

HM GREETES PRESIDENT OF ALBANIA

MUSCAT: His Majesty Sultan Haitham bin Tarik has sent a cable of greetings to President Bayram Begay of the Republic of Albania on his country's National Day. In the cable, His Majesty the Sultan expressed his sincere sentiments and best wishes of good health and happiness to President Begay. His Majesty also wished the people of Albania further progress and prosperity. **-ONA**



HM GREETES PRESIDENT OF MAURITANIA

MUSCAT: His Majesty Sultan Haitham bin Tarik has sent a cable of greetings to President Mohamed Ould Cheikh El Ghazouani of the Islamic Republic of Mauritania on his country's Independence Day. In the cable, His Majesty the Sultan expressed his sincere sentiments and best wishes of good health and happiness to President El Ghazouani. His Majesty also wished the people of Mauritania further progress and prosperity. **-ONA**



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**SAYYID SHIHAB
RECEIVES ALGERIAN
AMBASSADOR**

His Highness Sayyid Shihab bin Tarik Al Said, Deputy Prime Minister for Defence Affairs received in his office at Al Murtafaa Garrison on Sunday Filali Ghouini, Ambassador of the People's Democratic Republic of Algeria to the Sultanate of Oman. During the meeting, the two sides reviewed bilateral relations and means of promoting them. They also discussed various topics of common interest. **- ONA**



**NEW LIWA HOUSING
PROJECT TO BE HOME
FOR 30,000 PEOPLE**

TOP THREE INSIDE STORIES

OMAN
Jindal Shadeed campaign

1 Jindal Shadeed celebrated Oman's passion for football with a new campaign. **>A2**

OMAN
Amad Duqm 22 event

2 The Amad Duqm 22 event attracted over 2,000 visitors on its first day. **A5**

MARKET
Al Mazyona Free Zone

3 Al Mazyona received first containerised shipment from Chinese port. **>B1**



**Morocco stun Belgium
2-0 in 2022 World Cup**

A7

Sayyid Belarab will patronise the opening function of Liwa Model Residential City today

LIWA: As part of celebrations marking Oman's 52nd National Day, His Highness Sayyid Belarab bin Haitham Al Said will on Monday patronise a ceremony marking the opening of Liwa Model Residential City, which covers an area of 12 million square metres. The city, set up in the vicinity of Al Batinah Expressway, has been designed to accommodate 30,000 people. It boasts a broad range of services and facilities, including 1,300 housing units and around 3,400 single and double residential units. The city is also designed to cater to 50,000 residents and visitors in the future. Carried out by the Ministry of Housing and Urban Planning, the city constitutes a comprehensive model for sustainable cities. Its configuration is based on interactive participation among government departments concerned, firms and public service providers. It witnessed direct participation from society in all its stages of planning and design. It is noteworthy that the new residential city in the Wilayat of Liwa was planned based on the Royal Orders of the late His Majesty Sultan Qaboos bin Said bin Taimour. The plan stipulated the transfer and settlement of the people affected by the activities of Sohar Port to an integrated residential community that includes all infrastructure services and related facilities in accordance with Royal Decree. **- ONA**



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THE STEEL OF OMAN
JINDAL





OMAN



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PRAYER TIMINGS



Dhuhr.....	12:00pm
Asr.....	3:04pm
Maghrib.....	5:24pm
Isha.....	6:39pm
Fajr (Tomorrow).....	5:11am

PASSION FOR FOOTBALL

Jindal Shadeed celebrates Oman's passion for football with 'The Steel of Oman' campaign

MUSCAT: Inspired by the inherent passion for football exhibited by the local community and in celebration of the authentic culture of Oman, Jindal Shadeed Iron & Steel (JSIS) - the largest producer of steel in the country and among the largest in the GCC - has adopted a renewed focus on promoting football in Oman, through its 'The Steel of Oman' campaign.

With the ongoing FIFA World Cup Qatar 2022 providing the perfect backdrop and adding to the excitement, Jindal Shadeed at an exclusive event held under the auspices of His Excellency Abdulsalam bin Mohammed Al Murshidi, President of Oman Investment Authority, on 27 November 2022 at the Kempinski Muscat, unveiled the campaign's heart-warming film, and announced Oman's legendary footballer, Ali Al-Habsi as their brand ambassador. The film, shot with local aesthetics, highlights not just how football unites the nation, but also the beautiful culture of the country and its people. The red-carpet event witnessed the presence of several public figures, celebrities, and top-level and media delegates.

Commenting on the campaign, Mr. Harsha Shetty, CEO of Jindal Shadeed Iron and Steel, said,



"Football has been a much-loved sport that has brought the country together. While our new campaign has football at its heart, our film is also a journey through the authentic traditions of the country, its rich culture, and its strong values. Most importantly, it celebrates the people of Oman. Through this campaign, Jindal Shadeed seeks to further weave itself into the social fabric of Oman. At Jindal Shadeed, we will continue to deepen our relation-

ship with the Sultanate through initiatives that drive meaningful impact in society."

Conceptualized by Weiden + Kennedy India in collaboration with Director Ayappa from Early Man Films, the film pays tribute to Oman and its love for football through an inclusive and cultural lens, and stars Ali Al Habsi, as the official brand ambassador, marvellous scenery from across the country, various cultural spectacles, and a di-



verse crowd of football personalities and enthusiasts.

The event also featured exclusive printed works of renowned artist Hassan Hajjaj who captured the essence of Oman's sport scene through featuring some of the country's top athletes; the series includes shots of Imad Al-Hosni, Abdul Aziz Al-Muqbali, Hassan Rabia, Khalifa Ayil, Tharaa Al-Ismailli, Malak Al Zadjali, Mohammed Al Mashaihi, the paralympic superstar, Barakat Al-Harthy,

the Olympian star, Shihab Alhabisi, the youngest racing sensation in Oman, and Nadhira Alharthy, the first Omani woman to scale Mt. Everest.

Commenting on the endorsement, Al-Habsi, shared, "I am proud to be endorsing the 'The Steel of Oman' as it reflects the strength and vibrancy of our beloved country. Jindal Shadeed has brought the many facets of Oman to life in this film, and I hope that everyone enjoys watch-

ing this film as much as I enjoyed shooting for it. I am also thankful to Jindal for their continued support to nurturing football in the country."

Cementing its commitment to promoting football, Jindal Shadeed has also signed an MOU with Oman Football Association and launched a collaboration with Ali Al-Habsi's Academy for Football via the Jindal Shadeed-HFA campaign, therefore, taking a more holistic approach to developing football in the Sultanate. Apart from sponsoring football teams, the company will also sponsor training centres for the youth. With a keen focus on promoting inclusivity in the field and making football accessible to all, the campaign is designed keeping in mind both male and female football enthusiasts of all age groups.

While Jindal Shadeed has achieved stellar growth in its contribution to Oman's economy, the company has also been mindful of giving back to the local community. Through its various endeavours, it will remain committed to contributing to the socio-economic progress of the country aligned to the Oman Vision 2040.

CLOSING CEREMONY

Oman launches postage stamps at Venice Biennale 2022

VENICE: With the inauguration of a spectacular set of postage stamps, the Sultanate of Oman concluded its first participation in Venice Biennale 2022, held from 21 April to 27 November 2022.

The closing ceremony was attended by Sayyid Said bin Sultan Al Busaidi, Undersecretary of the Ministry of Culture, Sports and Youth for Culture, Commissioner-General of Oman's pavilion. Also present was HH Sayyid Nizar bin Al Julanda Al Said, Oman's Ambassador to the Italian Republic, Dr. Aisha Stoby, Curator of Oman's pavilion, representatives of the companies supporting the pavilion and a

large gathering of art enthusiasts.

During the ceremony, four postage stamps were issued by Oman Post featuring artworks presented in the pavilion by Anwar Sonia, the late Raya Al Rawahi, Hassan Mir, Bodour Al Riyami, and Radhika Khimji.

Besides highlighting the historic debut, the pavilion documents Oman's contemporary arts march by showcasing creative content and philosophical concepts linked to nature and the benefits it offers to mankind, notably under the theme of this edition of Venice biennial - "The Milk of Dreams". The theme was inspired by a children's novel from the 1950s by the surrealist

artist Leonora Carrington. The stamps will be made available for fans and other members of the public later.

Oman's participation in the gala event, distinguished for its superior value and large volume of art lovers, is considered a unique opportunity to celebrate the common "language of creativity" and rally Omani nascent voices in the global domain.

The biennial received massive international media coverage. Its venue saw a large turnout, exceeding 6 million visitors from all parts of the globe, with approximately 10 million views of its electronic website.

— ONA

'Most Awaited'

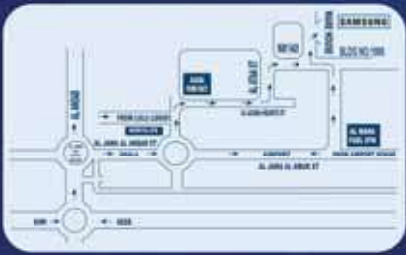
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MONDAY COLUMN

Growing up pains



Saleh Al-Shaibany

From the glass door, I saw the boy dropping his bicycle on the steps. He was sweating profusely and was almost dazed by the heat. He stood under the shade and leaned on the wall. I opened the door and asked him if he was alright. He smiled weakly but said nothing. I walked back to the shop and bought him a fizzy drink. He accepted gratefully and drank it nosily. He stopped half way, mumbled his gratitude and smiled again. I asked where he lived. It was more than three kilometres. I offered to throw his bike in the boot of my car and drive him home. He refused.

As I was walking away, he asked me if I had a pill for his headache. I popped in at the adjacent pharmacy and bought him a packet. He said he wanted another drink to swallow the pill. I made another trip to the shop to get another can. I watched him take the pill and I also watched him put his hand in his pocket after that. He gave some money that he thought would cover my expenses I spent towards him.

In my childhood days, that would have been an insult. But these are different times. I just smiled and asked him to



ONE STEP TOO FAR: However hard we try, there will always be an instant when youngsters would want to explore a kilometre further than they should.

keep the money. I also asked him his age. He said he was eleven. I enquired for the last time if he wanted a lift home. He declined the offer. I watched him climb his little bicycle and paddle away. I forgot about the incident until I saw him again two weeks later in a food court of a shopping mall. I recognised him right away. He was not a kid you would forget in a hurry. He was chubby with rosy cheeks and a flat nose. Our eyes met and I knew he recognised me too. He half raised a hand at me. I nodded my head. His father caught the gesture and turned his head. I waved at the bewildered father, too. He was so confused he just failed to respond.

I watched him exchange a few uncomfortable words with his boy. He was obviously not happy that his son had befriended a grown-up man. I am not sure what the kid had told the father but I was not going to take the chance. The man might punish his son for something that was not entirely the boy's fault. I left my table and went to talk to the man. I explained

my encounter with his son a fortnight ago. The man was not pleased but he pretended that he was. I made it short to spare him further discomfort. As I walked away, I was convinced I did the right thing. As a matter of fact, it was his fault for not keeping track of his son's biking expedition. The youngster would have had a heat stroke or run over by mad drivers.

I should not entirely blame him. As parents, we can't possibly keep track on everything our children do. Though how hard we try, there will always be an instant when youngsters would want to explore a kilometre further than they should. These are the risks parents take every day. Children must be allowed a certain degree of failure. If not, there will be no room of advancing themselves. That's how we learned to take care of ourselves when we were growing up. Those days, everybody around was a parent to a stray child. I would like to think it is still true today. I acted the same way to that rosy cheek kid someone did many years ago to me.

CAMBRIDGE INTERNATIONAL

PSM students excel in IGCSE examination

Times News Service

MUSCAT: Pakistan School Muscat has achieved another milestone by producing marvellous results in the IGCSE examination 2022.

While Cambridge International has announced the "Outstanding Learner Award", Pakistan School Muscat has been identified as one of the best performing learners in the June 2022 examination sessions.

In Cambridge IGCSE, PSM student Moonis Ali Khan came 'Top in the World' in the subject of English as a Second Language. In Cambridge International AS Level, PSM student Saad Nawaz Ghauri came 'Top in the Sultanate of Oman' in the subject of Information Technology. In Cambridge IGCSE, PSM student Fatima Javaid got 'High Achievement' in the subject of Pakistan Studies.

PSM, one of the prominent institutions in the region, has been implementing cutting-edge strategies to increase students' achievement level since its inception.

It aims to spark a pursuit of knowledge in students so that they may keep on learning and become a valuable part of society.

In this connection, the school brings the latest tools and technology-based plans to cater to the

contemporary needs of learners. Owing to its timely planning and up-to-date strategies, students of PSM International Stream have produced marvellous academic results in their IGCSE Examination, 2022 by scoring significant grades.

They have made a history by scoring the highest-ever results at IGCSE level. These outstanding grades mark a record-breaking performance in the history of PSM and a significant proof of the very high standard of studies being followed, untiring efforts of the faculty, hard work of the students, concern of the parents and above all, the unconditional academic support by the school management and governing authorities.

Pakistan School Muscat has marked this great achievement. This result is produced by the efforts of the teachers who always go the extra mile to take students to this level of academic excellence.

It has all been made possible by the joint team work under the dynamic guidance and supervision of the Senior Principal Nasir Nawaz, the Central Coordinator Gul Rahim and the backstage support by the Pakistan School Management. It is indeed a matter of great pride for Pakistan School System, students, faculty, parents and community.

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COMMENTARY

Pakistani community in Oman extends its gratitude to His Majesty



AMEER HAMZA

Heartfelt congratulations on the auspicious occasion of celebrating the 52nd Anniversary of the Sultanate of Oman. This is how the days return and the Sultanate of Oman receives the 52nd glorious National Day and celebrates the victories it has achieved in all political, social, economic, cultural and religious fields internally and externally. Proceeding to accomplish of the glorious Renaissance from the initiative installed by the late His Majesty Sultan Qaboos bin Said bin Taimour — may his soul rest in peace — and since the activity of life continues, His Majesty Sultan Haitham bin Tarik has received the flapping flag of the

country and led the ship of the country to the land of stability and safety. Each leader has a unique personality, personal vision upon the issues, a feasible approach, and a philosophy stemming from his own vision. Therefore, His Majesty has set a line of work compatible with Oman vision 2040. Fairly reviewed many laws related to the internal affairs, such as re-structuring ministries, grooming political institutions on rational bases, and expanding the employment of Omani manpower in a remarkable way in all state institutions. The Omani citizen acquired many leading positions and took a positive part in the development of the country. One of the tasks of His Majesty Sultan Haitham bin Tarik, May Allah protect and preserve him, and his guiding philosophy was to eliminate unemployment and exploit the youth's resource in building modern Oman. This is through expanding agricultural projects, expanding the area of agriculture and establishing factories along the vast land of Oman. In addition to establishing ports to facilitate the movement of exports and imports, and building major projects that promote the Sultanate and steer

it to the top of the countries. The wise leadership has been active in consolidating the bonds of love, friendship and cooperation with the Gulf States and in strengthening this relationship through field visits, as the Sultanate has witnessed mutual visits between His Majesty to Saudi Arabia. He received a very hospitable reception that expresses the depth of the relationship between the two neighbouring countries. This resulted in a number of agreements and memorandums of understanding. This was pivotal for cooperation in various economic investments and establishment of joint projects, that will enhance benefits and common interests to bring about prosperity and growth to the people of the two countries. Also, His Majesty visited the brotherly states Bahrain and Qatar on historic visits, to bring forth many agreements and participation in the field of industry, agriculture and railways between the neighbouring countries and cooperation for the bilateral benefit of the countries. In addition, the Sultanate participated in the Climate Conference, COP27, in Egypt, and drew up an internal plan for the Sultanate to reduce the rate

of heat radiation emission, eliminate pollution in the Sultanate's space so that it becomes a model of pollution-free space. We also do not forget the visit of His Majesty to Great Britain, keeping in view the historic relations between the two countries and that concluded into joint bilateral agreements. **The foreign policy** This is the most vital field, as it defines the positive image of the Sultanate's philosophy, its external activity and the calibre of its dealings with Arab countries in particular and foreign countries in general. It has offered great services to European countries by returning many of its citizens detained by some other countries he has made commendable efforts to do so, in addition to its firm philosophy of not interfering in the internal affairs of countries no matter what happens. It has achieved current successes that reveal the effectiveness of this philosophy. Consequently, positive relations continue, whether with the Arab countries through their active role in the Gulf Cooperation Council (GCC), the European Union (EU), or America and China. In view of this neutral position and confidence in its

policies, most foreign countries resorted to ask them to intervene to solve the difficult problems, and perhaps the most prominent of these positions appeared on the political arena, as extensive efforts made to end the devastating war in Yemen. Especially this affects the Omani citizen directly, due to historical ties between the two people. The Ministry of Foreign Affairs does not hesitate to exert intensive efforts to put an end to this deteriorating situation, and to solve this tragedy in a satisfactory way for all parties. **Internal policy** An observer of the Sultanate's progress after the Sultan of the took over the reins of power, he notices his great endeavour, tireless activity, fruitful work and enlightened thought in all fields related to the land of the Sultanate. The responsibility was solemn, the challenges were serious, the hopes were wide, and the aspirations were elevated, but the will is hefty, the determination is young, the ambitions are shining and the stars are on the move, as the poet Al-Mutanabbi says: Firm resolutions happen in proportion to the resolute, And noble deeds come in pro-

portion to the noble. Small deeds are great in small men's eyes, Great deeds, in great men's eyes, are small. The wise leadership, therefore, resolved to deal with the immediate problems wisely, patiently and rationally through experts rather than by improvised or spontaneous methods in order to make the results successful and feasible. We can articulate the most important achievements made by the Sultanate in the last two years and that have become tangible facts on the ground for the citizen and the resident. It is certainly fair to endorse the state's efforts and services for both the citizen and the resident. On this occasion on the behalf of the entire Pakistani community residing in Oman, we extend our gratitude to His Majesty Sultan Haitham bin Tarik, on the blessed Renaissance journey he is leading. We pray to Allah the Almighty to support him to achieve his hopes and aspirations for the Renaissance of Oman its due progress and rightful place that it deserves. May God bless Oman's people with honour and glory. We wish the Sultanate continues with prosperous success.

ENVIRONMENT

Science Café hosts a session on invasive birds in the Sultanate

Times News Service

MUSCAT: Mawarid (Oman Animal and Plant Genetic Resources Centre) of the Ministry of Higher Education, Research and Innovation hosted another Science Café session on "Invasive Birds and their Impact on the Environment in the Sultanate of Oman" at Al Arahmi Boulevard on Wednesday. Invasive birds are defined as species of birds that live outside

their natural range in habitats, which are usually very harmful, as they cause important changes in natural ecosystems or indigenous biodiversity, and colonise an area in a large way, causing damage to the environment or the local agricultural economy, and they are usually non-native species. However, not all non-native birds are naturally invasive, many of them can adapt to different ecosystems without causing harm,

and the species that are considered invasive in one area may not be harmful in another, and therefore can be considered non-native. Among the most important types of invasive birds in the Sultanate of Oman are the myna bird, the house crow, and the rose-ringed parakeet, which cause harmful effects on the ecosystem in the Sultanate of Oman in general and Dhofar Governorate in particular.

TO EDUCATE STUDENTS

Ministry of Education, ROP launch drive against drugs

Times News Service

MUSCAT: The Directorate-General of Curriculum Development at the Ministry of Education, represented by the Department of Islamic Education Development, in cooperation with the Royal Oman Police, represented by the Directorate General for Combating Narcotic Drugs and Psychotropic Substances, hosted an event on 'Educating about the dangers of drugs and their effects' in three schools in Muscat Governorate. The three-day event aims to educate students about the dangers of drugs, the correct ways to handle them and warning them about its dangers. On the occasion, Qais bin Khalifa Al-Khuzairi, Head of the Department of Religious Culture, said: "This event comes within the framework of the religious culture plan on raising awareness of the dangers of drugs and their effects and warning the students against falling into the trap of promoters and bad companions, and instil in them the awareness of the necessity of preserving a balanced personality and adhering to Islamic values and morals." The event included a lecture presented by the Royal Oman Police to raise awareness on the dangers of drugs, psychotropic substances and methods of protection against them. The speaker elaborated on the types of drugs and their categories (manufactured, natural, and semi-natural),



AWARENESS DRIVE: The event included a lecture presented by the Royal Oman Police to raise awareness on the dangers of drugs, psychotropic substances and methods of protection against them.



Among the effective programmes for educating students about the dangers of drugs is the presence of a mobile exhibition, which is a bus that puts up an integrated exhibition showing the types of drugs, psychotropic substances, and methods of concealment, smuggling, the prominent cases, etc. The Ministry of Education, in cooperation with the Royal Oman Police, represented by the Directorate-General for Narcotics and Psychotropic Substances Control, seeks to implement awareness and preventive programmes that contribute to protecting students from the dangers of this scourge and ensure that the school children are free from drugs.



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YOUTH EVENTS

Over 2,000 people attend Amad Duqm 22 activities

Times News Service

MUSCAT: The Amad Duqm 22 activities, which attracted over 2,000 visitors on its first day, continue amid the admiration and enjoyment of attendees of youth events and activities in culture, sports, innovation, technology, sustainability, and entertainment.

The event, which will continue for 9 days, is being organised in cooperation with the Public Authority for Special Economic Zones and Free Zones and the Ministry of Culture, Sports and Youth.

Observation of planets

Among the activities taking place in Amad Duqm 22 event comes the observation of planets and celestial bodies as well as various astronomy topics.

A special corner has been arranged for astronomy activities. His Highness Dr. Fares bin Turki Al Said, Director General of Marketing at the Astronomy Technology Foundation Trading, spoke about what this special corner offers for the visitor, "Our participation in Amad Duqm 22 event is motivated by our responsibility to educate the public about astronomy, the history of astronomy around the world, as well as live observations of some celestial bodies, particularly on these days of the year. Such celestial body observation falls under the umbrella of astronomical and scientific tourism".

He added, "It is necessary for visitors and the public to become well-versed in astronomy. Our beloved nation has clear skies and a variety of landscapes from north to south, which inspires astronomy enthusiasts to engage in and enjoy such activities. In fact, it is a chance to inspire the general public to consider the scientific, historical, and entertaining aspects of astronomy, demonstrating that astronomy is, in its simplest definition, the use of our eyes to observe some nearby celestial bodies and the use of astronomical instruments to provide more clearer views than what the naked eye can see.

"Young people are the building blocks of the future, and our establishment works to foster young people's interest in science. Visitors and the general public participating in Amad Duqm 22 event activities will have the



chance to see the sky and hear classic stories about stars from ancient civilisations in addition to learning about Arab heritage. Visitors will have the opportunity to view planets and other celestial bodies through telescopes there. From 8 pm. until the conclusion of the event, we will be in the village", His Highness added.

Gliding

In the presence of a large number of people, Sky Safari team of Oman led by Captain Jamal bin Khamis Al Zadjali (representative of the Omani Committee for Aerial Sports), took part in Amad Duqm 22 event, in front of a sizable crowd. The team displayed flying skills that attracted spectators by decorating the sky of Duqm with the colours of the Sultanate's flag and images of His Majesty Sultan Haitham bin Tarik by raising flags, conducting training programs and Air Tours for visitors and the tourists alike.

Al Zadjali added saying; the objective beyond team's participation was to introduce visitors to this kind of sports and shedding light on the way such sports contribute to attract domestic tourism to Sultanate of Oman, pointing out that the Sky Safari Oman paragliding team including an elected procession of Omani highly-qualified personnel including pilots, trainers and

experienced ground crew that has been highly appreciated by the authorities supervising Amad Duqm 22 event.

The event comes as a mini experimental laboratory for the aspirations of Omani youth. The design and implementation processes were entrusted to a selected group of creative Omani youth to create a vision that combines science, technology, art and entertainment to create a better world.

The Event, which is being held on an area of 500,000 sqm, was designed to simulate a residential village with integrated facilities.

Duqm is suitable for the Event because it encourages immersion in the experience and meditation in an atmosphere of tranquility away from the noise of the city, he furthered.

The activities in "Amad Duqm 22" will be diverse and combine the future vision of youth and brainstorming. They include meditation sessions, an electric bike circuit (scooter), Padel exhibition games, an obstacle course, drones, a remote control car racing circuit, art labs, video games, and backgammon.

There will be as well concerts, astronomy camp and other activities that introduce visitors to the pristine nature of Duqm.

Full story @ timesofoman.com/oman

IN AL DHAHIRAH GOVERNORATE

Four agreements signed for development, service projects

IBRI: Within the context of Al Dhahirah Governorate's Annual Plan, four agreements were signed on Sunday to set up development and service projects in the governorate.

The first agreement provides for the renovation of Wilayat of Yanqul Market and setting up sunshades in car parking areas.

The second deals with the development of the Municipality Park in the Wilayat of Dhank and includes the installation of sunshades and public utilities.

The third agreement provides for the construction of a 2-km road



in Wadi Al Hareem as part of the first phase of a municipal project.

The fourth agreement mandates the development of the Municipality Market in the Wilayat of Ibri.

The project includes green-

ing open areas, installing lights around the marketplace and renovating the shopping area's façade.

The agreements were signed by Najeeb Ali Al Rawas, Governor of Al Dhahirah. — **ONA**



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PROMISING DESTINATION

Ample scope for adventure tourism, mountain climbing

MUSCAT: Adventure tourism in the Sultanate of Oman is very popular as tourists can enjoy a unique and new experience throughout the country by climbing mountains and travel in valleys, deserts and seas, as the Sultanate of Oman has many ingredients in this sector that make it a promising destination.

Adventure tourism is a popular sport with a large and promising market, in addition to it being one of the most prominent types of tourism in the Sultanate of Oman due to its geographical and climatic diversity.

Dawood bin Sulaiman Al Rashidi, Director of the Department of Tourism Product Development at the Ministry of Heritage and Tourism, said: "The Sultanate of Oman is unique in its various natural resources and has potential to become one of the best tourist destinations in



the world for adventure tourism activities. The ministry is currently working on exchanging ideas and visuals and presenting practical experiences so that this product is able to grow with a high methodology and professionalism, in coordination with the public and private sectors and interested individuals.

"The ministry is seeking to raise awareness of the importance of providing security and safety requirements for operators and practitioners of adventure tourism activities and trying to help them get the benefit that individuals and local communities aspire to get from adventure tourism." — **ONA**



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91/2022/MT CIT/HQ-18 (Recall - 1)	STUDY, DESIGN & DEVELOPMENT OF DIGITAL TRANSFORMATION IDENTITY	27-11-2022	11-12-2022	25-12-2022	Experienced Companies And Registered With The Secretariat General of Tender Board (All Grades)	(25/-) Twenty-five Omani Rial Non-Refundable

Interested Companies registered with the secretariat general of Tender Board may obtain Tender documents from the E-Tendering website: <https://etendering.tenderboard.gov.om>. Tenders should be submitted online on given website. The Tenderer should enclose Bank Guarantee issued by local bank in the Sultanate of Oman for the value of (1%) of the Tender value validity for (90) days, and addressed to (Chairman of the Internal Tender Committee).

CORRESPONDANCE:
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INTERNAL TENDER COMMITTEE

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NUCLEAR FORCE

North Korea aims for world's strongest nuclear force

PYONGYANG: North Korean leader Kim Jong Un said his country's ultimate goal is to possess the world's most powerful nuclear force, state media reported on Sunday. According to Kim, building a nuclear force to protect North Korea and its people is "the greatest and most important revolutionary cause, and its ultimate goal is to possess the world's most powerful strategic force, the absolute force unprecedented in the century."



Kim made the comments as he promoted dozens of officials involved in the recent test of a Hwasong-17, a new type of intercontinental ballistic missile (ICBM),

which he described as "the world's strongest strategic weapon." North Korean scientists have made a "wonderful leap forward in the development of the technology of mounting nuclear warheads on ballistic missiles," Kim said, without elaborating. Meanwhile, North Korea's powerful Standing Committee of the Supreme People's Assembly awarded the Hwasong-17 missile the title of "DPRK Hero and Gold Star Medal and Order of

National Flag 1st Class," KCNA reported in another statement, using the initials of the country's official name, the Democratic People's Republic of Korea. "(The missile) clearly proved before the world that the DPRK is a full-fledged nuclear power capable of standing against the nuclear supremacy of the U.S. imperialists and fully demonstrated its might as the most powerful ICBM state," KCNA said. **aw**



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Tender Announcement RESIDENTIAL/COMMERCIAL LAND FOR SALE



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CRITICISM

Trump under fire for dinner with white supremacist

WASHINGTON: Former US President Donald Trump has stirred up controversy after hosting a dinner at his Mar-a-Lago estate on Tuesday.

In attendance was the rapper

formerly known as Kanye West, who has been criticized for making anti-Semitic remarks.

Just days into his third campaign for the White House, Trump had dinner with West on

Tuesday at his Mar-a-Lago club.

West, who is now known as "Ye," was accompanied by Nick Fuentes, a far-right activist with a history of making racist and anti-Semitic remarks. **am**





FIFA WORLD CUP QATAR 2022

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FIFA WORLD CUP Qatar 2022



Morocco produced the latest Qatar 2022 surprise by beating Belgium to boost their hopes of reaching the last-16 for the first time since 1986.

DOHA: Morocco gave their hopes of progress to the round of 16 of Qatar 2022 a huge boost by shocking Belgium in a Group F match at Al Thumama Stadium on Sunday, winning 2-0 through late goals by substitutes Abdelhamid Sabiri and Zakaria Aboukhmal.

Sabiri broke the deadlock with 17 minutes left with a free-kick swung in from a position wide on the left, just a metre or two from the touchline which beat Thibaut Courtois at his near post. Aboukhmal then ended any doubt by flashing a shot past Courtois from a cutback by the impressive Hakim Ziyech.

Roberto Martinez's 2018 semi-finalists would have progressed to the last-16 with a victory but, as in their narrow opening win over Canada, they failed to find top gear and may now have to beat Croatia in their last group game to qualify.

The north Africans have not reached the knockout rounds since 1986 when they beat Portugal 3-1 to reach the last-16. Yet they are superbly disciplined and with a game against Canada

to come they will believe in their chances of going further after what was their first victory at the World Cup since beating Scotland 3-0 in 1998.

Morocco had to make a last-minute change to their starting XI when goalkeeper Yassine Bounou pulled out after the anthems – for reasons not yet specified – and was replaced by Monir Al Kajoui. The understudy made an early save to settle any nerves when smothering a Michy Batshuayi attempt at close range.

Morocco had the majority of the crowd at Al Thumama Stadium on their side and they thought they had given them a goal to celebrate in stoppage time at the end of the first half when Ziyech whipped in a free-kick from wide on the right that beat Courtois at his near post. However, Romain Saiss, standing right in front of the goalkeeper, was ruled offside after a VAR check. Saiss would repeat the trick of obscuring Courtois' view for the breakthrough goal.

The Red Devils' fell to their first loss in the group stage of the World Cup since Saudi Arabia beat them at USA 94.

Key moment
Sabiri's introduction after 68 minutes was his cue to spark arguably Morocco's greatest World Cup victory. He still has not started a game for his country but took just five minutes to score the most important goal of his life on what was his fourth international outing, catching Courtois by surprise at his near post. Morocco have now gone six games without conceding a goal. - FIFA

TODAY'S MATCHES			
Group G 2pm (Oman time) CAMEROON VS SERBIA Al Janoub Stadium	Group H 5pm SOUTH KOREA VS GHANA Education City Stadium	Group G 8pm BRAZIL VS SWITZERLAND Stadium 974	Group H 11 pm PORTUGAL VS URUGUAY Lusail Stadium



FIFA WORLD CUP Qatar 2022

TEAM STANDINGS

As of November 27, 8pm

Group A									
	COUNTRY	MP	W	D	L	GF	GA	PTS	
	Netherlands	2	1	1	0	3	1	4	
	Ecuador	2	1	1	0	3	1	4	
	Senegal	2	1	0	1	3	3	3	
	Qatar	2	0	0	2	1	5	0	

Group B									
	COUNTRY	MP	W	D	L	GF	GA	PTS	
	England	2	1	1	0	6	2	4	
	Iran	2	1	0	1	4	6	3	
	USA	2	0	2	0	1	1	2	
	Wales	2	0	1	1	1	3	1	

Group C									
	COUNTRY	MP	W	D	L	GF	GA	PTS	
	Poland	2	1	1	0	2	0	4	
	Argentina	2	1	0	1	3	2	3	
	Saudi Arabia	2	1	0	1	2	3	3	
	Mexico	2	0	1	1	0	2	1	

Group D									
	COUNTRY	MP	W	D	L	GF	GA	PTS	
	France	2	2	0	0	6	2	6	
	Australia	2	1	0	1	2	4	3	
	Denmark	2	0	1	1	1	2	1	
	Tunisia	2	0	1	1	0	1	1	

Group E									
	COUNTRY	MP	W	D	L	GF	GA	PTS	
	Spain	1	1	0	0	7	0	3	
	Japan	2	1	0	1	2	2	3	
	Costa Rica	2	1	0	1	1	7	3	
	Germany	1	0	0	1	1	2	0	

Group F									
	COUNTRY	MP	W	D	L	GF	GA	PTS	
	Morocco	2	1	1	0	2	0	4	
	Belgium	2	1	0	1	1	2	3	
	Croatia	1	0	1	0	0	0	1	
	Canada	1	0	0	1	0	1	0	

Group G									
	COUNTRY	MP	W	D	L	GF	GA	PTS	
	Brazil	1	1	0	0	2	0	3	
	Switzerland	1	1	0	0	1	0	3	
	Cameroon	1	0	0	1	0	1	0	
	Serbia	1	0	0	1	0	2	0	

Group H									
	COUNTRY	MP	W	D	L	GF	GA	PTS	
	Portugal	1	1	0	0	3	2	3	
	South Korea	1	0	1	0	0	0	1	
	Uruguay	1	0	1	0	0	0	1	
	Ghana	1	0	0	1	2	3	0	

GROUP E

Costa Rica bounce back with victory over Japan

DOHA: Costa Rica picked themselves up off the floor to snatch a late 1-0 victory over Japan at the Ahmad Bin Ali Stadium in Sunday's opening fixture.

Humiliated 7-0 by Spain in their first match, Luis Fernando Suarez's side showed impressive character to bounce back and snatch the three points through a goal in the 81st minute by Fuller.

The old saying about football being a rollercoaster applies just as equally to Japan who missed the opportunity to book their place in the last-16 as they fell to earth with a bang after their opening win against Germany.

The game lacked a spark in a subdued first half but Japan coach Hajime Moriyasu responded by sending on Takuma Asano and Hiroki Ito in place of Yuto Nagatomo and Ayase Ueda and his side stepped up a gear straight away.

They had three attempts inside five minutes after the restart, notably a strike from Hidemasa Morita which Keylor Navas palmed away.

As for Costa Rica, they had to



wait until the 81st minute when Fuller struck.

The closest Japan came to an equaliser was in the 88th minute when Morita cut the ball back for Daichi Kamada whose low shot was blocked by Navas, with Costa Rica surviving the goal-mouth scramble that followed.

Key moment
In a match low on goalmouth incident, it has to be the only goal. Fuller saw Shuichi Gonda slightly off his line and profited with a lobbed shot which the Japan goalkeeper got a hand to but failed to stop falling into the net behind him. - FIFA

GROUP C

Proud of my team: Renard

AL RAYYAN: Following his side's loss to Poland in their Group C match at the FIFA World Cup on Saturday, Saudi Arabia coach Herve Renard said that he is proud of his team and it will play until the last second of the tournament without giving up.

Goals from Piotr Zielinski and Robert Lewandowski and a penalty save from Wojciech Szczesny gave Poland a 2-0 win in a Group C match against Saudi Arabia here at Education City Stadium.

"We are still alive," Renard was quoted as saying by Sky Sports.

"We will play until the last second of our World Cup, if it is next time [against Mexico] or another time, we would not give up.



"I am just proud of them. I know them perfectly now. I know they are sad. Some of them feel guilty but football is a team game."

"Sometimes you get success, today we failed, so we are failing together. But we have one more game and I hope, a second one and maybe more.

"It is important to stay concentrated and think about November 30 [the game against Mexico]," concluded the coach.

- ANI



MERCURIAL MESSI EQUALS MARADONA



Argentine genius moved level with Diego Maradona's eight goals in Argentina's World Cup scoring chart with a strike in 2-0 win over Mexico



DOHA: The evening at Lusail Stadium on Saturday seemed like a microcosm of all the World Cup frustrations Argentina have suffered this century. With 64 minutes gone against Mexico, the Albiceleste faithful were growing exasperated at another disappointing performance. The tension in the stands and on the pitch was palpable.

The clock continued to tick down relentlessly, causing collective heart rates to rise as the South Americans' situation became increasingly precarious. A draw would not end their chances of making the round of 16, but it would certainly make life much more difficult.

But Messi had not given up, and the magical moment would soon arrive. Angel Di Maria picked up the ball on the left flank and surveyed his options. After a second or two of careful consideration, he spotted the iconic No 10 – offered too much space by a Mexican defence that had been extremely vigilant up until that point – on the edge of the area.

What happened next was written in the stars: Messi gracefully took the bobbling pass in his stride and slammed a low, left-

footed shot past the outstretched arm of Guillermo Ochoa into the bottom-right corner of the net.

The goal was more than a simple change to the scoreboard, more than a method of victory, more than the collection of three essential points; it provided relief.

Messi, yelling with delight, immediately sprinted towards the stands where his compatriots, who have been dreaming of World Cup glory ever since the long-awaited Copa America triumph last year, were rejoicing en masse.

Amid the chaos and impending despair, Messi was calmness personified. When the Argentinians rushed their passes and struggled to break down the seemingly impenetrable rearguard put in place by Mexico coach Gerardo Martino, Messi exuded composure.

"It was a tricky game for us to bounce back in, because Mexico are a good team," he explained

post-match. "We played with a bit too much intensity in the first half, but in the second half we calmed things down a little and went back to our usual game."

It was a hugely significant match for the 35-year-old, for his long-time ambition of lifting football's most illustrious trophy, and for his legacy. From the moment that the Argentinian national anthem resounded around the stadium, when Messi proceeded to sing his heart out to the point of losing his voice, bringing to mind images of Diego Maradona, it was clear to observers in Lusail that he was not going to treat this like any other game.

The German philosopher Arthur Schopenhauer believed that 'talent achieves what others cannot achieve, whereas genius achieves what others cannot imagine', and no other player apart from Messi could have imagined

the strike that broke the deadlock.

Enzo Fernandez, the former River Plate midfielder who earned a spot in Lionel Scaloni's 26-man Qatar 2022 squad on the back of just a handful of strong displays for Benfica, would seal the victory. As stoppage time ticked away, Messi looked at referee Daniele Orsato, beseeching him to blow his whistle, to end the match, to put a stop to what had been an ordeal until his goal – a goal that enabled him to draw level with Maradona, who found the net eight times at the World Cup.

The genius had accomplished his mission, but prior to heading to the dressing room for some much-deserved rest, he led his team-mates over to their ecstatic supporters and joined in with the latest Albiceleste World Cup chant, which touches on what it feels like to be from Argentina and the nation's desire to be crowned world champions.

One thing was certain in Lusail: the Argentinians were very much alive. - **FIFA+**

GROUP D

KYLIAN MBAPPE: MILESTONE MAN



DOHA: When it comes to comparing modern-day greats with legends of the past, the name of Kylian Mbappe tends to pop up more than most. The prodigious No 10 has certainly hit the ground running at this World Cup, helping France to become the first country through to the last-16 as he glides between defenders seemingly at will, writing new pages in the history of French football while he does it.

Mbappe at the World Cup is a story that first began four years ago of course, when he followed in the footsteps of none other than Pele, most notably by becoming the first player under the age of 20 to score in the final at the 2018 World Cup in Moscow, Russia.

Now 23, he has picked up in Qatar where he left off in Russia, with Australian and Danish defences trying and failing to shackle him. Already this tournament, he has become the first player since Pele to score seven goals in World Cups before the age of 24 (with his birthday coming on 20 December). The records continue to tumble.

Mbappe's double against Denmark moved him ahead of Thierry Henry in France's all-time World Cup goalscoring chart. He has now struck seven times in the competition – one more than the Arsenal legend.

"I've said this before – you'd rather have Kylian in your team than playing against you," centre-back Dayot Upamecano told *FIFA+*. "We know how good he is, we need him and we'll carry on needing him."

Without yet more stand-out performances from him, *Les Bleus* might even have succumbed to the curse of the defending champions going out after just two matches at the World Cup.

At the Stadium 974 on Sat-

urday evening, the Paris-born forward drew level in the French footballing pantheon with another legendary No 10 by the name of Zinedine Zidane, who scored 31 goals in 108 appearances. While he plays in a more advanced role, it has taken Mbappe just 61 caps to equal that feat.

His team-mates cannot speak highly enough of him, captain Hugo Lloris among them. "Denmark refused to go away all night but we know that we can always count on Kylian," the keeper said to *FIFA+*.

With three goals in two games already in Qatar, Mbappe now has yet another record to his name – that of scoring at least three goals in consecutive World Cups as he is the first French player to do so. His stats have already put him alongside Pele and Zidane, and other legends of the game are now either nervously looking over the shoulders or already doffing their cap as the Frenchman cruises past them.

In terms of all-time scoring at the World Cup, Mbappe is now level on seven goals with Argentina's Lionel Messi and ahead of Neymar from Brazil and Germany's Lothar Matthaus (both on six). - **FIFA+**

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MSX INDEX ENDS HIGHER

The MSX index closed at 4,607.25 points, up by 1.14 per cent from the previous close. The Sharia Index ended up by 0.22 per cent at 464.17 points. Al Anwar Ceramics, up 9.70 per cent, was the top gainer while Dhofar Beverages, down 9.83 per cent, was the top loser.

CONTAINERISED SHIPMENT

Al Mazyona Free Zone receives its first shipment from Ningbo Port in China



Times News Service

MUSCAT: Al Mazyona Free Zone received the first containerised shipment arriving directly from the port of Ningbo in China. The shipment was received in coordination with the Port of Salalah through Arabian Silk Line Trading and Marine Services company.

The Port of Salalah, a major Arab Gulf regional gateway port and transshipment hub on the

Arabian Sea, partnered with Maersk to launch a new multimodal transport solution to the Al Mazyona free zone as part of their regional strategy.

Designed to facilitate inland services, the new offering extends beyond the port and includes securing customs clearances and bonded trucking services to Salalah and Al Mazyona free zones hubs under carrier haulage.

The new service reduces lead

time and allows access to multiple markets. It also aims to support the growth of SMEs in Oman and Yemen and attract new investors which are also aligned with the Oman 2040 vision.

The Port of Salalah and Maersk have just completed the first trial shipment from China delivered to Mazyona FZ. The subject shipment was loaded in the Chinese port of Ningbo and arrived in Mazyona with a total transit time of

25 days. This makes Salalah the best choice for Yemen gateway, a major share of which otherwise was discharged in neighbouring ports and routed across the border through Oman. This new corridor will help Yemeni importers to save costs and transit time. Maersk has confirmed its commitment to creating the required capacity, connectivity and contracts to scale this up, thereby also benefitting the local companies in Oman.

BANKING & FINANCE

Summit to commemorate 10th anniversary of Islamic banking

MUSCAT: To commemorate the 10th anniversary of Islamic banking in Oman, the 2022 edition of Alam Al-Iktisaad Islamic Banking & Finance summit, presented by Bank Nizwa, will be held on November 29 at Hotel Crowne Plaza, Qurum.

His Highness Sayyid Fahr bin Fatik Al Said will be the chief guest. The event hosted by Shaikh Salim bin Mustahail Al Mashani. Tahir Al Amri, Executive President of the Central Bank of Oman will be the guest of honour and keynote speaker.

The summit will explore and showcase trends, innovations and tech solutions driving the growth of Islamic banking & finance and related fintech. Through presentations and discussions, the leading Islamic banking and finance and fintech experts from Oman and the international market will share insights on new market developments and debate the focus areas for Omani Islamic financial institutions.

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MSX index ends higher

Al Anwar Ceramics, up 9.70 per cent, was the top gainer while Dhofar Beverages, down 9.83 per cent, was the top loser



MUSCAT: The MSX index closed at 4,607.25 points, up by 1.14 per cent from the previous close. The Sharia Index ended up by 0.22 per cent at 464.17 points. Al Anwar Ceramics, up 9.70 per cent, was the top gainer while Dhofar Beverages, down 9.83 per cent, was the top loser. Shares of Bank Muscat were the most active in terms of the number of shares traded as well as in terms of turnover.

A total number of 531 trades were executed during the day's trading session, generating a turnover of OMR44.44 million, with more than 19.43 million shares changing hands. Out of 47 traded securities, 20 advanced, 15 declined, and 12 remained unchanged. At the session close, domestic investors were net sellers for OMR744,000 while GCC & Arab investors were net buyers for OMR699,000, followed by foreign investors for OMR45,000 worth of shares.

Financial Index closed at 7,467.25 points, up 1.17 per cent. Prices of Muscat Finance, Global Financial Investments, Al Anwar Investment, Ominvest, and Oman Arab Bank were up by 5.36 per cent, 3.85 per cent, 2.74 per cent,

2.69 per cent and 2.59 per cent respectively. Prices of Takaful Oman, Oman United Insurance, Al Madina Takaful, Al Sharqia Investment, and Taageer Finance were down by 9.70 per cent, 5.26 per cent, 2.35 per cent, 1.41 per cent and 1.05 per cent respectively.

Industrial Index closed at 6,098.08 points, down 0.02 per cent. Prices of Al Anwar Ceramics and Gulf Mushroom Products were up by 9.70 per cent and 4.44 per cent respectively. Prices of Dhofar Beverages, Jazeera Steel Products, National Aluminium, A'Saffa Foods, and Voltamp Energy were down by 9.83 per cent, 5.58 per cent, 3.90 per cent, 3.70 per cent and 2.15 per cent respectively.

Services Index was up by 0.48 per cent before closing at 1,543.22 points. Prices of Sembcorp Salalah, SMN Power Holding, Oman Telecom, National Gas, and Oman National Engineering were up by 8.62 per cent, 2.78 per cent, 2.36 per cent, 2.02 per cent and 1.85 per cent respectively. Prices of Dhofar Generating, Jazeera Services were down by 8.70 per cent, 2.22 per cent and 0.46 per cent respectively. — **United Securities**

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INDICES

Index	High	Low	Value	Prev. Value	Diff.	Diff %
MSX 30 INDEX	4,614.42	4,561.03	4,607.25	4,555.21	52.04	1.14
FINANCIAL INDEX	7,476.44	7,390.07	7,467.25	7,380.74	86.51	1.17
Industry Index	6,115.86	6,079.11	6,098.08	6,099.33	-1.24	-0.02
Services Index	1,547.89	1,535.81	1,543.22	1,535.81	7.41	0.48
MSX Shariah Index	465.53	463.13	464.17	463.15	1.02	0.22
MSX TR INDEX	5,821.94	5,754.57	5,812.89	5,747.23	65.66	1.14
FINANCIAL TR IDX	7,823.26	7,732.89	7,813.64	7,723.12	90.52	1.17
SERVICES TR IDX	1,618.21	1,605.58	1,613.33	1,605.58	7.75	0.48
INDUSTRIAL TR IDX	6,367.37	6,329.11	6,350.62	6,350.62	0.00	0.00

Trading Summary

Volume	Turnover	Trades	Market Cap	Up	Down	Equal	Sec. Traded
19,439,776	4,439,097	531	23,489,813,293	20	15	12	47

SHARE PRICE BULLETIN FOR SUNDAY, NOVEMBER 27

REGULAR MARKET

IDN	SECURITY NAME	VOLUME	TURNOVER	TRADES	OPEN PRICE	HIGH	LOW	CLOSE PR	PREV. CLOSE	DIFF (OMR)	DIFF %	LAST PD	LAST HD	LAST OFFR	PRE VALUE	MARKET CAP
OM0000002168	AL ANWAR CERAMIC	40,633	13,996	5	0.342	0.362	0.342	0.362	0.330	0.032	9.697	0.362	0.340	0.362	0.100	78,640,000
OM0000003125	GLOBAL INV H	13,890	750	3	0.054	0.054	0.054	0.054	0.052	0.002	3.846	0.054	0.051	0.054	0.100	10,800,000
OM0000001533	OMINVEST	1,223,000	464,880	7	0.386	0.386	0.380	0.382	0.372	0.010	2.688	0.382	0.382	0.392	0.100	255,315,593
OM0000003026	OMAN TELECOM	603,251	523,571	17	0.848	0.868	0.848	0.868	0.848	0.020	2.358	0.868	0.852	0.868	0.100	851,000,000
OM0000003389	SHARH INT BANK	1,287,084	135,477	33	0.105	0.106	0.105	0.106	0.104	0.002	1.923	0.106	0.105	0.106	0.100	486,565,600
OM0000001152	OMAN NAT ENG	60,001	6,540	6	0.109	0.110	0.109	0.110	0.108	0.002	1.852	0.110	0.109	0.113	0.100	15,400,000
OM0000002200	AHLI BANK	5,000	760	1	0.152	0.152	0.152	0.152	0.150	0.002	1.333	0.152	0.152	0.165	0.100	296,347,935
OM0000002796	BANK MUSCAT	4,019,534	1,125,736	118	0.277	0.281	0.277	0.280	0.277	0.003	1.083	0.280	0.280	0.280	0.100	2,101,791,177
OM0000001485	NATIONAL BANK OMAN	2,520,000	730,800	13	0.290	0.290	0.290	0.290	0.290	0.000	0.000	0.290	0.290	0.290	0.100	471,524,443
OM0000001525	OMAN INVST&FIN	268,000	34,870	12	0.130	0.133	0.130	0.130	0.130	0.000	0.000	0.130	0.130	0.132	0.100	30,810,000
OM0000001707	OMAN CABLES INDSTR	8,000	12,720	6	1.590	1.590	1.590	1.590	1.590	0.000	0.000	1.590	0.000	1.590	0.100	142,623,000
OM0000001749	OMAN CEMENT	40,348	12,104	1	0.300	0.300	0.300	0.300	0.300	0.000	0.000	0.300	0.297	0.320	0.100	99,261,813
OM0000002226	ALJAZEERA SERVICES	189,640	40,925	9	0.216	0.216	0.215	0.215	0.216	-0.001	-0.463	0.215	0.215	0.217	0.100	13,158,919
OM0000003281	TAAGEER FINANCE	150,000	14,100	4	0.094	0.094	0.094	0.094	0.095	-0.001	-1.053	0.094	0.092	0.094	0.100	24,314,209
OM0000001400	OMAN FLOUR MILLS	2,000	1,200	1	0.600	0.600	0.600	0.600	0.608	-0.008	-1.316	0.600	0.600	0.640	0.100	94,500,000
OM0000002440	AL SHARQIA INV	53,516	3,746	2	0.070	0.070	0.070	0.070	0.071	-0.001	-1.408	0.070	0.070	0.075	0.100	6,300,000
OM0000003224	RENAISSANCE SER	407,500	182,084	18	0.448	0.450	0.440	0.440	0.450	-0.010	-2.222	0.440	0.440	0.442	0.100	104,020,400
OM0000001087	OMAN UNITED INSUR	50,000	13,500	2	0.270	0.270	0.270	0.270	0.285	-0.015	-5.263	0.270	0.270	0.285	0.100	27,000,000
OM0000002176	JAZEERA STEEL PROD	99,800	20,280	1	0.202	0.202	0.202	0.202	0.215	-0.012	-5.861	0.202	0.202	0.210	0.100	25,354,286
OM0000007407	DHOFAR GENERATING	35,000	1,570	2	0.046	0.046	0.042	0.042	0.046	-0.004	-8.696	0.042	0.046	0.045	0.100	9,334,080
Total		20	11,076,697	3,339,608	261											

Parallel Market

OM0000008447	OMAN REIT FUND	6,500	527	2	0.081	0.081	0.081	0.081	0.074	0.007	9.459	0.081	0.078	0.081	0.100	38,166,097
OM0000004735	SEMBORP SALALAH	476,115	28,206	17	0.058	0.063	0.058	0.063	0.058	0.005	8.621	0.063	0.059	0.063	0.100	60,138,033
OM0000001590	MUSCAT FINANCE	24,350	1,404	5	0.057	0.059	0.057	0.059	0.056	0.003	5.357	0.059	0.058	0.059	0.100	18,121,633
OM0000002297	GULF MUSHROOM P	2,500	468	2	0.186	0.186	0.186	0.186	0.186	0.000	0.000	0.186	0.186	0.186	0.100	9,777,239
OM0000004248	SMN POWER HOLDING	201,159	7,343	8	0.036	0.039	0.036	0.037	0.036	0.001	2.778	0.037	0.035	0.038	0.100	7,386,517
OM0000001772	ALANWAR INVESTMENT	35,400	26,380	8	0.073	0.075	0.073	0.075	0.073	0.002	2.740	0.075	0.075	0.076	0.100	15,000,000
OM0000005380	OMAN ARAB BANK	3,715	400	1	0.109	0.119	0.109	0.119	0.116	0.003	2.586	0.119	0.118	0.125	0.100	186,650,790
OM0000002366	AL BATINAH DEV	2,139	100	1	0.047	0.047	0.047	0.047	0.046	0.001	2.174	0.047	0.047	0.047	0.100	1,410,000
OM0000001160	NATIONAL GAS	17,752	1,818	11	0.103	0.103	0.101	0.101	0.099	0.002	2.020	0.101	0.101	0.102	0.100	8,585,000
OM0000001517	HSCB BANK OMAN	3,006,391	576,971	58	0.157	0.160	0.157	0.160	0.157	0.003	1.911	0.160	0.157	0.165	0.100	320,050,046
OM0000002549	BANK DHOFAR	905,625	138,587	14	0.152	0.153	0.152	0.153	0.152	0.001	0.658	0.153	0.153	0.167	0.100	458,441,770
OM0000001568	OMAN FISHERIES	10,000	985	3	0.099	0.099	0.098	0.098	0.098	0.000	0.000	0.098	0.098	0.099	0.100	1,7843,683
OM0000002028	GULF INT CHEMI	1,500	119	1	0.079	0.079	0.079	0.079	0.079	0.000	0.000	0.079	0.079	0.079	0.100	1,659,000
OM0000002275	SHELL OMAN MKK	1,000	808	2	0.808	0.808	0.808	0.808	0.808	0.000	0.000	0.808	0.808	0.880	0.100	76,760,000
OM0000002521	GALPAR ENGINEER	1,054,244	180,066	36	0.175	0.177	0.174	0.177	0.177	0.000	0.000	0.177	0.174	0.177	0.100	18,169,397
OM0000004420	BANK NIZWA	347,976	33,304	21	0.096	0.096	0.095	0.095	0.095	0.000	0.000	0.095	0.095	0.100	0.100	212,510,538
OM0000004925	ALBATINAH POWER	27,800	1,001	2	0.036	0.036	0.036	0.036	0.036	0.000	0.000	0.036	0.035	0.036	0.100	24,295,947
OM0000004933	AL SUWADI POWER	961,852	33,658	27	0.035	0.035	0.035	0.035	0.035	0.000	0.000	0.035	0.034	0.035	0.100	25,004,222
OM0000007084	MCT DESALINATE	10,000	1,170	1	0.117	0.117	0.117	0.117	0.117	0.000	0.000	0.117	0.117	0.117	0.100	18,169,397
OM0000001426	OMAN REFRESHMENT	100	160	1	1.600	1.600	1.600	1.600	1.615	-0.015	-9.299	1.600	1.600	0.000	0.100	80,000,000
OM0000003661	VOLTAMP ENERGY	157,670	14,645	3	0.093	0.093	0.091	0.091	0.093	-0.002	-2.151	0.091	0.091	0.095	0.100	7,407,650
OM0000002775	MADINA TAKAFUL	75,250	6,231	11	0.085	0.085	0.081	0.083	0.085	-0.002	-2.353	0.083	0.081	0.084	0.100	14,525,000
OM0000002804	ASAFRA FOODS	4,000	1,040	3	0.260	0.260	0.260	0.260	0.270	-0.010	-3.704	0.260	0.255	0.260	0.100	31,200,000
OM0000001319	ALUMINIUM PROD	68,335	5,061	9	0.084	0.084	0.074	0.074	0.077	-0.003	-3.896	0.074	0.075	0.077	0.100	2,484,287
OM0000004776	TAKAFUL OMAN	12,110	529	2	0.047	0.047	0.043	0.043	0.047	-0.004	-8.511	0.043	0.045	0.043	0.100	10,750,000
OM0000001251	DHOFAR BEVERAGES	180	38	1	0.211	0.211	0.211	0.211	0.234	-0.023	-8.929	0.211	0.000	0.000	0.100	4,220,000
Total		26	8,313,684	1,061,182	251											



DIABETES EDUCATION

A WAY TO PROTECT YOUR TOMORROW

PREDIABETES: Prediabetes is a condition in which the blood sugar is higher than normal range, but it's not high enough to be considered as type 2 diabetes. In simple terms it is borderline diabetes.

SYMPTOMS OF PREDIABETES: Common symptoms are tiredness, excess thirst, blurred vision, post meal drowsiness. Many individuals have no symptoms.

STEPS TO TREAT PREDIABETES:
IT IS REVERSIBLE

- Eat a healthy diet and lose weight. Losing 5% to 10% of the weight can make a huge difference.
- Exercise regularly. Choose something you enjoy, like walking or cycling. Try to get at least 30 minutes a day, 5 days a week. You can start with less time and increase your way gradually.
- Stop smoking and drinking.



THE MOST COMMON OPTED WAYS FOR WEIGHT LOSS		
DIET	DESCRIPTION	COMMENT
SKIPPING MEALS OR EATING ONE MEAL A DAY (OMAD DIET)	Eating one big meal a day results in fatigue, disorientation, gastrointestinal disturbances constipation and causes nutritional deficiencies	Not a right choice.
KETO DIET 	Keto diet is a high fat, moderate protein, very low carb diet. A rapid short term way to weight loss which is not suitable for all. As body needs carbohydrates to perform the body functions, cutting off carbohydrates for long period of time results in deficiencies and the most common effect is renal dysfunction when not followed accurately. People who have Dyslipidemia, proteinuria, kidney disease, liver disease and females with pregnancy, lactation and adolescents in growth period should avoid keto diet.	NOT recommended for all. Can be opted for rapid short term weight loss after medical evaluation. Not ideal for prediabetes.
INTERMITTENT FASTING 	Intermittent fasting 16:8 is a time-restricted way of eating where an individual fast for 16 hours of the day and only consume food within an eight-hour window. Remember during intermittent fasting one can drink water, black tea, green tea without sugar in 16 hours avoiding food. Some people follow this diet daily, while others choose to do it a few days a week for weight loss, intermittent fasting can be used for a range of other health benefits its known to improve heart health and lowers blood pressure.	It is good but should be practised by eating healthy and portion controlled meals during the eating window.
MEDITERRANEAN DIET 	It's a good choice as it allows variety of foods like fruits, vegetables, whole grains, beans, nuts, legumes, olive oil herbs. Eating seafood and fish at least twice a week. Poultry, eggs, cheese and yoghurt in moderation. Red meats and sweets are best reserved as occasional treats.	Good choice, Encourages healthy eating.

How to lose weight in a healthy way to prevent diabetes

SIMPLE LOW CARBOHYDRATE DIET WITH EXERCISE:

This is the most sustainable and right approach for weight loss and helps in reversal of prediabetes. Don't avoid carbohydrates completely. You can plan your own budget-friendly meals which suits your work and home environment. Important things to keep in mind.

- Choose whole grains instead of refined cereals as white bread and refined cereals lack fibre and raises blood sugar quickly.
- Divide your meals into 4 to 5 small meals rather than 3 big meals.
- Keep in mind portion control specially about carbohydrates like cereals and grains, lentils and fruits.
- Choose a whole fruit instead of juice or milk shake, divide your fruits intake in 2-3 snacks rather than 1 big treat. Avoid eating fruits with high carbohydrate main meals.
- Add protein in each meal choose healthy options like egg, low fat cheese beans, lentils, lean meats, yoghurt, nuts as it provides satiety and helps in better post prandial sugar control.
- Avoid eating heavy meals at late night.
- Certain foods like fenugreek seeds, cinnamon, flax seeds, okra helps in improving blood sugar readings.

Aim for 7 percent of weight loss if you are over weight and obese. Lowering weight reduces the risk of type 2 diabetes by 58 percent. Focus on lifestyle change by being more active. Avoid eating carbohydrate dense meals with added sugars. This pattern of healthy eating will delay the early onset of diabetes.

Sumaira Fatima Mirza

The author is a clinical dietitian at IMC Apollo Sugar

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SPORTS



Stage set for grand finale of world para sailing championships in Mussanah

Organised by Oman Sail, 39 teams from 19 nations – the largest of all para sailing events worldwide in 2022 – have raced over four days at the Barceló Mussanah Resort

Times News Service

MUSCAT: The stage is set for an exciting battle for the top honours in the 2022 RS Venture Connect World Championships when the Grand Final will be held on the final day on Sunday following the conclusion of an exciting last day of fleet racing on Saturday.

Organised by Oman Sail, 39 teams from 19 nations – the largest of all para sailing events worldwide in 2022 – have raced over four days at the Barceló Mussanah



Resort with the last teams qualifying for the final in the last race of the day.

Oman's Sultan Al Wahaibi and Ahmed Al Balushi finished top of the Open category, and first place overall, with four first places and two second places from the seven

races and earning a three-point lead at the top. Jens Kroker and Sabine Kroker-Hohmann finished second, two points ahead of Christopher Symonds and Manuela Klingler of Australia.

Piotr Cichocki and Olga Gornas-Grudzien of Poland ended the fleet

racing on top of the Para category, three points ahead of Sweden's Fia Fjeldahl and Patric Rosenberg. Ange Margaron and Olivier Ducruix of France are in third, level on points with second and just one point ahead of fourth.

Malik Al Qartobi and Ghalia Al

Jabri ended the day in 13th with Zaher Al Atbi and Ali Al Ghasaini close behind in 18th. Teammates Rayyan Al Mujaini and Hamed Al Subhi, and Hassan Al Lawati and Sami Al Sulaimi ended the racing in 20th and 21st respectively, level on points after seven races. Adil

Al Siyabi and Nasser Al Rahbi finished in 25th.

After the end of racing, Sultan Al Wahaibi was happy with his first place overall. He said, "We have been able to maintain our position at the top of the Open category since the first day of the championship, and we are very hopeful of doing even better in the remaining races in order to win the gold medal. The races have been challenging with strong competition between the participating teams. I am aiming to achieve first place in both the Grand Final races."

The top six para teams and top four in the open category will compete in the Grand Final to decide the winners and medallists.

The 2022 RS Venture Connect World Championships have been the first exclusively para sailing event to be held in Oman and helps position the nation as a regional hub for growing the sport across the globe.

The RS Venture Connect World Championships is proudly supported by title sponsor bp Oman, along with the Oman Paralympic Committee, Oman Maritime Sports Committee, Oman Air, the Barceló Mussanah Resort, Tanuf, the International Maritime College Oman (IMCO), RS Sailing, and environmental partners Clean Seas and Environment Society of Oman (ESO).

DESERT CUP 50-OVER SERIES

Canada claim bilateral series honours

Times News Service

MUSCAT: Canada wrapped up a successful tour of the Sultanate of Oman with another dominating win against the hosts to clinch the three-match bilateral 50-over series 2-1 at the Oman Cricket Academy ground on Saturday.

The series victory was an icing on the cake after Canada emerged champions of the four-nation Desert Cup T20I series at the same venue last week. In the final match of the 50-over series, Canada put Oman to bat first and bowled them out to a sub-par score of 166 in 49 overs. Batting display of the hosts has been a matter of concern in the series and the woes continued with Ayaan Khan the top-scorer with 29. Jeremy Gordan and Saad Zafar combined well to wreck the Oman batting line-up with four wickets each.

Zafar was exceptional with figures of 10-3-28-4.

Canada batters have been in good form with the top-order firing and either setting up good total to defend or chasing down total at a quick pace. Openers Aaron Johnson and Srimantha Wijeyeratne along with Pargat Singh proved their calibre during the T20I series and were in good nick during the bilateral series.

Pargat Singh's unbeaten 87 off 69 and Wijeyeratne's unbeaten 58



off 49 helped Canada canter to a huge nine-wicket win as the visitors reached 167/1 in just 23 overs.

Earlier, Oman bounced back from the opening match loss to level the series 1-1 with an eight-wicket victory on Friday. Put to bat first, Canada were bowled out for a paltry 97 in 37 overs with the hosts' bowling attack superb on the day.

Kaleemullah, Mohammed Na-deem, Ayaan Khan and Nester Dhamba picked up two wickets each while Fayyaz Butt and Wasim Ali bagged a wicket apiece. Oman achieved win with Jatinder

Singh (46) and Adeel Shafique (36) sharing an opening stand of 75 in 19.2 overs to put them on course for an easy win as they reached 98/2 in 23.2 overs.

Canada began the bilateral series on a rousing note last Wednesday as they scored 229/9 in the opener and then bowled out Oman for 145 to record a huge 84-run win. Harsh Thaker smashing a solid 75 and Nikhil Dutta playing a 50-ball 47 to guide the team past 200-mark.

Bilal Khan was the most successful bowler with three wickets while Ayaan and skipper Zeeshan

Maqsood claimed two wickets each. Chasing a 230-run target, Oman floundered at the start losing three wickets for 37 inside ten overs. Dutta was the wrecker-in-chief with 4/12 in 5.2 overs. Sandeep Goud (31) and Ayaan Khan (29) provided a semblance of fight as the hosts were bowled out for 145 in 41 st over. Jeremy Gordan and Pargat Singh took two wickets each.

At the end of the series Thaker was the top run-getter with 97 with Pargat Singh scoring 96. Oman's Jatinder Singh was the third best with 69.

WEST ASIA CHAMPIONSHIPS



Oman karate team wins six medals

Times News Service

MUSCAT: Oman karate team came up with encouraging performance at the recently-concluded West Asian Karate Championships that was held in Sharjah, UAE. The national team won a total of six medals including one gold and five bronze.

The Oman Karate Committee (OKC) congratulated the players for their fine display at the international meet where a total of 450 players from 11 countries participated in ten categories in Kata and Kumite.

Saeed bin Ali Al Shabibi won the only gold for Oman in the senior category (67kg class). The bronze medals were won Hazaa Al Jahouri (youth category, -61kg), Mukhtar Al Omari, (under 14,

-40kg), Laith Al Barwani (youth category, -55kg), Mudather Al Batrani (junior category, - 57kg) and Hawra Al Lawati (kata category).

The other players in the national team were Khaleel Al Jabri and Id-ris Al Batrani.

The players competed under the watchful eyes of the national coach Ali bin Saeed Al Shabibi.

Salem bin Hamad Al Mahrouqi, chairman of the Oman Karate Committee, participated in the West Asian Karate Federation (WAKF) meeting that was held under the chairmanship of Dr Ibrahim Al Qannas, WAKF president. Also present was Major General Nasser Al Razouki, vice-president of the International Karate Federation, president of the Asian Federation and the UAE Karate Federation.

SECOND ODI VS INDIA

Ferguson bowled great pace, Henry looked good: NZ coach

HAMILTON: After his side's second ODI against India was washed out, New Zealand coach Gary Stead said that there are still some positives his side walks away with after the match.

The second ODI of the three-match series between India and New Zealand was called off due to rain, with the Men in Blue being able to score 89/1 in 12.5 overs at the time rain intervened for the final time and put any possibility of further action to rest. "We try to take early wickets and put India under pressure.

It became difficult to grip the new ball after the drizzle. It was hard to bring spinners into the game. But Lockie Ferguson bowled at a great pace, Matt Henry was good. A lot of positives to walk away with," said Stead in a post-match press conference.

Stead said that it was disappointed for both the teams and their fans that the match was not complete.

He added that though roofs can be considered during cricket matches if the infrastructure is there, cricket is still a spectacle



that everyone tries is played outside in the sun.

On being the number one ranked ODI side, the coach said rankings are irrelevant to him.

"Once the game starts, it does not matter. We have had a number of consistencies for a long while, like in our selection. We have a number of players that would go down as New Zealand greats. Combine it with the way this side plays for each other, something that it has done well for the past six to eight years," he added.

On Kane Williamson's strike rate in T20Is, the coach said that

the recent T20 World Cup in Australia showed that there is still space and relevance for anchors and batsmanship.

Though Kane has 443 runs in 13 T20I matches with three fifties at an average of 36.91, his SR of 118.76 has come under question.

Put to bat first by the Kiwis, India was at 22/0 in 4.5 overs when rain interrupted the action for the first time. The match was resumed after rain as a 29-overs-per-side affair.

After the match resumed, India lost skipper Shikhar Dhawan to Matt Henry early for just three runs. Following Shikhar's dismissal, Gill and Suryakumar added 66 runs for the second wicket. But rain played the spoilsport again and fans did not get to see any further action from these two exciting sides. Shubman Gill (45* off 42 balls) and Suryakumar Yadav (34* off 25 balls) were at the crease unbeaten.

The third ODI will take place in Christchurch on Wednesday.

In the first ODI, New Zealand defeated India by seven wickets to take a 1-0 lead in the series. -ANI

WEST INDIES GREAT

Former West Indies wicketkeeper Murray passes away at age of 72

ST JOHNS: Former West Indies wicketkeeper-batter David Murray has passed away at the age of 72.

As per a statement by Cricket West Indies (CWI), Murray passed away on Friday night. "Cricket West Indies today paid tribute to David Murray, the former Barbados and West Indies wicket-keeper who passed away on Friday night. He was 72," said CWI in a statement.

Murray was the son of West Indies batting great Everton Weekes. Murray's son Ricky Hoyte, represented Barbados and West Indies 'A' Team as a wicket-keeper/batsman.

Murray's first tour with the West Indies was in 1973 to England. He made his international debut in the second One-Day International by a West Indies men's team, which featured Lance Gibbs, Roy Fredericks, Rohan Kanhai and Clive Lloyd. His Test debut came in 1978 against Australia in Guyana. Overall, he played 19 Tests, 10 One-Day Internationals and also 114 first-class matches.



Ricky Skerritt, President of CWI paid tribute to Murray, "On behalf of CWI, I want to offer my sincere condolences to Ricky, and other members of David's family and friends. David was a gifted wicketkeeper and a stylish middle-order batsman. He loved the game of cricket, and played with a smile on his face."

"He will be remembered as a member of the great West Indies squad which dominated world cricket for over a decade. Devoted West Indies cricket fans still remember David's fantastic glove

work and footwork behind the stumps to Michael Holding and other members of the fearsome West Indies fast bowling attack of his time," he added.

In 19 Tests, Murray scored 601 runs at an average of 21.46, with the best score of 84. He hit three fifties in the longer format. Murray also took 57 catches and did five stumpings in Tests.

In 10 ODIs, Murray scored 45 runs at an average of 9.00, with the best individual score of 35. He also took 16 catches in this format. -ANI



ROUND-UP



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Lincoln has always promoted exceptional journeys through luxury detailing that focuses on all occupants. Lincoln's range of vehicles in Oman includes the Aviator and the Navigator.

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bines modern luxury with advanced technology. A twin-turbo V6 engine that can produce 450 horsepower provides smooth power whenever you need it, delivered through a 10-speed transmission. Navigator's lighter, high-strength aluminium-alloy body helps create a more refined ride.

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During the day, a panoramic roof fills the cabin with natural light. Inside, spaciousness comes in all three rows, including storage in each to keep the cabin clean and organised. An available

rear-seat entertainment system allows passengers to stream content wirelessly with an Android device to one of the 10-inch adjustable screens mounted on the rear of the front seats. Occupants can enjoy available Revel® Ultima audio with 20 speakers that work in concert with Navigator's interior design and acoustics. Standard SYNC® 3 enables clients to manage audio, phone, navigation and more from the vehicle touch screen or steering wheel-mounted controls. Second-row passengers have their own audio and climate control, while third-row seats feature power recline capability.

The Aviator is packed with advanced technologies that let the luxury SUV rise up to greet you,

and scan the road ahead to glide through an uneven pavement. Aviator offers the kind of capability premium clients require in a three-row SUV, with available all-wheel drive. The standard twin-turbo-charged 3.0-litre V6 engine, paired with a 10-speed SelectShift® automatic transmission, it delivers an impressive 400 horsepower and 562 Nm of torque for effortless acceleration. The Lincoln Aviator offers drivers an engaging drive with the Lincoln Drive Modes' five signature settings - Normal, Conserve, Excite, Slippery and Deep Conditions. This feature allows owners to further customise their driving experience, while a 10.1-inch standard configurable LCD instrument cluster confirms their choices with beautiful, easy-to-read dynamic graphics and prompts. Putting on a show right from the start, the Air Glide Suspension with Dynamic Lower Entry automatically lowers the vehicle to "greet" the driver, adding a new level of sophistication to Lincoln's signature welcome lighting embrace. The convenience of this feature makes loading cargo easier as well.

In Oman, Lincoln vehicles are brought to you by Arabian Car Marketing Co.

GRAND CELEBRATION



A'soud Global School, Duqm, celebrates 52nd National Day

MUSCAT: A'soud Global School, Duqm, the first Cambridge International Curriculum school in the, Al Wusta region, celebrated 52nd National Day with a grand celebration. Sheikh Badar bin Nasser Al Farsi, Wali of Duqm attended as was invited as Chief Guest and welcomed Himansu Mohapatra, Group General Manager - Investment from Muscat Overseas Group.

Peter Gutteridge - Principal delivered a speech in which he honoured congratulated His Majesty Sultan Haitham bin Tarik Al Said, and the Omani people on the glorious occasion of the 52nd Oman National Day. As part of the AGS commu-

nity engagement programme, presentations combined the performances of children from AGS Duqm, the girls of Duqm School and boys from Bahr Al Arab school to provide an Oman themed programme of entertainment. This vibrant and enegetic event incorporated a colorful garments fashion show, Quran recitation, poetry & singing and traditional Omani dance.

The event concluded with the presentation by the Principal of AGS Duqm to Sheikh Badar bin Nasser Al Farsi, Salim Qattan-Manager, Sezad Investor Service and the principal's of Duqm and Bahr Al Arab school for their support and participation.

BRIEFS

ISD celebrates 30th Annual Day in style



MUSCAT: Indian School Darsait (ISD) held its 30th Annual Day celebrations at the Grand Hall, Al-Falaj Hotel recently. Amit Narang, Ambassador of India to the Sultanate of Oman was the chief guest for the occasion and Dr Sivakumar Manickam, Chairman, Board of Directors, Indian Schools in Oman was the Guest of Honour. The Royal Anthem of Oman and the National Anthem of India marked the commencement of the event followed by the lighting of the lamp. An invocation dance was performed by the students. The Head Boy, Maganda Dinesh, accorded a formal welcome to the guests. A Gujarati dance performed by the students mesmerised the audience.

Indian School Sur releases STEAM Sur exhibition logo



MUSCAT: Indian School Sur released the logo of the first edition of STEAM Sur, the most awaited science and art exhibition, and cultural evening to be held on December 8, Thursday at the school campus. Mohamed Ali Musallam Al Alawi, Section Head, Department of Lands, MOE, Sur, unveiled the logo in the presence of the School Management Committee Convenor Sreenivas Rao, Member Pradeep Kumar AV and School Principal, Dr S. Sreenivasan. Speaking about the event, Rao said, "we hope to bring high-quality student projects to the exhibition, and the cultural program in a broader canvas will enhance community outreach initiatives of the school with both internal and external public."

FELICITATION EVENT



Acers & Pacers Running Club participates in Al Mouj Muscat Marathon

MUSCAT: The Acers & Pacers Running Club members made a huge mark at the Al Mouj Muscat Marathon 2022 held recently with 9 of its members participating in the Full Marathon (42.2km), 26 in the Half-Marathon (21.1km), 29 participants in the 10 km category and 14 in the 5 km category.

To mark the successful participation in the Al Mouj Muscat Marathon 2022 and to honour, appreciate and inspire the members, a felicitation event "Relishing Runs - Celebrating Muscat Marathon" was organised at Golden Tulip Headington Ruwi.

It was a fun-filled evening with a Sports theme-based Fashion show, Dance, music, spot prizes, games and a sumptuous dinner. Close to 100 people including the runners and their family members, were present to attend this occasion. The happiness after the arduous run was evident during the felicitation event. Many of the well-wishers who recognised the selfless effort of the volunteers sponsored the event.

The club provides exclusive training sessions to the members over the weekdays like interval training on Mondays and Tuesdays, strength training on Wednesdays, long runs or trail runs on Friday mornings and Friday-friendly family runs at Qurm Park every Friday evenings.

The Acers & Pacers Running Club, formed in August 2018 by Radhakrishnan R is a non-profit group of passionate runners.

FOR SENIOR CITIZENS

Kimshealth launches Seha

MUSCAT: Bringing its services closer to the people of Oman, Kimshealth has launched Seha, a special programme for senior citizens living in Oman.

The programme aims at providing senior citizens, aged 65 and above, with an access to quality healthcare with a host of medical benefits within Kimshealth's medical institution network in Darsait, Al Khuwair and Duqm.

Upon enrolment, senior citizens can avail a Seha Card which entitles them to special benefits across - consultation, laboratory and radiology services, inpatient packages, physiotherapy, home-care services and room rent - ultimately helping them to avail quality services and save on day-to-day, preventive and pre and post hospitalization medical expenses in the long run.

Dr. Muhanna Nasser Al Muslahi, Director General of Private Health Establishment, Ministry of Health, inaugurated the Seha Program at a recently held event at the Kimshealth Hospital in Darsait in



the presence of Kimshealth's team comprising - Dr. Samantha De Silva, Chief Operating Officer, Dr Shahiraj Eswarappa, Medical Superintendent, D. Hussam Akoum, General Manager (Govt. Relations), Dr Prince Varghese, General Manager (Operations) and Arun Kumar, Marketing Head.

Speaking on the occasion of the launch, Dr Muslahia acknowledged Kimshealth's efforts to expand its specialised services to the senior citizens and wished success for the Seha programme. He further expressed his support towards the

private healthcare sector in playing a greater role in transforming Oman's healthcare services and quality of life of its citizens.

Dr. Samantha De Silva, Chief Operating Officer of Kimshealth in Oman, said: "The Seha programme unlocks enormous benefits for the senior citizens by making quality healthcare services accessible and affordable. In addition, Kimshealth offers health checks at special rates and free access to our health awareness and educational sessions by specialist doctors."

SPECIAL OCCASION

Al Hayat International Hospital celebrates 52nd National Day

MUSCAT: In a glittering ceremony all the staff members thronged the venue, the headquarters of Al Hayat International hospital to celebrate the 52nd National Day.

The function started by playing Omani National Anthem and paying tribute to His Majesty Sultan Haitham bin Tarik Al Said. Everyone wished His Majesty a healthy and long life.

Dr K.P. Raman Chairman, Dr Deepa Raman -Vice chairman Hamdan Amur Suwaid Awlad Thani- Senior HR and Admin Director, Dr Zaharuddin, Medical Director, Sumanth, CFO, Avinash P Nair, Senior Operations Manager, Pradeep Kumar -Operations Manager, employees, doctors, strong representation from vari-



ous other communities were present in the event.

The event was made special by cultural dance presented by the staff. Everyone present applauded this incredible performance by the staff members. This was followed by cake cutting ceremony and distribution of traditional Omani Halwa, Kahwa and Sweets. There was a lucky draw for the staff and

the prize distribution was done by Deepa Raman, Vice-chairman.

"52 years of renaissance, 52 years of great leadership, 52 years of development, prosperity and progress. Peace and harmony here are the best in the region which has boosted our morale and given us the confidence to grow along with the nation and contribute to its progress," said Dr Raman.





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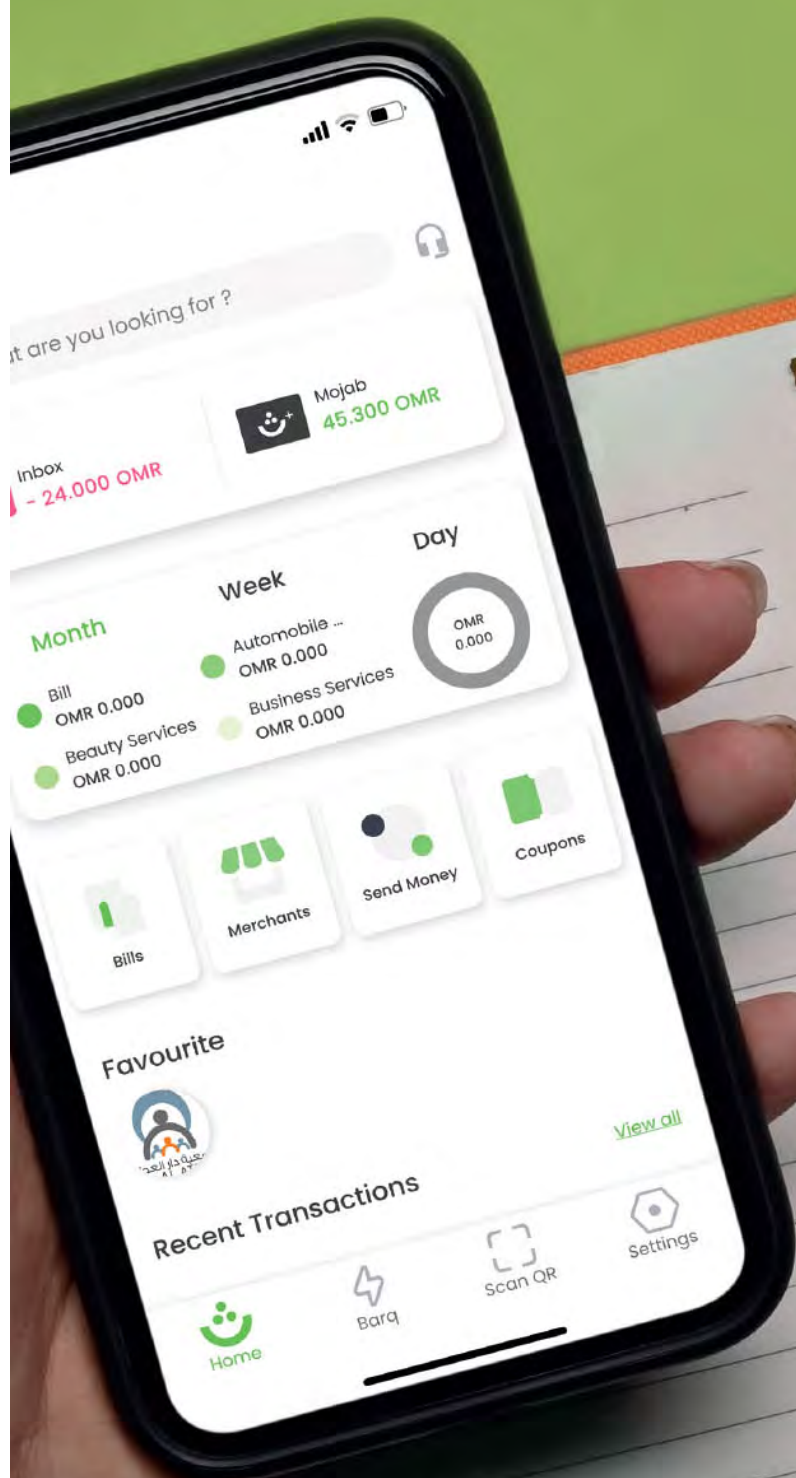
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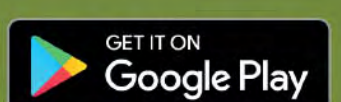
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A stylized, low-poly illustration of a soccer player in a dynamic pose, as if running or kicking a ball. The player is composed of various shades of gray and black polygons, giving it a modern, digital feel.

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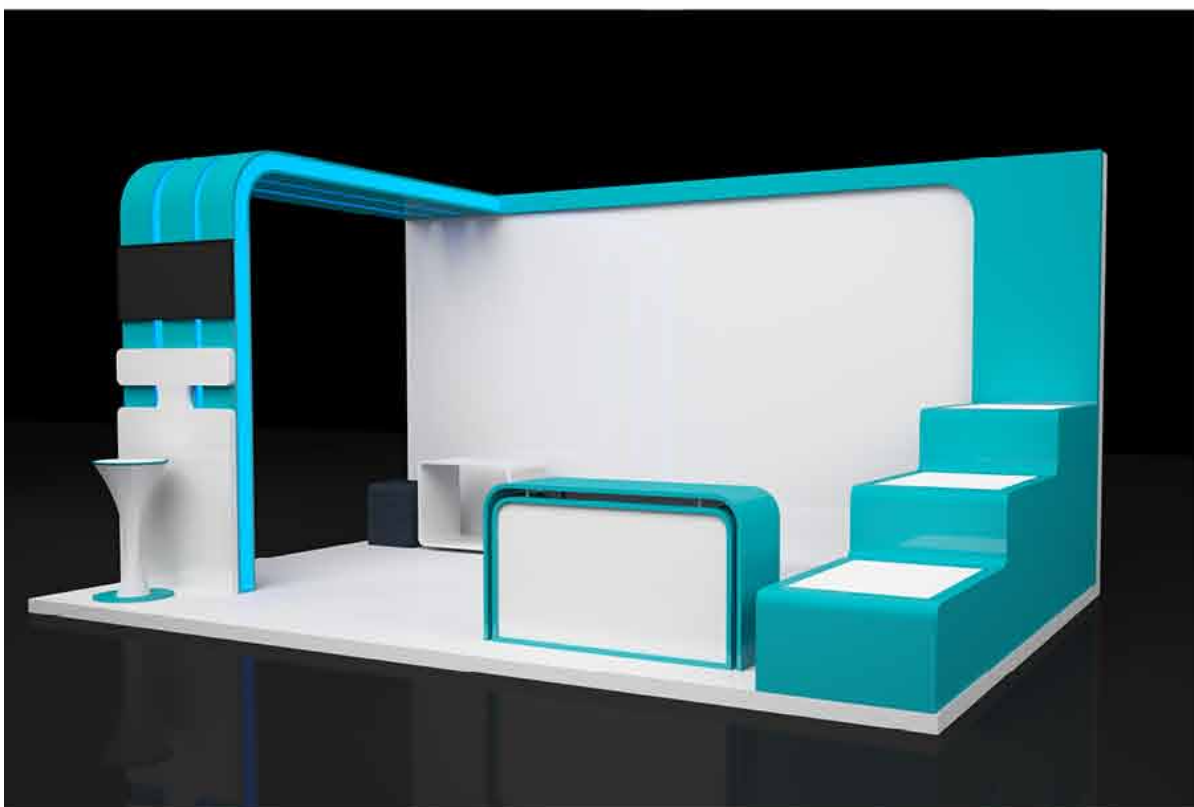
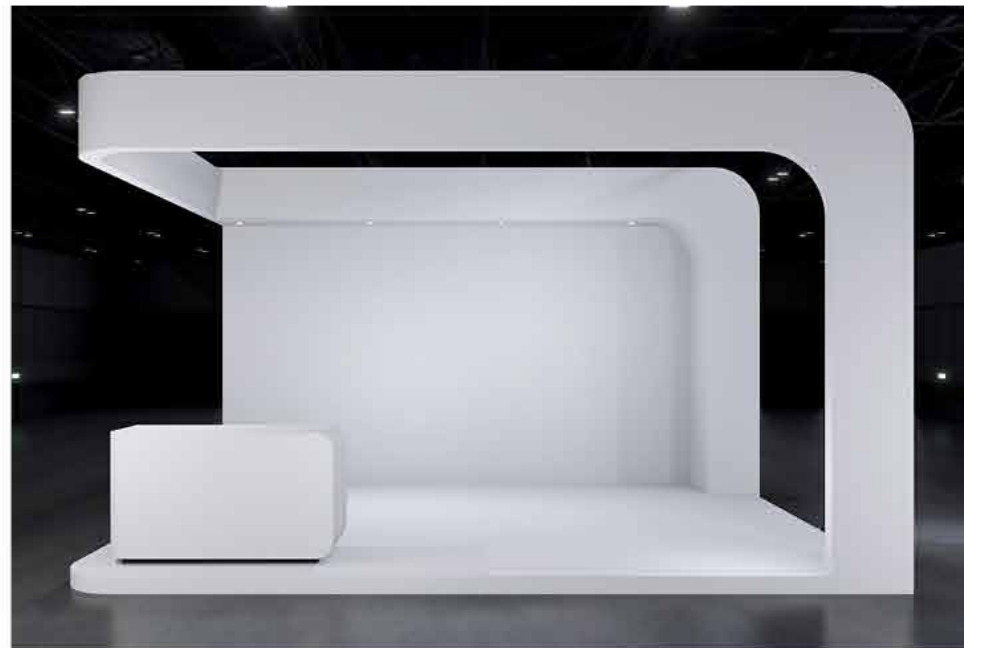
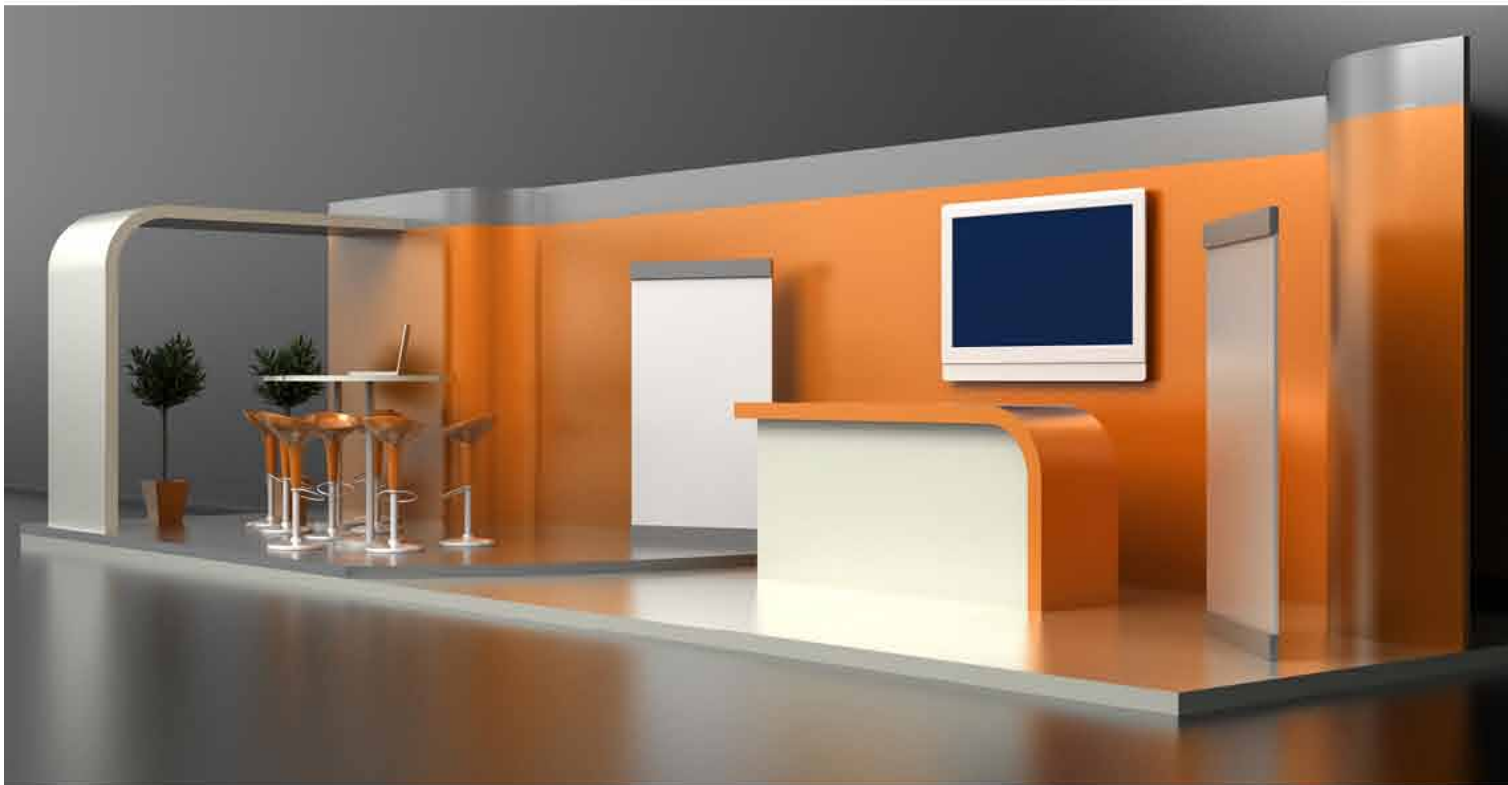


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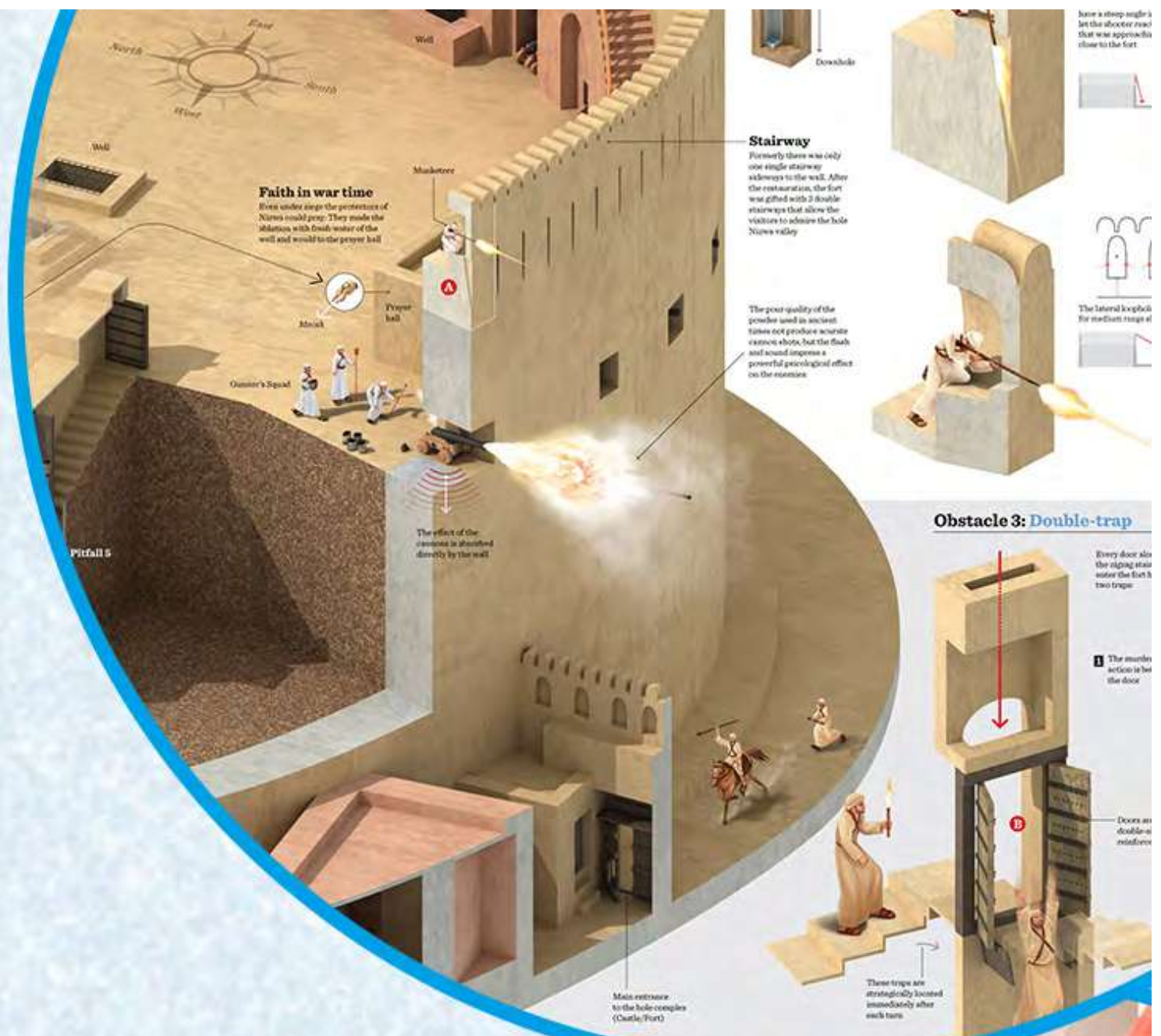
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