor investors, and 40% for retail investors in Oman (Category II). Within Category II, 50% will be allocated to large re-



tail investors and 50% to smaller retail investors.

The price for Category I shares will range between 106bz and 111bz per share, with the final price determined through a bookbuilding process. Retail investors will pay 111bz per share. The subscription period opens on November 24, with Category I subscription closing on December 1 and Category II subscription closing on November 28. OQ Base Industries shares are expected to begin trading on the MSX around December 15.

Khalid Khalfan al Asmi, CEO of OQ Base Industries, said, "This offering embodies a winning formula crafted for long-term value and strategic growth. We invite investors to make a meaningful impact by joining a company distinguished by its resilience, robust fundamentals, and a legacy of excellence. Our strong track record has already captivated anchor investors, and we invite you to be part of this transformative journey, contributing to a future built on innovation, progress and shared prosperity."

Four anchor investors — Falcon Investments, Gulf Investment Corporation, Saudi Omani Investment Company, and the

sultanate's Social Protection Fund — have committed to purchasing 7.5% of the offering each, totaling 30% of the share sale, at the final subscription price not exceeding 111bz per share.

Dividend Policy

OQ Base Industries said it plans to adopt a strong dividend policy, aiming to return a substantial portion of its free cash flow to shareholders after accounting for growth initiatives and credit rating considerations. The company intends to distribute dividends twice per year following the IPO.

For fiscal year 2024, OQBI anticipates a dividend payout of RO32.7mn. The first distribution, approximately RO24.5mn, is expected in January 2025, covering the first nine months of the year, while a second payout of RO8.2mn will be made in April 2025 for the last quarter of 2024. The company also plans to increase the dividend by at least 5% annually for the next two years, through 2026.

Bank Dhofar, Bank Muscat, and Morgan Stanley have been appointed as joint global coordinators for the OQBI IPO. Bank Dhofar and Bank Muscat will also serve as issue managers.

CBO issues RO43mn worth of treasury bills

Our Correspondent
Muscat

The Central Bank of Oman (CBO) on Monday issued three tenders of government treasury bills, totaling RO43.1mn.

In the first tender, RO18.1mn worth of treasury bills were allotted with a 28-day maturity. The average accepted price was RO99.685 per RO100, while the minimum accepted price was RO99.680. The average discount rate and yield stood at 4.1237% and 4.12539%, respectively.

The second tender saw RO22mn in treasury bills allocated with a 91-day maturity. The average accepted price was RO98.865 per RO100, with the minimum accepted price also at RO98.865. The average discount rate and yield were 4.5524% and 4.6047%, respectively.

For the third tender, RO3mn in treasury bills were allotted with a 182-day maturity. The average accepted price was RO97.720 per RO100, with the



minimum accepted price also at RO97.720. The average discount rate and yield were 4.5725% and 4.6792%, respectively.

In comparison, the interest rate on repurchase (repo) operations with the CBO is 5.25%, while the discount rate for the Treasury Bills Discounting Facility is 5.75%.

Treasury bills are short-term, low-risk financial instruments issued by the Ministry of Finance. They offer licensed

commercial banks an opportunity to invest surplus funds. The CBO acts as the issue manager and provides liquidity through its discounting and repo facilities.

In addition to providing investment opportunities, treasury bills help establish a benchmark yield curve for short-term interest rates in the local money market. The government may also use these instruments to finance recurrent expenditures when necessary.

GME, Fastmarkets sign MoU to innovate commodity risk management in GCC

Dubai, UAE – Fastmarkets, a leading cross-commodity price-reporting agency, announced their strategic partnership with the Gulf Mercantile Exchange (GME). Fastmarkets and GME have agreed a Memorandum of Understanding (MOU) to explore a strategic partnership aimed at enhancing risk management tools for the regional commodities market.

This collaboration will focus on critical commodities and aims to advance commodity risk management, market transparency, and educational initiatives.

The GME and Fastmarkets will explore collaboration across areas including new commodity derivatives, indices, and hedging instruments tailored to meet the needs of regional markets. Additionally, the collaboration will focus on promoting education and fostering industry dialogue by organizing and co-hosting networking events, seminars and workshops on commodity trading, risk management and pricing strategies.

The GCC region is expanding rapidly due to increased investment in infrastructure and diver-



Gulf Merchantile Exchange and Fastmarkets will explore collaboration across areas including new commodity derivatives, indices, and hedging instruments tailored to meet the needs of regional markets

sification of the economy, positioning Fastmarkets as the trusted provider to deliver the essential tools and insights needed to navigate this growth effectively.

"We are excited to partner with Fastmarkets to bring innovative solutions to the regional commodities market," Ahmad Sharaf, Chairman of GME, said in a press statement.

Raju Daswani, CEO of Fastmarkets, added, "This partnership represents a significant step forward in supporting the growth and development of the regional commodities market. We look forward to working together to achieve our shared goals and deliver value to our stakeholders."

Fastmarkets is at the forefront of innovation, consistently delivering comprehensive solutions

that address the evolving needs of the commodities industry, ensuring customers have reliable data and tools for informed decision-making. Through its commitment to regional support, Fastmarkets is driving growth and expansion, fostering a resilient commodities market that meets local demand and opens up new avenues for economic development and trade.

Gold sees correction as international prices fall 9% from all-time high

New Delhi, India – International gold prices recovered modestly on Monday, snapping a six-day losing streak, but they are still around 9% lower from their recent peaks.

At the time of filing this report, international gold prices were trading at \$2,597 per ounce on Monday, down from their peak of \$2,790 ounce. The latest low was around \$2,537 per ounce.

In India, on the Multi Commodity Exchange of India (MCX), the gold was trading at Rs74,657 per 10gm, up 1% intraday, but down from its peak of around Rs80,000 per 10gm.

Mumbai-based Kedia Advisory said despite the modest intraday gains today, expectations of less aggressive US Fed rate cuts and elevated US bond yields limited the upside. "The recent pullback stalled near key technical levels, with \$2,536 acting as pivotal support."

Kedia Advisory added that geopolitical tensions boosted haven flows, but robust US economic data and Fed hawkishness weighed on bullish sentiment. Strong follow-through buying above \$2,600 is necessary to signal a bullish reversal.

Gold prices are still up more



than 24% this year, with gains supported by the US Fed's easing cycle, central bank purchases and heightened geopolitical and economic risks.

"Gold traded near a two-month low, on course for its worst week since June 2021 as traders wind back expectations for a Federal Reserve interest-rate cut next month. Bullion has fallen six days in a row and is set for a weekly loss of more than 4 per cent," brokerage firm Nirmal Bang said in a note.

Colin Shah, MD, Kama Jewelry believes that the latest correction will relieve buyers

in India.

"We are amid a wedding season, and gold buying is key to wedding celebrations. Gold prices are falling largely due to the rising inflation in the US that has dimmed hopes of a rate cut by the US Fed," added Shah.

"Gold prices are expected to trade at current levels in the short to medium term. Prices will eventually recover to their recent highs as geopolitical tensions fade, and interest rates are softened by the US Fed and the RBI in the first half of 2025," Shah of Kama Jewelry added.

ANI

Sohar International supports young Omani designers' graduation event

In line with its commitment to fostering creativity and empowering Omani talent, Sohar International, sponsored the graduation ceremony for the first cohort of the Fashion Future Programme.

Organised by Dar Al Aseel and led by popular designer Amal Al Raisi, this innovative eight-month programme offered aspiring female designers invaluable exposure and guidance in the fashion industry.

Representing Sohar International, Mazin Mahmood al Raisi, chief marketing officer, attended the event, held under the patronage of H H Sayyida Meyyan bint Shihab al Said, chairperson of the Oman Design Association. The ceremony also featured the signing of a Memorandum of Understanding (MoU) for the programme's second edition, with Sohar International reaffirming its commitment as the Gold Sponsor, continuing its support from the programme's inaugural cohort.

Mazin Al Raisi said, "Empowering Omani women is central to



our social responsibility initiatives, and the Fashion Future Programme exemplifies our commitment to advancing their role in Oman's socio-economic landscape. By equipping Omani women with critical industry

skills and real-world experience, this programme enables them to make meaningful contributions to the growth of the fashion sector—a sector with immense potential for economic diversification.

"At Sohar International, we focus on strategic community investments that extend beyond traditional philanthropy, aiming to create sustainable pathways that empower Omani women to realise both their creative and

economic aspirations."

The Fashion Future Programme is designed to provide young Omani women a platform to refine their skills and gain industry exposure, blending theoretical knowledge with practical

experience. Through specialised courses in fashion forecasting and journalism, as well as international opportunities such as an internship at a prominent fashion house in Paris and visits to global sourcing events like Première Vision and Texworld, the program offers participants a comprehensive view of the global fashion landscape, empowering them to make meaningful contributions to the sector's growth.

Amal Al Raisi, founder of Dar Al Aseel and lead designer, added, "I am incredibly proud of each graduate for their dedication and creativity throughout this journey. The Fashion Future Programme is a testament to the incredible potential of Omani women in the fashion industry, and I am excited to see how these talented individuals will shape the future of Omani fashion. We are immensely grateful to Sohar International for their generous support, which has enabled us to provide these young designers with such impactful learning experiences and professional opportunities."

Anantara Salalah offers new delights

This festive season, Al Baleed Resort Salalah by Anantara invites guests to indulge in enchanting celebrations surrounded by the stunning shores of the Arabian Sea. From heartwarming Christmas festivities to an opulent New Year's Eve gala, the resort promises an unforgettable experience for all ages.

The festivities begin with a Tree Lighting Ceremony on December 6. Guests can gather by the oceanfront to witness the lighting of the grand Christmas tree, sustainably adorned with local coconuts and eco-friendly ornaments, sip on festive cocktails and mocktails and enjoy delicious canapés as the night sparkles with holiday cheer, a press release said.

Those seeking culinary delights, can join us for a festive International BBQ Buffet at Sakalan on select nights in December.



Jindal Shadeed celebrates Oman's 54th National Day

Jindal Shadeed Iron and Steel marked Oman's National Day with vibrant festivities that honoured the sultanate's culture and heritage.

The highlight of the celebration was the unveiling of an inspiring new song - 'Omani Determination is Strong' - symbolising the resilience and dedication of the Omani people, a press release said.

The event featured speeches from senior management, who expressed their pride in Jindal Shadeed's commitment to

Oman and highlighted the company's contributions to the nation's growth. The audience was also treated to a spirited dance performance by Omani staff members.

In a sweet gesture that further captured the warmth of Omani culture, all attendees enjoyed traditional Omani halwa. The celebration was a fitting tribute to Oman's progress, unity, and enduring spirit, as embodied by Jindal Shadeed's close-knit community and its enduring partnership with the sultanate.

Markaz Al Bahja hosts Rapid Chess Tournament

The Markaz Al Bahja Rapid Chess Tournament took place on November 9, at Markaz Al Bahja Mall.

Organised by the International Chess Academy of Oman, the event was led by Ameer Abdullah Al Raisi, president, Ismail Karim, tournament director, Ruqayya al Balushi, international arbiter, and multiple-time women's National representative Afraa al Balushi, a press release said.

The tournament saw the presence of Prashant Dutt, general manager of Markaz Al Bahja Mall, who showed great support for the chess community and this exciting event.

Winners - Open:

- 1st - Al Hosni Khalfan



- (Oman)
- 2nd - Al Mamari Ali Abdullah (Oman)
- 3rd - Medhat Magdy (Egypt)

Under 14:

- 1st - Mohamed Fadil, Syed Ibrahim (India)
- 2nd - Kenan Duwaji (Syria)
- 3rd - Aiyen Sanjae (India)

Under 12:

- 1st - Hudaifa Maqbool (India)
- 2nd - Abirami Sriyukthaa, Maksim Karki (India)
- 3rd - Christofer Mulamoottil Anish (India)

Under 10:

- 1st - Niyola Pinto (India)
- 2nd - Sloka Sujith (India)
- 3rd - Yadhukrishna Vipindas (India)

OAPIL signs agreement with EPSILON Composite

Oman Aluminium Processing Industries SPC (OAPIL), a subsidiary of Oman Cables Industry, has signed a strategic Memorandum of Understanding (MoU) agreement with Epsilon Composite from France to initiate the production of High Voltage Composite Reinforced Conductors (HVCRC) category of advanced High Temperature Low Sag (HTLS) conductors at its state-of-the-art manufacturing



facility in Sohar.

This partnership marks a significant milestone in OAPIL's journey to meet the growing global demand for modern, resilient, and sustainable power grids that support the global transition to cleaner energy sources and Net Zero targets, a press release said.

OAPIL's venture into Composite core reinforced conductor manufacturing is a direct re-

sponse to the rising electricity demand in rapidly urbanising regions and the need for smarter power grid solutions, enhancing its capacity, its reliability and resilience. Advanced HTLS conductors are a key enabler for Electrical Utilities that are looking to increase power transmission capacity with a minimal cost. The advantage of these conductors lies in their ability to offer double the current capacity.

Noblessa from Germany opens new high-end showroom in Oman

Noblessa, the renowned German brand known for its premium kitchens, has opened a new high-end showroom in Muscat.

Following successful openings in the United Arab Emirates and the Kingdom of Saudi Arabia through the authorised distributor, Ahmed Abdullah Alessa Group, the showroom, will showcase a curated collection of premium kitchen solutions, a press release said.

The showroom offers a glimpse into the world of exquisite design, cutting-edge technology, and sustainable kitchen solutions. Designed for discerning homeowners and real estate developers, it features modular, customisable kitchens



crafted to meet the latest standards in both contemporary design and environmental responsibility.

Abdullah al Essa, CEO, said, "This showroom is an exciting step forward for Noblessa in Oman. It allows us to cater to the

This showroom is an exciting step forward for Noblessa in Oman. It allows us to cater to the growing demand for high-quality kitchens in the Sultanate of Oman

ABDULLAH AL ESSA

Located on 18th November Street, Muscat, the state-of-the-art showroom provides an immersive experience, highlighting Noblessa's commitment to innovation, functionality, and aesthetics.

growing demand for high-quality kitchens in the Sultanate of Oman, driven by new luxury real estate, individual homes, and hospitality projects, offering Omani homeowners and developers the very best.

UN chief urges G20 nations to lead global efforts for peace

Rio de Janeiro, Brazil - UN Secretary-General Antonio Guterres urged the G20 group of developed economies to lead global efforts to promote peace, advance climate action, and ensure equitable access to emerging technologies among other challenges.

"I have come to Rio with a simple message: G20 leaders must lead. G20 countries - by definition - have tremendous economic clout.

"They wield massive diplomatic leverage. They must use it to tackle key global problems,"

Guterres said on Sunday in the Brazilian city of Rio de Janeiro ahead of the G20 Leaders' Summit, according to UN News.

Stressing the urgency for nations to accelerate efforts in addressing critical shared challenges, he called for intensified efforts to achieve peace in Gaza, Lebanon, Ukraine, and Sudan.

"Everywhere, peace requires actions grounded in the values of the UN Charter, the rule of law, and the principles of sovereignty, political independence and the territorial in-



UN Secretary-General Antonio Guterres

tegrity of States," Guterres said.

Addressing financial issues, the UN secretary-general drew attention to the challenges faced by vulnerable countries, which are grappling with significant obstacles beyond their control.

He criticised the current international financial system as 'outdated, ineffective, and unfair', noting that it fails to provide these nations with adequate support.

Guterres stressed the need for ambitious reforms under the Pact for the Future to make the

global financial system more inclusive and reflective of today's economy.

Key measures include increasing developing countries' representation in financial institutions, boosting Multilateral Development Banks' lending capacity, fostering inclusive tax cooperation, and pursuing innovative financing. He urged the G20 to take the lead in implementing these changes.

Guterres expressed concern about the pace of the negotiations at COP29, urging G20 nations to agree on ambitious

climate finance goals to support developing countries.

Stressing the necessity for leadership and trust-building to drive high-ambition climate plans, he called on the G20 as major economies and emitters to lead by example.

G20 nations account for 80% of global emissions and 'must lead with national climate plans that follow the guidance they agreed to last year - 1.5 degrees aligned, whole of economy and all greenhouse gases,' he said.

Anadolu Agency

Senegal's ruling PASTEF party claims comfortable win in legislative elections

The win comes just a few months after President Bassirou Diomaye Faye secured the presidential election

Dakar, Senegal - Senegal's ruling party has claimed a comfortable victory in Sunday's legislative elections with nearly all ballots counted.

The win comes just a few months after President Bassirou Diomaye Faye secured the presidential election, and now clears his way to carry out an ambitious reform agenda.

Local media reported that Diomaye Faye's PASTEF party had emerged as the winner in most of the first polling stations giving their provisional results.

"I pay homage to the Senegalese people for the large victory that it has given to PASTEF," government spokesman Amadou Moustapha Ndieck Sarre told TFM television.

Even as vote counting was still going on, Senegal's two main op-



Roughly 7.3mn people are registered to vote in Senegal

The 44-year-old Faye pledged change at his inauguration in April, but found it difficult to deliver while his PASTEF party did not hold a majority in country's parliament, with less than a third of the seats

position parties conceded.

"I would like to congratulate PASTEF, the winner of the election," said Barthelemy Dias, who is head of one of the opposition coalitions, SAMM Sa Kaddu.

Former President Macky Sall, who leads an opposition group-

ing from abroad called Takku Wallu Senegal, claimed the vote was marred by 'massive fraud organised by PASTEF'. Sall did not provide further details on the alleged fraud.

The 44-year-old Faye pledged change at his inauguration in

April, but had found it difficult to deliver while his PASTEF party did not hold a majority in the country's parliament, with less than a third of the seats.

He says that the opposition-led parliament blocked him from delivering on pledges such as fighting corruption, reviewing fishing permits for foreign companies and securing a bigger share from the country's natural resources for the population.

Given Faye's runaway win in late March, winning 54% of the first-round vote and claiming the presidency without the need for a runoff vote, PASTEF had a strong chance of making gains in the parliamentary election under Prime Minister Ousmane Sonko.

Both Faye and his firebrand mentor Sonko had faced prison time and various criminal charges, which they say were politically motivated, under Senegal's previous leadership.

What about the opposition?

Former President Sall led an opposition grouping from abroad, though it was typically common for former Senegalese heads of state to refrain from further political roles. Already under pressure for the legal actions against Sonko and Faye, Sall triggered major protests and violence in the run-up to the presidential

elections by seeking a last-minute delay, which the election commission later overturned.

Former prime minister and presidential runner-up Amadou Ba also headed his own coalition.

Dakar's Mayor Barthelemy Dias has also stood out in the campaign amid some heated exchanges with rivals.

Despite sporadic incidents of violence between supporters - and some incendiary comments from both sides - the campaign was comparatively peaceful.

Unemployment high, government says debt was larger than previously announced

The opposition has accused the new government of inaction, amateurism and of being preoccupied with settling old scores with the previous administration since coming to power.

More than 20% of people in the West African nation are unemployed and many continue to risk their lives trying to reach Europe by boat.

The government meanwhile said an audit of public finances showed the budget deficit was wider than previously announced under Sall.

The IMF suspended an aid programme pending a review of that audit, and debt ratings agency Moody's also cut Senegal's credit rating in response.

DW

North Korea's Kim calls on military to expand nuclear programme

Seoul, South Korea - North Korean leader Kim Jong Un called on his country's military for a 'limitless' expansion of its nuclear programme to counter US-led threats, in comments reported on Monday.

Kim gave a speech to battalion commanders and political instructors on Friday, state media KCNA reported, adding that he urged the military to focus efforts on completing war preparations.

"He ardently called upon all the participants to go all out for bringing about substantial and fundamental improvement in improving their capabilities for fighting an actual war," KCNA said.

Kim criticised the United States for its updated nuclear strategies with South Korea and increased military cooperation with Japan, which he referred to as an 'Asian NATO' that escalates regional tensions.

In September, Kim had



Kim Jong Un

vowed that the country would 'exponentially' expand its nuclear arsenal in response to 'the reckless expansion' of a US-led regional military bloc.

He has often blamed North Korea's increasing weapons arsenal on the US.

He also condemned US support for Ukraine in its conflict with Russia, alleging that Washington and its allies were using Ukraine as 'shock troops' to extend US military influence

The speech came weeks after Pyongyang deployed an estimated 10,000 North Korean soldiers to Russia.

DW

US President Joe Biden approves Ukraine's use of long-range missiles for strikes inside Russia: Media

Istanbul, Turkey - Outgoing US President Joe Biden has authorised Ukraine to use long-range missiles supplied by the US for 'limited strikes' within Russian territory in a major policy shift, US media reported on Sunday.

The decision follows reports of North Korea sending troops to support Moscow's war effort, The Washington Post reported, citing two US officials.

A senior US official said the move also aims to deter further North Korean involvement in Russia's war on Ukraine, which was launched in February 2022.

Previously, Washington opposed Ukraine using the long-range Army Tactical Missile Systems (ATACMS) against Russian targets, citing concerns over potential retaliation from Russia.

Acknowledging the media reports, Ukrainian President Volodymyr Zelensky said his 'Victory Plan' to strengthen Ukraine includes long-range capabilities for the military.

"Blows are not inflicted with words. Such things are not announced. The rockets will speak



Outgoing US President Joe Biden

for themselves," he added.

Russian Foreign Ministry spokeswoman Maria Zakharova said President Vladimir Putin had already spoken on the issue of long-range US missiles being fired into Russian territory, the state news agency TASS reported. In September, Putin warned that the use of such long-range missiles would be viewed by Moscow as the 'direct participation' of NATO countries in the

Ukraine conflict.

It would 'substantially change' the conflict, he said, specifying that 'it will mean that NATO countries, the United States and European countries are fighting Russia'. The missiles, with a range of 300km (186 miles) and GPS-guided accuracy, provide significant firepower.

Biden's decision marks a shift in US policy amid growing global complexities in the Ukraine con-

Previously, Washington opposed Ukraine using the long-range Army Tactical Missile Systems (ATACMS) against Russian targets, citing concerns over potential retaliation from Russia

flict and takes place around two months before he is set to leave office on January 20.

His successor, President-elect Donald Trump, has signalled that he is likely to cut off US military aid to Ukraine, leaving it at a steep disadvantage in fighting its much larger neighbour.

Trump has also pledged a quick end to the war, though what methods he may use to do this are not known.

11 killed in Sumy

Meanwhile, Ukraine said on Monday that at least 11 people were killed in a Russian missile attack in the city of Sumy.

A statement by the Sumy Regional Military Administration said on Telegram that 84 people were also injured, including 11 children, in the attack on the region's administrative capital, located about 31km (19.2 miles) from the Russian border.

The statement said 11 of those injured are in intensive care, six of which are children.

"Sunday evening for the city of Sumy became hell, a tragedy brought to our land by Russia," Sumy Governor Volodymyr Artyukh was quoted as saying by the administration late on Sunday. Separately, Ukraine's State Emergency Service later said the number of those injured increased to 89 people.

Meanwhile, the Sumy Prosecutor General's Office said on Telegram that 13 buildings, including 90 apartments, as well as two educational institutions were damaged by the attack.

Anadolu Agency

Fresh Israeli strikes kill at least 26 more people in southern Lebanon

Beirut, Lebanon - At least 26 people were killed and dozens injured as Israel launched fresh airstrikes in southern Lebanon on Monday, local media said.

Israeli fighter jets conducted 10 airstrikes in the city of Nabatieh, leaving eight people dead and injuring several others, the state news agency NNA reported.

Six medics were also killed in an airstrike on a centre of the Hezbollah-run Islamic Health Authority in the town of Arab Salim.

One more person was killed in another attack in the Bent Jbeil district, the NNA said.

Israeli warplanes also launched airstrikes in several areas near Tyre, killing 11 people and injuring 48 others, the news agency said.

Israel launched an air campaign in Lebanon against what it claims are targets of the Hezbollah group in late September, in an escalation from a year of cross-border warfare over Israel's ongoing war on the Gaza Strip.

More than 3,400 people have been killed, over 14,600 injured and more than one million displaced by Israeli attacks since last October, according to Lebanese health authorities.

Tel Aviv expanded the conflict by launching a ground assault into southern Lebanon on October 1 this year.

Meanwhile, the Lebanese group Hezbollah claimed a rocket attack on the Israeli



Israeli warplanes launched airstrikes in several areas near Tyre, killing 11 people and injuring 48 others

Hezbollah claimed a rocket attack on the Israeli troops deployed in northern Israel on Monday. The group said it fired a barrage of rockets at Israeli soldiers in the Kiryat Shmona settlement

troops deployed in northern Israel on Monday.

In a brief statement, the group

said it fired a barrage of rockets at Israeli soldiers in the Kiryat Shmona settlement in northern

Israel.

An Israeli military statement confirmed that some 30 rockets were fired from Lebanese territory towards the Galilee region in northern Israel.

The army said some of the rockets were intercepted, while others impacted open areas.

The Israeli public broadcaster KAN said two projectiles landed in open areas near the Kiryat

Shmona settlement.

According to Israeli Channel 12, one of the rockets directly hit a building in the settlement, causing damage.

Israel's national ambulance service Magen David Adom said two Israelis were hurt and treated after rocket fire in northern Israel.

The rocket barrage came a day after Hezbollah carried out

17 rocket attacks against Israeli forces in southern Lebanon and northern Israel on Sunday.

It also came after the assassination of Hezbollah spokesman Mohammed Afif in an Israeli airstrike on the Ras al-Nabaa neighbourhood in the capital Beirut.

Hezbollah officially mourned the death of Afif.

"We mourn Mohammad Afif

al-Nabulsi, the media relations officer of Hezbollah, who departed this world alongside the best of his fellow fighters in a criminal, aggressive Zionist (Israeli) airstrike, after an honourable journey in the fields of jihad and resistant media work," the group said in a statement.

The statement confirmed that Afif 'was a strong supporter, a guardian of the voice of resistance, and a key pillar in Hezbollah's media, political and jihadist path'.

Earlier in the day, the official Israeli Broadcasting Authority (KAN) announced Afif's assassination, while the group's Al-Manar television channel said he 'was one of the most prominent faces of Hezbollah's media office, taking on the task of conveying its messages and clarifying its policies to the public in the most difficult and trying circumstances'.

The Secretary-General of the Arab Socialist Ba'ath Party in Lebanon, Ali Hijazi, also mourned him on X, saying: "May God have mercy on you, dear, beloved and martyred brother...You knew you would join the ranks of the martyrs."

With Afif's assassination, analysts say that Israel has shifted from targeting military leaders and officials within Hezbollah to political and media leaders.

The Palestinian resistance group Hamas also mourned the death of Afif.

Anadolu Agency

US: Donald Trump nominates Brendan Carr as media chief

Washington, D.C., US - US president-elect Donald Trump on Sunday nominated Brendan Carr to lead the Federal Communications Commission (FCC) media regulator.

In his statement on the nomination, Trump described Carr as a 'warrior for free speech'.

It comes days after Trump nominated Robert F Kennedy Jr to be the head of the US' federal health agency.

Carr has 'fought against the regulatory lawfare that has stifled Americans' Freedoms' and will 'end the regulatory onslaught that has been crippling America's Job Creators and Innovators, and ensure that the FCC delivers for rural America', Trump said.

Carr said in a post on the platform X that he was 'humbled and honoured' to accept

the role.

In a separate post, he said: "We must dismantle the censorship cartel and restore free speech rights for everyday Americans."

Carr has agreed with Trump's promises to punish broadcasters for what they say is political bias and has also called for the regulation of tech giants such as Meta, Google and Apple.

He drafted the FCC chapter of Project 2025, an agenda published by the conservative Heritage Foundation.

Carr is a longtime member of the FCC and served previously as the body's general counsel.

He has been unanimously confirmed by the Senate three times and was nominated by both Trump and outgoing US President Joe Biden to the

commission.

Revocation of Starlink grant

The New York Times reported that billionaire Elon Musk's Starlink satellite internet service had received an US\$885mn grant in late 2020 from the FCC, but that the Democrat-led commission later revoked it because the service could not prove it would reach enough unconnected rural homes.

Carr 'vociferously' opposed the decision, the newspaper reported.

"In my view, it amounted to nothing more than regulatory lawfare against one of the left's top targets: Mr. Musk," Carr said of the decision in an article for the Wall Street Journal last month.

DW

15 Palestinians killed in Gaza

Gaza City, Palestine - At least 15 Palestinians were killed as the Israeli army stepped up bombardment of the Gaza Strip on Monday, according to medical sources.

Two Palestinians lost their lives when Israeli forces bombed the refugee camp of Jabalia in northern Gaza, one source said.

Five people were also killed and 10 others injured in an airstrike on a home west of Gaza City, the source added.

Women and children were among the victims, the source said, without giving an exact figure. Two children were also among four people killed in another strike targeting a refugee tent in al-Mawasi in the southern city of Khan Younis, the Civil Defence Agency said.

Two drone strikes also killed three more people in Rafah in the southern Gaza Strip, the source added.

The body of a Palestinian man was also recovered after an Israeli attack in the Bureij refugee



Two Palestinians lost their lives when Israeli forces bombed the refugee camp of Jabalia in northern Gaza

camp in central Gaza, according to a medical source.

Israeli warplanes struck a home in the northern city of Beit Lahia amid reports of casualties.

Artillery shelling was also reported in the Zeitoun and Tal al-Hawa neighbourhoods of Gaza City and the Nuseirat refugee camp in central Gaza, but no information was yet available

about injuries.

Witnesses said that Israeli forces also blew up several homes in western Rafah.

Death toll passes 43,900

At least 76 more Palestinians were killed in relentless Israeli attacks in the Gaza Strip, bringing the overall death toll since last

year to 43,922, the Health Ministry in the enclave said on Monday. A ministry statement added that some 103,898 others were injured in the ongoing assault.

"The Israeli occupation has committed four massacres of families in the last 24 hours, resulting in 76 deaths and 158 injuries," the ministry said.

Anadolu Agency

No time for looking back in anger: German Greens push to retain power

Berlin, Germany - No time for nostalgia or looking back in anger. Germany's Greens pivoted into campaign mode at their weekend party conference.

The country is expected to elect a new federal parliament on February 23 next year, seven months earlier than expected, following the collapse of its governing coalition of the Greens, the neoliberal Free Democrats (FDP) and the centre-left Social Democrats (SPD), on November 6.

But the Greens, a former protest party, do not want to give up hope of being a ruling power as part of a fresh coal-

tion. Party leaders have spoken of taking responsibility for the country in difficult times. Even if that may mean having to enter a coalition with the conservatives of the Christian Democrats (CDU) and Christian Social Union (CSU), who are currently far ahead in opinion polls.

Vice Chancellor and Economy Minister Robert Habeck was elected as the Greens' lead candidate with 96% of the vote. In his acceptance speech, Habeck said democracy was threatened by divisions in society, by right-wing extremism and populists, adding that it was yet to be seen what the election



Foreign Minister Annalena Baerbock and Vice-Chancellor Robert Habeck

of Donald Trump as the new US President would mean for the security of Germany. In this dramatic situation, also considering

the wars in Ukraine and the Middle East, the Greens were needed more than ever, according to Habeck.

"Germany's answer to the growing strength of authoritarian regimes is not more nationalism, rather an alliance of democrats in a European Union which is strong and in touch with its citizens," he said in reference to the success of populist parties in Germany.

Robert Habeck for chancellor?

The Greens are starting this election campaign with their backs to the wall. They have only about 10-12% of the vote, according to current polls.

It is not only Habeck, but the party's grassroots members

who are determined not to succumb to the temptation to make maximum demands and thereby surely find themselves on the opposition benches.

"I see here a party that wants to take responsibility and help shape things," Andrea Lübcke, a delegate from Brandenburg, told DW. "We must show what we have achieved and where we want to go, and, in the end, we must make the people a good offer."

The Greens overhauled their entire leadership team in Wiesbaden. Several weeks ago, the former co-leaders, foreign affairs expert Omid Nouripour and

Bundestag lawmaker Ricarda Lang, announced their resignation in response to hefty defeats in recent polls - especially the European Parliament elections in June, when the Greens' vote share dropped from 20.5% at the previous election to only 11.9%.

The new co-leaders voted in were Felix Banaszak, a Bundestag legislator from North-Rhine Westphalia, and Franziska Brantner, who served as state secretary in Habeck's economy ministry. Banaszak received 93% of delegates' votes, Brantner about 78%.

DW

India: Delhi smog hits highest level

Authorities have ordered schools to move to online classes in a bid to reduce traffic in the capital city

New Delhi, India - Air pollution readings in the Indian capital, New Delhi, have reached record levels for this year, India's pollution control authority has said, with residents reporting stinging eyes and difficulty breathing outside on Monday.

The national capital territory's 24-hour air quality index (AQI) reading was at 484, classified as 'severe plus', the authority said. High levels of smog are a regular occurrence in the region each year in winter, when cold air traps dust, emissions and smoke from illegal stubble-burning in some surrounding states to create a toxic mixture of smoke and fog.

Classes moved online

Authorities have ordered schools to move to online classes in a bid to reduce traffic in the city.

"Physical classes shall be discontinued for all students, apart from Class 10 and 12," Chief Minister Atishi, who uses one name, said in a statement late on Sunday. They have also tightened restrictions on construction activities and vehicle movements, while children and the elderly, along with people suffering lung or heart problems, have been urged to remain indoors if possible.

The orders came into force on Monday morning.

Dangerous levels of particulate matter

The smog is blamed for thou-



Visibility in New Delhi is vastly reduced, with buildings such as the Jama Masjid mosque shrouded in smog

sands of premature deaths, with air quality in Delhi ranked as 'hazardous' by the Swiss group IQAir.

According to IQAir, the level of particulate matter measuring 2.5 microns or less in diameter (PM2.5) reached 907 on Mon-

day morning. This level is 65 times higher than the maximum recommended by the World Health Organization (WHO). A reading above 15 in a 24-hour period is unhealthy for people.

Such matter can enter the

lungs, causing deadly illnesses and heart problems.

Visibility dropped to 100 metres (109 yards) in Delhi, with smog making many buildings, such as the iconic India Gate, virtually invisible.

Up to 40% of the pollution in Delhi has been caused by the burning of stubble to clear rice fields after harvesting, according to SAFAR, a weather forecasting agency under the Ministry of Earth Sciences.

Satellites detected 1,334 such events in six states on Sunday, said India's Consortium for Research on Agroecosystem Monitoring and Modelling from Space. India's Supreme Court last month ruled that clean air was a

According to IQAir, level of particulate matter measuring 2.5 microns or less in diameter reached 907 on Monday morning. This level is 65 times higher than the maximum recommended by the WHO

fundamental human right, ordering both the central government and state-level authorities to take action.

According to the daily Hindustan Times, the court has now reprimanded the Delhi government for delaying measures designed to reduce pollution levels.

Air improves in Pakistan's Lahore

As smog increases in Delhi, the air quality in Pakistan's city of Lahore fell below the limit considered 'hazardous' for humans for the first time in two weeks.

The AQI index reached a daily average of 243, which is still ranked as 'very unhealthy' but below the highest level of 300.

The level of PM2.5 particles also still remained more than 10 times higher than the WHO's recommended level.

The city recorded a record AQI of 1,110 on November 14.

DW

Sri Lankan President swears in Cabinet

Colombo, Sri Lanka - Sri Lankan President Anura Kumara Dissanayake on Monday picked a 21-member Cabinet after winning a two-thirds majority in the parliamentary elections last week.

Dissanayake will keep ministerial portfolios of finance, defence, and digital, while educationist Harini Amarasuriya again took oath as the prime minister of the island nation.

Dissanayake won presidential elections in September and ran the government with a three-member Cabinet until last week's general polls where his National People's Power won 159 seats in a par-

liament of 225 members.

The swearing-in ceremony of the Cabinet, which was telecast live, took place at the Presidential Secretariat in the capital Colombo.

Prime Minister Amarasuriya will also hold the ministry of education, higher education as well as vocational education.

Vijitha Herath has been appointed foreign minister.

Ananda Wijepala is the new public security and parliamentary affairs minister while Bimal Rathnayake has been tapped as transport, highways, ports and civil aviation minister.

Anadolu Agency

Dhaka court seeks probe report against Hasina

Dhaka, Bangladesh - The Dhaka-based International Crimes Tribunal on Monday asked its investigation body to complete the probe against ex-Prime Minister Sheikh Hasina and submit a report by December 17 in cases related to genocide and crimes against humanity.

The local court conducted its proceedings in the absence of Hasina as she fled the country on August 5 after bloody protests that claimed hundreds of lives.

Earlier the court set November 18 for Hasina and 45 members of her Cabinet and other top officials to appear in a separate case on similar charges.

Of them, 13 arrested officials, including nine ministers, were produced before the court for the first time.

The court later ordered authorities to submit an investiga-



Bangladesh ex-Prime Minister Sheikh Hasina

tion report by next month (December 17), the chief prosecutor of the court, Mohammad Tajul Islam, told media after the court hearing.

He said they have already written to the country's police chief to request Interpol to issue a red warrant to arrest Hasina as she 'has gone out of the court

jurisdiction'.

He also said that the government would work on all other available options, including the bilateral extradition treaty between Bangladesh and India.

India and Bangladesh have a bilateral extradition treaty.

The Dhaka-based International Crimes Tribunal conducted its proceedings in the absence of Hasina as she fled the country. The court asked its investigation body to complete the probe and submit a report by December 17

Earlier on Sunday, Bangladesh transitional government head Muhammad Yunus in a televised address to the nation, marking his first 100 days in office, said

that his government will ask India to extradite former Prime Minister Hasina.

Hasina fled India on August 5 in the face of massive protests in July and August. Following her departure, Nobel laureate Yunus took office on August 8.

During the protests, around 1,500 people were killed and 19,931 others injured, Yunus said in his address.

Anadolu Agency

China's Xi vows deeper ties with Brazil ahead of G20 meet

Rio de Janeiro, Brazil - Chinese President Xi Jinping arrived in Brazil for a state visit and a summit of the G20 countries to convene on Monday in Rio de Janeiro.

He vowed to enhance ties with the South American country and is due to meet with President Luiz Inacio Lula da Silva.

Meanwhile, the office of British Prime Minister Keir Starmer said that the premier would meet with Xi at the G20 and seek 'pragmatic engagement' with Beijing.

Chinese state news agency Xinhua said that Xi looked forward to talks 'on further enhancing China-Brazil relations'.

Xi said 'the visit will further strengthen the two countries' strategic mutual trust, deepen exchanges and cooperation in various fields'.

The Chinese leader said he was 'ready to work with all par-



Chinese President Xi Jinping

ties to discuss plans and seek development' and 'jointly advocate an equal and orderly multipolar world and a universally beneficial and inclusive economic globalisation'.

China is Brazil's top trading partner, with two-way trade exceeding US\$180bn in 2023.

Since returning to power last year, Brazil's Lula has sought to deepen ties with China, while also improving relations with the United States. China and

Brazil are both members of the BRICS group of emerging economies.

China aims to expand the reach of its Belt and Road Initiative infrastructure project in South America and inaugurated the first Beijing-funded port in Peru last week.

UK's Starmer to meet with Xi

Downing Street said that Starmer would meet with Xi 'for the first time' and 'seek serious, stable and pragmatic engagement with China.'

Starmer 'will be firm on the need to have honest conversations in areas of disagreement', the statement said. It will be the first bilateral meeting between Xi and a British prime minister since February 2018, when he met former Prime Minister Theresa May.

DW

Philippines, US sign intel-sharing pact

Manila, The Philippines - The Philippines and the US on Monday signed an intelligence-sharing pact. The Philippines-United States General Security of Military Information Agreement (GSOMIA) was signed at Camp Aguinaldo in the capital Manila.

US Defence Secretary Lloyd Austin and his Filipino counterpart Gilberto Teodoro Jr signed the pact in a ceremony streamed live. Manila is Washington's oldest ally in the Asia-Pacific region and over the years, the Philippines has given the US expanded access to its military bases in the archipelago nation.

The GSOMIA has no expiry date but it may be amended or suspended and neither of the parties could be forced to share information. Austin and Teodoro also attended a groundbreaking of the Combined Coordination Centre in Manila.

"This centre will enhance interoperability for years to come and reflects the unprecedented



The Philippines-US General Security of Military Information Agreement (GSOMIA) was signed in Manila

level of operational cooperation between the US and the Philippines," Austin said on X.

Last week, Teodoro said the Philippines, Australia, the US and Japan will inaugurate a 'coordinating centre' in Manila.

Teodoro said the four nations agreed to hold 'a lot of minilateral activities together'.

"The easiest to pull together is the maritime cooperative activities in the West Philippine Sea. However, there will be more coordination and cooperation on

that basis," he said at a forum in Australia.

Manila calls parts of the disputed South China Sea the West Philippine Sea.

Typhoons batter Philippines

Referring to the severe typhoons that have hit the Philippines, Austin said the US will provide US\$1mn in additional funding to Manila.

Six major storms have hit the Philippines in the last two

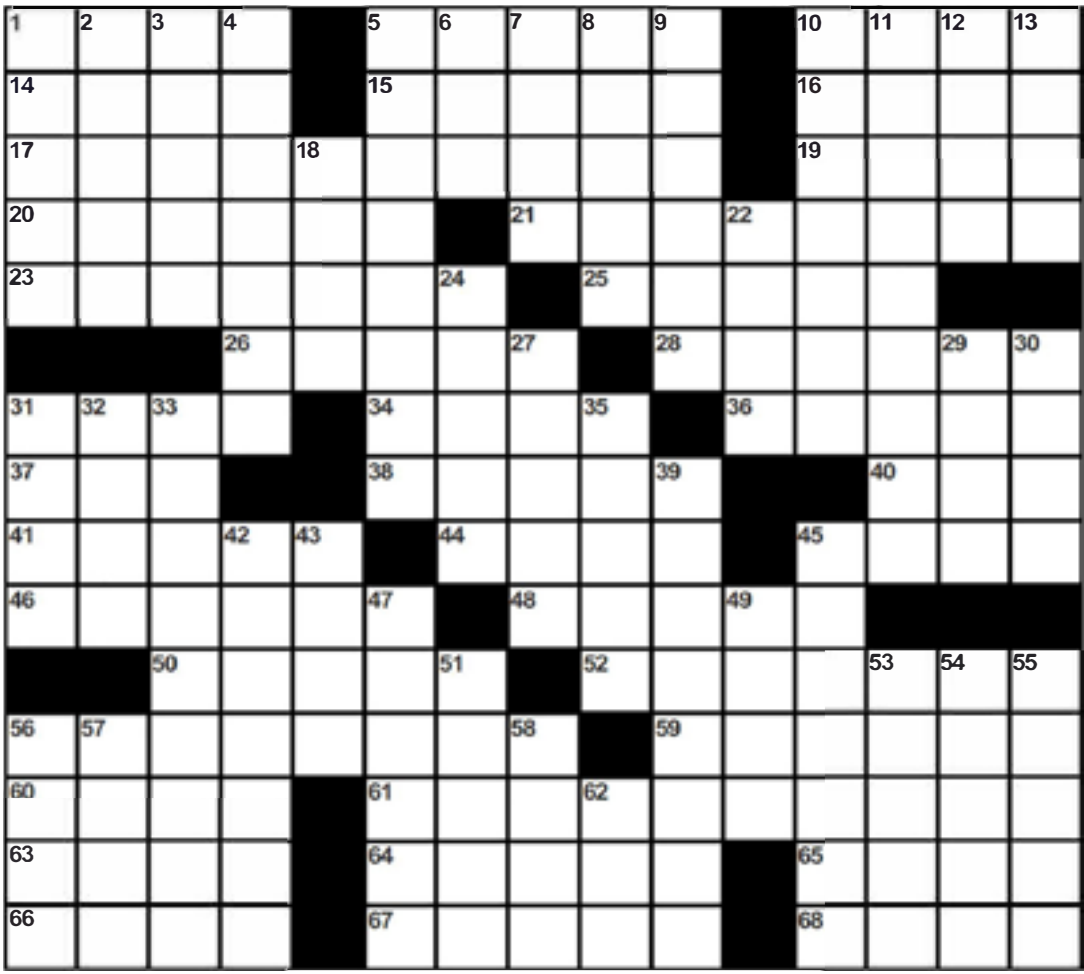
months.

"Our military is ready to provide lifesaving assistance to help surge aid to the Philippine people," said the US defence chief.

The US Aid has already announced assistance of US\$5.5mn to the Philippines since September. "We also previously helped deliver almost 100,000 pounds in assistance to impacted areas. We'll continue to stand with the Philippines during this time," he added.

Anadolu Agency

DAILY CROSSWORD



- ACROSS**
- 1) Citrus fruit
 - 5) Backward parts?
 - 10) Hit a baseball long and far
 - 14) "Move" or "cash" followers
 - 15) Noted Swiss miss
 - 16) Privileged person
 - 17) Heavenly hit from the '50s
 - 19) Precisely (with "to")
 - 20) Polar wear
 - 21) Cash dispensers?
 - 23) Lengths of service
 - 25) Royal house
 - 26) Kind of silence
 - 28) Yellow American fruit
 - 31) Brit's elevator
 - 34) In the military it's messy?
 - 36) Japanese city
 - 37) Jackie O's second spouse
 - 38) Anteroom
 - 40) K-O links
 - 41) Most unfavorable
 - 44) Dorothy Gale's dog
 - 45) Chimney sweep's concern
 - 46) Villainous visages
 - 48) "The March King"
 - 50) Plath's Muse
 - 52) Grapefruit serving, often
 - 56) Startling things
 - 59) Sweetie pie
 - 60) Hayworth the Holly-wood legend
 - 61) Draft
 - 63) Track-and-field contest
 - 64) Subside to a drizzle
 - 65) Chip in a pot
 - 66) "You bet!"
 - 67) Jealousie parts
 - 68) Roll call refusals
 - 10) Nebulous
 - 11) Pool game
 - 12) Profess
 - 13) Summer shirts
 - 18) Male red deer
 - 22) Mont. neighbor
 - 24) Elitist
 - 27) Fluctuates
 - 29) "Sphere" start
 - 30) " _ you be my neighbor?"
 - 31) Things to abide by
 - 32) Decrease?
 - 33) Sideshow sight
 - 35) "Star Wars" surname?
 - 39) Cattle drive actions
 - 42) Saw-edged
 - 43) London streetcar
 - 45) Rainless
 - 4 7) Bargains
 - 49) Crystal-baller
 - 51) Window for plants
 - 53) Madison Square Garden, for one
 - 54) Like the dryer filter
 - 55) Celebrations
 - 56) Octopod's octet
 - 57) In_ of (replacing)
 - 58) Madrid miss (Abbr.)
 - 62) Lower, as prices
- DOWN**
- 1) _ anchor (stay put, nautically)
 - 2) Beyond silly
 - 3) An Einstein he's not
 - 4) Leave confidently in one's care
 - 5) Refuse to be annoyed by
 - 6) Sawbuck
 - 7) Semis
 - 8) Skilled
 - 9) Interstate calamity

NOTE PAD

RAHS AMAH ASPCA
EDIT NOLO CARET
YODA NOOB ANAME
GNASHBRIDGES
ABS ALEASH AUNT
STAIR VERDI
GNOMEALASKA
BITTS TESTS
IBERIA AFGHAN
NINE MOOSHU YUL
GNATKINGCOLE
RAMIE ODOR ATAD
IRENE NETS SORE
DYLAN ENTE YEAS

YOUR DAILY HOROSCOPE

ARIES MARCH 21-APRIL 19

It's time to let it go. At this particular moment in time, it will be far easier to get mad and stay that way than to forgive and forget, but that doesn't mean it's the best thing to do. In fact, if you're really still interested in keeping things together between you and the person you've been feuding with, why not lay all your cards on the table, be totally honest.

LEO JULY 23-AUGUST 22

You may feel you're absolutely right when it comes to your point of view, but if pushing the envelope causes a long-term rift between you and someone you care about, someone you already haven't seen in far too long, think about the cost of winning the battle and losing the war. Instead of going all-out to win, be ready to compromise.

SAGITTARIUS NOVEMBER 22-DECEMBER 21

It's time to lay all your cards on the table, for better or worse, and it's going to be for the better. It's time to say goodbye to a friend, a lover, a toxic relationship, or a bad habit. Don't take this farewell lightly. When you get a surprised stare instead of an actual response, don't be upset. They're just not as prepared for this as you are.



TEST YOUR KNOWLEDGE

- 01. Three Mile Island, Pennsylvania, USA, saw what accident on 20 March, 1979?**
- A. The collapse at speed of a rollercoaster, killing 200 people
 - B. Myxomatosis which had been used on the rabbit population escaped, killing 10 children
 - C. Partial meltdown in a nuclear power plant
 - D. Collision of two fully-laden oil tankers
- 02. When was the last mission until 2020 to enable a person to walk on the Moon?**
- A. 1969
 - B. 1972
 - C. 1980
 - D. 1990
- 03. What is the surname of twin brothers Mike and Bob, who became the world's number 1 ranked men's tennis doubles team in 2007?**
- A. Greenhalgh
 - B. Williams
 - C. Woods
 - D. Bryan

Answers: 1. C 2. B 3. D

KIDS COLOURING

BOGGLER

S	L	D	A
L	I	E	S
V	V	E	E
U	A	Qu	E

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

SOLUTION

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

DO YOU SUDOKU?

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

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

WORD BUILDER

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

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

SUDOKU EASY ANSWER

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

Les Bleus outshine Azzurri

Rabiot double helps France beat Italy and secure top spot

Milan, Italy - Adrien Rabiot and Lucas Digne combined perfectly to celebrate their 50th international caps to give France a 3-1 away win against Italy in the Nations League Group A2 decider as they finished top of the table on Sunday.

Rabiot grabbed a brace after being set up twice by Digne, whose screamer of a free kick was deflected into his own goal by Guglielmo Vicario while Italy scored through Andrea Cambiaso.

The result put France on 13 points at the end of the group phase, ahead of Italy on goal difference after the Azzurri had prevailed 3-1 at the Parc des Princes in September.

Israel claimed their only win in the group as they beat Belgium 1-0 in Budapest to finish level on points with the Red Devils, but last due to their worse head-to-head record.

"We had a young squad, I wanted to see a lot of players and winning here against an Italian team who were full of confidence is a great performance," said coach Didier Deschamps.

Keeper Mike Maignan added: "We wanted to win, we were out for revenge. It was about pride after losing at home against



France's Adrien Rabiot (L) celebrates with Lucas Digne after scoring against Italy in their Nations League match on Sunday

them."

After a lacklustre goalless draw against Israel at home on Thursday, Deschamps's side showed their resilience in the absence of captain Kylian Mbappe, who was omitted from the squad.

France got off to a dream start when Rabiot netted his fifth international goal by smashing a header home after two minutes from Digne's corner.

Italy upped the pace but Digne's splendid left-footed 27-metre free kick bounced off the bar and onto Vicario's back for France's second in the 33rd.

I wanted to see a lot of players and winning here against an Italian team who were full of confidence is a great performance

DIDIER DESCHAMPS

Two minutes later, however, the Azzurri reduced the arrears after pressing hard, with Cambiaso finding the back of the net with a volley from Federico Dimarco's cutback.

Christopher Nkunku forced Vicario into a low save in the 59th minute as the visitors pressed for a third at a packed San Siro.

Digne and Rabiot were at it again as the fullback delivered a pinpoint free kick for the former Juventus midfielder to head home again and restore a two-goal lead.



England interim manager Lee Carsley acknowledges the crowd after the match

England interim manager Carsley signs off in style

London, England - England's interim manager Lee Carsley will provide Thomas Tuchel a detailed handover note after ending his brief tenure on a high with a 5-0 hammering of Ireland on Sunday.

The win ensured England return to the top tier of the Nations League with Carsley winning five of his six games since stepping up from the under 21s following Gareth Southgate's decision to stand down after the Euros.

Defeat at home by Greece aside, Carsley has impressed England's top brass and in his six games at the helm he gave eight players their senior international debuts.

With a host of regulars such as Bukayo Saka, Declan Rice, Trent Alexander-Arnold and Phil Foden unavailable for his last two games in charge, Carsley gave opportunities to several players who he believes can be part of Tuchel's plans for the World Cup qualification campaign.

"We'll debrief the three camps we've had, not just this camp," Carsley, who will return to his role with the under 21s, told reporters. "I'll put together a document, and then hopefully go meet (Tuchel) and present what we think and what we found. The job is for us as to support the senior manager as much as we can, find out what he needs and how we can help.

"I'm looking forward to meeting him in the next few weeks."

England thrash 10-man Ireland to return to top tier

London, England - England secured promotion back to the top tier of the Nations League with a 5-0 romp over 10-man Ireland in interim manager Lee Carsley's last game in charge at Wembley on Sunday.

After a turgid first half, Harry Kane's penalty, Anthony Gordon's volley and a tap-in by Conor Gallagher in the space of five minutes at the start of the second broke Ireland's resolve.

Jarrod Bowen made it 4-0 with a crisp shot from the edge of the area, his first touch after coming off the bench, before debutant Taylor Harwood-Bellis headed England's fifth.

Ireland played virtually the whole of the second half with 10

men after Liam Scales was sent off for a foul on Jude Bellingham that resulted in England's penalty.

England finished top of Group B2 with 15 points from six games, the same as Greece but with a superior goal difference in the two games between the two nations. Carsley will now hand over the reins to Thomas Tuchel having won five of his six games in charge and with some useful pointers for the German who takes charge in January.

"It was a great evening for a lot of players and the main thing was getting promotion," Carsley said. "I enjoyed watching the lads, to play with the aggression and intent that they played with."

While it was no surprise to see



England's Taylor Harwood-Bellis celebrates after scoring against Ireland

captain Kane on the scoresheet for his 69th England goal, the four other scorers all notched their first senior international goals - the first time that had happened for England since 1930.

With a long list of regular starters unavailable, Carsley also gave a first cap to Newcastle United fullback Tino Livramento and a first start to his club team mate Lewis Hall while Southampton's Harwood-Bellis celebrated his first senior cap with a goal.

"A really important win for us. It has been a really good camp and two tough games," Kane said. "We got the job done in Greece and again here. It was a tough first half but we came out with more energy and we finished it off.

"Thomas (Tuchel) has a lot of players to choose from. A lot of young players that have come in and done well and some more experienced players that are injured and will be looking to come back so there's a good balance."

England gave a large early Sunday evening crowd nothing to get excited about in a tedious first half in which Ireland were well-organised.

But the floodgates opened when Kane's superb pass found Bellingham in the area and as he tried to cut inside Scales, the Celtic defender hacked him down to concede a penalty and earn himself a second yellow card and Kane tucked away the spot kick.

Szalai's life more important than my penalty, says goalscorer Weghorst

Amsterdam, Netherlands - Netherlands striker Wout Weghorst has come in for sharp criticism in his country for zealously celebrating a penalty he netted against Hungary on Saturday minutes after an opposition coach collapsed.

The Nations League clash at the Johan Cruyff Arena was stopped seven minutes after kickoff when Adam Szalai collapsed. The match was delayed for 13 minutes and Szalai taken by ambulance to hospital, where he has since recovered.

Immediately on resumption, a VAR decision gave the Dutch a penalty which Weghorst converted for a 1-0 lead.

The striker ran towards the corner flag, sliding to his knees, making a lion gesture with his hands and clenching his fist towards the Dutch fans.

Weghorst was initially unaware of any wrongdoing. "I



Wout Weghorst of the Netherlands says he knew Adam Szalai's condition was stable when he scored

never thought for a moment that this could come across as unpleasant," he told reporters after the 4-0 victory. "In retrospect, you think, 'would it have been

more respectful to cheer less exuberantly?' Let it be clear that his life is more important than my goal. I hope I don't have to explain that to anyone."

Wood hits hattrick as New Zealand demolish Samoa in World Cup qualifier

Wellington, New Zealand - Skipper Chris Wood scored a hat-trick as New Zealand remained on course for a first World Cup appearance since 2010 by thrashing Samoa 8-0 on Monday to make it three wins out of three in the Oceania qualifying group stage.

The All Whites now move on to next year's four-team final stage of qualifying along with New Caledonia, Fiji and Tahiti, who earlier beat Vanuatu 2-0 at the same Auckland stadium to secure their passage.

New Zealand will play Fiji and New Caledonia will take on Tahiti in the semi-finals in Wellington on March 21 with the final taking place at Auckland's Eden Park three days later.

The winner of the final qualifies directly for the 2026 World Cup finals with the losers going into an intercontinental playoff tournament featuring six teams



New Zealand's Chris Wood celebrates with teammates after scoring against Samoa

from around the world.

After beating Tahiti 3-0 and Vanuatu 8-1 in their previous Group B games, New Zealand were already assured of a spot in

the final stage before they kicked off against winless Samoa at Mount Smart Stadium.

The heroics of Samoa goalkeeper Pele Eti Fatu kept them at

bay until the 24th minute when midfielder Callum McCowatt finally slid the ball past him.

Wood, who has been in rare goalscoring form for his English club Nottingham Forest, clipped a McCowatt pass into the net four minutes later and added his second in the 34th minute after being found free in front of goal by Matthew Garbett. The 32-year-old, who played as a teenager in New Zealand's 2010 World Cup campaign in South Africa, scored his third with a volley in the 61st minute with Marko Stamenic adding a fifth.

Wood was substituted in the 64th minute, having contributed six goals over the three group matches to take his career tally to 41 in 80 internationals.

Francis de Vries, Eli Just and Ben Waine from the penalty spot rounded out the scoring as the mostly amateur Samoans tired in the latter stages of the contest.



Belgium's Marten Van Riel celebrates winning the inaugural men's T100 triathlon world championship title on Sunday

Belgium's Van Riel wins men's T100 triathlon world title

Dubai, UAE - Belgian Marten Van Riel overcame the challenge provided by German Rico Bogen to secure the inaugural men's T100 triathlon world championship title on Sunday in Dubai.

Van Riel, 31, entered the final event under significant pressure, having already claimed two wins and a runner-up finish in the season's series. His strong swim, composed cycling, and clinical running performance ensured his victory and the first-ever T100 world title.

"It was tough wearing that number one bib," Van Riel said. "In my head, I knew a podium finish was near, but I focused on winning on the day."

Bogen, the reigning Iron-

man 70.3 World Champion, kept pace with Van Riel for the majority of the 18-km run but could not maintain his momentum in the final kilometres. His second-place finish in Dubai, coupled with a bronze in San Francisco, elevated him to third in the overall rankings.

"I wanted to prove to the world that I can handle both cold and heat," Bogen said. "Now I know I can do it."

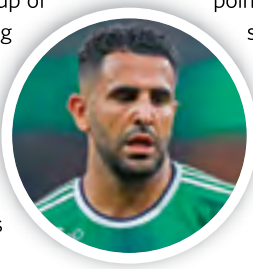
Britain's Alistair Brownlee, battling injuries and penalties throughout the season, clinched his first T100 podium with a bronze, overtaking New Zealand's Kyle Smith despite a slip on gravel during the run.

"Very rarely do things go perfectly, but today the stars aligned," Brownlee said.

Mahrez on target as Algeria thrash Liberia

Algiers, Algeria - Riyad Mahrez was back among the goals for Algeria on Sunday as they completed their Africa Cup of Nations qualifying campaign with a 5-1 home thrashing of Liberia on Sunday.

Mahrez had not scored for his country in his previous seven outings including their calamitous early exit from the last Cup of Nations finals in the Ivory Coast at the start of the year. But he contributed the second goal as Algeria fought back after conceding early to register



Riyad Mahrez

an easy win and finish their Group E campaign with five wins and a draw for a runaway 16-point haul at the top of the standings.

They ended eight points ahead of Equatorial Guinea, who lost 3-0 to Togo at the same time but still qualified in second place.

The qualifiers for the 2025 finals, which Morocco is hosting from Dec. 21, 2025 to Jan. 18, 2026, will be completed this week.

There are five places up for grabs in the 24-team field.

OMAN BRACED FOR IRAQ TEST

Jaber's men keen to build on their momentum after victory against Palestine



The win against Palestine has brought Oman's campaign back on track and has given them a boost of confidence

Muscat - Oman will be keen to build on their win against Palestine when they take on Iraq in the World Cup qualifiers on Tuesday. Oman are fourth in Group B standings after their 1-0 win over Palestine on Matchday Five - two adrift of Iraq who settled for a goalless draw against Jordan.

The three points against Palestine have brought Oman back into contention, with a late strike from Muhsen al Ghassani boosting their bid to secure a first-ever FIFA World Cup appearance with head coach Rashid Jaber urging his team to build on the momentum.

"The players gave their all, and our defensive effort was commendable. However, the match is over, and we must immediately shift our attention to the next challenge," said Jaber.

"The result (against Palestine) is a crucial step forward in reigniting our competitive spirit in the group. We aim to build on this success in our next match."

After beginning their campaign with six points from their first three games, Iraq have hit a bump on the road and are winless in their last two fixtures after a 3-2 defeat to South Korea and draw with Jordan.

Despite only conceding three goals so far, Iraq lack creativity going forward and head coach Jesus Casas will be hoping the likes of Mohanad Ali, Ali Jasim and Aymen Hussein fire on all cylinders as they seek a second ever appearance at the FIFA World Cup Finals.

South Korea take on Palestine

Meanwhile, Group B leaders South Korea will expect another win when they face Palestine.

The Koreans are on a four-match win streak, having opened their campaign with a shock 0-0 draw with Palestine, who are still seeking their first victory.

Having beaten Kuwait 3-1 on Thursday, South Korea are brim-

ming with confidence and a win against Palestine will inch them closer to a 12th appearance at the FIFA World Cup.

Adding to the optimism in the squad is the stepping up of their young players, notably forward Oh Se-hu, who has scored in consecutive games, while midfielder

off to a good start in this round," said Son. "Hopefully, we'll be able to put on a good performance in ideal conditions and win our last match of the year."

Palestine will have their work cut out for them when they face the buoyant East Asians, who have scored 11 goals and con-

ced four.

Appearing at this stage of the AFC Asian Qualifiers for the first time, head coach Makram Daboub will stress to his players on the need to start picking up wins if they are to remain in contention for a spot in the finals.

Jordan meanwhile, will aim to maintain their grip on second spot in the group with victory against Kuwait.

On eight points, Jordan are ahead of Iraq on goal difference. Kuwait have ground to make up, sitting five points behind Jordan and having yet to taste victory.

They are, however, still in the running and head coach Juan Antonio Pizzi will urge his players to find their winning form after Kuwait showed glimpses of their quality in the defeat to South Korea Republic.

Despite trailing 2-0, they kept pushing and were rewarded with a goal in the 60th minute and Pizzi will demand the same tenacity against Jordan.

Jordan will head into the tie confident of their chances, having kept clean sheets in their last two matches.

Since emerging runners-up at the Asian Cup last year, Jordan have tasted defeat only once - a 2-0 loss against South Korea on Matchday Three.

The three points against Palestine have brought Oman back into contention, with a late strike from Muhsen al Ghassani boosting their bid to secure a first-ever FIFA World Cup appearance

Bae Jun-ho has also contributed a goal and two assists.

Captain Son Heung-min, who returned to action after a two-game layoff, notched his 50th international goal for his country against Kuwait and wants to keep the momentum going.

"A lot of people must have been worried when we didn't get

ceded four.

Jordan meanwhile, will aim to maintain their grip on second

Martin's win a testament to hard work and determination

Barcelona, Spain - Five months after Jorge Martin was overlooked for the factory Ducati seat, the Spaniard will hop off its all-conquering Desmosedici bike as its best rider and move to Aprilia as MotoGP champion.

Having gone agonisingly close in 2023 only to lose the title to Ducati's Francesco Bagnaia in the final race, a fired up Martin, who said he had had the MotoGP crown stolen from him, made a promise: "Next year is mine."

Martin redeemed himself this year, using the disappointment to fuel his title challenge while showing maturity and consistency to deny Bagnaia a rare third straight title despite winning far fewer races than the Italian.

Bagnaia won 11 of this season's 20 grands prix to Martin's three, but it was the Spaniard's performances in the half-distance races on Saturdays that re-



Jorge Martin celebrates his win

inforced the Pramac Racing rider's reputation as MotoGP's true "Sprint King".

Martin finished on the podium in either the sprint or the race - if not both - in every round of the season, a staggering 32 podiums in 40 races to finally get his name etched on the dazzling MotoGP Champions Tower tro-

phy.

"It's been a long journey. I think my career wasn't easy. For sure I had good opportunities in front of me, but I think I built them," Martin said.

"I worked quite hard. I make a lot of sacrifices at home every day to try to be a better man."

"Last season I had the oppor-

tunity but I think I wasn't prepared to win... But this year I felt it, I felt that it was my year."

As Bagnaia lost points from several crashes, he quickly found himself playing catch-up in the second half of the season.

An innocuous slide in the sprint in the penultimate round in Sepang as he hunted down his title rival saw his bike and the title all but slip away from Bagnaia.

Despite winning the race in Sepang ahead of Martin in a feisty contest and following it up with a sprint-race double in Barcelona, Bagnaia finished 10 points behind Martin.

As in 2023, Pramac and Martin had the same bike as Bagnaia's factory Ducati but the Spaniard's performances in 2024 are a far cry from a year ago when he crumbled under the pressure and failed to finish on the podium in the final three races.

Nadia Comaneci's former coach Bela Karolyi dies

New York City, US - Former Romania and United States coach Bela Karolyi, who trained Nadia Comaneci to become the first gymnast to score a perfect 10 at the Olympics, has died aged 82, USA Gymnastics said late on Saturday.

Karolyi, who was inducted into the International Gymnastics Hall of Fame in 1997, died on Friday but no cause of death was given.

Karolyi coached 14-year-old Romanian Comaneci to three gold medals at the 1976 Montreal Olympics and her score of 10.0 in the asymmetric bars was the first time the mark had been awarded at the Games.

"A big impact and influence in my life. RIP Bela Karolyi," Comaneci wrote on social media alongside photos of the two together.

Karolyi, who was born in Hungary and defected to the U.S.



A big impact and influence in my life. RIP Bela Karolyi

NADIA COMANECI

from Romania in 1981, was a member of the coaching staff on five U.S. Olympic teams.

He worked with some of the most successful U.S. athletes of

the 1980s and 1990s, including Mary Lou Retton who became the first American to win the Olympic all-around title at the 1984 Los Angeles Games.

Karolyi was appointed the U.S. national team's co-ordinator in 1999 before his wife Marta replaced him in 2001.

The couple ran a training centre in Texas which became the U.S. women's team's base in 2001.

In 2018, USA Gymnastics stopped the venue from being used following the abuse scandal involving former team doctor Larry Nassar.

Nassar was sentenced in 2018 to 40 to 175 years in prison after pleading guilty to 10 counts of sexual assault against girls and young women, including Olympians.

The Karolyis later said they were unaware of Nassar's crimes.



Kusal Mendis scored an unbeaten 74 off 102 balls

Kusal steers Sri Lanka to series victory against New Zealand

Pallekele, Sri Lanka - Kusal Mendis overcame injury to score a workmanlike half-century that helped Sri Lanka beat New Zealand by three wickets in their rain-shortened second one-day international at Pallekele on Sunday and clinch the three-match series 2-0.

Chasing 210 to win, Sri Lanka struggled for partnerships on a turning pitch and were in trouble at 93-5 but Kusal managed a groin issue sustained early in his innings to make an unbeaten 74 off 102 balls that took his side home.

Late cameos by Janith Liyanage (22), Dunieth Wellalage (18) and Maheesh Theekshana (27 not out) also eased the nerves of the hosts who were rocked by the spin of Michael Bracewell (4-36).

It was Sri Lanka's first ODI series victory over New Zealand since 2012 and their fifth bilateral series win of 2024.

Earlier, Sri Lanka opted to bowl first and were in control with two early wickets but opener Will Young (26) steadied the ship before the match was reduced to 47 overs per side due

to two spells of rain.

Mark Chapman (76) and Mitchell Hay (49) then helped New Zealand lay a solid platform but the end of their 75-run stand triggered a collapse and the tourists were bowled out for a modest 209 thanks to some

Earlier, Sri Lanka opted to bowl first and were in control with two early wickets but opener Will Young (26) steadied the ship

sharp catching by Sri Lanka.

Spinners Theekshana (3-31) and Jeffrey Vandersay (3-46) tightened things up and bamboozled the tourists as the last six wickets fell for only 36 runs.

Asitha Fernando (2-37) took the important wicket of Chapman, who smashed seven fours and three sixes and looked on course for his third ODI century until Avishka Fernando lunged forward in the deep to pull off a blinder.

JANNIK STUNNER

Sinner outplays Fritz to win ATP Finals title in Turin

Turin, Italy - Home favourite and world number one Jannik Sinner became the first Italian to win the ATP Finals title following a dominant 6-4 6-4 victory over American Taylor Fritz on Sunday.

Sinner, who lost last year's final to Novak Djokovic, did not put a foot wrong this time round as he finished undefeated and without dropping a set to earn \$4,881,500 in prize money.

In a rematch of this year's U.S. Open final, the 23-year-old Sinner broke Fritz's serve with a fine drop shot to take a 4-3 lead before notching the opener with his 10th ace in the match.

Fritz, the first American to reach the final since James Blake in 2006, also dropped serve in the second set by hitting a forehand long which allowed the Italian to seal the contest in 85 minutes.

"It's amazing. Just an amazing week. For me, it's a first title in Italy, so it means so much to me. I'm very happy about that, it's very special," Sinner, who also beat Fritz in the group stage in Turin, said. "I just try to understand what works best for each opponent, try to play the best tennis possible. That was the key, I played a high-level tournament from my side. At times I couldn't play better, so I'm very happy."

Sinner's stupendous year may have been clouded by an anti-doping controversy but on the court he has proved to be almost unstoppable, winning 26 of his last 27 matches and a tour-leading eight titles.

With his 70th win of the season, Sinner also became the first



Jannik Sinner celebrates with the ATP Finals trophy

I just try to understand what works best for each opponent, try to play the best tennis possible. That was the key, I played a high-level tournament from my side.

JANNIK SINNER

player to win the ATP Finals without dropping a set since Ivan Lendl in 1986. Despite the loss, Fritz will reach a career-high fourth in the rankings when the new list is released on Monday.

"I just want to say congrats to Jannik and his team. Insane year, honestly. It's really impressive,"

the 27-year-old Fritz said.

"Thank you to my team and putting up with me. It's been a great week for me. I felt the love all week long."

Earlier, Kevin Krawietz and Tim Puetz lifted the doubles title after edging Marcelo Arevalo and Mate Pavic 7-6(5) 7-6(6).

Stoinis blitzkrieg helps Australia sweep T20 series against Pakistan

Hobart, Australia - Marcus Stoinis blasted 61 not out off 27 balls as Australia steamrolled Pakistan by seven wickets in the third T20 International to complete a 3-0 series sweep on Monday.

Stoinis smacked five sixes and as many fours in his blistering knock as Australia chased down the 118-run victory target with 8.4 overs to spare at the Bellerive Oval. Electing to bat, Pakistan were cruising at 61-1 in the seventh over before wheels came off their innings and they were bundled out for 117 in 18.1 overs.

Adam Zampa dismissed Haseebullah Khan (24) in the seventh over to trigger a collapse and Pakistan could add 56 runs before losing their remaining nine

wickets.

Zampa also claimed the crucial wicket of Babar Azam (41), who stepped out against the leg-spinner and would have been stumped if he was not bowled by a delivery that sneaked through his gate.

For Australia, Aaron Hardie claimed 3-21, while Spencer Johnson grabbed two wickets and also ran out Irfan Khan with a direct throw from midwicket.

Australia lost both their openers, Matthew Short and Jake Fraser-McGurk, inside four overs but Stoinis counter-attacked in spectacular fashion dashing Pakistan's hopes of any collapse.

Stoinis plundered 22 runs, which included two sixes and two



Marcus Stoinis scored 61 not out off 27 balls

fours, off a Haris Rauf over to effectively kill off the contest.

Player-of-the-match Stoinis raced to a 23-ball half-century reaching the 50-mark with a monster six off Shaheen Afridi.

He levelled the score with another six, this time off Abbas Afridi, but the winning run came via a no-ball after Abbas hurled a chest-high full toss.

Aqib Pakistan's interim white-ball coach

Former fast bowler Aqib Javed has been appointed Pakistan's interim white-ball coach until next year's Champions Trophy, the country's cricket board (PCB) said on Monday.

Aqib, who earlier coached the United Arab Emirates, will take over Pakistan's interim coaching duties from Jason Gillespie, who assumed charge following the resignation of Gary Kirsten last month. Aqib will also continue to serve as a senior member of the Pakistan men's selection committee and "will be assigned additional responsibilities following the conclusion" of the Champions Trophy.

"The PCB will initiate the recruitment process for a permanent white-ball head coach, aiming to complete the appointment by the end of the ICC Champions Trophy scheduled from 19 February to 9 March," the board said in a statement.

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DAILY WORKOUTS



GET STRONGER AND FITTER

When it comes to getting stronger and fitter, there are many different workouts and exercises to choose from. However, not all workouts are created equal. Some exercises are more effective than others when it comes to building strength, increasing endurance, and improving overall fitness levels. Consider these 10 effective workouts for a stronger and fitter you

- Squats**

Squats are a great lower-body exercise that target your legs, glutes, and core muscles. They are also a functional movement that can help you with everyday activities like lifting and bending.
- Lunges**

Lunges are another lower-body exercise that targets your legs and glutes. They can be done with or without weights and can help improve your balance and stability.
- Deadlifts**

Deadlifts are a compound exercise that targets your legs, glutes, and back muscles. They are a great exercise for building overall strength and improving your posture.
- Burpees**

Burpees are a full-body exercise that targets multiple muscle groups, including your legs, chest, shoulders, and core. They are also an excellent cardiovascular exercise that can help improve your endurance.
- Mountain climbers**

Mountain climbers are a dynamic exercise that targets your legs, core, and cardiovascular system. They can be done anywhere and are an effective way to improve your overall fitness level.
- Push-ups**

Push-ups are a classic exercise that targets your chest, shoulders, and triceps. They can be modified to suit your fitness level, making them a great exercise for beginners and advanced fitness enthusiasts alike.
- Pull-ups**

Pull-ups are an excellent upper-body exercise that targets your back, shoulders, and biceps. They can be challenging, but with practice, you can build up your strength and endurance.
- Planks**

Planks are a simple exercise that targets your core muscles. They can be done anywhere and are an effective way to improve your overall core strength.
- Bench presses**

Bench presses are a classic exercise that targets your chest, shoulders, and triceps. They can be done with a barbell or dumbbells and are a great way to build upper-body strength.
- Russian twists**

Russian twists are a core exercise that targets your obliques and improves your rotational strength. They can be done with or without weights and are a great exercise to add to your core workout routine.



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INCREASE YOUR HEIGHT

TALL ORDER

SEVERAL FACTORS CONTRIBUTE TO YOUR OVERALL HEIGHT. IT'S THOUGHT THAT GENETIC FACTORS ACCOUNT FOR ABOUT 80% OF YOUR FINAL HEIGHT. HOWEVER, CERTAIN ENVIRONMENTAL FACTORS, SUCH AS NUTRITION AND EXERCISE, TYPICALLY ACCOUNT FOR THE REMAINING PERCENTAGE

After age 2, most children grow at a steady rate of around 2.5 inches every year. Once puberty hits, one may grow even faster. However, everyone grows at a different pace. For girls, this growth spurt typically begins by the beginning of the teenage years. Boys may not experience this sudden increase in height until a couple years into their teens. You generally stop growing taller after you go through puberty. This means that as an adult, you are unlikely to increase your height. However, there are certain things that you can do throughout adolescence

to ensure that you're maximising your potential for growth.

How to increase height naturally

Though height is mostly determined by your genetics, there are several steps you can take to appear taller and optimise your growth potential.

Eat a balanced diet

During your growing years, it's crucial that you get all of the nutrients your body needs. Your diet should include fresh fruits, fresh vegetables, whole grains, proteins, and dairy.

You should limit or avoid

foods containing high amounts of sugar, trans fats, and saturated fats.

If an underlying medical condition, or older age, is causing your height to decrease by affecting your bone density, consider increasing your calcium intake. It's often recommended that women over age 50 and men over age 70 should consume 1,200mg of calcium per day.

Vitamin D also promotes bone health. Common sources of vitamin D include tuna, salmon, fortified milk, and egg yolks. If you aren't getting enough vitamin D in your diet, talk to a doctor about taking a supplement to meet your daily needs.

Get the right amount of sleep

Occasionally skimping on sleep won't affect your height in the long term. But if during adolescence you regularly clock less than the recommended amount, it may lead to complications.

This is because your body releases GHG while you sleep. Production of this hormone and others may go down if you aren't getting enough shut-eye. Children ages 6-13 need 9-12 hours, teenagers ages 14-17 need 8-10 hours, adults ages 18-64 need 7-9 hours, and older adults over 65 need 7-8 hours

Stay active

Regular exercise has many benefits. It strengthens your muscles and bones, helps you maintain a moderate weight, and promotes GHG production.

Children in school should get at least 1 hour of exercise a day. During this time, they should focus on strength-building exercises, such as pushups or situps, flexibility exercises, such as yoga, and aerobic activities, such as playing tag, jumping rope, or biking.

Practice good posture

Poor posture may make you look shorter than you actually are. And over time, slumping or slouching can also affect your actual height.

Your back should curve naturally in three places. If you regularly slump or slouch, these curves may shift to accommodate your new posture. This can cause pain in your neck and back. Being mindful of how you stand, sit, and sleep is key.

Use yoga to maximise your height

If targeted posture exercises aren't your thing, give yoga a try. This whole-body practice can strengthen your muscles, align your body, and help with your posture. This will help you stand taller.



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On this 18th of November, we celebrate Oman's unity, strength, and progress. We extend our sincere wishes to **His Majesty Sultan Haitham bin Tarik** and the Omani people on this special occasion May Oman continue to thrive and prosper

Happy National Day!

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