



NEWS BRIEF



OMAN CRUDE PRICE JUMPS 1.8%
Muscat - Oman crude price (October delivery) on Monday jumped by 1.8% to US\$86.94, accounting for a rise of US\$1.49 from the price of last Friday, which stood at US\$85.45. The average price of Oman oil (August delivery) has stabilised at US\$74.78 per barrel, 16 cents per barrel lower than July delivery.

TROPICAL STORM HILARY BRINGS RECORD RAIN IN CALIFORNIA

Los Angeles, US - Tropical Storm Hilary drenched Southern California with record rainfall, shutting down schools, roads and businesses before edging in on Nevada on Monday.

California Governor Gavin Newsom had declared a state of emergency over much of the typically dry area, where flash flood warnings remained in effect until Monday morning.

The Los Angeles branch of the National Weather Service said overnight that multiple daily rainfall records in the region had been broken. With people already on edge ahead of the storm's arrival, a 5.1-magnitude earthquake jolted the southern California town of Ojai, but there were no immediate reports of damage or casualties.



App-based taxis leave others feeling the pinch



Brain implant gives ALS patient a slice of life

Japan eyes foreign ministers' meeting with GCC states for energy supply

Meeting expected to further FTA talks, cooperation in new energy technologies

Our Correspondent
Muscat

Japan is planning to have a meeting with the six GCC countries in Saudi Arabia next month to ensure a 'stable energy supply', Japanese media reported on Monday.

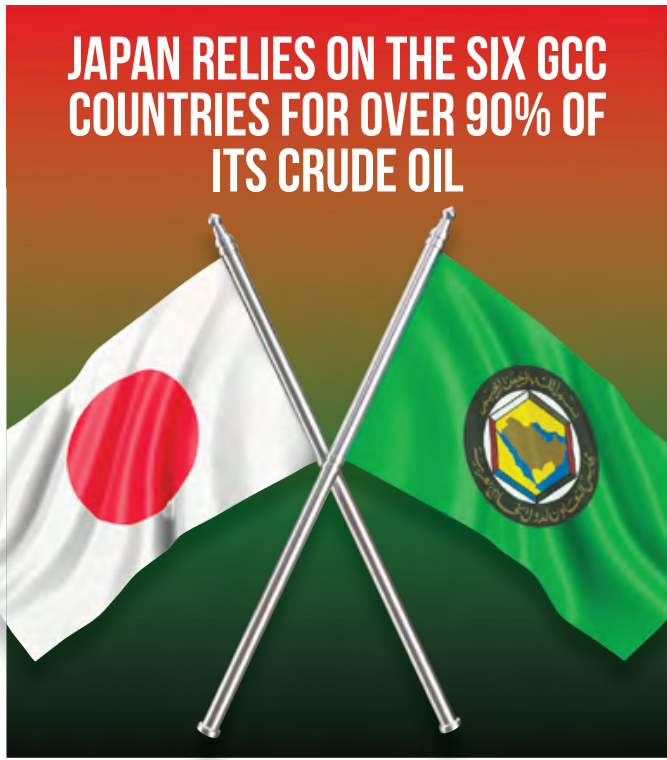
Quoting diplomatic sources, *Japan Times* reported that the move comes as the island country 'aims to strengthen relations with oil-producing countries in the Middle East to ensure a stable energy supply as China's foothold grows in the region

amid waning US influence'.

Foreign Minister Yoshimasa Hayashi is expected to attend the meeting, with visits to Egypt and Jordan also under consideration, the report said.

Japan relies on the six GCC countries for over 90% of its crude oil.

During his tour of the Middle East last month, Prime Minister Fumio Kishida met GCC Secretary-General Jassem Mohamed al Budaiwi and agreed to resume negotiations on a free trade agreement (FTA) and hold regular meetings between the



Japanese foreign minister and counterparts from the GCC member nations.

Kishida's trip from July 16 to 19 was aimed at reinforcement of Japan's energy security, promotion of its green technology, and for the development of its economic ties with the regional forces.

During Kishida's stop in the UAE, Japan and the UAE signed 23 agreements at the UAE-Japan Business Forum to strengthen cooperation in sectors including energy, industry, advanced technology, transportation, conservation, and the circular economy. Kishida's meeting with UAE President Mohammed bin Zayed al Nahyan, the leaders agreed to facilitate cooperation in hydrogen and ammonia production to acceler-

ate the clean energy transition, with both states aiming to achieve net-zero carbon emissions by 2050.

'The upcoming foreign ministers' meeting is expected to further talks on the FTA and possible cooperation in the field of next-generation energy technologies, with Iran's nuclear programme also possibly on the agenda,' the report said.

In Egypt, Hayashi plans to participate in the third round of political dialogue with ministers from the Arab League, which groups together 21 Middle Eastern and African countries as well as the Palestine Territories.

The Japanese government is also arranging to hold bilateral talks with some member states of the GCC and Arab League, according to the sources.

124 foreign projects registered in South Sharqiyah in H1 2023

Our Correspondent
Muscat

The number of foreign investment projects registered in South Sharqiyah this year in the first six months totalled 124, valued at over RO108mn, according to the Ministry of Commerce, Industry and Investment Promotion (MoCIIP).

Khalid bin Hamad al Saadi, Director of Department of Commerce, Industry and Investment Promotion in South Sharqiyah, informed that the region is a dynamic economic hub due to a



range of investment initiatives. These include various projects, such as the Blue Project, the Al Diyar project situated in Ras al Hadd, endeavours focused on

ensuring food security including diverse agricultural undertakings in the wilayat of Al Kamil W'al Wafi, as well as shrimp farms in both Jalan Bani Bu Ali and Jalan

Bani Bu Ali Hassan.

According to Saadi, in the first half of this year, 19,470 commercial establishments were registered along with 1,153 industrial establishments.

Saadi noted that the ministry, in coordination with the Governor's Office and both government and private entities in the governorate, is working on a plan to advance the development of South Sharqiyah. This plan involves simplifying procedures to facilitate the hosting of annual events and activities aimed at boosting the local economy.



Christians hold placards as they shout slogans during a protest in Karachi on Sunday to condemn the attack on churches in Faisalabad

Oman condemns vandalism of homes, churches in Pakistan

Muscat - Oman expressed its strong condemnation of the brutal acts of vandalism that targeted a number of churches and homes in the city of Faisalabad in Eastern Pakistan.

An official statement from the Foreign Ministry applauded the Pakistani government's actions in addressing these actions that contravene religious and human values. Additionally, Oman reiterated its firm stance against any form of violence, animosity and intolerance aimed at any religious belief.

Last week, a mob rampaged through an area predominantly populated by Christians on the outskirts of Faisalabad, an industrial city in Pakistan. This followed allegations that two Christian men had torn pages

Oman reiterated its firm stance against any form of violence, animosity and intolerance aimed at any religious belief

from the *Holy Quran*. Citing officials, the Pakistani newspaper *Dawn* reported that several churches in the Jaranwala district of Faisalabad were vandalised following accusations of blasphemy. The newspaper also highlighted that members of the Christian community were subjected to physical attacks.

ROYAL CAVALRY WINS ENDURANCE RACE IN SLOVAKIA



Royal Court Affairs' Royal Cavalry won first place in the Samorin 2-star aptitude and endurance race in Slovakia. The 120km race was organised by International Equestrian Federation. Horseman Saleh Salim al Balushi, riding Salam, competed in the event, which saw the participation of riders from seven countries - Saudi Arabia, the United Arab Emirates, Germany, Italy, Norway and Poland, besides Oman (ONA)

Bodybuilders win 19 medals at West Asian Bodybuilding Championship

Our Correspondent
Muscat

Oman's national bodybuilding team clinched 19 medals at the 4th West Asian Bodybuilding Championship held in Manama, Bahrain from August 16 to 19.

Speaking to Muscat Daily, Mohamed al Siyabi, National Bodybuilding Coach, stated that more than 160 athletes participated in the tournament. Omani bodybuilders claimed eight gold, eight silver and three bronze medals.

Bodybuilders from the UAE, Syria, Saudi Arabia, Kuwait, Yemen, Palestinian Territories, Lebanon and Iran, besides Bahrain and Oman took part in



(Supplied photo)

the championship. Additionally, residents representing the Pakistani, UK, Egyptian and Nigerian expatriate communities in Bahrain participated with the ap-

proval of the International Fitness and Bodybuilding Federation.

He thanked Oman Bodybuilding Committee (OBC) for ensur-

ing the team participates in regional and continental championships. "This gives the team invaluable experience to compete globally."

More than 160 athletes participated in the tournament. Omani bodybuilders claimed eight gold, eight silver and three bronze medals

He added that the technical staff of OBC did a great job of selecting talented bodybuilders from local tournaments for the national team.

Siyabi informed that Abdul Majeed al Raisi (junior physique category), Omran al Dhafri (179cm), Omar al Masoudi

(173cm) and Ghanem al Maa-mari (170cm) claimed gold in their categories.

Sami al Gharbi (65kg) and Ali al Mamari (85kg) also won gold medals in their categories. Ali claimed a gold in another category.

Abdul Majeed al Hadhrami (173cm), Malik al Kasbi (176cm) and Amer al Balushi (182cm) won silver medals in their categories.

Nabhan al Zadjali won a silver medal in the Classic Physique Category (173cm), in addition to Mohsen al Harthy (Classic Bodybuilding - 175cm) and Nasser al Wahaibi (170cm) winning silver medals.

Mohammed al Ajmi added a

silver to the team's medal tally in the 95kg category.

Mazen al Balushi (179cm) claimed a bronze medal in his category, while Nabhan al Zadjali claimed a bronze medal in the 75kg and one more category.

Ghanem was crowned Champion of Champions and also presented a professional card, while Omar was crowned second Champion of Champions and presented professional status.

Samir al Balushi took the fourth place in the Classic Bodybuilding Category (180cm).

In the muscular physique category, Ishaq al Farsi placed fourth in the 179cm and Khaled al Shehhi placed sixth place in the 179cm subcategories.

FDO adds 85m fishing vessel 'Acila' to fleet

Muscat - Fisheries Development Oman (FDO) unveiled its latest fishing vessel *Acila* at Port Sultan Qaboos on Sunday under the patronage of H E Sultan bin Salem al Habsi, Minister of Finance. The vessel will now join the fleet of Oman Pelagic Fish Company, affiliated to FDO.

In partnership with the Ministry of Agriculture, Fisheries and Water Resources, FDO's projects aim to promote the sustainable use of marine resources. The goal is to preserve these resources for the coming generations and protect the marine heritage of Oman's fishermen.

Unveiling *Acila*, Munir Ali al Muniri, Chairman of FDO's Board of Directors, said, "This fishing vessel is a state-of-the-art creation whose construction concluded just last month."

He proudly emphasised that the vessel now carries bears the flag of Oman.

The 85m vessel of 1,800m³ capacity has a carrying capability of 2,480 tonnes. These speci-



(Supplied photos)

cations contribute to its heightened efficiency and expanded range of capabilities during operations.

FDO plays a vital role in advancing the fisheries sector. The group focuses on increasing fish production, supplying a variety

of fish to the local market, adding value and boosting the fisheries sector's contribution to the GDP.

Additionally, the group is actively engaged in multiple endeavours to attain ecological sustainability. These efforts run



'Acila' represents the company's dedication to sustainable fishing methods while upholding exceptional quality standards

NABIL AL BIMANI

parallel to the promotion and enhancement of the local fishing sector, aligning well with the goals outlined in Oman Vision 2040.

On the occasion, Nabil al Bimani, CEO of FDO, said, "*Acila* represents the company's dedi-

cation to sustainable fishing methods while upholding exceptional quality standards. Through this investment, we are reinforcing Oman's stature as an appealing investment hub both domestically and internationally within the realm of the fisheries

industry." The Ministry of Transport, Communications and Information Technology, represented by the Directorate General for Maritime Affairs, registered *Acila* as the first Omani advanced fishing trawler on Sunday.

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القمة للإعلام

ASMED invites SMEs to participate in WTM London

Our Correspondent
Muscat

The Authority for Small and Medium Enterprises Development (ASMED), in collaboration with Ministry of Heritage and Tourism, has invited owners of small and medium enterprises operating in the travel and tourism sector to participate in World Travel Market (WTM) in London. The exhibition will be held from November 6 to 8.

WTM is seen as an essential platform for entrepreneurs to showcase their tourism services to companies and visitors, enabling them to connect with potential clients and collaborators.

By participating, entrepreneurs can also secure commercial contracts, thereby boosting their sales both during and after the exhibition. Additionally, this global event offers an opportunity to interact with peers from different regions and exchange valuable knowledge and experiences, ASMED stated.

Through participation, entrepreneurs will contribute to enhancing the visibility of Oman's rich tourism potential, promoting

it on an international stage.'

To be eligible for registration, several criteria must be met. The enterprise owner must be registered with ASMED and possess a valid business entrepreneurship card. The commercial registration must be valid, and the business should be running for more than three years. Additionally, the enterprise should not have previously participated in the same exhibition through the authority. It must be an enterprise working to attract visitors to the sultanate, and participants must provide all required documents and sign a pledge agreeing to the exhibition's rules.

The selection mechanism includes ensuring compliance with the required conditions, availability of documents, and passing an interview. Five institutions will be selected for participation. ASMED will cover the cost of setting up the display stand; participants are responsible for their travel tickets, accommodation, food and any other associated expenses.

The event serves as an essential platform for Omani SMEs to expand their reach and make a mark on the international stage.

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MOE HONOURS OUTSTANDING STUDENTS OF GENERAL DIPLOMA

The Ministry of Education on Sunday honoured over 100 outstanding students of General Diploma from schools of the sultanate for the academic year 2022-23. The students were honoured in a ceremony held at Al Bustan Palace, a Ritz-Carlton Hotel with the support of Occidental Oman (OXY) under the auspices of H E Salim bin Nasser al Auqi, Minister of Energy and Minerals, in the presence of H E Dr Madiha Ahmed al Shaibani, Minister of Education (Supplied photo)



Tough challenge from app-based taxis make traditional drivers feel the heat

Our Correspondent Muscat

The popularity of app-based taxi services in Oman is transforming the way residents travel, owing to their convenience, safety and affordability. This shift, however, has left traditional taxi drivers disgruntled as they face stiff competition having lost the monopoly they once enjoyed.

According to the Ministry of Transport, Communications and Information Technology, currently there are eight app-based taxi services operating in Oman - OTaxi, Tasleem, Ubar, Marhaba, TM DONE, Hala Taxi, Tanweel and Sayidati.

Residents are increasingly opting for these on-demand services, highlighting the benefits of door-to-door transportation, reasonable charges, cleanliness and perceived safety.

Syed al Touqi, an engineer, expressed his satisfaction with app-based taxis, saying, "A few days back my car broke down. I

Mobile apps have simplified the process of booking, offering passengers a newfound convenience

SYED AL TOUQI

hired a private taxi and had to haggle over the fare. The second day, I did not opt for it and instead booked OTaxi. It was a little expensive but easy, fast and hassle-free. Mobile apps have simplified the process of booking a taxi, offering passengers a newfound convenience that was once unimaginable."

He believes OTaxi has redefined the concept of taxi services in Oman.

Frequent traveller Ayesha Amri echoed the positive impact of app-based services, welcoming the option of having taxis



driven by females and the ease of booking these. "Such services have revolutionised the way passengers access transportation. These offer speed, safety and affordability. Features like driver identification and ride tracking give a strong sense of security to passengers."

But in the bargain, traditional taxi drivers are feeling threat-

ened and left behind by these technological advancements.

A driver at Ruwi bus stand lamented, "People are saying that app-based taxis are safe, but it is not being said that we were always available no matter what the crisis in the city. We have driven people in distress; we have driven pregnant women and students in emergency situ-

ations. It's unfair to brand us like this."

He also noted how some drivers' unfamiliarity with Internet tools like GPS often leads to disputes with passengers.

His colleague, Sulaiman added that non-app-based taxi drivers are more flexible with fares. "We sympathise with our passengers. There have been oc-

casions when we did not even take money. This will not be the case with app-based taxis."

The appeal of app-based services also lies in their cost-effectiveness. Transparent fare structures and the ability to compare prices enable passengers to make budget-friendly choices.

With OTaxi alone adding 50 to 100 drivers every month to an existing fleet of 4,000, and plans to expand services, the industry is clearly on the rise.

Harith Maqbali, CEO of OTaxi, confirmed the growth, saying, "We have seen a great response from all segments of society. There is growth in double digits. Our taxi services are equally popular among women; the demand is growing every single day and now there is need of more women drivers."

The advent of app-based taxi services in Oman represents a significant shift in urban transportation, giving passengers a convenience and freedom not experienced earlier.

Dakhliyah to get integrated complexes

Our Correspondent Muscat

The Office of the Governor in Dakhliyah has invited bids for establishment of two integrated tourist complexes in the wilayats of Jabal Akhdar and Bahla.

In Jabal Akhdar, the governorate has planned to have an integrated tourist complex over an area of 27,873sqm in the Hail al Yemen neighbourhood.

For Bahla, it has invited tenders for the construction of an integrated centre to be spread over 50,000sqm; the investment period for the project is 50 years.

The project in Bahla includes construction of a mall, hotel apartments, a fuel station and an artisan market.

The last date for submission of bids is December 17.

The projects have been taken up under the Governorate Development Plan. Under this scheme, each governorate has been allocated RO20mn to be spent in five years from 2021 to 2025. This scheme is expected to serve as an incentive for competitiveness and economic growth.

MoCIIP begins campaign for investor residency

Our Correspondent Muscat

The Ministry of Commerce, Industry and Investment Promotion (MoCIIP) has kicked off a promotional campaign for the Investor Residency Programme, highlighting its benefits at Muscat and Salalah airports.

MoCIIP issued a statement saying, 'The Investor Residency Programme grants foreign investors and retirees the right to long-term residency in Oman for a period of five or ten years, subject to renewal.'

It added that over 2,700 investor resident cards have been given to people of various nationalities in the five-year and ten-year categories since the launch of the programme in 2021.

An investor is granted the right to reside with his/her family (first degree) without restrictions on the number of family members and their age.

The holder of an 'investor residency' has the right to use a special counter marked for investor

resident card holders at airports and will be allowed to issue visitor visas for relatives.

The Investor Residency Programme complements the government's efforts to diversify the economy and achieve higher growth rates.

The programme aims to support integrated efforts to improve the investment climate, attract FDI and reflect the proposed policies of the private sector for investment and international cooperation as part of the 10th Five-Year Development Plan.

Earlier this year, MoCIIP announced the launch 48 initiatives in the commercial and industrial sectors, besides 50 new industrial investment opportunities.

It informed that the volume of foreign investment in 2022 totalled more than RO1.7bn - an increase of 2.1% over the previous year.

The volume of trade exchange between Oman and other countries amounted to more than RO40bn till December 2022, registering an increase of 41%.

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TENDER ANNOUNCEMENT

الواجهة البحرية وخدمات المراسي WATERFRONT & MARINA SERVICES

Waterfront and Marina Services SAOC (WMS) is the onsite management company of Marina Bander Al Rowdha. Marina Bandar Al Rowdha is Oman's first marina development which was opened in 1996 and since then has enjoyed the enviable position of being the first choice to berth vessels in Oman. Over the years, WMS has developed Marina Bandar Al Rowdha to be the only full-service leisure marina in the Sultanate.

Waterfront and Marina Services SAOC (WMS) would like to invite competent and experienced companies and individuals to participate in the Tendering process for Lease/Operation of Restaurant and lounge space:

Particulars	Description
Subject	Lease/Operation of Restaurant and lounge space
Tender No.	02/2023
Brief of the Package	Lease/Operation of fully equipped and furnished Restaurant with swimming pool and Coffee Shop space
Tender Document Sale Start Date	Date of Tender Announcement
Tender Document Sale End Date	One week from start date
Tender Closing Date	14/09/2023
Companies Grade	NA
Experience	Regional experience in operating Restaurant and lounges
Tender Fees Payment	25/ Omani Riyals (non refundable) A proof of payment of Tender Fees is must for collection of Tender documents, which shall be deposited in account detailed as follows: Beneficiary: Waterfront and Marina Services SAOC Bank: Oman Arab Bank Branch: Muscat - Sultanate of Oman Account No. 3102 039260 507 Swift Code: OMABOMRUXXX Proof of payment can be emailed to procurement@marinaoman.net , upon receipt and confirmation of the same the Tender documents will be mailed digitally.
Further Details	Please visit Marina Bandar Al Rowdha website: www.marinaoman.net

Send your comments to muscatdaily@apexmedia.co.om

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MARKET WATCH	
MSX30	4,775.09
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(RO1 equals)	
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Pakistan	771.56
Bangladesh	284.11
Philippines	146.47
Sri Lanka	843.63

*Rates as on August 21
Source: xe.com

BRIEFS

Libya's rival central bank branches reunite

Libya's central bank announced on Monday that its two rival branches in the west and east are reuniting after nearly a decade apart.

The North African country is currently split between Abdelhamid Dbeibah's UN-backed government in the west and another in the east backed by military strongman Khalifa Haftar.

Libya has seen 12 years of stop-start conflict since the 2011 NATO-backed revolt that toppled strongman Moamer Kadhafi.

On Sunday, the Central Bank of Libya (CBL) said it has "again become a unified sovereign institution", in a statement issued by the governor and his deputy.

The bank had been split since 2014, between the internationally recognised headquarters in Tripoli and another in Bayda in the Haftar-controlled east.

Al-Seddik al-Kebir, governor of the Tripoli-based bank, and Marii Moftah Rahil, governor of the rival branch in the east, made the announcement after a meeting attended by consultants and directors of both branches.

The statement said they would "continue efforts to overcome the consequences of the division".

The United Nations Support Mission in Libya said in a statement it "hopes the CBL's reunification will create momentum towards unifying all the country's political, security and military institutions as the people of Libya have long yearned for".

Salalah Beach Resort gets takeover offer from majority shareholder Golden Sands



Salalah Beach Resort Company owns and operates the Hilton Salalah Resort

Our Correspondent
Muscat

Salalah Beach Resort Company (SBR) has received a takeover offer from its majority shareholder, Golden Sands Hotel Company, to acquire 34.91% of the issued share capital of SBR.

SBR, which operates in the hospitality and tourism industry in Oman, owns and operates the Hilton Salalah Resort.

Dubai-based Golden Sands Hotel currently holds 65.09% of the SBR shares and wants to acquire the remaining 34.91% of shares from other SBR shareholders to increase its shareholding to 100%.

Oman Tourism Development Company (Omran) and Abdul Alim Mustahil Rakhiyoot are also major shareholders in SBR, owning 16% and 12.12% of shareholdings, respectively, as per SBR's latest financial report.

Golden Sands Hotel currently holds 65.09% of SBR shares and wants to acquire remaining 34.91% shares from other SBR shareholders to increase its shareholding to 100%

The board of directors of Salalah Beach Resort received a written notice of a cash-only takeover offer to acquire 34.91% of the share capital of SBR pursuant to the Takeover and Acquisition Regulations from Golden Sands Hotel Company,' SBR said in a disclosure to the Muscat Stock Exchange.

According to Golden Sands Hotel's public announcement, it has made the offer to all the shareholders of Salalah Beach Resort to acquire the remaining 34.91% of SBR shares, which would increase Golden Sands Hotel's shareholding in SBR to 100%.

However, the takeover offer's completion is subject to acceptance by SBR shareholders representing a minimum of 90% of the offer, the announcement added.

SBR, in its disclosure, said that its board of directors awaits the receipt of the 'Offer Document' from the offerer, which is subject to the approval of concerned regulatory bodies, including the Capital Market Authority of Oman. Golden Sands Hotel's offer shall be open for 28 days from September 11, 2023, until October 8, 2023. The offer price is a cash-only offer of RO1 per SBR share.

As part of its takeover objectives, Golden Sands Hotel will continue the business of SBR and make necessary investments required to complete the renovation of rooms and other facilities of the hotel in Salalah.

Upon completion of the offer, all employees of SBR will continue in their employment, and there will be no immediate change to the employment structure, the company said, adding that SBR employees will be subject to periodic appraisals and restructuring carried out in the standard course of business.

As per the announcement, the trading of SBR shares will be suspended once the offer is accepted by 90% of SBR shareholders during the offer period, subject to regulatory approval. SBR shares will be delisted from MSX and converted into a closed joint-stock company, the company added.



CBO issues treasury bills worth RO106mn

Our Correspondent
Muscat

The Central Bank of Oman (CBO) this week issued two tenders of the government treasury bills worth in total RO106mn.

In the first tender, the value of the allotted treasury bills amounted to RO5mn, for a maturity period of 28 days.

The average accepted price reached RO99.660 for every RO100 bill, and the minimum accepted price also arrived at RO99.660. The average discount rate and the average yield reached 4.4321% and 4.4472%, respectively.

For the second tender, the value of the allotted treasury bills amounted to RO101mn, for a maturity period of 91 days.

The average accepted price

reached RO98.710 for every RO100 bill, and the minimum accepted price arrived at RO 98.705. The average discount rate and the average yield reached 5.1761% and 5.2438%, respectively. The interest rate on the repo operations with the CBO is 6.00% while the discount rate on the Treasury Bills Discounting Facility with the central bank is 6.5%.

Treasury bills are short-term highly secured financial instruments issued by the Ministry of Finance, and they provide licensed commercial banks the opportunity to invest their surplus funds. The Central Bank of Oman acts as the issue manager and provides the added advantage of ready liquidity through discounting and repurchase facilities (Repo).

Fitch withdraws HSBC Oman's ratings

Our Correspondent
Muscat

Fitch Ratings has downgraded HSBC Bank Oman's long-term issuer default rating to 'BB-' from 'BB+', shareholder support rating to 'No Support' from 'bb+', and viability rating to 'b+' from 'bb-'.

The rating agency has removed HSBC Oman's ratings from Rating Watch Negative. The outlook on the long-term

IDR is positive. Concurrently, Fitch has withdrawn all the ratings on HSBC Oman.

The rating actions followed the completion of the merger between HSBC Oman and Sohar International Bank on August 17, 2023, whereby all of HSBC Oman's assets and liabilities were transferred to Sohar International and following which the bank was dissolved,' Fitch said in a statement.



Arab world's imports from Brazil hit \$10.6bn in 2023

Dubai, UAE - The Arab Brazilian Chamber of Commerce (ABCC) recorded a surge of 8% in Brazilian exports to the Arab world during the first seven months of 2023, totalling to \$10.61bn, compared to \$9.825bn in the same period in 2022.

Brazilian exports to Saudi Arabia totalled to \$1.873bn in the first seven months of 2023, while exports to the UAE amounted to \$1.646bn.

Brazilian exports to Qatar stood at \$155.91mn during the same period. Kuwait also witnessed an increase in the Brazilian exports, which amounted to \$157.78mn during the first seven months of 2023, while the exports to Egypt totalled to \$1.163bn in the same period.

ABCC reports stated that poultry and bovine animal meat, ores, slag, sugars, cereals, oil seeds and soya beans, natural or cultured pearls, precious metals,

jewellery, coffee, tea and spices were the top exported products to the Arab nations.

Osmar Chohfi, president of ABCC, said: "The ABCC plays an essential role in strengthening the ties between Brazil and the Arab world. These positive figures indicate the strong and expanding trade relations between both sides. Through our various strategic initiatives and dedicated efforts, the chamber has significantly contributed to increasing Brazilian exports to the Arab region. This thriving trade relationship reinforces the Arab world's position as a pivotal partner in Brazil's global trade network."

"We remain committed to fostering mutual understanding, expanding market access for Brazilian products as well as strengthening collaboration between these two dynamic and diverse regions," he added.

Majid Al Futtaim's H1 profits soar 74% to AED1.7bn

Dubai, UAE - Majid Al Futtaim Group - the leading shopping malls, communities, retail, and leisure pioneer across the Middle East, Africa, and Central Asia - on Monday announced its operational and financial results for the period ending June 30, 2023.

During the first half of the year, Majid Al Futtaim reported a 5% increase in consolidated revenue to AED18.9bn, and EBITDA growth of 13% year-on-year to AED2.1bn, according to a press release.

The group achieved a net profit of AED1.7bn in the first half of 2023, recording a robust growth of 74% over the same period of 2022.

Reporting growth across all its businesses, Majid Al Futtaim's positive performance was underpinned by focused efforts to drive operational excellence and further buoyed by the UAE's thriving economy. The group continues to maintain a healthy balance sheet with assets valued at approximately AED68bn.

Commenting on the results, Ahmed Galal Ismail, chief executive officer of Majid Al Futtaim - Holding, said, "Majid Al Futtaim is successfully balancing strategic growth with profitable and responsible execution. Our efforts to drive defined business objectives across our portfolio with a renewed focus on operational excellence and productivity are delivering sustainable, profitable growth and value to our stakeholders."

"The economic buoyancy of the UAE in conjunction with our internal focus to unlock the inherent power of our ecosystem, has enabled the group to deliver a solid half year performance. Majid Al Futtaim will continue to evolve, anchoring strategic choices in value-creation that support the evolving needs of our customers, colleagues and communities across the region," he said.

Net revenue of Majid Al Futtaim - Properties increased 39% year-on-year to AED3.4bn, while



EBITDA grew 22% to AED1.7bn. Performance was primarily driven by UAE-based shopping malls and Tilal Al Ghaf residential real estate development.

Shopping Malls footfall increased 12%, boosted by Mall of the Emirates recording its highest ever first-half footfall. Tenant sales grew 7%, with UAE-based malls making the largest contribution.

For Majid Al Futtaim - Retail, driven primarily by the impact of

Economic buoyancy, in conjunction with our internal focus to unlock inherent power of our ecosystem, has enabled the group to deliver a solid half year performance

AHMED GALAL ISMAIL

currency devaluations across the group's footprint, overall revenue declined by 2% to AED14.1bn. At a constant currency rate, revenue grew 8%. Online performance of retail segment's digital business remained strong, recording a 13% increase in revenue to AED1.2bn in the first half of 2023.

Over the same period, Majid Al Futtaim opened five new stores across the region, including two further Supeco low-cost, hybrid concept stores in Egypt.

These efforts underline the group's continued work to meet the growing consumer demand for digital and omnichannel experiences.

Majid Al Futtaim's entertainment business continues to expand its footprint across the region. In June 2023, the group opened Snow Abu Dhabi, the capital's first indoor snow park and the group's fourth snow destination, underscoring its commitment to deliver innovative, family-friendly and immersive experiences across the region.

The group, recognised as a pioneer in sustainable financing for the region, issued its US\$500mn green sukuk in June this year. Proceeds from the issuance will be directed to funding eligible green projects under its 2019 green finance framework.

Majid Al Futtaim continues to maintain a strong financial and liquidity position backed by a well-balanced financing mix encompassing capital markets and bank financing.

Oil prices increase over tight global supply concerns

Muscat - Oil prices increased on Monday over tight global supply concerns after lower output from OPEC+ countries, Saudi Arabia and Russia.

International benchmark Brent crude traded at \$85.45 per barrel in morning trade in London, a 0.77% rise from the

closing price on Friday of \$84.80 per barrel.

The US benchmark West Texas Intermediate (WTI) traded at the same time at \$81.31 per barrel, up 0.81% from the session close of \$80.66 per barrel.

Both benchmarks posted sig-

nificant losses last week over fears of a slowdown in economic growth in China and the expectation of further interest rate hikes in the US.

However, tight global supply concerns again underpinned price increases on Monday.

OPEC+ crude exports are ex-

pected to fall for a second month in August after production cuts from Russia and Saudi Arabia.

Earlier this month, Saudi Arabia stated that it would extend its existing output cutbacks of 1mn barrels per day (bpd) through September. The country

originally reduced output in July and extended it through August.

Likewise, Russia announced it would continue to voluntarily reduce oil exports. It said it would reduce exports by 500,000 bpd in August and cut 300,000 bpd in September.

Agencies



UK clears \$61bn Broadcom and VMware merger

London, UK – Britain gave its final approval on Monday to Broadcom's planned \$61bn takeover of cloud computing firm VMware, which the US chipmaker said should be completed by the end of October.

The Competition and Markets Authority last month gave its provisional approval to the deal announced in May 2022, and said on Monday that "its final decision is that the deal does not substantially reduce competition -- clearing it to proceed in the UK".

Broadcom is seeking to expand into the software market to boost its server business and has already acquired two complementary firms, CA Technology and Symantec.

VMware's key product allows different clients to share computer servers by creating what is called a virtual server.

British regulators conducted a more in-depth probe into whether the merged company would have an interest in hobbling rivals by making its products work less well or be incompatible.

It also examined whether the

Broadcom is seeking to expand into software market to boost its server business and has already acquired two complementary firms

merged company would gain undue advantage by rivals needing to submit information to make their products interoperable. The CMA found that restricting product interoperability would cause the merged company greater financial losses than gains, and that it would not gain competitive advantage when rivals provided it with product information to ensure that interoperability.

"In this case, having carefully considered the evidence and found no competition concerns, we have concluded the deal can go ahead," said Richard Feasey, chairman of the independent panel that carried out the in-depth probe of the merger.

AFF

China cuts key interest rate to support slowing economy

Beijing, China – China's central bank on Monday cut a key interest rate in an attempt to counter the post-Covid growth slowdown in the world's second-largest economy.

Activity has been dragged down recently by uncertainty in the labour market and global economic sluggishness, weakening demand for Chinese goods.

Financial troubles in the real estate sector, with several leading developers on the verge of bankruptcy and struggling to complete projects, also pose a major obstacle to growth.

The People's Bank of China said on Monday cut the one-year loan prime rate, which serves as a benchmark for corporate loans, from 3.55% to 3.45%.

However, the five-year LPR, which is used to price mortgages, was held at 4.2%.

Closely followed by the markets, the two rates are now at historic lows, after previous reductions in June.

The decision is intended to encourage commercial banks to grant more loans and at more advantageous rates.

Monday's measures – which run counter to rising interest rates around the world as other major economies work to curb inflation – aim to indirectly support economic activity as growth flags.

The long-awaited post-Covid recovery following the lifting of health restrictions at the end of 2022 has run out of steam in recent months.

In another sign that the recovery is faltering, loans to households fell last month to their



People's Bank of China has cut the one-year loan prime rate from 3.55% to 3.45%

lowest level since 2009.

To reinvigorate the economy, the central bank reduced the rate for its medium-term lending facility to financial institutions last Tuesday.

And financial regulators agreed Friday on the need for "financial support", while avoiding "risks and hidden dangers", state media reported.

Analysts polled by Bloomberg expected a bigger cut to the LPR following the Friday meeting.

In a note following the Monday announcement, Goldman Sachs economist Maggie Wei described the LPR cut as "disappointing", adding that it "would not help with building confi-

dence" as Chinese authorities pursue an economic recovery.

The move "can even backfire if market participants interpret these easing measures as policymakers' unwillingness to deliver even moderate policy stimulus", wrote Wei.

Markets down

Traders appeared unimpressed with the move, with Hong Kong stocks down 1.4% and Shanghai off 0.6%.

The central bank's decision comes as a crisis at property giant Country Garden, long deemed financially sound and now ultra-indebted, raises fears of a bankruptcy that could have

dire consequences for the domestic financial system.

Country Garden's problems are building just two years after a crisis erupted at major rival Evergrande, which is struggling with huge debt.

In addition to the real estate woes, growth is also hampered by sluggish consumption amid uncertainty in the labour market and a global economic slowdown.

That is weighing on demand for Chinese goods, slowing the activity of thousands of factories.

China suspended the monthly publication of its detailed youth unemployment figures last Tuesday, after it hit a record high of

21.3% in June, according to official data.

The unemployment rate is calculated for urban areas and therefore provides only a partial picture of the situation.

The series of gloomy figures in recent weeks has ramped up pressure on officials to introduce a vast economic recovery plan, but debt-averse policymakers in Beijing are reluctant.

Authorities have instead announced various steps to boost the private sector, which was hit particularly hard during the pandemic, and consumption, though they have yet to take effect.

AFF

Global offshore wind supply chain requires \$27bn investment: Report

Istanbul, Turkey – The global offshore wind supply chain will require \$27bn of secured investment by 2026 if it is to meet a five-fold growth in annual installations, excluding China, by 2030, according to the latest Horizons report by Wood Mackenzie, the global research and consultancy group.

This figure is based on Wood Mackenzie's base case outlook, which forecasts annual capacity additions will hit 30GW by 2030.

The supply chain is anticipated to require more than \$100bn in investment to meet this objective set by governments around the world.

Commenting on the data, Chris Seiple, vice chair of Power and Renewables at Wood Mackenzie and co-author of the report, said that even though governments have made clear



their commitment to offshore wind as an important pillar of decarbonization and energy security, the supply chain is struggling to scale up.

He pushed for increased supply chain investments because decarbonisation targets cannot be accomplished without such pledges if change does not occur.

"Nearly 80GW of annual installations to meet all government targets is not realistic; even achieving our forecasted 30GW in additions will prove unrealistic if there isn't immediate investment in the supply chain," Seiple said.

He argued for the need for adjustments and new policies by governments and developers to

transform the supply chain to deliver offshore wind projects at industrial scale.

According to Seiple, delaying projects at this stage would shift the anticipated equipment demand from 2025-2027 to 2028-2030. He added that while there would be less need for manufacturing expansion in the short term, there would be an even greater need for investment to expand to meet the demand in 2028-2030.

"The sector – most notably the policymakers – must take this opportunity to chart a more sustainable path for offshore wind. This will not just influence the projects being installed today or in 2030, but also the 1.4 terawatt (TW) offshore wind capacity that Wood Mackenzie expects to be connected by 2050," he concluded.

Anadolu Agency

US accuses Chinese firms of evading solar panel tariffs

Washington, US – Several Chinese manufacturers of solar panels have been shipping their products through third countries including Thailand and Vietnam to circumvent US tariffs, the Commerce Department announced Friday.

"Commerce found that five companies were attempting to avoid the payment of US duties by completing minor processing in third countries," the Commerce Department said in a statement.

It named the companies as BYD Hong Kong, New East Solar, Canadian Solar, Trina Solar and Vina Solar.

In 2022, the White House suspended tariffs for two years on solar panel imports from Cambodia, Malaysia, Thailand and Vietnam – but not China – in order to ensure the United States has access to the relevant parts



to build up its domestic solar industry.

On Friday, the Commerce Department announced that "certain unexamined companies" were also found to be circumventing the White House order, and that three firms initially suspected of engaging in the practice were found not to be doing so.

The Commerce Department said its move "does not constitute a ban on imports" from Cambodia, Malaysia, Thailand and Vietnam, adding that the companies identified could still follow a process to certify that they were not circumventing the order.

AFF

No recovery yet for 'lacklustre' German economy, says central bank

Frankfurt, Germany – Germany's "lacklustre" economy will likely stagnate again in the third quarter, the Bundesbank central bank said Monday, as weak demand from abroad and high interest rates take their toll on Europe's industrial powerhouse.

After preliminary estimates suggested that the economy recorded zero growth in the second quarter of 2023, the outlook for the July-September period was not much better, the Bundesbank said in its monthly report.

"German economic output will probably remain largely unchanged again in the third quarter," it said.

Europe's largest economy is "still lacklustre" and "still experiencing a period of weakness", it added.

The gloomy outlook adds to concerns that Germany will drag down the eurozone's economic performance this year, with the International Monetary Fund predicting it will be the only major advanced economy to shrink in 2023.

National statistics agency



Bundesbank said German economic output will probably remain largely unchanged again in the third quarter

Destatis will release final data for the second quarter on Friday.

The German economy shrank over the two preceding quarters, meeting the technical definition of a recession.

Germany's key industrial sector, traditionally a driver of growth, has been hit particularly hard in recent months as exports have plummeted against a backdrop of high inflation and subdued global activity.

Even though supply chain bottlenecks have eased, "industrial output looks set to remain weak", the report said, "as for-

ign demand has been on a downward trend of late".

While economic activity in the United States, a major trading partner, was in "comparatively good shape," the bank noted that key client China's post-Covid recovery had "quickly lost momentum".

Higher borrowing costs as a result of the European Central Bank's interest rate rises, aimed at bringing down inflation, will also continue to weigh on investment and the construction sector, the Bundesbank added.

On a brighter note, private

consumption was likely to shore up the economy in the third quarter thanks to stable employment, higher wages and declining inflation.

Germany's annual inflation rate slowed to 6.2% in July, mainly on the back of lower energy prices.

But wage pressures were likely to keep inflation above the ECB's two-percent target "for longer", the report said.

"Wage growth will probably remain strong, even going into the new year," it said.

AFF

MG announces 'exciting' EMI campaign

MHD ACERE, the authorised distributor of MG Motor Oman, is thrilled to introduce the 'Unleash your passion' EMI Campaign, presenting extraordinary offers on MG's premium range of vehicles.

This limited-time offer, brings an unmatched opportunity for car enthusiasts to experience the sheer power, performance, and technology that MG vehicles are known for.

Discover the MG RX8, an epitome of adventure and sophistication, available at an incredible EMI of RO96. Equipped with a 2.0l turbo engine, 221 HP, and 360nm torque, the RX8 boasts an intelligent real-time torque-on-demand (TOD) 4WD system, ensuring seamless travel across any terrain.

The flagship MG RX8 Black Edition, available at an EMI of RO115, presents a captivating blend of style and technology. With features like Apple CarPlay, Android Auto, and a 10.1-inch touch screen, driving becomes an immersive experience.

For those seeking performance with efficiency, the MG 6, with an EMI of RO69, offers a 1.5L turbo engine, 7-speed dual-clutch transmission, and an 8" integrated touchscreen. The MG



HS, starting at an EMI of 91, promises power with its 2.0L turbo engine, combined with a 7-speed dual-clutch transmission and intelligent 4WD.

The MG 5, available at an EMI of RO55, sets new standards with its 1.5L engine, 10.1-inch colour

touchscreen, and advanced safety features such as the 360-degree camera view. The MG GT, with a starting EMI of RO75, offers a blend of elegance and speed, while the MG T60, available at an EMI of RO91, presents exceptional power with its 2.8L

turbo diesel engine and versatile 4x2 and 4x4 configurations.

To make this offer even more enticing, MG is providing additional benefits including free 1st year insurance, free registration, and 3 years/60,000kms service [whichever comes earlier]. This

holistic package ensures that owning an MG is not just about driving excellence, but also about savings and complete peace of mind.

Speaking about the campaign, Mohsin Hani al Bahrani, CEO, MHD ACERE, shared his excitement.

"At MG, we aim to ignite the passion of driving in every individual. With the 'Unleash your passion' EMI Campaign, we're making luxury and performance more accessible than ever. The offers have already started making an impact as seen by the customer response we are receiving at all MG showrooms."

Don't miss the chance to own your dream MG vehicle. Join the 'Unleash your passion' EMI Campaign before September 25 and embrace a new era of driving excellence.

Bank Muscat opens relocated branch in Sohar

Aiming to enhance its network of branches across the Sultanate's governorates and provide the best banking services and facilities to individuals and corporates, Bank Muscat, the leading financial service provider in the Sultanate of Oman, celebrated the inauguration of the relocated corporate branch in Falaj Al Qabail in the wilayat of Sohar.

The opening ceremony was held under the patronage of Sheikh Ahmed bin Mohammed bin Shihab al Balushi, deputy wali of Sohar, with the attendance of Ahmed bin Faqir al Balushi, Chief Banking Officer, Bank Muscat, and other executive officers from the bank.

The inauguration of the Bank Muscat's relocated customised branch aims at keeping pace with the recent developments witnessed in North Batinah generally and the wilayat of Sohar specifically, as it has been experiencing significant investment and economic shifts making it the focus of attention of many local and international investors, which contributes to the development of the public and private sectors through providing the best banking services and solutions.

The relocated branch is characterised by a modern design



and distinctive space that provides corporate and government-institution customers with comfort and financial inclusion seen in the wide range of services provided to the public and private sectors.

The branch is managed by a team of Omani experts ready to effectively provide various financial options and services. Customers can benefit from the services the new branch provides from Sunday to Thursday starting from 8am until 2pm.

It is to be noted that Bank Muscat has other customised

branches that offer different services and solutions to corporates and government institutions, and they are located in different locations such as the commercial district branch in Ruwi, Al Nahdha Towers branch in Bausher, and Salalah branch in Dhofar.

Ahmed bin Faqir al Balushi, Chief Banking Officer, Bank Muscat, declared that Bank Muscat's relocated branch that provides customized services and facilities to corporate and institutional customers started in 2014 in the wilayat of Sohar. "Today, we

have celebrated the inauguration of the relocated corporate branch, which comes to support the bank's strategic plans of enhancing its network of branches that serve the public and private sectors and keeping pace with the growth the private sector has seen in North Batinah."

Balushi further said that the relocated branch, with its financial advisory services and banking facilities, would contribute to the development of the public and private sectors all together, having emphasised that the bank would continue its commitment

to providing the best banking services and solutions to achieve positive results conducive to the growth of these prominent sectors.

Balushi further added that Bank Muscat is the first leading financial service provider in the sultanate to have taken proactive steps in enhancing the sultanate's Renaissance through allocating a business unit in charge of providing financial services catering the diverse needs of large corporates and small-medium enterprises (SMEs).

Ilham bint Murtadha al Hamaid, General Manager, Corporate Banking, Bank Muscat, spoke about the achievement of opening the relocated corporate branch in the wilayat of Sohar, which is characterised by its wide space and modern comfortable design. She mentioned that the location was selected to be adjacent to different corporates and government institutions, industrial and free zones, which emphasises Bank Muscat's constant endeavour to provide its investors and customers with distinguished banking services across Oman and achieving more successes in the banking industry through the inauguration of such customised branches.

Kalyan Jewellers opens its 200th showroom in India's Jammu

Kalyan Jewellers, one of the largest and most trusted jewellery brands recently announced the launch of its 1st showroom in Jammu, India which was inaugurated by Bollywood superstar Hrithik Roshan.

The launch celebrations marked the momentous milestone of the company's 200th showroom globally. T S Kalyanaraman, Managing Director of Kalyan Jewellers along with the Executive Directors - Ramesh Kalyanaraman and Ramesh Kalyanaraman were present at the inauguration.

The new showroom promises a luxurious shopping experience with an extensive array of exquisite jewellery designs in a world-class ambience.

The city of Jammu came to a standstill as crowds jostled to catch a glimpse of the iconic superstar.

Addressing the enthralled crowd, Hrithik Roshan said, "I am delighted and honoured to be part of the 200th showroom launch festivities of Kalyan Jewellers. With a legacy spanning over three decades, Kalyan Jewellers has time and again, revolutionised India's jewellery industry with its pioneering initiatives.

"It is a matter of pride for me, to represent this iconic brand that is built on the core pillars of trust, transparency and customer centricity. This magnificent Kalyan Jewellers' showroom is a testament to the company's unwavering commitment to providing an unparalleled shopping experience to patrons. I am confident that the patrons here will warmly welcome and wholeheartedly support the jewellery brand."

The extravagant launch celebrations also encompassed the unveiling of Kalyan Jewellers' e-commerce platform - Candere's 3rd Experience

Centre in India. Following a phygital model, the company had introduced this first-of-its-kind concept in September 2022. The Experience Centre is designed to work seamlessly alongside its online platform, offering next-gen consumers with a distinctive shopping experience.

Talking about the 200th showroom launch, Ramesh Kalyanaraman, Executive Director of Kalyan Jewellers, said, "As we inaugurate our 200th showroom, we extend gratitude to our customers, partners and employees, who have been an integral part of this three-decade long journey that has been marked with trust and transparency.

"This significant milestone echoes our unwavering dedication to not only creating exquisite jewellery but also nurturing relationships with patrons across the country that shine as timeless treasures.

"At Kalyan Jewellers, we have taken major strides in creating a holistic ecosystem to offer an enhanced service-backed shopping experience to patrons across the country. As we move ahead, our customer-centric approach remains key to our continued growth, building upon the very essence that defines our brand."

To mark the occasion, Kalyan Jewellers launched its 'Celebrating 200 Showrooms' campaign, which encompasses unique offers to ensure that patrons gain maximum benefits on all their jewellery purchases.

At Kalyan Jewellers, patrons also receive Kalyan Jewellers' 4-Level Assurance Certificate, which guarantees purity, free lifetime maintenance of ornaments, detailed product information, and transparent exchange and buy-back policies.

talabat honours delivery riders for their crucial role

talabat, the region's leading local tech platform, is not just about orchestrating an efficient delivery of food, groceries, and household items. It also aims to empower Individual and Corporate Delivery Contractors (Riders) with new ways to earn a living while staying safe and motivated.

Through various initiatives and training opportunities all year round, talabat aims to ensure that the Riders stay safe on the road, while it also understands that a little recognition can go a long way in further boosting the Riders' morale. The recent initiatives and events included a safe driving simulator course in cooperation with Oman Automobile Association, innovative ways for Riders to stay cool in summer, and symbolic awards to show gratitude and appreciation.



Yanal al Khasawneh, Head of Logistics at talabat Oman, said, "We tailor our well-crafted initiatives and training opportunities

according to the needs of the Riders, who are at the heart of our sector as the region's leading local tech platform, and their

safety and well-being are paramount to us.

"At the same time, we aim to optimise the efficiency of each delivery run. We want our Riders to feel recognized and adequately rewarded, as they are essential to our entire food and grocery delivery ecosystem."

Among the main initiatives recently launched by talabat to ensure road safety were the two 'Delivery Excellence Workshops' for 700 Riders delivering food, groceries, and household items to talabat customers. Held in cooperation with Royal Oman Police (ROP), the Civil Defence and Ambulance Authority and the Oman Automobile Association in Muscat, the workshops were part of Rider Safety Week, a quarterly road safety initiative. Additionally, the event allowed Riders to share their feedback

while highlighting the flexibility, accessibility and other benefits of food delivery work. talabat, in close cooperation with the Oman Automobile Association in Muscat also organized a driver safety simulator program.

talabat also wants to ensure the riders stay cool when on the road to deliver, especially during the hot summer. During the 'Beat the Heat' summer Rider campaign, more than 2,000 water bottles and summer kits with cooling equipment were distributed among Riders. This event aligns with the Safety Week event and aims to ensure Riders are equipped with water bottles and cooling kits to protect them from the summer heat. This initiative has a positive spill-over impact on the environment as it results in a reduction of single-use plastics.

Guatemala dark horse Arevalo wins presidential election

Guatemala City, Guatemala - Social democrat Bernardo Arevalo swept to victory in Guatemala's presidential election on Sunday, with his anti-corruption message firing up weary voters.

The 64-year-old sociologist is the son of an ex-president but his win is still a massive upset, defying opinion polls, court battles and attempts to have his party disqualified.

"The people of Guatemala have spoken forcefully," Arevalo told the media in his first comments after winning by a wide margin. "Enough with so much corruption." He added that outgoing President Alejandro Giammattei had called to

congratulate him and together they had agreed 'to draw up a timetable for the transition plan'.

Arevalo scored 59 per cent of the vote, with 95 per cent of ballots counted, according to official results from the TSE national election body.

His rival, former first lady Sandra Torres - who enjoyed the backing of the incumbent as well as the elite - came second with 36 per cent of the vote.

Ambassadors from the United States and European Union have expressed willingness to work with Arevalo, who said the presidents of neighbouring Mexico and El Salvador had already offered their congratulations.



Presidential candidate Bernardo Arevalo, and his Vice President Karin Herrera celebrate the results of the presidential run-off election (AFP)

However, he is viewed with apprehension by members of the political and business elite that dominate Guatemala.

"Arevalo's victory means a defeat of the old politics, of the ruling party and those nostalgic for the Cold War. A different era is beginning for our country," independent analyst Miguel Angel Sandoval told AFP.

Thousands of Arevalo's supporters celebrated with rallies in squares in the capital and cities around the country. "This triumph represents the defeat of a corrupt system," said Jorge Mendoza, a 41-year-old sociologist.

Ahead of Sunday's vote, observers and foreign allies sounded

alarm about meddling and efforts to undermine the electoral process, after a top prosecutor tried to have Arevalo disqualified and ordered raids on his party offices and the election body.

The Supreme Court on Friday overturned the order to disqualify Arevalo's Semilla political party, which had prompted protests. On the campaign trail, Arevalo claimed to be the victim of 'political persecution by a corrupt minority that knows it is losing power by the day'.

After a first round marked by low turnout and invalid votes, the TSE reported 'historic turnout' at the close of Sunday's voting, without giving details.

Fed-up voters expressed despair over the poverty, violence and corruption that have gripped the Central American nation, pushing thousands of its citizens to emigrate in search of better lives, many to the United States.

"You can no longer live anywhere, because there is so much crime," said 66-year-old housewife Maria Rac, an Indigenous Mayan who voted in the town of San Juan Sacatepequez, 30km west of the capital.

Arevalo, the son of Guatemala's first democratically elected president, Juan Jose Arevalo, has slammed the political establishment.

AFP

Israeli woman dead, man hurt in latest West Bank attack

Hebron, Palestinian Territories - An Israeli woman was shot dead and another man wounded in a suspected shooting attack on Monday near the occupied West Bank city of Hebron, medics and the army said.

The incident comes two days after an Israeli father and son were gunned down at a car wash in the town of Huwara, also in the West Bank, amid rising violence in the Palestinian territory.

Israel's Magen David Adom emergency service said in a statement that a woman was 'confirmed dead' after she was hit by gunfire.

The man travelling with her in a car was in a 'serious condition', it added.

The army, confirming the death of the 40-year-old woman, said they came under fire while they were driving.

The 'shooting attack was carried out from a passing vehicle on Route 60 adjacent to the city of Hebron toward civilians who were driving in the area', it said in a statement, adding that troops were pursuing the attackers.

Local officials and Israeli media identified the victim as Batsheva Nagari, a primary school teacher and mother of three children who resided in the Beit Hagai settlement, south of Hebron.

One of her children, a girl, was also travelling with her but was not injured, officials said.

Surging violence

The army deployed troops to the attack site and blocked access to it soon after the incident, an AFP correspondent reported.



Members of Israeli security forces block a road leading to the site of a reported attack south of Hebron in the occupied West Bank, on Monday (AFP)

The West Bank has seen a surge in violence since early last year, with a string of attacks by Palestinians on Israeli targets, repeated Israeli army raids and violence by Jewish settlers against Palestinian communities.

Saturday's shooting of a father and son in Huwara sparked a massive manhunt in the West Bank as Israeli forces searched for the suspected attacker.

Huwara, a Palestinian town

near the city of Nablus, has seen a number of attacks on Jewish settlers or the Israeli military since early last year.

Settlers have also responded with revenge attacks on the town and surrounding villages.

Palestinian fighter group Hamas, which controls the Gaza Strip, said Monday's attack near Hebron was a 'natural response' to settlement projects in Jerusalem and the West Bank.

"The operations will continue until the end of the occupation," it said in a statement.

At least 218 Palestinians have been killed in violence linked to the Israeli-Palestinian conflict so far this year.

Some 31 Israelis, one Ukrainian and one Italian have also been killed, according to an AFP tally compiled from official sources on both sides. They include, on the Palestinian side,

combatants as well as civilians and, on the Israeli side, three members of the Arab minority.

Israel has occupied the West Bank since the Six-Day War of 1967. Excluding annexed east Jerusalem, the territory is home to nearly three million Palestinians and around 490,000 Israelis who live in settlements considered illegal under international law.

AFP

'Saudi guards killed hundreds of Ethiopians'

London, UK - Saudi border guards fired 'like rain' on Ethiopian migrants trying to cross into the Gulf kingdom from Yemen, killing hundreds since last year, Human Rights Watch said in a report on Monday.

The allegations, described as 'unfounded' by a Saudi government source, point to a significant escalation of abuses along the perilous route from the Horn of Africa to Saudi Arabia, where hundreds of thousands of Ethiopians live and work.

One 20-year-old woman from Ethiopia's Oromia region, interviewed by HRW, said Saudi border guards opened fire on a group of migrants they had just released from custody.

"They fired on us like rain. When I remember, I cry," she said. "I saw a guy calling for help, he lost both his legs. He was screaming; he was saying, 'Are you leaving me here? Please don't leave me'. We couldn't help him because we were running for our lives."

HRW researcher Nadia Hardman said: "Saudi officials are killing hundreds of migrants and asylum seekers in this remote border area out of view of the rest of the world," according to a statement.

"Spending billions buying up professional golf, football clubs, and major entertainment events to improve the Saudi image should not deflect attention from these horrendous crimes," she said.

A Saudi government source

told AFP that the allegations were unreliable.

"The allegations included in the Human Rights Watch report about Saudi border guards shooting Ethiopians while they were crossing the Saudi-Yemeni border are unfounded and not based on reliable sources," said the source, who requested anonymity.

The New York-based group has documented abuses against Ethiopian migrants in Saudi Arabia and Yemen for nearly a decade, but the latest killings appear to be 'widespread and systematic' and may amount to crimes against humanity, it said.

Last year, United Nations experts reported 'concerning allegations' that 'cross-border artillery shelling and small-arms fire by Saudi Arabia security forces killed approximately 430 migrants' in southern Saudi Arabia and northern Yemen during the first four months of 2022.

AFP

Saudi officials are killing hundreds of migrants and asylum seekers in this remote border area out of view of the rest of the world

NADIA HARDMAN

10 years on, Syrians recall chemical attack

Afrin, Syria - Syrians in the country's rebel-held north on Monday marked the 10-year anniversary of chemical attacks that killed over 1,400 people near Damascus, one of the conflict's many horrors that went unpunished.

"I was in such shock. I smelt death," said paramedic Mohammed Sleiman from Zamalka in Eastern Ghouta, who lost five members of his family that day.

On August 21, 2013, regime forces attacked Eastern Ghouta and Moadamiyet al-Sham, rebel-held areas outside the capital.

The opposition accused the regime of using toxic gas in the attacks, which killed around 1,400 people, including more than 400 children. The government denied the allegations.

Speaking from the northern city of Afrin, held by pro-Turkish rebels, Sleiman recalled rushing to the scene after hearing news of the attack.



This file photo shows a Syrian couple mourning in front of bodies wrapped in shrouds on the outskirts of Damascus on August 21, 2013 (AFP)

He wrapped his face with a piece of cloth to protect himself from the gas. "I found a large number of people hurt or dead. It was like the apocalypse. The scene was indescribable," the 40-year-old told AFP ahead of the anniversary.

When he went back to his family home, he found it empty. With his brother, he went to look

for them at a nearby medical facility. "I found my father and all the neighbours, all of them just with numbers, no names. I remember my father was number 95. I identified the bodies of the people I knew," he said.

Trauma

Syria's civil war broke out in 2011 after the government's repres-

sion of peaceful demonstrations escalated into a deadly conflict that pulled in foreign powers and global militants. The war has killed more than half a million people and forced around half of the country's pre-war population from their homes.

Sleiman later learned that his other brother, his sister-in-law and their two children had also been killed in the attack.

"We dug a communal grave for hundreds of people and buried them close together," he said. "When I tell the story, I can see it all in front of me as if it was now," he said, adding that he was receiving psychological counselling because of the trauma.

Activists in 2013 posted dozens of amateur videos on YouTube said to show effects of the attack, including footage of corpses, many of them children, outstretched on the ground.

AFP

STUCK IN THE STORM



Motorists deal with a flooded road and stuck vehicles during heavy rains from Tropical Storm Hilary in Palm Springs, California, on Sunday. The tropical storm approached from Mexico, bringing warnings of potentially life-threatening flooding in the typically arid southwestern United States (AFP)

North Korea's Kim oversees cruise missile test as Seoul, US start drills

Seoul, South Korea - North Korean leader Kim Jong Un visited a navy unit and oversaw a strategic cruise missile test, state media reported on Monday, ahead of the start of joint military drills between Seoul and Washington.

Kim inspected one of his fleets in the East Sea, also known as the Sea of Japan, and watched as the crew staged a drill launching 'strategic cruise missiles', state-run news agency KCNA reported.

The drill 'aimed to reconfirm the combat function of the ship and the feature of its missile system and make the seamen skilled at carrying out the attack mission in actual war', the report said.

It did not say when the visit took place, or give further details on the types of missiles launched - though it said they 'rapidly hit target without even an error'.

But Seoul said the KCNA report was 'exaggerated and contained many discrepancies from the truth'. "Both South Korea and the United States had been monitoring any related signs - which we detected in advance - in real-time," Seoul's Joint Chiefs of Staff said in a statement.

North Korea's announcement came as the annual Ulchi Free-



This undated photo from KCNA shows Kim Jong Un watching a strategic cruise missile being launched at an undisclosed location (AFP)

dom Shield drills, a major joint exercise between Seoul and Washington, kicked off on Monday. The exercises, which are aimed at countering growing threats from the nuclear-armed North, will run through August 31.

Pyongyang views all such ex-

ercises as rehearsals for an invasion and has repeatedly warned it would take 'overwhelming' action in response to the drills.

Suspected North Korean hackers have already targeted the exercises, with email attacks on South Korean contractors working at the allies' combined

exercise war simulation centre, police have said.

But 'our military will continue to maintain a firm preparedness posture... conducting joint exercises and training with high intensity and thoroughness, and being able to overwhelmingly respond to any provocations by

North Korea', the JCS said on Monday.

'New chapter'

The announcement of the cruise missile test also comes days after US President Joe Biden hosted South Korean leader Yoon Suk Yeol - along with

The drill aimed to reconfirm the combat function of the ship and the feature of its missile system and make the seamen skilled at carrying out the attack mission in actual war

KCNA news agency

Japanese Prime Minister Fumio Kishida - at Camp David.

At a press conference on Friday, the leaders said they saw a 'new chapter' of close three-way security cooperation after the summit, which would have been unthinkable until recently due to the legacy of Japan's harsh 1910-1945 occupation of the Korean peninsula. The three leaders agreed to a multi-year plan of regular exercises in all domains, going beyond one-off drills in response to Pyongyang, and made a formal 'commitment to consult' during crises, with Biden saying they would open a hotline. The leaders also agreed to share real-time data on North Korea and to hold summits every year.

AFP

Man killed as wildfires rage north of Athens

Athens, Greece - A man was found dead in a wildfire raging north of Athens on Monday, firefighters said, as they battled fresh blazes across the country. "An old shepherd ran to his sheepfold to save the animals and was retrieved dead," said a spokesman from the fire brigade in Boeotia, about 100km north of Athens.

People on a beach and in two communities near the fire were told to evacuate. Around 60 firefighters assisted by four water-bombing planes were battling the flames, said an official from the fire service. Another wildfire broke out on the island of Evia, where 42 firefighters had been deployed backed up by four planes.

Civil protection authorities warned of an 'extreme' fire risk in the region around Athens and other parts of southern Greece. Fires also continued to burn out of control in northeastern Greece near the port city of Alexandroupolis.

Seven firefighters and one volunteer had to be taken to hospital with injuries, the official said.

AFP



Seagulls fly at Onahama port in Iwaki city, some 45km south of Fukushima Daiichi nuclear plant on Monday (AFP)

Decision on Fukushima water release today, confirms Japan

Tokyo, Japan - The Japanese government will make a decision on Tuesday about the release of treated water from the crippled Fukushima nuclear plant into the sea, a government minister said.

"We would like to hold a meeting of the relevant ministers tomorrow (Tuesday) in order to make a decision on the commencement of the water release after confirming the status of ef-

forts to ensure safety and to address reputational damage," Yasutoshi Nishimura, the economy, trade and industry minister, told a news conference on Monday.

"Relevant ministers will discuss and share information on what next steps should be taken, and based on these discussions, we would like to make a decision about the timing," he said.

Japan's Prime Minister Fumio Kishida said on Sunday during a

visit to the nuclear power plant, where three reactors went into meltdown in 2011, that no date had been set.

Around 1.34m tonnes of water, equivalent to more than 500 Olympic swimming pools, have accumulated since the Fukushima plant was knocked out by an earthquake and tsunami that killed 18,000 people in 2011.

AFP

China says lodged complaints over Camp David statement

Beijing, China - China said on Monday it had lodged complaints over a statement released at a first-of-its-kind summit of the leaders of the United States, South Korea and Japan in which they criticised Beijing's 'aggressive behaviour'.

US President Joe Biden hosted the summit at the Camp David presidential retreat. The three leaders said in a joint statement on Friday they opposed the 'dangerous and aggressive behaviour' of China in maritime disputes in the East and South China Sea.

Beijing hit back on Monday, saying the leaders had 'smeared and attacked China on Taiwan-related and maritime issues, grossly interfered in China's internal affairs and deliberately sowed discord between China and its neighbours'.

It also expressed 'strong dissatisfaction and firm opposition and has lodged solemn representations with relevant parties', foreign ministry spokesperson Wang Wenbin said at a regular



L-R: South Korean President Yoon Suk Yeol, US President Joe Biden and Japanese Prime Minister Fumio Kishida at Camp David in Maryland (AFP)

news briefing. Camp David marks the first time the leaders of the United States, Japan and South Korea have met for a standalone summit, rather than on the sidelines of a larger event.

Biden praised the 'political courage' of South Korean President Yoon Suk Yeol and Japanese Prime Minister Fumio Kishida in turning the page on historical animosity.

The three leaders agreed to a multi-year plan of regular exercises in all domains and made a formal 'commitment to consult' during crises, with Biden saying they would open a hotline. The leaders also agreed to share real-time data on North Korea and to hold summits every year.

On Monday, Wang slammed the grouping as an example of an 'attempt to revive Cold War

mentality by inciting division and confrontation represented by various closed and exclusive small circles'. Biden insisted that the Camp David summit was not targeted at China.

But in the joint statement the leaders said they 'strongly (opposed) any unilateral attempts to change the status quo in the waters of the Indo-Pacific', referring to Beijing's militarisation of small islands and reefs in the Asia-Pacific region. The statement also referenced Taiwan, calling peace and stability on the issue 'an indispensable element of security and prosperity in the international community'.

"There is no change in our basic positions on Taiwan, and we call for a peaceful resolution of cross-strait issues," it said.

On Saturday, China's People's Liberation Army staged air and sea drills around Taiwan in what it said was a 'stern warning' after the island's vice president visited the United States.

AFP

Ecuador heads to presidential run-off in October for left-right clash

Quito, Ecuador - Ecuadorans will choose between returning to socialism or preserving the conservative status quo in a presidential run-off set for October after Sunday's first round produced a left-right clash rather than an outright winner.

Luisa Gonzalez, a lawyer close to divisive former socialist president Rafael Correa, emerged as the frontrunner with 33 per cent of the first-round votes.

She will go head-to-head with surprise second-place candidate Daniel Noboa, the youthful son of one of Ecuador's richest men, who netted 24 per cent of the votes.

After a tense day under heavy security, President of the National Electoral Council Diana Atamaint said no candidate had

hit the threshold to claim victory.

"We are heading to a second-round election on October 15," she told journalists.

Noboa (35) said the 'youth' had chosen him to beat Correa's party, while Gonzalez hailed her 'triumph' in the first round.

"We are making history," she said.

The left-right duel to replace unpopular conservative leader Guillermo Lasso comes after a chaotic campaign marred by violence, including the assassination of a leading candidate days ahead of the polls.

The small South American country has in recent years become a playground for foreign drug mafias seeking to export cocaine from its shores, stirring up a brutal war between local gangs.



Luisa Gonzalez addresses her supporters in Quito on Sunday (AFP)

It hit a record of 26 homicides per 100,000 inhabitants last year, almost double 2021's figure and higher than the rate in Colombia, Mexico and Brazil.

'Security, above all'

The murder of journalist-turned-candidate Fernando Villavicencio just 11 days before the vote underscored the challenges fac-

The most serious problem is insecurity. So many crimes, assassinations, disappearances. We are afraid

EVA HURTADO

ing Ecuador. Soldiers and police searched voters at polling stations, while some of the eight presidential candidates wore helmets and bulletproof vests to cast their ballots.

"The most serious problem is insecurity," said voter Eva Hurtado, 40, as she left a polling station north of the capital Quito on Sunday morning. "So many crimes, assassinations, disappearances. We are afraid."

Public worker Luis Veloso, 52, said: "Security, above all the se-

curity of our families, of our people, must be improved."

Adding to the instability, Ecuador has been without a congress for three months after Lasso dissolved it and called a snap election to avoid an impeachment trial just two years after coming to power.

Gonzalez, who has positioned herself as a defender of ex-president Correa's socialist legacy, has said he would be a close adviser if she is elected.

Correa was sentenced to

eight years in jail after an investigation by Villavicencio into corruption and fled to Belgium where he has been living in exile for six years.

Villavicencio, who was second in the polls until his murder, was replaced by close friend and fellow journalist Christian Zurita, who came third with 16 per cent of votes.

Zurita said hours before the vote he was receiving death threats on social media.

However, it was Noboa, who appeared in the only televised debate in a bulletproof jacket, who pulled off the biggest surprise of the day.

His father, Alvaro Noboa, ran unsuccessfully for the presidency five times.

AFP

INDIA

'Welcome buddy!': Ch-2 orbiter links with Ch-3 lander module

New Delhi - In a significant development, the Chandrayaan-2 orbiter which was already fixed around the moon established a two-way connection with the lander module of Chandrayaan-3 on Monday.

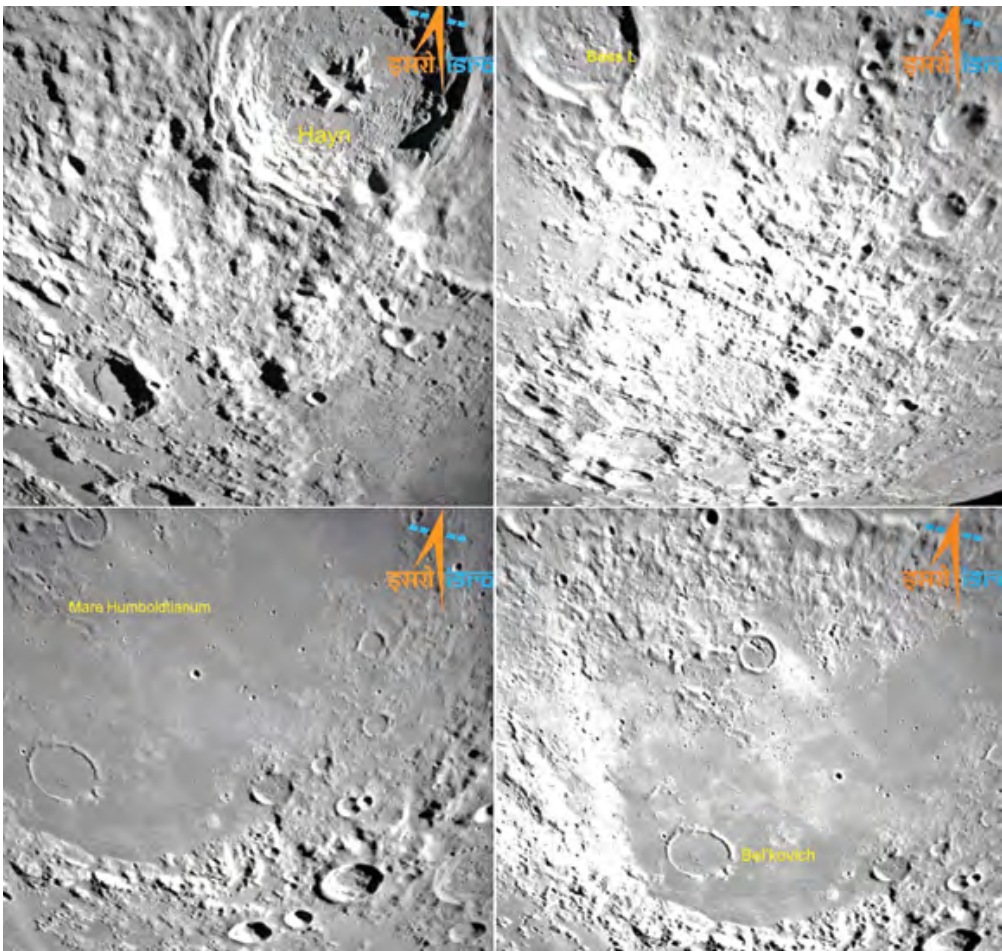
"'Welcome, buddy!' Ch-2 orbiter formally welcomed Ch-3 LM (lander module). Two-way communication between the two is established. MOX (Mission Operations Complex) has now more routes to reach the LM," Indian Space Research Organisation (ISRO) posted on X, formerly Twitter.

Chandrayaan-3 is set to land on the moon on August 23 around 18:04 IST. Live actions will be available on the ISRO website, its YouTube channel, Facebook, and public broadcaster DD National TV from 17:27 IST on Wednesday.

Ahead of the much-awaited soft landing of Chandrayaan-3 on the south pole of the Moon, former director of the ISRO and in-charge of the previous lunar mission 'Chandrayaan-2', K Sivan on Monday said that the mission will be a 'grand success'.

"It's a very anxious moment... I'm sure that this time it will be a grand success," Sivan told ANI.

"We have our own system and we will be establishing a soft landing without any problem.



A combination of photos taken by the Lander Hazard Detection and Avoidance Camera show the Lunar far side area from the Chandrayaan-3 Mission, on Monday (ANI)

But it is a complex process," he said while responding to a question asked whether there would be any impact after the failure of Russia's Luna-25 mission. Russia's moon mission failed after

its Luna-25 spacecraft spun out of control and smashed into the moon on Sunday.

He said that corrective measures have been taken after going through data generated by the

Chandrayaan-2 mission. When asked if those additional systems too were indigenous, Sivan said: "Everything is indigenous."

Earlier on Monday, ISRO released images of the lunar far

side area captured by the Lander Hazard Detection and Avoidance Camera (LHDAC). This camera assists in locating a safe landing area - without boulders or deep trenches - during the descent. Notably, the 'Vikram' lander module of the spacecraft successfully separated from the propulsion module recently, and subsequently underwent crucial deboosting manoeuvres and descended to a slightly lower orbit.

The Chandrayaan-3 mission's lander is named after Vikram Sarabhai (1919-1971), who is widely regarded as the father of the Indian space programme.

A GSLV Mark 3 (LVM 3) heavy-lift launch vehicle was used for the launch of the spacecraft that was placed in the lunar orbit on August 5 and since then it has been through a series of orbital manoeuvres and been lowered closer to the moon's surface. It has been a month and seven days since the ISRO launched the Chandrayaan-3 mission on July 14. The spacecraft was launched from the Satish Dhawan Space Centre in Andhra Pradesh's Sriharikota.

The stated objectives of Chandrayaan-3 are safe and soft landing, rover roving on the moon's surface, and in-situ scientific experiments.

ANI

Will join INDIA bloc meeting in Mumbai: Kejriwal

New Delhi - Delhi Chief Minister and Aam Admi Party (AAP) leader Arvind Kejriwal on Monday announced that the AAP would attend the third meeting of the INDIA alliance scheduled for the end of the month in Mumbai.

"We will go to Mumbai and will let you know whatever the strategy is," said Kejriwal while addressing the Media.

The announcement from Arvind Kejriwal comes after the AAP and the Congress were involved in a war of words when Congress leader claimed that the party had asked the Dehi unit to prepare itself on all 7 seats of the city-state. The comments had caused the AAP to threaten a walk out of the INDIA alliance meet.

The crisis was put to rest when Congress' Delhi in-charge Deepak Babariya clarified that the Congress had not discussed any such thing in their meeting with the party president.

The AAP has also been under fire from certain quarters after Arvind Kejriwal openly targeted both the BJP and the Congress in his election speeches in Chattisgarh and Madhya Pradesh.

Speaking at an election rally in Satna, MP, Kejriwal had said 'the people of the state have



Delhi CM Arvind Kejriwal (ANI)

tried these two parties (Congress and BJP) for the last 75 years, but none of them provided electricity in the state. If you want power supply, vote for AAP and if you want power cut vote for these two parties'.

The INDIA alliance will be holding its third meeting in Mumbai.

AAP had not attended the first meeting as the Congress had not committed its support against the National Capital Territory bill. With the Congress backing the AAP on this legislation the AAP attended the second meeting in Bengaluru on July 17-18 and is now poised to attend the third meeting in Mumbai.

ANI

End 'inhumane' detention of activist: UN rights expert

Geneva, Switzerland - A United Nations rights expert on Monday slammed India's years-long detention of a rights activist with disabilities as 'inhumane', citing grave concerns for his health and demanding his immediate release.

Mary Lawlor, the UN Special Rapporteur on the situation of human rights defenders, raised the alarm about the nearly decade-long detention of Gokarakonda Naga Saibaba, a long-standing defender of the rights of minorities in India.

"India's persistent detention of human rights defender GN Saibaba is an inhumane and senseless act," the independent expert's statement said.

"His continued detention is shameful. It bears all the hallmarks of a State seeking to silence a critical voice," she said.

Saibaba, a former English professor at Delhi University who is bound to a wheelchair after suffering from a spinal disorder and polio as a child, was arrested in 2014.

He was sentenced to life in prison three years later for mul-



Gokarakonda Naga Saibaba

His continued detention is shameful. It bears all the hallmarks of a State seeking to silence a critical voice

MARY LAWLOR

multiple offences under India's Unlawful Activities Prevention Act, although various UN rights experts have raised grave concerns about his prosecution,

Lawlor pointed out.

She and other UN rights experts are appointed by the UN Human Rights Council, but do not speak on behalf of the United Nations.

Lawlor pointed out that apart from two short periods on bail, Saibaba had been held in Nagpur Central Jail since his initial arrest, adding that his condition in prison 'is a matter of serious concern'. 'Mr. Saibaba has been detained in a high security 'anda barracks' in conditions incompatible with his status as a wheelchair user," she said.

AFP

A FESTIVAL OF VARIED HUES



Traditionally dressed school children wait to perform during the Onam festivities in Chennai on Monday (AFP)

Manipur violence: Committee submits reports to SC

New Delhi - The Supreme Court on Monday said that it will pass orders on Friday to facilitate the proper functioning of a committee headed by Justice (retd) Gita Mittal which was set up to monitor relief work, rehabilitation, compensation and healing of violence-

hit Manipur.

The committee has submitted three reports before the top court, a bench headed by Chief Justice of India D Y Chandrachud said.

The bench hearing the Manipur violence cases said that certain procedural directions

would be required to be issued for administrative assistance and to meet the financial expenses of the committee.

It said three reports filed by the committee will be given to advocates in the case.

The committee in its report flagged that victims of ethnic

violence in Manipur have lost their necessary documents in the violence. It further highlighted that the Manipur victim compensation scheme may be updated and the proposal of the committee for the appointment of domain experts.

ANI

British child-killer nurse Lucy Letby given whole-life prison sentence

London, UK - A British nurse was jailed for life on Monday, with no prospect of release, for murdering seven newborn babies and attempting to kill six others while they were in her care.

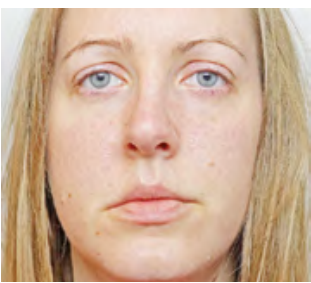
Lucy Letby, 33, was convicted of killing five baby boys and two baby girls, making her the UK's most prolific child serial killer in modern history. She was arrested following a string of baby deaths at the neonatal unit of the Countess of Chester Hospital in northwest England between June 2015 and June 2016.

The prosecution said Letby at-

tacked her vulnerable prematurely born victims, often during night shifts, by either injecting them with air, overfeeding them with milk or poisoning them with insulin. Following a trial that started in October, a jury at Manchester Crown Court ended more than 100 hours of deliberations on Friday.

Letby was in the dock as the jury returned the first guilty decisions earlier in August.

But she was not in the dock for the final verdicts and refused to come up from the cells for her sentencing on Monday.



Lucy Letby (AFP)

"You acted in a way that was completely contrary to the normal human instincts of nurturing and caring for babies," judge James Goss said, addressing Letby in her absence.

He said there was 'premeditation, calculation and cunning' in her actions, with a 'deep malevolence bordering on sadism'.

"You have no remorse," the judge said, ordering her to be given a written copy of the sentencing remarks and the families' victim impact statements. "There are no mitigating factors."

Goss said that 'because the seriousness of your offences are exceptionally high, I direct that the early release provisions do not apply'. "The order of the court therefore is a whole life order on each and every offence

and you will spend the rest of your life in prison," the judge said.

'Cowardly'

After Letby refused to attend the sentencing, Prime Minister Rishi Sunak said it was 'cowardly that people who commit such horrendous crimes do not face their victims'. The leader of the main opposition Labour party, former chief prosecutor Keir Starmer, promised to close the 'shamefully exploited loophole' if elected to government.

Letby's absence on Monday meant she did not hear the fami-

lies' victim impact statements about how her crimes affected them, which were heard before the sentencing.

"You thought it was your right to play God with our children's lives," the mother of a twin boy and girl who were attacked in June 2015 said in a statement read to the court.

The baby boy was murdered while his elder sister survived a murder attempt.

The father of two brothers killed by the nurse, who were part of a set of triplets, said: "Lucy Letby has destroyed our lives".

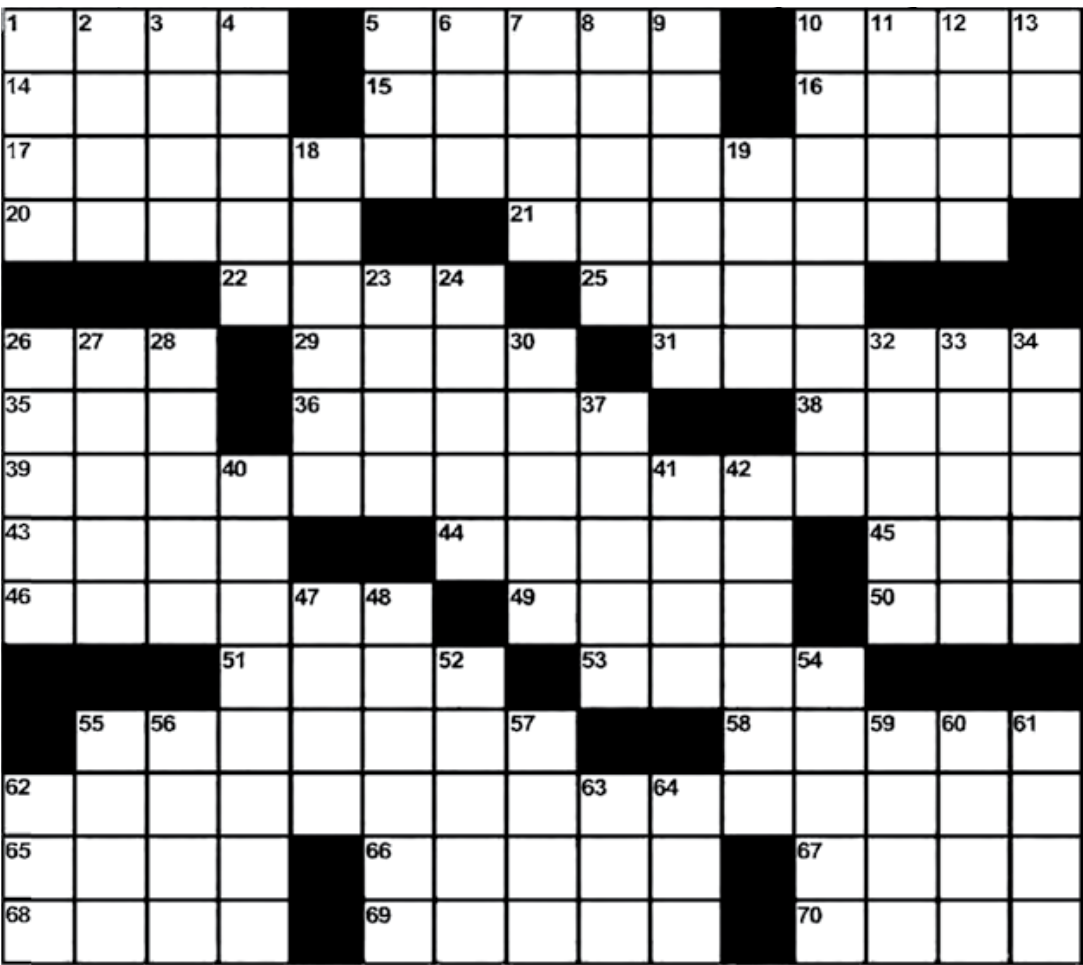
"The anger and the hatred I have towards her will never go away," he said in a pre-recorded video statement played to the court.

After the death of the two triplets in June 2016, Letby was removed from the neonatal unit and placed on clerical duties.

Two years later, in July 2018, she was arrested for the first time. On her third arrest in November 2020, Letby was formally charged and placed in custody.

AFP

DAILY CROSSWORD



- ACROSS
- 1) Talk disrespectfully to
5) Venomous black snake
10) Large dining room
14) Lake view from Toledo
15) Certain graduate exams
16) Digits in eleven
17) Having many of your group attending
20) Watts of the movies
21) Plains shelters of old (Var.)
22) Brought to maturity
25) Predator's quarry
26) Exact revenge on
29) Sustaining an injury
31) Monotony
35) Pub quaff
36) Fish by dragging nets
38) Europe's tallest active volcano
39) Offer a person encouragement, in a way
43) Nut used in soft drinks
44) Number of deadly sins
45) Cambridge school
46) Batter's position
49) Pushing up daisies
50) Swine spot
51) Gets decked in
53) Cowboy-boot attachment
55) Place out of sight
58) What strikers want
62) Rich
65) La Douce in a film
66) EL_ (Spanish painter)
67) Young Michael Jackson feature
68) Recover from a sprint
69) "For" words
70) Alternatives to pumpnickels
- DOWN
- 1) Secured with a needle
2) A, in geometry
3) Airtight storage tower
4) Historic Alabama city
5) Name for a stooge
6) Renowned Dadaist Jean
7) Mini-market
8) Electronic censor
9) Say with confidence
10) Winter melon
11) Penny bet
12) Some popular jeans
13) You'll trip if you drop it
18) Some are civil
19) Olympic event
23) Money in Madrid
24) Small drinks of liquor
26) Stares conspicuously
27) "Silas Marner" novelist
28) Car model that doesn't require gas
30) Coarse wool fabric
32) Entries in a list
3 3) Like fresh matches
34) Like some beers
37) Misery-company link
40) Applause part
41) Minimum-range tide
42) Bear up under
47) Business name abbr.
48) Einstein's "E"
52) Keep in the warehouse
54) Speeder's trap
55) Immunization fluids
56) Stately trees
57) Nights before
59) Far from certain
60) Needing liniment
61) Young winged god of the

NOTE PAD

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YOUR DAILY HOROSCOPE

ARIES MARCH 21-APRIL 19
Feeling a bit stressed out? Then try to give away as much of your responsibilities as you can today, including errands, chores, and other such tasks. You have plenty of family members, coworkers, and friends who would be happy to take something off your plate and help you get a breather in your day. All they expect in return for helping you is a sincere thank you. They know that you would do the same for them if the roles were reversed.

LEO JULY 23-AUGUST 22
Your recent accomplishment was really something to be proud of, so why are you being so modest about it? If you're afraid of making other people jealous, forget it. You can't live your life according to how you may or may not make someone else feel. If you feel like shouting that you're a rock star from the rooftops, do it! No one is going to argue with you, given the platinum album evidence. And if someone gets green with envy, that's their problem, not yours. Sing your praises. It's sweet!

SAGITTARIUS NOVEMBER 22-DECEMBER 21
There could be some exciting news coming your way today, although it could wreak havoc with your carefully laid plans! That's why it's more important than ever to be flexible with your schedule. You also might need to convince other people to be more flexible in their expectations of you. Some deadlines or appointments might have to get shuffled around. Any stress that erupts will be minimal, though, so don't worry about having a stressful day.

TAURUS APRIL 20-MAY 20
It's getting easier for you to let people know what's on your mind. You're no longer hung up on what conclusions they may draw. Your self-confidence is strong and you understand that you have every right to feel what you feel. Communicating your feelings to others also feels really appreciated today. Your feedback is always insightful, so you can expect coworkers to be asking for your input and criticism. You're so good at balancing tact with honesty!

VIRGO AUGUST 23-SEPTEMBER 22
You can never get a positive outcome on a project or in a competition if all you do is focus on negative energy. So today, do your best to put a positive spin on everything and everyone. See the bright side of things and stop dwelling on the bad things that are holding you back. Just pretend they don't exist! There is so much hope in your life, and you need to start recognizing it. Tap into your more idealistic side today and you'll do well.

CAPRICORN DECEMBER 22-JANUARY 19
Don't get too comfortable with the mood you're in when you wake up, because chances are it's going to change several times as the day progresses. The extremes in energy you'll be experiencing today will help make the day go by quickly, but they could make it difficult to get anything done. If you're prepared for your mind to wander hither and yon, you won't be too shaken up about it. Just chalk it up to the Universe, and don't let it shake you.

AQUARIUS JANUARY 20-FEBRUARY 18
It's logical that the more effort you put in, the more rewards you reap. You've been working hard, so right now you deserve a break. It's not that you're tired and need a rest. It's more likely that you need space and time to gain perspective on all you've done. You deserve a big pat on the back and a chance to realize that you're capable of truly amazing things. Rack up some leisure time. You can appreciate your success without focusing exclusively on it.

GEMINI MAY 21-JUNE 21
If you want to buy a gift for someone who is very special to you, don't be too tight with your money! That's not to say that you should spend outside of what is sensible or feasible, but it does mean that you should go a little further to show them how much they mean to you. It's time to be generous and remind yourself that money is only worth something when you use it. Cut back on some of your personal luxuries to make up for the extra expense if need be.

LIBRA SEPTEMBER 23-OCTOBER 22
Don't be surprised if, just when you're getting the hang of something today, your routine gets disrupted. The good news is that this unexpected interruption will be a happy one. Someone from your distant past is coming into your present, either via a message or a knock on the door, and they could have some exciting news for you. The two of you have a lot to catch up on, so make them your top priority. Work can wait for a little while, at least.

CANCER JUNE 22-JULY 22
You're getting better at handling your emotions, which is helping you connect much more effectively with the people you work with right now. Trust this control you have when someone says something that ticks you off today. You'll be able to set them straight without blowing up at them. This is the start of a very healthy phase for you in terms of your relationships. This is the perfect day to extend an olive branch.

SCORPIO OCTOBER 23-NOVEMBER 21
Try not to control too much today. Giving some power over to someone else might not be an easy thing to do right now, but it will be a lot healthier for you. Let go of some responsibilities and give yourself some breathing room. Let other people choose where to go to dinner. Let another team member decide on the strategy for moving forward. Let your partner decide how you'll celebrate an anniversary. Give them a chance to put their spin on things.

PISCES FEBRUARY 19-MARCH 20
It's a good time for you to pay more attention to the areas of your life that you've been neglecting for a while, such as a long forgotten project, a needy neighbor, or a faraway friend. They might be out of sight and out of mind, but they still need your attention. You'll have free time here and there throughout your day to address this forgotten task or person, so there is really no excuse for you not to touch base with the people you need to contact.

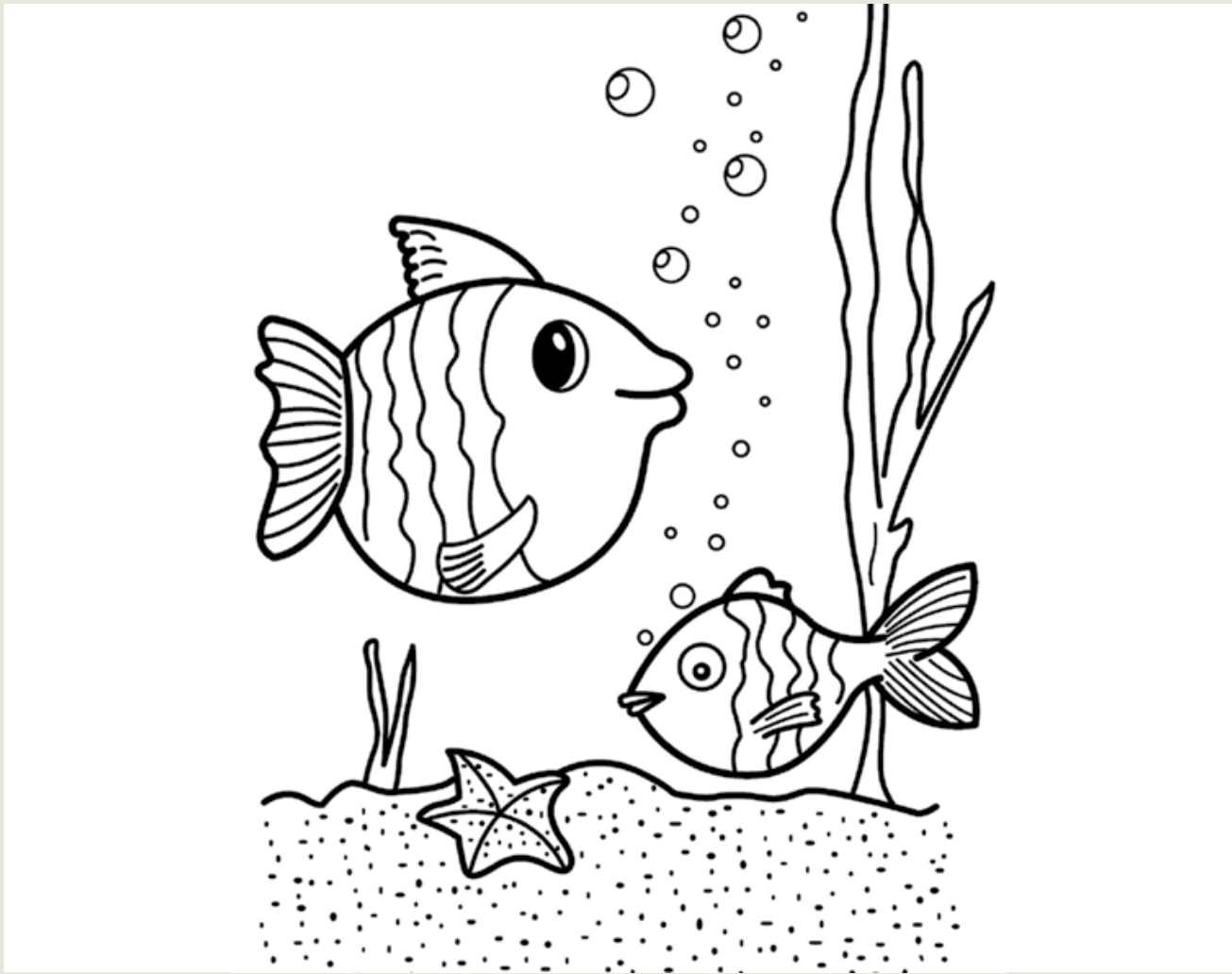


TEST YOUR KNOWLEDGE

01. Who was the last to hold the presidential insignia for Poland before democratic election handed it to Lech Wałęsa?
A. Ryszard Kaczorowski
B. Ignacy Mościcki
C. Józef Piłsudski
D. Aleksander Kwaśniewski
02. Public attendance was particularly sparse, virtually non-existent, at the 2020 Tokyo Summer Olympics and Paralympics. What was the reason?
A. The weather was too cold and wet
B. Extremely high ticket prices
C. Lack of interest
D. The COVID-19 pandemic at the time
03. The "Ballad of Chevy Chase" is an old English folk song about what event?
A. The beheading of Anne Boleyn
B. The Battle of Otterburn
C. The invention of golf
D. The defeat of the Spanish Armada

Answers: 1. A 2. D 3. B

KIDS COLOURING



BOGGLER

L	T	E	P
D	R	I	I
L	N	A	A
E	S	G	I

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

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

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

Added-time goal sinks Enyimba in CAF Champions League thriller

Johannesburg, South Africa - Nigerian club Enyimba conceded in added time to lose 4-3 at Libyan outfit Al Ahly Benghazi on Sunday in a CAF Champions League preliminary round first leg thriller.

Mbaoma Chijioke gave the visitors a great start by scoring after only three minutes, but the home team recovered to lead 2-1 at half-time after an Imoh Obot own goal.

Eze Ekwutoziam equalised just before the hour and, after Benghazi went ahead again, Murphy Ndukwu levelled on 85 minutes after Libyan goalkeeper Morad el Wheshy spilled a free kick.

But five minutes into added time, Benghazi snatched a narrow lead they will take to Aba in southeastern Nigeria for the return match on August 27.

Two-time title holders Enyimba were among seven former winners of the Champions League in action on the opening weekend of the 2023-24 season.

V Club, the 1973 champions from the Democratic Republic of Congo were the other losers, going down 1-0 away to Primeiro Agosto of Angola in Lubango.

DR Congo-born Dago Tshibamba scored on 72 minutes against his compatriots for Primeiro, who have made little impact in the competition since getting to the 2018 semi-finals. Hafia of Guinea, who reached five finals in the 1970s and won three, were held 0-0 at home in Conakry by Senegalese academy club Generation Foot in a rare recent Champions League appearance.

ASEC Mimosas of the Ivory Coast, whose lone title came in 1998, were also involved in a goalless first leg in west Africa, away to debutants Coton Sport of Benin in Cotonou.

AFP

SPAIN BARRIER

La Roja World Cup win a reality check for England and triumph for Vilda

Sydney, Australia - England went into the Women's World Cup final dreaming of global domination but their 1-0 loss to Spain -- and the nature of it -- was a reality check that will haunt them and Sarina Wiegman.

England's Dutch coach admitted Spain were the better team in front of nearly 76,000 in Sydney to lift the World Cup for the first time in their history on Sunday.

Spain's deserved triumph over the European champions came even with them missing several top players because of a mutiny in the camp that broke out 11 months ago.

Fifteen players said in September last year that they no longer wished to represent their country because of numerous objections, chief among them to coach Jorge Vilda.

Three returned for the World Cup but the rebellion meant that Patri Guijarro, who struck twice in the final for Barcelona as they won the Champions League, and club team-mates Mapi Leon and Sandra Panos were all missing.

Vilda's critics would say that Spain won the title in Australia and New Zealand in spite of him, not because of him.

Whatever the truth, Spain were full value for their victory,



Spanish players celebrate after winning the Women's World Cup final against England in Sydney on Sunday (AFP)

Spain's deserved triumph over the European champions came even with them missing several top players because of a mutiny in the camp that broke out 11 months ago

having taken the lead in the 29th minute through skipper Olga Carmona and they also hit the outside of the post in the first half. They then had Jennifer Hermoso's penalty saved by goalkeeper Mary Earps in the second half and overall carved out 14 at-

tempts at goal to England's seven. Spain also had more of the ball, more completed passes and more corners.

England did threaten at times, including hitting the bar in the first half, and can also point to missing captain Leah Williamson

and star striker Beth Mead.

Both missed the World Cup with knee injuries.

But if anything, as England chased the goal they needed to keep alive their own dreams of a first World Cup title, it was their opponents who looked more likely to score again.

Wiegman, the outstanding woman coach in the game, has now suffered two defeats in the final in a row, having been in charge when her native Netherlands lost 2-0 to the United States four years ago.

"I think against a team like this, when you let them get that sort of momentum, it's extremely difficult," said England's stand-in skipper Millie Bright.

"They love to possess the ball so as soon as they get that momentum it is really hard to get out of that," added the defender, saying that England had not been at their best on the evening.

Turning point

Spain felt, with some justification, that they were also the better side when England squeezed

through 2-1 in extra time in the quarter-finals of last year's European Championship.

Their World Cup win also came with their best player, the reigning two-times Ballon d'Or winner Alexia Putellas, failing to fire at the tournament following a serious knee injury.

Vilda underlined the depth of the quality at his disposal by dropping Putellas for the final and replacing her with her 19-year-old Barcelona team-mate Salma Paralluelo.

AFP

Spain World Cup hero Carmona pays tribute to father who died before final

Madrid, Spain - Spain's Women's World Cup hero Olga Carmona paid tribute to her father on Monday for giving her the strength "to achieve something unique" after learning of his death following the nation's 1-0 win over England.

The 23-year-old defender drilled home the only goal of the final in Sydney on Sunday to help La Roja win the World Cup for the first time in their history.

"And without knowing it, I had my Star before the game started," she posted on X, formerly Twitter.

"I know that you have given me the strength to achieve something unique. I know that you have been watching me



Olga Carmona celebrates with the trophy

We send our most sincere embraces to Olga and her family in a moment of pain

RFEF

tonight and that you are proud of me.

Rest in peace, dad.

The Spanish federation (RFEF) said Carmona "learned the sad news after the World Cup final".

"We send our most sincere embraces to Olga and her family in a moment of deep pain. We

love you, Olga, you are in the history of Spanish football," it added.

The Real Madrid star dedicated her goal to the late mother of one of her best friends, displaying an undershirt with "Merchi" written on it when she scored.

"I want to say this victory is for one of my best friend's mother, who died recently. I celebrated the goal with that shirt," Carmona told Spanish state broadcasters La 1, soon after the game's conclusion.

Carmona's club Real Madrid said it "wants to express its condolences and affection to Olga, her relatives and all her loved ones" in a statement.

Spain's Hermoso defends Rubiales kiss at Women's World Cup

Sydney, Australia - Spain midfielder Jenni Hermoso defended Spanish football federation president Luis Rubiales after he came under fire for kissing her on the lips following the team's Women's World Cup victory on Sunday.

Rubiales was criticised on social media for his celebration with Hermoso during the medal ceremony after Spain beat England 1-0 to lift the trophy for the first time.

"I didn't like it," said Spain midfielder Hermoso on an Instagram live stream after the game, although she was laughing as she spoke. Later Hermoso said the moment was a "natural gesture of affection".

"It was a totally spontaneous mutual gesture because of the immense joy that winning a World Cup brings," said Hermoso, in comments passed to AFP by the Spanish federation.

"The president and I have a great relationship, his behaviour



Jenni Hermoso

with all of us has been outstanding and it was a natural gesture of affection and gratitude.

"A gesture of friendship and gratitude cannot be gone over so much, we have won a World Cup and we are not going to deviate from what is important."

Spain's World Cup charge was tainted by controversy over

both the federation and coach Jorge Vilda's relationship with the players. Several top stars formed part of a 15-player protest against the national team ahead of the tournament, although many relented in their stance and three were included in the squad.

AFP

Leaders Cincinnati fall 3-0 at Columbus in MLS

New York, United States - Major League Soccer overall leaders FC Cincinnati were blanked 3-0 on the road by arch-rivals Columbus on Sunday as the North American circuit resumed its 2023 regular season.

MLS took a mid-season pause for the inaugural Leagues Cup involving MLS and Mexican League clubs, with Lionel Messi leading Inter Miami to victory over Nashville in the final on Saturday.

Cincinnati's return to competition after 16 days off was spoiled by hosts Columbus in the latest bout of the Ohio rivalry nicknamed the "Hell is Real" derby.

Aidan Morris opened the scoring for Columbus in the 15th minute, the 21-year-old US midfielder scorching a right-footed shot high into the right corner of the goal.

The Crew made it 2-0 on a penalty kick in the 23rd minute by Colombian forward Cucho Hernandez, who calmly flicked the ball into the right side as



Columbus players celebrate after a goal against Cincinnati

Cincinnati goalkeeper Roman Celentano dove left.

Columbus boosted the final margin six minutes into second half stoppage time on a goal by Canadian reserve striker Jacen Russell-Rowe.

Cincinnati still own the best record in MLS at 15-3 with six drawn for 51 points to sit atop the

Eastern Conference while Columbus jumped from sixth to fourth in the East, 12 points adrift with 11 wins and six draws from 24 matches.

The Crew improved to 6-2 with four drawn in the overall rivalry with Cincinnati.

In a Canadian MLS derby, Canadian midfielder Mathieu

Choiniere scored two goals to give Montreal a 3-2 triumph at 10-man Toronto.

The visitors grabbed a 2-0 half-time edge as Choiniere scored in the 18th minute and Montreal benefitted from an own goal by Zambian defender Aime Mabika of Toronto in the 25th minute.

Italian forward Federico Bernardeschi put Toronto on the scoreboard in the 66th minute but Italian defender Raoul Petretta of Toronto was issued a red card in the 77th minute. Choiniere responded with a penalty-kick goal in the 79th minute.

Bernardeschi netted a final goal for Toronto four minutes into stoppage time but it was too little, too late. Montreal jumped into eighth in the East, seizing a playoff position for the moment.

In another Sunday match, US defender John Tolkin's goal in the 88th minute lifted the New York Red Bulls over visiting DC United 1-0.

AFP

BARCA BLOOM LATE

Catalans snatch win over Cadiz at new home, Atletico Madrid draw at Real Betis

Barcelona, Spain - Pedri and Ferran Torres' late strikes earned La Liga champions Barcelona a 2-0 win over Cadiz in their first competitive home game away from Camp Nou on Sunday.

Atletico Madrid drew 0-0 at Real Betis in a four clash.

Playing at the Olympic Stadium on the city's Montjuic hill while their stadium is rebuilt and upgraded over the next year-and-a-half, Barcelona were nearly thwarted by visitors Cadiz.

After Getafe held them to a frustrating goalless draw on the opening weekend, Cadiz almost managed the same feat until Ilkay Gundogan cleverly released Pedri to score.

Substitute Torres drove through the middle and tucked home in stoppage time to put gloss on what was another unconvincing performance.

"I'm happy, quite satisfied with the team's work and their positional play too, I think it's a totally deserved victory," said Barca coach Xavi Hernandez.

The Catalan coach, banned from the dugout after being sent off against Getafe, selected 16-year-old Lamine Yamal on the right in place of the suspended Raphinha, also dismissed last weekend as tempers frayed.

Yamal, on his first start for the club, came closest for the Catalans in the first half with an angled strike expertly tipped to safety by Jeremias Ledesma.

The forward thrilled nearly 40,000 fans - there were around 10,000 empty seats with a low

uptake on season tickets because of the temporary move from Camp Nou.

"I think it's very positive for the club and the fans, that 40,000 people came, supporting the team," continued Xavi, despite the relatively quiet atmosphere.

At the other end Barcelona goalkeeper Marc-Andre ter Stegen went one better with a superb save to deny Roger Marti one-on-one, after Alejandro Balde gave the ball away on the halfway line.

New signing Oriol Romeu had a goalbound effort blocked after a scramble in the box early in the second half as Barcelona struggled to break down their Andalusian visitors.

Ruben Alcaraz almost gave the Yellow Submarine the lead but lashed a shot wide, while Chris Ramos also came close with a rasping effort.

Barca midfielder Gavi nodded



Barcelona's Pedri celebrates after scoring against Cadiz in their Spanish league match on Sunday (AFP)

I'm happy, quite satisfied with the team's work and their positional play too. I think it's very positive for the club and the fans that 40,000 people came, supporting the team

XAVI HERNANDEZ

against the bar at the other end, before Xavi threw on Moroccan winger Ez Abde in his stead.

The coach switched to a three defender system, also bringing on Ansu Fati for Balde as he

sought the breakthrough.

Upping the pressure

Barcelona tossed crosses into the area, looking for Robert Lewandowski, but the Polish forward

failed to make a nuisance of himself. "He will score, he needs to have more patience," said Xavi, concerned at Lewandowski drifting from his position to get involved in the play.

"He wants to come, I understand it. You can't lose your positioning.

"I think he was good in the second half working for the team, and he set up the goal for Ferran."

Abde drew a fine save from Ledesma with a vicious curling effort as Barcelona regrouped following a cooling break in the hazy evening heat.

Eventually they found the

breakthrough when former Manchester City midfielder Gundogan dinked a cute ball through for Pedri to slide past Ledesma with eight minutes remaining.

AFP

Pochettino rocked as 10-man West Ham sink Chelsea

London, United Kingdom - Mauricio Pochettino urged Chelsea to "believe in the process" after Michail Antonio's superb strike and Enzo Fernandez's penalty miss condemned the Blues to a 3-1 loss against West Ham on Sunday.

After last weekend's 1-1 draw against Liverpool, Pochettino's side wasted a lively performance as they paid the price for sloppy defending and wasteful finishing at the London Stadium.

Antonio blasted West Ham's decisive second goal after half-time and Lucas Paqueta added a late penalty to leave Pochettino still waiting for his first Premier League win since taking charge in the close-season.

Chelsea teenager Carney Chukwuemeka had scored an eye-catching first half equaliser to cancel Nayef Aguerd's early opener for West Ham.

But the turning point came when Fernandez's penalty was saved by Alphonse Areola just before the break.

Antonio netted soon after the interval and Chelsea couldn't re-



Chelsea's players are disappointed after their defeat to West Ham in the English Premier League on Sunday (AFP)

spond despite Aguerd's dismissal for a second booking midway through the half.

Paqueta, reportedly the subject of an FA probe into betting breaches, applied the knockout blow in the final seconds.

"Teams like us, we need to get the right balance. I think there were a few actions we didn't

manage well and we conceded," Pochettino said.

"We create many chances and should have won the game with our first half.

"It was the frustration when we miss the penalty. We were playing well and we didn't get the reward.

"Disappointed but this is only

the beginning. We need to believe in the process."

Dating back to last season, Chelsea have won just five times in 31 league matches, while their only victory in their last 14 top-flight games came at Bournemouth in May.

They have also lost four successive top-flight London derbies

for the first time since 1990.

Much of the blame for those dismal statistics lies with Pochettino's predecessors Graham Potter and Frank Lampard, who struggled through a turbulent campaign that ended with Chelsea's lowest finish since 1996.

Pochettino has been tasked with cleaning up the mess, but despite recent signings of Moises Caicedo and Romeo Lavia taking Chelsea's total spending under owner Todd Boehly to more than £850 million (\$1.08 billion), the squad remains a work in progress.

Putting his faith in a largely youthful team is a gamble from Pochettino, whose side's lack of experience was exposed in the seventh minute.

James Ward-Prowse's corner was whipped to the far post, where Morocco defender Aguerd easily evaded Conor Gallagher and Chukwuemeka to nod home from six yards.

Dominating possession after that setback, Chelsea deservedly drew level in the 28th minute.



Monaco's Takumi Minamino drives past Strasbourg's Jessy Deminguet (AFP)

Lens unveil record buy Wahi as Minamino inspires Monaco

Paris, France - Lens presented club record signing Elye Wahi ahead of their 1-1 draw with Rennes in Ligue 1 on Sunday, while Takumi Minamino scored twice and grabbed an assist in Monaco's 3-0 win over Strasbourg.

Wahi has penned a five-year contract with last season's runner-ups as Lens agreed a fee worth up to 35 million euros (\$38 million) to bring the young French striker to the Stade Bollaert-Delelis from Montpellier.

The 20-year-old scored 19 times in the top flight last term and arrives in northern France as a replacement for Belgium international Lois Openda, who moved to RB Leipzig last month.

"The signing is a strong sign of the club's ambition," said Lens sporting director Arnaud Pouille.

"He is one of French football's most promising players."

Wahi watched his new side take a third-minute lead against Rennes through Deiver Machado, but the away side equalised early in the second half courtesy of Benjamin Bourigeaud's penalty

after a foul by Salis Abdul Samad.

Andy Diouf hit the bar for the hosts with a deflected effort just past the hour, but Lens had to settle for a point - their first of the season after losing 3-2 at Brest last weekend.

Wahi penned a five-year contract with last season's runners up as Lens agreed a fee worth up to 35 million euros

Monaco are the early pacesetters after they swept aside Patrick Vieira's Strasbourg in one of two games in Ligue 1 this weekend pushed back because of high temperatures. Japan international Minamino drilled Monaco ahead from distance at the Stade Louis II and then doubled the lead with a header from Caio Henrique's cross later in the first half.

Juve win at Lecce, Belotti and De Ketelaere end droughts

Milan, Italy - Juventus got their Serie A season off to a perfect start with Sunday's 3-0 stroll at Udinese which suggested they will be in the title mix, while Lecce struck twice late to beat last year's runners-up Lazio 2-1.

Massimiliano Allegri's Juve did all the damage in the first half with an early strike from Federico Chiesa, Dusan Vlahovic's penalty and a header from Adrien Rabiot just before the break.

The away side then sat on their lead and comfortably held out for the win, and the return to form of injury-prone Chiesa will give Juve a boost as they try to bounce back from last season's



Adrien Rabiot celebrates after scoring against Lecce

scandals.

"I wanted to do the knee slide as it had been a long time since I'd last done one," joked Chiesa, who has suffered a series of knee problems, about his celebration after drilling home his second-minute opener. "Like the manager said our aim is to get back into the Champions League, after that we'll see."

Points deductions over transfer irregularities led to Juve finishing seventh last term and then a ban from European football by governing body UEFA.

Without continental competition and with a fit squad Juve have been tipped to challenge for

the Scudetto, and on Sunday's evidence they will be a tough team to beat as they try to move towards a more aggressive, attacking style of play.

"We played very well today, especially in the first half. That's how we need to play, a modern style of football," added Chiesa.

With 84 minutes gone at Lecce, Ciro Immobile's 197th Lazio goal seemed to be the decisive strike.

But after the Italy forward had a shot tipped onto the post, Lecce new boy Pontus Almqvist levelled with a superb left-footed finish from the edge of the penalty area.

ENTER SHOWMAN

Battling Lyles is the colourful personality athletics needs

Budapest, Hungary - Noah Lyles takes pride in how he has battled his way “out of hospital and out of school” due to a racking cough and struggles with ADHD - and now sheer talent has taken the American to the top of the sprinting world.

The 26-year-old who pulled off a sensational 100m win at the world championships on Sunday possesses the charisma and charm of Usain Bolt, whose huge personality has not been replaced in track and field since the Jamaican sprinter retired in 2017.

Several have tried and failed but Lyles, with his back story of the condition that renders concentration and focus difficult, and his candid admission of battling depression is perhaps the knight in shining armour that World Athletics has been waiting for.

A documentary about Lyles is being filmed for NBC Sports by an Emmy-winning producer and with Netflix also recording a series focusing on the 100m, his story is set to reach a wider audience. In the days to come, he will attempt to win a third world 200m title.

If anything Lyles is a showman and the lack of a crowd in the Covid-affected Tokyo Olympics



USA's Noah Lyles celebrates after winning the men's 100m final at the World Athletics Championships on Sunday (AFP)

A few times we had our electricity cut off. Dinners - there wasn't much variety for a while. We'd have a lot of leftovers. We saw how hard my mom was working

NOAH LYLES



in 2021 was, he admitted, a reason for his under-performing in the 200m final in which he was the reigning world champion.

"I don't think you understand how lifeless it was in Tokyo to have no crowd there. It was dead silent," he said.

Lyles has a sense of theatrical-

ity about him too having once worn R2-D2 socks to run in a Diamond League meet in Doha because it took place on May 4th -- a play on the "Star Wars" catchphrase, making it "May the Fourth Be with You".

Lyles, though, would be the first to pay tribute to his mother

Keisha in his rise to the top.

She would come and lie with him in bed when as a young boy he was afflicted by a cough that was so serious he would sometimes have to be taken to hospital.

"I remember days when that's all I would hear," Lyles told run-

nerspace.com.

"My mom would come in and we'd have these long, long nights, because I couldn't go to sleep.

"Ever since I was four I remember going to the doctor -- or to the hospital -- in the middle of the night, because I couldn't breathe."

'Depressed state'

Lyles appreciates the sacrifices his mother made, especially after she divorced his and his two siblings' father Kevin.

"A few times we had our electricity cut off," he told runnerspace.com.

"Dinners - there wasn't much variety for a while. We'd have a lot of leftovers. We saw how hard my mom was working."

Lyles and his mother had to confront his ADHD and she found a remedy in directing his attention into drawing, which he has taken to with gusto.

"I noticed that whenever he'd draw something, it would calm him down," she said.

While a career in art may await him - he has also playfully suggested he would like to be a rapper - Lyles has managed to channel all his focus and energy into being a track star. He has never let the outside distractions get in the way of his competitive senses and sharpness.

He was in such a good place before the championships he said he was able to focus on matters that he thought were going in the wrong direction in his sport.

AFP



Britain's Katarina Johnson-Thompson celebrates after the women's heptathlon 800m

Johnson-Thompson puts injuries behind her to win heptathlon world gold

Budapest, Hungary - Katarina Johnson-Thompson wept tears of joy as the Briton regained her heptathlon world title in Budapest on Sunday, finally returning to her best after putting a series of serious injuries behind her. The 30-year-old multi-event specialist edged Anna Hall by 20 points after finishing within the required three seconds leeway between her and the American in the final event, the 800m, to land her second world title four years after her first.

Johnson-Thompson scored 6,740 points to Hall's 6,720.

Her gold was a huge leap from her forlorn eighth place in the world championships in Oregon last year - a performance that haunted her.

"I can't believe it, it's been a dream of mine and I've been thinking about it for months and months. I'm just so happy, it's a dream come true to do it again," Johnson-Thompson told the

BBC. "This time last year coming away from Eugene, it was such a horrible feeling to be in the competition but not competing for the medals," she said.

"All I have ever wanted was a shot at gold and I'm just so happy I was able to take that opportunity today."

I can't believe it, it's been a dream of mine and I've been thinking about it for months and months

KATARINA JOHNSON-THOMPSON



Since her victory in Doha in 2019, Johnson-Thompson has ruptured her Achilles, followed by a torn calf muscle which ended her Olympic hopes in Tokyo and required surgery.

She has admitted she feared at times that her career was over. Last year she won the Commonwealth title in Birmingham, albeit against less illustrious competitors than she faced in Hungary.

After the 800m on Sunday, Hall fell to the track on completing the gruelling two-day event and then held her hands to her eyes in despair as the narrow margin of defeat sank in. Johnson-Thompson said the 800m was "the easiest run I have ever done in my life. I didn't know the time till I was on the victory lap."

The Netherlands' Anouk Vetter, who like Johnson-Thompson produced a superb performance in the javelin, the penultimate event, took bronze with a total of 6,501 points.

Johnson-Thompson's victory comes in the absence of Belgium's injured two-time Olympic gold medalist and defending champion Nafissatou Thiam.

Novak Djokovic survives 'toughest match' to beat Alcaraz in Cincy

Cincinnati, United States - Novak Djokovic needed five match points and nearly four hours to pull off a gritty victory over Carlos Alcaraz and claim a third ATP Cincinnati Open title on Sunday.

A titanic struggle between the world's top two players saw Djokovic -- who looked out on his feet in the second set -- save a match point before coming through on his own fifth match point for a 5-7, 7-6 (9/7), 7-6 (7/4) triumph.

"It's crazy, I don't know what I can say," said 23-time Grand Slam champion Djokovic, who was seen by the doctors early in the second set for heat illness in a battle that lasted three hours and 44 minutes.

"It's tough to describe. It was the toughest I've ever played in my life. "From start to finish we both went through highs, lows, incredible points, bad games, heatstroke, comebacks.

"Overall this was the toughest and most exciting match I've ever been a part of.

"It's matches like these that I



Novak Djokovic of Serbia celebrates with the trophy after defeating Carlos Alcaraz of Spain in the final of ATP Cincinnati Open

continue to work for."

It was another epic chapter to the budding rivalry between 20-year-old top-ranked Alcaraz and the 36-year-old Serb star, who avenged his loss to the Spaniard in a five-set Wimbledon final last month. The two - who have traded the number one ranking six times this year - are now level

on two wins apiece in their head-to-head rivalry. "I feel proud of myself, honestly. I don't know why I was crying because I fight until the last ball," Alcaraz said.

"I almost beat one of the greatest of all time in our sport. I left the court really happy with what I did."

The 20-year-old unleashed

everything he had at Djokovic and found it wasn't enough.

"It was really, really difficult playing. Novak returns five, six, seven balls on every point," Alcaraz said.

"So fighting and running from one corner to the other one on every point is really tough to deal with for almost the whole match.

"I left everything on court. I'm working very well. But today, it was tough to deal with everything that Novak had."

Djokovic, who earned a record-extending 39th victory at the elite Masters 1000 level, secured the first break of the opening set at love for a 4-2 lead.

Alcaraz broke back and broke again for a 6-5 lead then held to take the set before Djokovic left the court for a seven-minute change of clothes.

Djokovic, clearly affected by the hot, muggy conditions, was visited by the trainer and doctor in the second set.

He was broken to trail 2-1, Alcaraz grabbing a 4-2 edge with a drop shot that Djokovic couldn't touch.

Gauff downs Muchova for biggest title of career

Cincinnati, United States - Coco Gauff captured the biggest title of her career on Sunday, powering past Karolina Muchova 6-3, 6-4 to win the WTA Cincinnati Open.

The 19-year-old American rushed to her box to hug her team members after securing her first 1000-level title over French Open runner-up Muchova in just under two hours.

Gauff was broken while serving for the straight-sets win, but two games later threw her hands up in joy after converting on her



Coco Gauff poses with the trophy after defeating Karolina Muchova

fourth match point.

"This is unbelievable," said Gauff, who became the youngest winner of the Cincinnati WTA title and the first teenager to win five career titles since Caroline Wozniacki in 2008-09.

"Especially after Europe," added the seventh seed, who was stung by a first-round exit at Wimbledon last month. "I had a lot of nights crying and trying to figure it all out but this is great."

Gauff said she arrived on the US hard courts knowing what she needed to do to improve.

INDIA'S RAHUL, IYER RETURN FOR ASIA CUP

New Delhi, India - Indian seniors K.L. Rahul and Shreyas Iyer have returned from their injuries to make the Asia Cup squad on Monday as the cricketing power-house fine tune for the upcoming ODI World Cup.

Both Rahul, who still carries a niggle, and Iyer made the 17-member squad, led by Rohit Sharma, for the six-nation Asia Cup in Sri Lanka and Pakistan beginning on August 30.

"Shreyas has been declared completely fit. Rahul, not his original injury but there's a niggle, which is why Sanju (Samson) is travelling (as reserve)," chief selector Ajit Agarkar told reporters in New Delhi.

"We'll get a report from the physio at some stage but we all expect him (Rahul) to be fit. If not at the start, by the second or third game, but he's on track."

Rahul has not played any competitive cricket since he was injured during this year's Indian Premier League. Iyer has been out since Australia's tour of India in March.

Pace spearhead Jasprit Bumrah and Prasidh Krishna, who returned after recovering from back injuries during the ongoing T20 series against Ireland, have been selected for the longer white ball format ahead of the World Cup in India from October 5.

Up and coming left-hand batsman Tilak Varma, a 20-year-old who is yet to play a one-day international, has also been picked to boost India's batting, which includes Virat Kohli, Shubman Gill and vice-captain Hardik Pandya.



KL Rahul

'Not just Pakistan'

Rohit said the team will need its youngsters to be flexible.

"Flexibility is important," Rohit said. "But we don't go crazy. Rohit Sharma and Shikhar Dhawan (not in team) have opened for India in the last seven years. Kohli bats at three. New boys who bat at number four or five, they should be open to bat anywhere."

India begin their Asia Cup campaign against arch-rivals Pakistan in Pallekele on September 2 before taking on minnows Nepal in their second outing.

"We will work on shortcomings in our upcoming five-day-long camp in Bangalore ahead of the Asia Cup," said Rohit.

On the prospect of meeting Pakistan thrice in the tournament -- including in the final -- Rohit said: "It's not just Pakistan, there are other teams."

"Sri Lanka won the Asia Cup (T20 format) last year. So there are other teams who are playing good cricket and will challenge us."

India have suffered a world title drought since the 2013 Champions Trophy, and last won a 50-over World Cup on home soil in 2011.

Rohit played down his team's chances in the tournament when it returns home.

"There is no such thing as favourites or underdogs," Rohit said when asked whether India

would be considered the team to beat in the World Cup.

He added: "As our prep is concerned this (Asia Cup) is the right tournament for us to go and perform well. Test ourselves, try and put ourselves under pressure and respond to that pressure."

INDIA SQUAD:

Rohit Sharma (capt), Shubman Gill, Virat Kohli, Shreyas Iyer, K.L. Rahul, Hardik Pandya, Ravindra Jadeja, Jasprit Bumrah, Kuldeep Yadav, Mohammed Siraj, Mohammed Shami, Ishan Kishan, Shardul Thakur, Axar Patel, Suryakumar Yadav, Tilak Varma, Prasidh Krishna

Reserve player: Sanju Samson (wicketkeeper)

India seal T20 series win in Ireland

London, United Kingdom - India sealed a Twenty20 series win in Ireland as Ruturaj Gaikwad's 58 and Rinku Singh's explosive debut cameo eased the tourists to a 33-run victory in Dublin on Sunday.

After the loss of two early wickets, Gaikwad and Sanju Samson put on 71 to build the platform for India's strong total of 185-5.

But they needed Singh's 38 from 21 balls and an unbeaten 22 from Shivam Dube to up the strike rate as India plundered 42 runs from the final two overs.

That gave Ireland a mountain to climb but captain Andy Balbirnie did his best to give the home side hope with 72 from 51 balls.

However, Balbirnie was left without much support as India captain Jasprit Bumrah, Prasidh Krishna and Ravi Bishnoi took two wickets each.

Mark Adair's 23 from 15 balls was Ireland's next highest scorer as they finished on 152-8.

The sides meet for the final match of the series on Wednesday.



Rinku Singh scored an explosive 38 off 21 balls in his debut outing

Kiwis claim T20 series win over UAE

New Zealand bounced back from their shock loss to the United Arab Emirates to win the third and final Twenty20 in Dubai on Sunday by 32 runs to clinch the series 2-1.

The UAE had romped to a seven-wicket victory on Saturday to register their first victory over New Zealand in any format, but the hosts slumped to 53-5 in pursuit of 167 in the finale.

Aayan Afzal Khan, the 17-year-old who starred with the ball in the second match, put up

spirited resistance with 42 off 36 balls but the run rate ultimately proved too steep for the UAE.

New Zealand's left-arm medium pace bowler Ben Lister claimed 3-35, including the wickets of captain Muhammad Waseem and Aayan, and effected a run out as the UAE ended well short on 134-7.

Will Young made 56 and Mark Chapman (51) hit his second successive half-century to guide New Zealand to a total of 166-5 after they were put in to bat.

AFP

Hovland fires course-record 61 to capture BMW Championship

Olympia Fields, United States - Norway's Viktor Hovland birdied seven of the last nine holes to fire a course-record 61 on Sunday and win the PGA Tour's BMW Championship, the penultimate FedEx Cup playoff event.

The 25-year-old from Oslo made 10 birdies against a lone bogey, shooting 28 on the back nine for a nine-under par total that left him on 17-under 263 after 72 holes at Olympia Fields in suburban Chicago.

"Definitely has to be the best round I've ever played," Hovland said.

"Given the circumstances, playoff round at this golf course and finish the way I did the last nine holes was pretty special."

World number one Scottie Scheffler of the United States and England's Matthew Fitzpatrick, last year's US Open winner, fired 66s to share second on 265 with world number two Rory McIlroy fourth on 268 after a 66.

Hovland sank a birdie putt from just beyond six feet at the 18th to break the old course record of 62, set Friday by American Max Homa and matched Saturday by American Sam Burns.

"Obviously I got some great shots, some nice bounces and the putts went in," Hovland said. "But it wasn't like I mapped the whole thing out. I was just trying to make the best decision every single shot."

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STENTRODE



Rodney Gorham (L), a recipient of a Synchron brain implant, working on a computer at his home in Melbourne with clinical field engineer from Synchron, Zafar Faraz

With this software, the freedom that it will give him, just to be able to make decisions and look at things without asking somebody, is incredible

DAVID PUTRINO

to target icons on a computer screen, the user must think of a motion - like kicking their foot or making a fist - to 'click' an icon. The software must be trained to recognise the brain signal that sends the command to the body, but people's minds 'speak' in different ways.

Computers need a common neural language to understand the intent, no matter who is thinking it, Synchron founder Tom Oxley said from his office in New York.

"That's a very interesting challenge we are facing now," Oxley said.

"Building a system that is not just for one person, but for millions of people."

At his home in Melbourne, Rodney Gorham tells an AFP journalist that he was able to quickly learn to type using his mind. While going through exercises to tune the software, he moves his feet as instructed. His hand moves an imaginary computer mouse on a tabletop.

At the start of the trial it took about two and a half seconds for Gorham's thoughts to prompt an on-screen click, but now it's a half second, Synchron engineer Zafar Faraz recalled while sitting next to the patient.

Independence

Gorham's contribution to improving the brain-computing interface has been monumental, according to Faraz. "I don't think we would be anywhere if he hadn't taken the brave step of volunteering and pioneering this technology," Faraz said.

Families of patients testing brain implants proudly compare them to astronauts bravely exploring a new world, said David Putrino, who oversees the stentrode's clinical testing in the United States and is director of rehabilitation innovation at New York's Mount Sinai Health System.

"We select patients who hope to advance science for others more than for themselves," Putrino said.

The doctor sees implants like stentrodres improving overall health of patients whose conditions drastically limit social interaction, leaving them isolated.

"Recent studies show that solitude has the same effect on health as smoking 17 cigarettes a day," Putrino said.

The technology remains far from enabling real conversations, but it gives her husband much-needed autonomy, Carolyn Gorham said.

"Without the software... his life would be torture. I think that's the only way to describe it," she said. "With this software, the freedom that it will give him, just to be able to make decisions and look at things without asking somebody to do it for them...just that little bit of independence is incredible."

AFP

BRAIN-COMPUTER Connection

As a rare form of Lou Gehrig's disease paralyses his body, Rodney Gorham hopes a pioneering link between his brain and a computer will help others after he is gone.

The 63-year-old Australian shared his thoughts by using his eyes to pinpoint letters on a screen and 'clicking' on words with his mind.

Thanks to an eight-millimetre stent implanted in his brain to detect neural activity, Gorham hopes to continue going online, sending messages, and playing video games for a long time to come.

US company Synchron has been testing the 'stentrode' for the past two years, getting cleared for human trials before Elon Musk's attention-grabbing Neuralink startup.

Gorham's implant connects to a small receiver and transmitter unit under the skin in his chest, and he credits it with changing his life.

Several years ago, Gorham was diagnosed with ALS, which causes progressive paralysis of the respiratory muscles, trunk, arms, and legs.

The disorder is expected to gradually disable his movement, but not to kill him, according to his wife, Carolyn.

"He could live for another 20 years. So, think about if your body didn't move at all, your brain still firing at the same rate," she said. "And you can't scratch your nose. You can't tell somebody you want to scratch your nose."

The brain implant gives her husband 'a slice of life', letting him at least communicate or play a game, Carolyn Gorham added.

Rodney Gorham has given up on video games that require quick reactions typically made with handheld controllers or a computer mouse, but is still playing turn-based ones such as city-building games, according to his wife.

Without the experimental technology, the life of the sports car and travel-loving former salesman would be pure torture, Carolyn Gorham said.

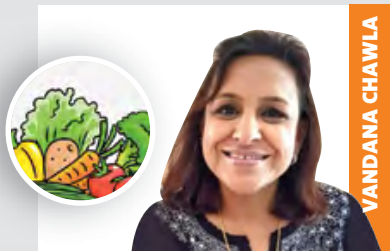
Language of the mind

Synchron hopes to get approval next year from health authorities to market a final version of the device.

The startup said clinical tests have been conclusive but there is still a lot of work to do, notably in decoding brain signals and translating them into a universal language to command computers.

While eye-tracking tech enables a patient

INTERMITTENT FASTING



VANDANA CHAWLA

NUTRITION & YOU

In our series on FAD diets, we now focus on a diet strategy which is gaining lot of popularity - Intermittent Fasting. This diet goes beyond weight loss and is also showing some positive impact on non-communicable diseases, like Type 2 diabetes and heart diseases.

What is intermittent fasting?

Intermittent fasting mainly focusses on 'when you eat' and not on 'what you eat'. Intermittent fasting (IF) as the name suggests is when one goes for extended periods of time without eating, followed by a period of eating normally. In short, it has an alternating period of fasting, followed by eating.

The trend of IF started when experts noticed that, almost 50 years back, people had fixed timing of work



and rest and maintained healthy weight. However, with the coming in of social media, work from home, video games, or easy access to convenient foods, people are up for longer times, continue eating all the while. This invoked the need for controlled pattern of eating and fasting.

Intermittent fasting can be taken up by any one of the following ways:

• Alternate-day fasting - Normal eating pattern is followed on eating days and fasting on alternate days.

• Modified fasting or the 5:2 diet - This involves fasting for 2 non-consecutive days of the week, and eating normally for 5 days.

• Time-restricted eating - The most popular one, wherein an 'eating window' is created, ranging from 4-12 hours, followed by a daily fasting period of 12-20 hours. One eats to satiety during their eating windows without caloric restrictions. Here, one can choose the eating window as per one's work and eating patterns, the most recommended eating pattern is 16:8 - eating window of

Intermittent fasting gives one's body a break from digesting food. As a result, food intake is less, and this further can have a positive impact on one's blood sugar levels - very useful for diabetics or those at risk

8 hours, the rest for fasting.

Does intermittent fasting help?

Intermittent fasting gives one's body a break from digesting food. As a result, food intake is less, and this further can have a positive impact on one's blood sugar levels - very useful for diabetics or those at risk.

Some researchers believe that Intermittent fasting gives body time to remove damaged cells from the body. This process can reduce the risk of cancer and some chronic diseases. Moreover, some believe that after hours

without food, the body starts burning fat as it has exhausted its sugar.

Other potential benefits include improved sleep quality, stronger gut, and lowered cardio risk factors

Short-term studies do indicate, that people lose weight when on IF, mainly because the total daily calorie intake is low. But, the chances are that after the fasting period, when the body is really, hungry, it produces the hormone called Ghrelin, which makes one eat a lot. Sometimes the control on what to eat or not to eat is missed out.

Risks include over-eating during the eating window, IF is not sustainable for long periods of time and disruption in one's sleep pattern.

Tips and cautions

• Pregnant women, people with Type 1 diabetes or with history of eating disorders or depression should not go for this strategy

• Eat healthy balanced meals during the eating window.

• Eat enough so that you can do your daily tasks, including your exercise comfortably without getting fatigued.

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

BICEPS AND TRICEPS



ARMS AND THE MAN

When building muscles in the arms—biceps and triceps – you need to tackle them from different angles for achieving both, aesthetic appeal and functional strength

In the pursuit of a strong and well-defined physique, few achievements are as satisfying as chiseled biceps and triceps. These twin powerhouses not only symbolise upper body strength but also serve as a testament to your dedication and hard work in the gym. Whether you're a seasoned fitness aficionado striving for greater gains or a newcomer embarking on your fitness journey, the road to impressive arms begins with a strategic and balanced approach.

The muscles in the arms need to be tackled from different angles for achieving both, aesthetic appeal and functional strength, according to an article in boxlifemagazine.com. BoxLife Magazine provides athletes who participate in the sport of CrossFit useful information that complements their commitment to a healthy life.

The article states, the arms consist of a network of muscles that work in harmony to execute a wide range of movements. The biceps - situated on the front of the upper arm - are responsible for flexion at the elbow and supination of the forearm. On the other side, the triceps - a larger muscle group on the back of the upper arm - play a crucial role in elbow extension. To ensure proportional development and overall arm symmetry, it's vital to target these muscles comprehensively.

If your primary goal is to build muscle size and definition, a common rep range for hypertrophy is around 8-12 reps per set. Aim for 3-4 sets per exercise. This rep range is effective for creating metabolic stress in the muscles and promoting muscle growth. Choose a weight that challenges you within this rep range, and as you get stronger, gradually increase the

weight while maintaining good form.

If your goal is to improve muscular endurance and stamina, you can opt for higher rep ranges. Aim for 12-15 reps per set and perform 3-4 sets per exercise. This will challenge your muscles to sustain activity for longer periods, leading to improved endurance.

Rest periods between sets also play a role in your training. For hypertrophy, rest for around 60-90 seconds between sets to maintain the intensity. For strength training, rests for 2-3 minutes between sets.

10 EXERCISES FOR BICEPS

Concentration Curl:

This classic isolation exercise focuses on the biceps by minimising the use of momentum. Sit on a bench, rest your elbow against your inner thigh, and curl a dumbbell upwards.

Cable Curl:

Using a cable machine provides continuous tension on the biceps throughout the movement, contributing to muscle growth and definition.

Barbell Curl:

The barbell curl is a staple in arm training, effectively

engaging the biceps while allowing for progressive overload.

Chin-up:

A compound movement that engages both the biceps and back muscles, chin-ups are excellent for building overall upper body strength.

Incline Bicep Curl:

This variation targets the long head of the biceps, adding more depth to your arm development.

Twisting Dumbbell Curl: B

y rotating your wrists during the curl, you engage different fibres of the biceps, leading to a more complete workout.

Underhand Seated Row:

While primarily a back exercise, the underhand grip also activates the biceps, providing a unique way to target both muscle groups.

Reverse Curl Straight Bar:

Targeting the brachialis and forearms, reverse curls enhance the overall aesthetics of the arms.

Leant-Forward EZ Bar Curl:

Leaning forward isolates the biceps, leading to greater muscle activation and growth.

Reverse-Grip EZ Bar Curl:

A variation of the classic curl, the reverse grip places a different emphasis on the biceps.

10 EXERCISES FOR TRICEPS

Triangle Pushup:

Targeting triceps, triangle pushups engage the muscles in a unique way due to the hand positioning.

Tricep Kickback:

Using dumbbells, the tricep kickback isolates the triceps for maximum muscle activation.

Dips:

Dips are a compound movement that engages the triceps, chest, and shoulders. Variations like bench dips or parallel bar dips offer targeted stimulation.

Overhead Extension:

This exercise stretches and contracts the triceps, promoting muscle growth and flexibility.

Javelin Press:

The javelin press is a combination of a shoulder press and a tricep extension, providing a comprehensive upper body workout.

One Arm Tricep Extension (seated):

Performing tricep extensions with one arm at a time ensures balanced muscle development.

Decline Close-Grip EZ Bar Skullcrusher:

The decline angle increases the tension on the triceps, and the close grip emphasises the inner portion of the muscle.

Tate Press:

Also known as the 'elbows out' tricep extension, the Tate press targets the lateral head of the triceps.

Standing Overhead Barbell Triceps Extension:

Using a barbell overhead engages the triceps and stabilising muscles, creating a well-rounded workout.

Close-Grip Bench Press:

By narrowing your grip on the bench press, you focus on the triceps while still engaging the chest.





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