



## HIS MAJESTY THE SULTAN GREETES PRESIDENT OF MALDIVES

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



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### MEETING

## On behalf of HM, Sayyid Shihab bids farewell to ambassadors of Egypt, Netherlands



**MUSCAT:** On behalf of His Majesty Sultan Haitham Bin Tarik, His Highness Sayyid Shihab bin Tarik Al Said, Deputy Prime Minister for Defence Affairs received separately in his office at Al Murtafaa Camp yesterday Mohammed Ahmed Fahmi Ghoneim, Ambassador of the Arab Republic of Egypt to the Sultanate and Laetitia van Asch, Ambassador of the Netherlands to the Sultanate, to bid them farewell at the end of their tour of duties in the Sultanate.

The ambassadors expressed their thanks to His Majesty the Sultan for the support extended to them during their tour of du-

ties in the Sultanate from His Majesty, the Government and the Omani people, which had enabled them to carry out their duties. They wished His Majesty good health, happiness and a long life, and the Sultanate further progress and growth under the wise leadership of His Majesty.

On his turn, Sayyid Shihab expressed his utmost thanks to the ambassadors for the efforts they exerted in serving the relations between the Sultanate and their countries, wishing them success, and the peoples of their countries further progress and prosperity. **-ONA**

### TOP THREE INSIDE STORIES

## OMAN COVID immunisation drive resumes

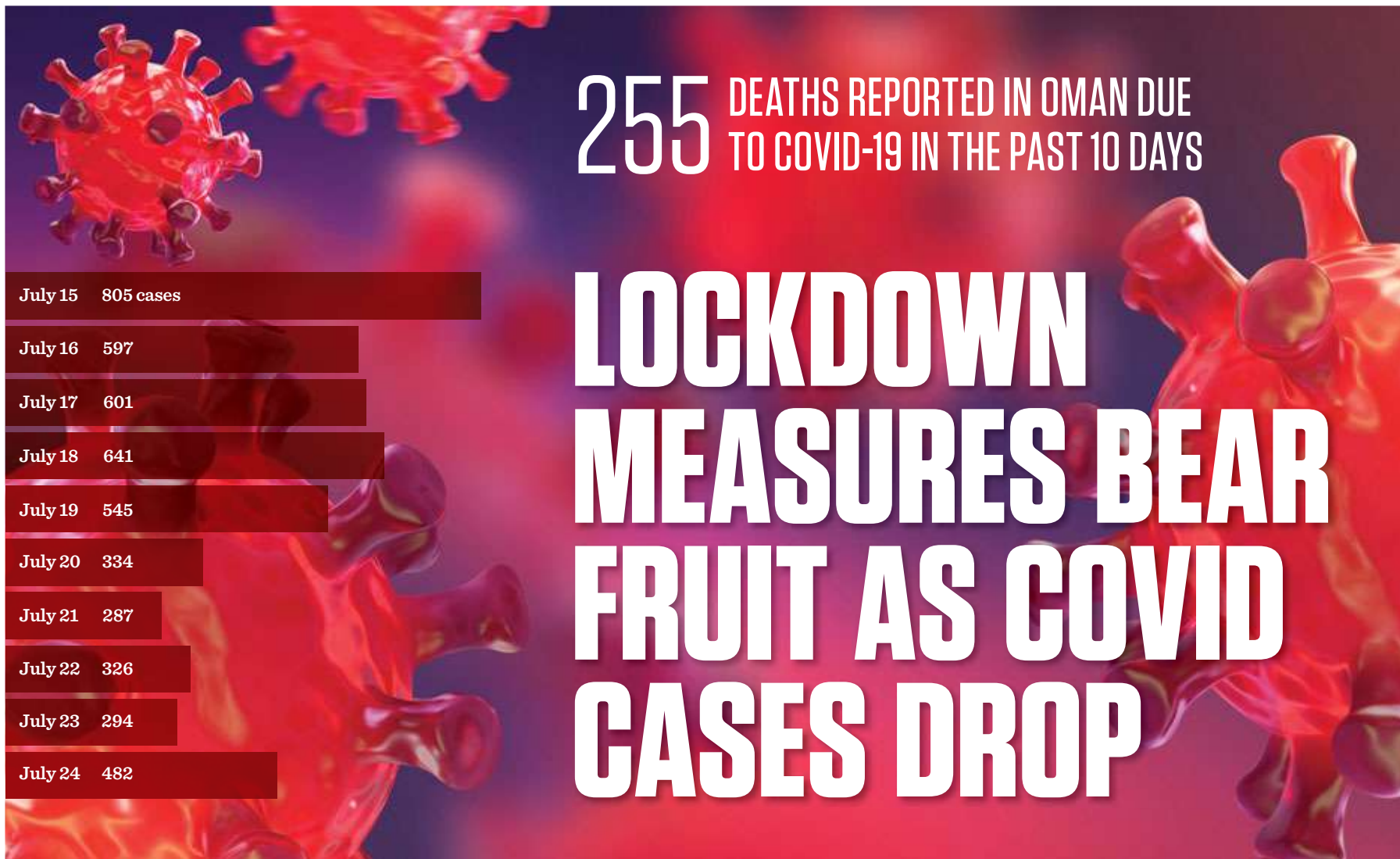
**1** The Ministry of Health (MOH) has resumed the COVID-19 National Immunisation Campaign. **>A3**

## SPORTS Tunisian teen wins men's 400m freestyle

**2** Eighteen-year-old Ahmed Hafnaoui of Tunisia won the men's 400m freestyle with a time of 43.36 seconds. **>A8**

## MARKET Bank Muscat in SMEs support initiative

**3** Bank Muscat has joined hands with Morison Muscat, to help SMEs comply with VAT rules. **>B1**



## COVID-19 infections, hospitalisations and ICU admissions have all decreased

*Times News Service*

**MUSCAT:** Oman's efforts to bring down COVID-19 infection rates and hospital admissions through lockdowns seem to be working, according to key statistics measured over the last 10 days.

Since July 16, Oman has been under an extended night lockdown, which runs from 5pm to 4am. The exception to this was during the Eid Al Adha holidays, when a total lockdown was imposed from 20 to 23 June.

Oman was under a night lockdown from 8pm to 4am before these revised timings came into

effect. During this period, COVID-19 numbers related to the number of people currently sick, and those pertaining to hospital and ICU admissions have significantly fallen.

### Down by a third

As of 24 July, there were 14,441 people still sick, compared to 21,792 on the 15th, pointing to one-third drop in current infections, show statistics published by the Ministry of Health. Similarly, there are only 786 patients admitted to hospitals for COVID-related concerns as of the 24th, a decrease of 35.3 percent from the

### COVID-19 statistics

| Reported on                    | 15 July, 2021 | 24 July, 2021 |
|--------------------------------|---------------|---------------|
| No. of people currently sick   | 21,792        | 14,441        |
| New admissions (last 24 hours) | 128           | 68            |
| Patients admitted to hospitals | 1,215         | 786           |
| Patients admitted to ICUs      | 444           | 315           |

1,215 admissions on the 15th.

The number of patients receiving treatment has also decreased: on the 24th, there were 315 people in intensive care, down from 444 on the 15th, reflecting a 29 percent decline in ICU admissions. It is worth noting that while 128 COVID patients were admitted to hospitals in the 24 hours leading up to 15 July, that number fell to nearly half (68) by the 24th.

Dr Zaid Al Hinai, a consultant in infectious diseases at Sultan Qaboos University, explained that the impact of any lockdown aimed at stopping the spread of COVID-19 will be seen about 14 days after its implementation.

"The previous night closure exercised by the Supreme Committee, which ran from 8pm to 4am, began to show results in terms of inpatient numbers 14 days after

the decision was put into effect," explained the doctor, who is also an assistant professor at the College of Medicine at Sultan Qaboos University."

### 14-day lag

He added that the impact of the total lockdown imposed during Eid Al Adha will also be felt 14 days later. Explaining why this was the case, Al Hinai said it is because of the time taken for COVID-19 patients to develop symptoms, and then subsequently recover from the disease.

"Symptoms normally appear five days after someone is first infected, and from the time he is hospitalised, he requires about 12 days to recover," he said. "Any measure taken to reduce the spread of the virus, and proof of their positive impact will take 12 to 14 days to be felt. This could be seen, for example, in terms of decreased hospitalisation rates." **>A3**



Body of person missing in Sharqiyah during floods found after 10-day search

**A3**

### TOKYO 2020

## More Omani athletes to join Olympics squad

*Times News Service*

**MUSCAT:** Four more Omani athletes will join the country's contingent at the Tokyo 2020 Olympics, with veteran shooter Hamed Al Khatri being the first to arrive, on Monday.

Oman's team at the Olympics will reach its full complement, when sprinters Barakat Al Harthy and Mazoon Al Alawi, and weightlifter Amer Al Khanjari arrive on Wednesday at the Olympic Village.

An intensive training programme will be arranged for Al Khatri at Asaka Shooting Range, ahead of his participation in the 50 metre rifle three positions men's qualifier on 2 August.

### Preparatory programme

The preparatory programme for Al Khatri will last for six days under the full technical supervision of



experienced national head coach, Sultan Al Rushaidi, who will travel to Japan along with administrative member Suleiman Al Hinai.

The shooting sessions will help Al Harthy acclimatise to the conditions in Tokyo, which were made

possible because of the national shooting team's efforts to obtain a special permit from the organisers, enabling him to organise training sessions ahead of the official competition.

The experienced Omani shooter

hopes that his previous Olympics experience will enable him to register new records, and raise the Sultanate's flag in this top showpiece event. He had previously made his Olympic debut in Rio de Janeiro in 2012. **>A3**



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# Times of Oman

VOL. 10, NO. 22

MUSCAT, THURSDAY, JULY 26, 1984—SHAWAL 27, 1404

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**Exclusive**

## Ominvest success

Formed just seven months ago, Oman Investment Company, or Ominvest as it is now known, is flourishing, the chairman, Mr. Mohammad Zubair, told the "Times" this week.

It is actively involved in banking, insurance and prawn farming.

"Already we are making such progress that it seems certain we will be offering a dividend to all the shareholders at the end of the first financial year," said Mr Zubair.

Ominvest was formed by a nucleus of 88 investors with a capital of RO 10 million, in December.

"We had decided on a total capital of RO 12 million with the further two million being provided by small investors, he added. It came as a pleasant surprise when we had 1,431 such subscribers. Not one was turned away or disappointed," he added.

"All who wished to invest were given the number of shares they requested and our total capital was then RO 16 million, which founder members agreed to absorb," said Mr Zubair, who is also Economic Adviser to His Majesty.

Some of the capital has been spent in a link with Arab Bank, run from Jordan.

"The details will be finalised in September and on October 1 the

**'It is good for the country .. small investors have a chance'**

### SEVEN-MONTH OLD COMPANY ZOOMS TO 'CERTAIN DIVIDEND'

bank will open as Oman Arab Bank," he said.

#### Unique

Speaking at his home, Mr Zubair told me that the new bank would be unique.

"Arab Bank is well established in Oman as one of the four largest. It also has full access to an international network of facilities. When it becomes Oman Arab Bank it will also be backed by the 51 per cent interest of Ominvest, which in turn means its 1,519 shareholders," he said.

by Shirley Jones

He hoped this would encourage further confidence and business in Oman.

The new bank will begin with capital of RO 10 million, of which the paid-up capital will be RO 6 million.

The new board of directors will be chaired by a member of Ominvest and there will be four other representatives of the company on the board. The managing director will be from Jordan.

The company is also forming a new national insurance company, which has received the go-ahead from the Government.

To be run in conjunction with other Omani companies, it will have 50 per cent public shareholding.

A project for the creation of a unit trust fund is also under discussion.

#### Prawn farm

The company has taken a 15 per cent share in a prawn farm near Sur, with a view to export to Japan and the West, as part of its commitment to local projects.

"We are still at the beginning of our studies in all spheres and we

are looking both at home and abroad, although investment within the Sultanate is our priority.

"It is good for the country and for the individual. Small investors have a chance to share the experience of those with rather more capital," he added.

The Ominvest headquarters will be in Ruwi's Central Business District but temporarily the assistant general manager, Mr Denis Chamber is working from an office in Arab Bank.

"He will be more than happy to discuss projects with individuals, be they shareholders or not" said Mr Zubair. "Ominvest can act as sole investor, joint investor or just in an advisory capacity."

"I hope some of the Omani shareholders will be sufficiently motivated to take an executive role within the company as we would hope to employ as many local people as possible."



The chairman, Mr. Mohammad Zubair

## Many subjects for SCC

The State Consultative Council will meet in the Capital on September 16.

Announcing this, the Council's President, Sheikh Hamoud bin Abdullah al-Harthi, said that the Council's third session will be the last ordinary session of the year 1984.

He said that the session would be devoted to discussions on scores of improvement subjects.

It will review the reports of the sub-committees, set up by the Council's Services Committee.

The Committees visited remote Interior areas to acquaint

themselves with the requirements of the people there. The recommendations of these sub-committees will be debated.

Sheikh Hamoud said that these recommendations will help the Government to formulate comprehensive programmes for these areas during the remaining period of the current five-year plan.

The recommendations will also help the Government to formulate proposals for inclusion in the third five-year plan.

The President said that the Council's Public Utilities

Committee had set up sub-committees which visited different parts of the Sultanate. They basically concentrated on services relating to regional municipalities, the local committees which distribute lands in the Wilayats and telephone and postal services.

Sheikh Hamoud disclosed that "important objective recommendations" had been prepared.

These recommendations would be debated by the forthcoming session of the Council and then forwarded to His Majesty Sultan Qaboos for endorsement.

## Warning on food handling

The Director of Health of the Capital Municipality has reminded employees of restaurants, hotels, snack bars and food shops that smoking is forbidden during preparation or handling of food.

Said Amor Ali Omeir said this week that violation of any of the food health regulations may bring penalties.

He said workers involved in cooking in restaurants and hotels must be clean before they go to work. They are also not allowed to work if they are coughing or sneezing. If they have any wound it should be properly covered with a bandage.

## LATEST

The military shooting team of the Sultan of Oman's Armed Forces returned from Britain on Tuesday morning.

Several SAF officials were at the airport to meet them.

Four Iranians have been arrested in Spain on suspicion of planning to kill an Iranian dissident living there and then to hijack an airliner.

Reports from Madrid say that there were arrested in Barcelona and one in Madrid. Grenade launchers and other arms were seized at the same time.

MacDonald's fast food chain has announced it will not re-open its restaurant in California where 21 people were killed by a gunman last week.

Lights and decorations were removed without disturbing the wreaths and flowers placed by people mourning the victims.

Israel is facing many weeks of political bargaining after the failure of the general election to produce any clear result. Attempts to form a coalition Government are being made.

A boat which left Vietnam with 84 refugees on board has arrived in the northern Philippines more than a month later with only 16 survivors. They say the others have died of thirst and hunger during the voyage.

They evaded pirates off the coast of Thailand only to find their distress signals were ignored by many large ships in the busy shipping lanes.

The United Nations High Commission for Refugees reported that nearly 8,000 refugees had sailed from Vietnam in April and May. Nearly half

the refugee boats were attacked by pirates.

Legal proceedings have been started against seven firms in West Germany suspected of being involved in the sale of adulterated heating oil. Five of the firms are in West Berlin.

The German Environment Senator said the oils contained substances that could produce the highly toxic chemical dioxin.

He said tests on one consignment showed the presence of harmful substances, but he emphasised there was no cause for panic.

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| TOTAL WEEKLY PRIZES<br>OMR 171,600<br>3 WINNERS PER WEEK       | TOTAL MONTHLY PRIZES<br>OMR 343,200<br>3 WINNERS PER MONTH<br>PRIZES FOR KIDS, STANDARD & PRIORITY CUSTOMERS | TOTAL MID-YEAR PRIZES<br>OMR 16,000<br>PRIZES FOR KIDS, STANDARD & PRIORITY CUSTOMERS |
| TOTAL NATIONAL DAY PRIZES<br>OMR 55,000<br>3 WINNERS PER MONTH | TOTAL PRIZES FOR LADIES<br>OMR 11,000<br>3 WINNERS PER MONTH                                                 | TOTAL MEGA PRIZES<br>OMR 112,000<br>PRIZES FOR KIDS, STANDARD & PRIORITY CUSTOMERS    |



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# Immunisation campaign resumes

Vaccination centres in all governorates saw good turnout from the target groups as inoculation against COVID-19 restarted

**MUSCAT:** The Ministry of Health (MOH) yesterday resumed the National Immunisation Campaign against COVID-19 for the target categories (18 years and above). The vaccination centres in all governorates of the Sultanate witnessed a good turnout from the target groups. The Ministry of Health emphasised the importance of booking an appointment through the website <https://covid19.moh.gov.om> or through Tarassud Plus application before heading to government vaccination centres in various governorates of the Sultanate to ensure a safe and smooth vaccination process. -ONA



## UNTIRING EFFORTS



**EMERGENCY SERVICE:** With continued rains expected over many parts of Oman, people have been requested to avoid places prone to flooding and wadi overflow.

## Body of person missing in Sharqiyah during floods found after 10-day search

Times News Service

**MUSCAT:** The body of a fourth person reported missing in Sharqiyah, during the heavy floods, has been found following a 10-day search involving emergency service personnel. Units from the Royal Oman Police and Civil Defence and Ambulance Authority steadily increased the area of their search zone in an attempt to find the missing person. "After intensive efforts and large-scale searches, which

lasted for ten continuous days, and using modern techniques, the search teams of the Civil Defence and Ambulance Authority and field teams of the Special Task Forces in South Sharqiyah found the body of the fourth and last person reported missing in Wilayat Sur." The ROP added, "The body of a person reported missing in Wilayat Sur was found, after searches that lasted for 10 days, and were conducted by the Royal Oman Police and Civil Defence and Ambulance Authority."

With continued rains expected over many parts of Oman, including Ad Dhahirah, Al Buraimi, North and South Al Batinah, and Ad Dakhiliyah, people in these areas, and others that are to receive rainfall, are requested to avoid places prone to flooding and wadi overflow. People are also requested to stay indoors in Muscat and Al Batinah, but for a very different reason: high humidity levels in these areas could cause heat stroke and sooner-than-expected fatigue.

## COVID-19

**< FROM A1** Many factors led to fall in cases

Hoping that these measures will help bring down COVID infection rates in the country, Zaid Al Hinai said a combination of factors had led to a decrease in hospitalisation in the days leading up to the total lockdown during Eid Al Adha.

**People took care** "We did notice a decrease in infection numbers and hospital admissions before this period, but this was also because people adhered to precautionary health measures to keep themselves and others safe," he said. "I hope the results achieved from the total lockdown are positive. If people were committed to observing the total lockdown during Eid, then it shows great cooperation on their part."

**Expectation** "Ideally, we expect a decrease in infection numbers, which will lead to reduced patient admission rates, which in turn will lead to fewer deaths as a result of COVID-19," he added.

## TOKYO 2020

**< FROM A1** 'Reaching Olympic Games requires a lot of hard work'

Part of the Omani Olympic contingent is swimmer Issa Al Adawi, who was his country's flag bearer at the opening ceremony, and currently trains at Chukyo University in Japan under the tutelage of Japanese coach Kusanagi Kenta. Ahead of his event on Tuesday, he received plenty of encourage-

ment from his instructors and teammates. **Training sessions** "Reaching the Olympics requires hard work from any athlete," said Mohammed Al Sahli, technical expert at the Oman Swimming Association (OSA).

"Daily training sessions, learning from one's mistakes, continuous development on personal and technical levels, and registering new records act as a support structure to help athletes qualify in the top swimming events, play a big role in their accomplishments for the nation."



MOST READ ON FACEBOOK



Story on workers' rights violations

A story on workers' rights violations reached 21,860 people and had 1,697 engagements on Facebook.

MOST WATCHED VIDEO ON FACEBOOK



Morning Minute video

The Morning Minute video on evening lockdown resumption had 12,600 views and reached 28,600 people on Facebook.

MOST VIEWED VIDEO ON INSTAGRAM



Photo story on rising temperatures

A photo story on rising temperatures in Oman had 921 likes on Instagram



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# MOVING FROM FAILURE TO GROWTH

One way to overcome failures is by adopting a growth mindset. Coined by Carol Dweck, a growth mindset is “the understanding that abilities and understanding can be developed”.



**F**ailure! It’s a word we dread so much that we would rather not attempt something than fail in it. For the young and the vulnerable, failure brings with it a myriad of reactions – shame, embarrassment, low self-esteem, anxiety, and even depression. Conversely, anything that brings these emotions can also set off the feeling of being a failure – flunking an exam, getting low grades, losing out on a competition, not getting the preferred choice of subject, college, or job, facing rejection at work or in a relationship. Things do go wrong from time to time, and it can feel devastating at the time, especially if you have put in a lot of effort and time.

**How can you pick yourself up and move on?**

Fortunately, this is a skill that can be learned, with positive coping habits. Coping does not mean you should stop feeling all these difficult emotions. Instead, acknowledge and label each of your feelings. Accept them and allow yourself to experience these emotions, although they may be unpleasant. Do not be unduly concerned about what others will think. If you are worried about hurting your parents or close family, talk to them openly. Do take responsibility, but only to the extent appropriate, for actions that were within your control. Despite the disappointment and distress, there is something to be gained from every such experience. Identify and value those lessons. Most importantly, separate the outcome and the person. This one incident does not define your life

or who you are. Labelling yourself as a failure due to one misstep or misfortune is flawed thinking. Parents need to understand that it is at times like these that children need the support of their parents and family the most. Be there for them without judgement & harsh criticism.

**Growth mindset**

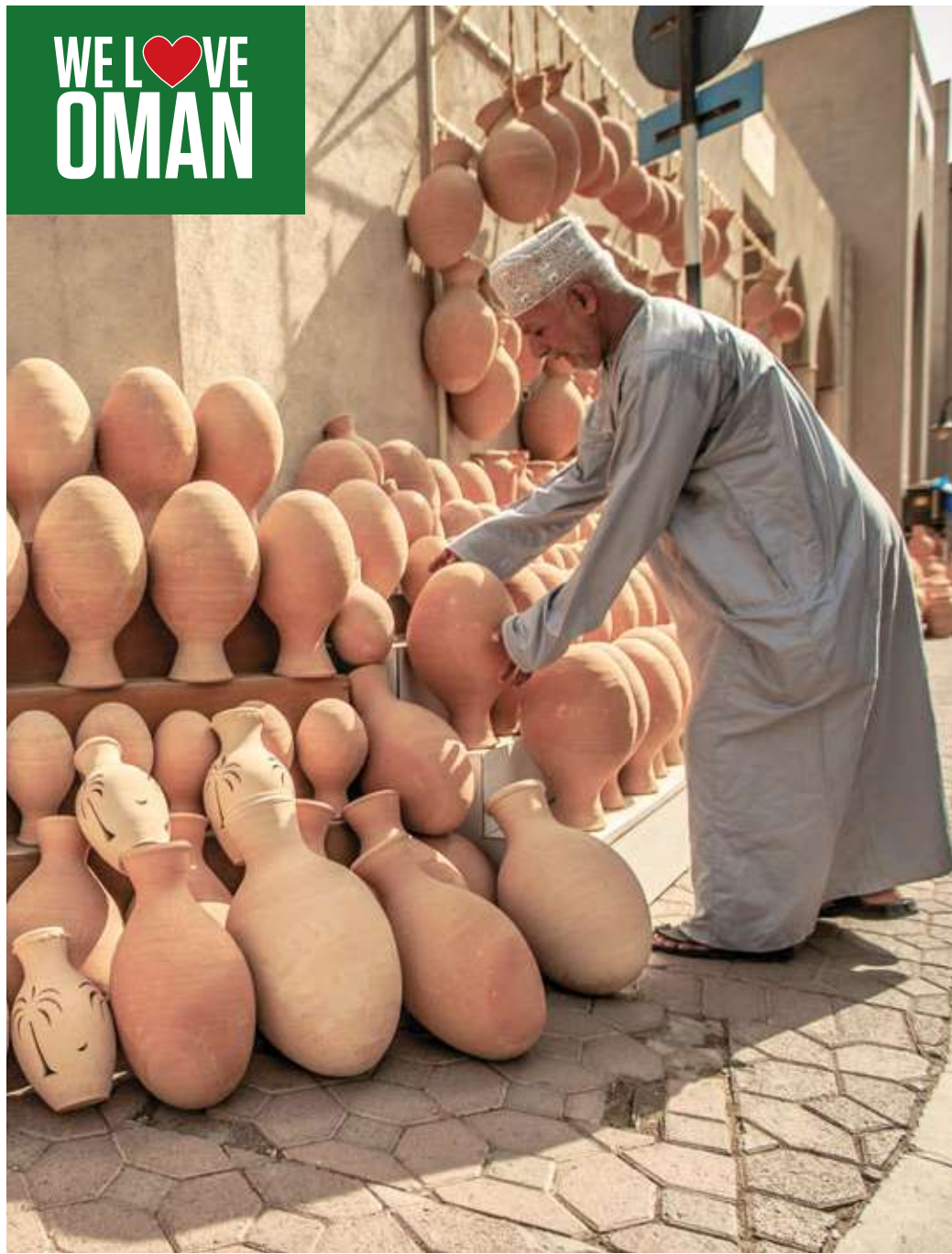
One way to overcome failures is by adopting a growth mindset. Coined by Carol Dweck, a growth mindset is “the understanding that abilities and understanding can be developed”. On the other hand, a fixed mindset is one that assumes abilities and understanding are relatively fixed. Basically, we are what we believe we are. Imagine, after a tough job interview, candidate A says to themselves, “I am not smart enough to

get this job”. Contrast that with candidate B, who thinks, “It’s ok if I fail; at least I learned how to appear for an interview.” Where one sees challenges as the end of the road, the other sees it as an opportunity. Some more examples of growth mindset are - “It’s not too late to learn.” “I am going to be patient.” “I believe in myself.” “I can learn to do anything I want.” “My results don’t define me.” Fixed mindset self-talks often sound like: “I don’t need to learn anymore.” “I am going to give up if things get frustrating or hard.” “If I am not good at something, then I can’t do it.” “That’s just who I am. I can’t change it.”

“I won’t fail if I don’t try. So I won’t attempt.....” How can one change their mindset from fixed to growth? First step is to be aware and to be mindful of your self-talk. Once we begin to notice these patterns, you can work towards replacing these negative self-talk with positive statements and affirmations. An easy way is to add the word ‘yet’ when you feel you can’t do something. “I can’t dance, yet” or “I can’t understand this complicated Math yet”. Another way is to devote time for playful exploration. Learn to do something new just for the fun of it. Seek feedback from people you trust so that you are continually working to improve yourself. Be curious and ask questions. The point is, whether we are children or adults, all of us are capable of change and growth. If

at the end of every day, if there is some aspect of the day that makes you feel that yes, you have become a better, more competent person today than yesterday, then that’s growth. Just this tiny amount of incremental change, but on a daily basis, will propel you into being and achieving all that you desire to be. Instead of striving for perfection, let’s practice the Japanese concept of Wabi-Sabi – a conscious, happy embracing of imperfection where beauty and divinity is seen in imperfections. I hope that this article sparks the joy of growth for each one of you.

*Dr Baby Saamuel is the Vice-Chairman, Knowledge Oman and is Ex-Chairman, Indian Schools in Oman. You can contact him at [mail@babysam.biz](mailto:mail@babysam.biz) for queries or suggestions.*



## TRADITIONAL POTTERY INDUSTRY IN BAHLA



**BAHLA** in Al Dhahirah Governorate is famous for pottery-making and it has been one of the main producers of pottery. Jihal is the most traditional pottery item. It has a pointed shape with a beak and in olden times these were used to store water inside. The clay prevented the water from get-

ting warm and kept it fresh at room temperature. The red khuroos, round and with flat base, were used for dates storage. Their smaller version was used to store dates, syrup or honey. Thicker and stronger than Jihal and Khuroos, brams were mostly used for cooking. The

pots were fired inside kilns, the thermally insulated chambers. The kilns were initially built as little domes but they evolved through the years into multi-level constructions of big capacity. Clay is the main component of pottery and is widely available in Bahla where the soil is rich in clay.





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EXTREME WEATHER CONDITIONS

# Ministry assesses damages caused in the Wilayat of Sur

Times News Service

**MUSCAT:** The Undersecretary of Housing visited the Wilayat of Sur to look into the damages caused by the weather conditions and met with a number of officials and people to consider their requirements and initiate possible solutions.

Affected areas

“To find out the damages caused by the weather in the Sultanate and to develop solutions for the affected areas in the Wilayat of Sur, His Excellency Eng Hamad bin Ali bin Sulaiman Al Nazwani,



Undersecretary of the Ministry of Housing and Urban Planning for Housing and some officials met with a number of officials and the

people of the Wilayat to consider their requirements and initiate possible solutions,” the Ministry of Housing and Urban Planning said in a statement.

His Excellency Sulayem bin Ali Al Hikmani, Chairman of the Consumer Protection Authority, visited the Wilayat of Sur to see the efforts of the authority since the end of the exceptional weather situation that the South Al Sharqiyah governorate has been exposed to.

The authority is to monitor and regulate the markets and ensure the availability of goods and price stability.

SOUTH AL SHARQIYAH

## CPA follows up on automobile stores in Oman

**MUSCAT:** The Consumers Protection Authority (CPA) has followed up on car washes, cleaning and polishing facilities, repair workshops and auto parts stores in South Al Sharqiyah Governorate to ensure that consumers obtain their rights and price stability.

“The Consumer Protection Department in South Al Sharqiyah Governorate continues to implement its control plan in the Wilayat of Sur, where car washes, cleaning and polishing facilities have been followed up to ensure that consumers obtain their rights and to ensure that the washing prices previously approved by the authority are not raised,” CPA said.

The department also monitored the agreements made between consumers and service providers, and the issued invoices for vehicles submerged in valleys and affected by the recent climatic conditions.

FOR COUNTERFEITING CURRENCY

## ROP arrests group of people

**MUSCAT:** A group of people have been arrested by Royal Oman Police (ROP) for counterfeiting the national currency.

Al Dakhiliyah Police Command arrested a group of people on charges of counterfeiting the national currency, the ROP said.



## Sultan Qaboos Comprehensive Cancer Care & Research Centre

### Tenders Advertisement

The operational committee of Sultan Qaboos Comprehensive Cancer Care & Research Centre announces to retender the following Medical Equipment:

| Tender           | Tender Fee | Codes          | Equipment                                  | Quantity |
|------------------|------------|----------------|--------------------------------------------|----------|
| CCCRC/T/258/2021 | 25 O.R     | MEO-MEQ-0021   | Jet Ventilation device                     | 1        |
|                  |            | [MEO-MEQ-0109] | Hand lift table Hydraulic lifter           | 1        |
|                  |            | [MEO-MEQ-0085] | Automated Medication Roller Mixer          | 2        |
|                  |            | MEO-MEQ-0037   | Abdomen Compression Belt                   | 2        |
|                  |            | [MEO-MEQ-0089] | Alloy Melter with Cabinet                  | 1        |
|                  |            | [MEO-MEQ-0088] | Shoulder Traction for Head & Neck Patients | 3        |
|                  |            | [MEO-MEQ-0084] | Patient Transfer platform                  | 3        |
|                  |            | [MEO-MEQ-0083] | Troop Elevation Pillow                     | 2        |

Qualified companies interested in participating in this Tender shall collect the Tender specifications from the date of this advertisement till 09/08/2021 from the following address:

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Biddings that meet the above requirement should be submitted on or before 16/08/2021 in a sealed envelope by an Omani National from your company addressed to the head of Purchase Committee in the tender box located at:

Sultan Qaboos Comprehensive Cancer Care and Research Centre

Please note:

- Bids received after the deadline indicated above, for whatever reason, will not be considered.
- Queries/ clarifications should be submitted immediately, but not later than one week before the date of tender submission.
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**REF:OFM/TD-21/-030**  
**Kitchen and Cleaning Items**

Oman Flour Mills SAOG, (OFM) invites specialize vendor to participate in our tender for the “Kitchen and cleaning items” as per the scope of work and specifications.

|                                               |                                                                                                                          |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Tender Ref no.                                | OFM/TD-21/-030                                                                                                           |
| Tender subject                                | Kitchen and Cleaning Items                                                                                               |
| Start date for tender collection              | 26.07.2021                                                                                                               |
| Last date for tender collection               | 12.08.2021                                                                                                               |
| Last date for receiving the technical queries | 10.08.2021                                                                                                               |
| Closing date of the tender                    | 12.08.2021                                                                                                               |
| Email address for communication               | tender3@omanflourmills.com                                                                                               |
| Mode of submission                            | All bidders are required to submit their proposals addressed tender3@omanflourmills on the 12 <sup>th</sup> August 2021. |

- Vendor selection will be based on “best and final offer”. OFM is not bound to select the lowest bidder.
- Each bidder must leave a business card with contact details for required communication.
- All tender communication must be addressed to: **tender3@omanflourmills.com.**



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**REF: OFM/TD-21/-031**  
**Stationery Items**

Oman Flour Mills SAOG, (OFM) invites specialize vendor to participate in our tender for the “Stationery items” as per the scope of work and specifications

|                                               |                                                                                                                          |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Tender Ref no.                                | OFM/TD-21/-031                                                                                                           |
| Tender subject                                | Stationery Items                                                                                                         |
| Start date for tender collection              | 26.07.2021                                                                                                               |
| Last date for tender collection               | 12.08.2021                                                                                                               |
| Last date for receiving the technical queries | 10.08.2021                                                                                                               |
| Closing date of the tender                    | 12.08.2021                                                                                                               |
| Email address for communication               | tender3@omanflourmills.com                                                                                               |
| Mode of submission                            | All bidders are required to submit their proposals addressed tender3@omanflourmills on the 12 <sup>th</sup> August 2021. |

- Vendor selection will be based on “best and final offer”. OFM is not bound to select the lowest bidder.
- Each bidder must leave a business card with contact details for required communication.
- All tender communication must be addressed to: **tender3@omanflourmills.com.**



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**REF:OFM/TD-21/-032**  
**Supply of Drinking Water**

Oman Flour Mills SAOG, (OFM) invites specialize vendor to participate in our tender for the “Supply of Drinking Water” as per the scope of work and specifications.

|                                               |                                                                                                                          |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Tender Ref no.                                | OFM/TD-21/-032                                                                                                           |
| Tender subject                                | Supply of Drinking Water                                                                                                 |
| Start date for tender collection              | 26.07.2021                                                                                                               |
| Last date for tender collection               | 12.08.2021                                                                                                               |
| Last date for receiving the technical queries | 10.08.2021                                                                                                               |
| Closing date of the tender                    | 12.08.2021                                                                                                               |
| Email address for communication               | tender3@omanflourmills.com                                                                                               |
| Mode of submission                            | All bidders are required to submit their proposals addressed tender3@omanflourmills on the 12 <sup>th</sup> August 2021. |

- Vendor selection will be based on “best and final offer”. OFM is not bound to select the lowest bidder.
- Each bidder must leave a business card with contact details for required communication.
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# Thousands protest against coronavirus curbs across Europe

The protesters are incensed by a new bill requiring citizens to have a pass showing proof of vaccination or a negative COVID test result to enter restaurants and other public areas



**PARIS:** Thousands of Europeans took to the streets in France, Italy and Greece on Saturday to demonstrate against coronavirus restrictions and mandatory vaccination policies.

In France, some 160,000 demonstrators expressed anger towards French President Emmanuel Macron and the government in Paris and other major cities.

The protesters are incensed by a new bill requiring citizens to have a pass showing proof of vaccination or a negative COVID test result to enter restaurants and other public areas. The legislation was passed by the lower house of parliament on Friday, but is still being debated in the Senate.

The French demonstrators shouted slogans such as "No to the pass of the shame," while other

protesters carried placards calling Macron a "tyrant."

The protesters clashed with police in the French capital, with authorities deploying tear gas and water cannons on marchers. French Interior Minister Gerald Darmanin condemned violence towards police and said nine people have been arrested.

Coronavirus cases have spiked in France over the past few weeks, with the government looking at new policies to prevent the spread of infection. The government recently made vaccinations compulsory for all health workers.

## Demonstrators rally across Italy

Thousands of protesters rallied across Italy on Saturday, from the major city of Turin in the north to Naples in the south.

The demonstrators are also an-

gered by a government certificate requiring vaccination, proof of recovery or a negative test result to participate in public life. The protesters chanted phrases such as "Freedom!" and "Down with the dictatorship!"

This certificate, known as the "Green Pass," will be mandatory from August 6. Italians will need to show the certificate if they want to partake in indoor dining or enter museums, gyms and other public venues.

Italian Prime Minister Mario Draghi defended the move due to the spread of the delta variant.

"The delta variant is even more of a threat than the other variants," Draghi said on Friday.

"The Green Pass is not arbitrary, but a necessary condition not to shut down the economy. Without vaccinations, everything will have to close again," the Ital-

ian leader added.

## Greeks protest in central Athens

In Greece, around 4,000 people protested outside of the Greek parliament in central Athens against mandatory vaccinations.

Police used tear gas on some of the protesters. One Greek official told Reuters news agency that some of the demonstrators were throwing petrol bombs.

Similar demonstrations have previously occurred in other European countries such as Germany, which is the home of the Querdenker (lateral thinkers) anti-lockdown movement.

In August of last year, anti-lockdown protesters in Berlin attempted to storm Germany's parliament building, with the act drawing widespread condemnation from political leaders. — DW

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ABU DHABI CHAMBER OF COMMERCE AND INDUSTRY

## Yusuffali MA appointed vice-chairman of top government business body in Abu Dhabi

**DUBAI:** Crown Prince of Abu Dhabi Sheikh Mohamed Bin Zayed Al Nahyan has appointed prominent Indian businessman Yusuffali MA as the vice-chairman of the top government body for all businesses operating from Abu Dhabi.

Yusuffali is the Chairman and Managing Director of Abu Dhabi-based LuLu Group International. Sheikh Mohammed issued a resolution to form a new Board of Directors for the Abu Dhabi Chamber of Commerce and Industry (ADCCI), chaired by Abdullah Mohamed Al Mazrouei and Yusuffali as the Vice-chairman.

The ADCCI is the apex government body of all businesses established in Abu Dhabi. It functions as an effective bridge between the government and the business sector.

Each of the business establishments in Abu Dhabi, one of the wealthiest and most influential economic hubs in the region, has to be licensed by ADCCI. Yusuffali is the only Indian on the 29-member board, which is primarily made up of Emirati business owners and CEOs.

Yusuffali described his appointment as "a very humbling and proud moment" in his life.

"My sincere gratitude to the



visionary leadership of this great country and I will strive to do my best towards justifying the great responsibility entrusted upon me. Apart from working for the growth of Abu Dhabi economy & the larger business community, I will sincerely work towards further boosting the Indo-UAE trade relations," he said.

Sheikh Mohammed had honoured Yusuffali with the "Abu Dhabi Award 2021", the highest civilian honour for his almost 5-decade long contributions in the fields of economic development and philanthropy.

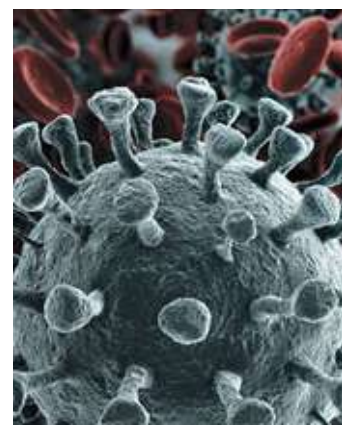
"This is indeed a very proud and emotional moment for me. I am very happy to receive Abu Dhabi's highest civilian award from the blessed hands of HH Sheikh Mohamed Bin Zayed, Crown Prince & Deputy Supreme Commander of the UAE Armed Forces," he tweeted on April 10, 2021. — ANI

OFFICIAL FIGURES

## UK reports 31,795 COVID-19 cases

**LONDON:** Britain has reported another 31,795 coronavirus cases in the latest 24-hour period, according to official figures released Saturday.

The latest data were revealed as further targeted daily contact testing is being rolled out in England to frontline emergency services and some transport workers in order to avoid any potential disruption to crucial services, according to a statement by Britain's Department of Health and Social Care. Following clinical trial results, daily contact testing will be rolled out to further critical workplaces in England so that contacts who would otherwise be self-isolating can instead take daily tests, with an expected initial additional 200 testing sites, the statement said.



"As we learn to live with the virus, we must do everything we can to break chains of transmission and stop the spread of the virus. Daily contact testing of workers in these critical sectors will help to

minimize any disruption caused by rising cases in the coming weeks, while ensuring staff are not put at risk," said Health Secretary Sajid Javid in the statement.

England recently lifted most COVID-19 restrictions as part of the final step of the roadmap out of the lockdown. Scientists have warned that lifting all restrictions at this stage could increase likelihood of dangerous variants.

More than 46.5 million people in Britain have received their first vaccine, while over 36.9 million people have had their second jab, the latest figures showed.

To bring life back to normal, countries such as Britain, China, Russia, the United States as well as the European Union have been racing against time to roll out coronavirus vaccines. ANI/Xinhua

UNION HEALTH MINISTRY

## India reports 39,742 new COVID-19 cases

**NEW DELHI:** India reported 39,742 new COVID-19 cases in the last 24 hours, taking the active caseload of the country to 408,212 on Sunday.

Around 39,972 recoveries and 535 deaths have also been reported in the last 24 hours. With this, the total recoveries of the country stand at 30,543,138, while the death toll stood at 420,551.

As per the Union Health Ministry, the present recovery rate is 97.36 per cent, wherein, 39,972 patients recovered yesterday.

For the 34th consecutive day, the daily positivity rate in India was reported to be less than 3 per cent.

In the ongoing Nationwide Vaccination Drive, as per the ministry, 43.31 crore vaccine doses have been administered, and a total of 45.62 crore tests have been conducted. — ANI

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### TENDER NOTICE

TENDER NO 001/2021-22

Sealed tenders are invited from authorised companies for the following.

- 1) Fire Insurance Policy - School building and assets.
- 2) Group Medical Insurance Policy - Staff and dependents.
- 3) Group Personal Accident Policy - Students
- 4) Group Personal Accident Policy - Staff and dependents.

Interested parties shall remit the tender fee of OMR 25/- applicable at the School Office and collect the tender document between **8:30 am to 1pm** on all working days from **28/07/2021 to 05/08/2021**

Submission date : **08/08/2021 to 10/08/2021**

Indian School Salalah reserves the right to accept or reject any tender without assigning any reason to any concerned parties.



*“I just can’t accept that - it is too incredible. Oussama is a legend. I wish I could become like him,”*  
*said 18-year-old Tunisian swimmer, hailing his compatriot Olympic medallist Oussama Mellouli*  
**Ahmed Hafnaoui, 400m freestyle winner**





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### MEDALS TALLY

Top 20 as of 6PM (Oman time)

| Rank |                   | G | S | B | T  |
|------|-------------------|---|---|---|----|
| 1    | PR China          | 6 | 1 | 4 | 11 |
| 2    | Japan             | 5 | 1 | 0 | 6  |
| 3    | USA               | 4 | 2 | 4 | 10 |
| 4    | Republic of Korea | 2 | 0 | 3 | 5  |
| 5    | ROC               | 1 | 4 | 2 | 7  |
| 6    | Italy             | 1 | 1 | 3 | 5  |
| 7    | Australia         | 1 | 1 | 1 | 3  |
| 7    | France            | 1 | 1 | 1 | 3  |
| 9    | Hungary           | 1 | 1 | 0 | 2  |
| 9    | Tunisia           | 1 | 1 | 0 | 2  |

| Rank |               | G | S | B | T |
|------|---------------|---|---|---|---|
| 11   | Austria       | 1 | 0 | 0 | 1 |
| 11   | Ecuador       | 1 | 0 | 0 | 1 |
| 11   | IR Iran       | 1 | 0 | 0 | 1 |
| 11   | Kosovo        | 1 | 0 | 0 | 1 |
| 11   | Thailand      | 1 | 0 | 0 | 1 |
| 11   | Uzbekistan    | 1 | 0 | 0 | 1 |
| 17   | Canada        | 0 | 2 | 0 | 2 |
| 17   | Netherlands   | 0 | 2 | 0 | 2 |
| 19   | Brazil        | 0 | 1 | 1 | 2 |
| 19   | Great Britain | 0 | 1 | 1 | 2 |

# Russian shooter Batsarashkina bags women’s 10m air pistol at Tokyo Olympics



**TOKYO:** Russian markswoman Vitalina Batsarashkina won the women’s 10m air pistol gold at the Tokyo Olympics with an Olympic record of 240.3 points here on Sunday. Veteran Antoaneta Kostadinova of Bulgaria, who held a 0.9-point advantage before the two final shots, had to settle for the silver, scoring a sub-par 9.0 points in her last shot. China’s Ji-ang Ranxin took the bronze. *Xinhua*

# ANNA KIESENHOFER OF AUSTRIA WINS WOMEN’S ROAD RACE GOLD

**TOKYO:** Anna Kiesenhofer of Austria won the gold of the women’s cycling road race at the Tokyo 2020 Olympic Games here on Sunday. Kiesenhofer dashed out in the last 10 kilometres to clock a winning time of three hours 52 minutes and 45 seconds for the glory. Annemiek Van Vleuten of the Netherlands took the silver medal and Elisa Longo Borghini of Italy bagged the bronze. Chinese cyclist Sun Jiajun, who made her Olympic debut, did not finish the race. A total of 67 cyclists featured in the women’s cycling road race, which covers a distance of 137 kilometers as it begins in Tokyo’s Musashinonomori Park and ends at the Fuji International Speedway in the Shizuoka Prefecture. *Xinhua*



# TOKYO 2021: MIRAITOWA AND SOMEITY

**OLYMPICS MASCOT** Miraitowa and the Paralympics mascot Someity will be everywhere during the Tokyo Olympic Games, which run from July 23 to August 8. Miraitowa stands for “future” (mirai) and “eternity” (towa). Japanese schoolchildren chose the design by artist Ryo Taniguchi. It combines futuristic and traditional Japanese manga styles.

**Munich 1972: Waldi**  
It all started with Waldi the dachshund, the first-ever Olympic mascot. He debuted at the 1972 summer games in Munich. Designed by the famous designer Otl Aicher, the colorful little canine stood for endurance, skill and perseverance — important qualities for any athlete.

**Montreal 1976: Amik**  
Amik, the pudgy black beaver with the huge red sash, was the mascot at the 1976 Olympic Games in Montreal, Canada. He may not look like much of an athlete, but for Canadians, a beaver stands for hard work. Amik means beaver in Algonquin, a Native American language.

**Moscow 1980: Misha**  
In 1980, Russia went for a cuddly mascot, the smiling brown bear Misha. The bear is Russia’s national animal. This one was designed by the Russian cartoonist and children’s book illustrator Viktor Chizhikov, who won international fame with Misha.

**Los Angeles 1984: Sam**  
If the bear is typical of Russia and the dachshund of Germany — then the bald eagle is for the United States. Walt Disney’s Robert C. Moore gave Sam the Olympic Eagle a top hat and bow tie in the country’s national colours of red, white and blue. Some people felt the eagle looked more like a very different kind of bird, so the mascot was occasionally referred to as “Sam the chicken.”

**Seoul 1988: Hodori**  
The mascot in the first Olympic Games in South Korea was a stylized smiling Amur tiger by the name of Hodori. Tigers are deeply rooted in Korean culture and mythology, standing for hospitality and friendliness. The cheerful little mascot wears a sangmo, a typical Korean hat, on his head. Its designer was Kim Hyun.

**Barcelona 1992: Cobi**  
Reactions to Cobi, the official 1992 mascot, were initially mixed. While designer Javier Mariscal’s stylized creation was supposed to be reminiscent of a Pyrenean mountain dog, the German TAZ newspaper wrote that Cobi could just be another animal. Cobi was designed in cubist style to pay tribute to Spain’s great painter, Pablo Picasso.

**Atlanta 1996: Izzy**  
Izzy was the first Olympic mascot that did not represent a typical national animal. The design by John Ryan shows a purely imaginary creature. Izzy’s name is derived from “Whatizit?” or “What is it?” and was chosen by children from the Olympic host city. The mascot became a marketing bestseller.

**Sydney 2000: Olly, Syd and Millie**  
In the year of the new millennium in Sydney, Olympic athletes had three lucky charms: Syd, a platypus; Millie, an echidna; and Olly, a kookaburra. The trio was designed by Matthew Hatton. They are all native to Australia and represent the elements of earth, air and water. The kangaroo and the koala were ruled out as mascots from the outset because they were considered too cliché.

**Athens 2004: Athena and Phoibos**  
For the 2004 Summer Olympics, Greece fittingly chose mascots that referred to antiquity. Athena and Phoibos, also the names of Greek gods, stood for light and music. Spyros Gogos’ design is reminiscent of Greek terracotta dolls from the archaic period of ancient Greece.

**Beijing 2008: Beibei, Jingjing, Huanhuan, Yingying and Nini**  
For the 2008 games, China also went with several mascots: Beibei, the fish; Jingjing, the panda; Huanhuan, the Olympic fire; Yingying, a Tibetan antelope; and Nini, a swallow. The names of the five figures were derived from “Beijing huanying ni,” which means “Beijing welcomes you,” and their colours echoed the Olympic rings.

**London 2012: Wenlock and Mandeville**  
Four years later, London presented two amorphous steel art figures — a nod to the steel industry: Wenlock, for the Olympics, and Mandeville, for the Paralympics. The yellow lights on their foreheads echo the lights on the roofs of London’s famous cabs. The eye, a camera, is meant to symbolize the leap into the digital age. They were designed by Iris, a London-based creative agency.

**Rio 2016: Vinicius and Tom**  
Brazil’s Paralympics mascot Tom combines several plants, and represents Brazil’s flora. Olympic mascot Vinicius looks like a cross between monkey and wildcat, and represents Brazil’s fauna. An animated series featured the two characters. Their namesakes are the co-writers of Brazil’s 1962 bossa nova hit song, “The Girl from Ipanema.” *-DW*

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# SPORTS



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## OLYMPIC GAMES

# Teenage Tunisian wins men's 400m freestyle, Australia set new world record at Olympics

**TOKYO:** Eighteen-year-old Ahmed Hafnaoui of Tunisia stunned the pool when he swam an event-winning time of three minutes and 43.36 seconds in the men's 400m freestyle, as the first four swimming medals of the Olympic Games were awarded Sunday morning.

The 18-year-old youngster also ended the dominance of Australia, New Zealand and Asian nations in the men's 400m freestyle. A swimmer from outside Asia or Oceania has not won a gold medal in the event at the Olympic Games since Barcelona 1992.

Ahmed Hafnoui, Tunisia's second Olympic swim finalist ever, stepped on the podium in his shorts.

"I just can't accept that - it is too incredible," said Hafnaoui,

"Oussama is a legend. I wish I could become like him," he hailed his compatriot three-time Olympic medallist Oussama Mellouli.

Jack McLoughlin of Australia took the silver in 3:43.52, and American Kieran Smith claimed the bronze in 3:43.94. Top seed Germany's Henning Muhleithner



**CELEBRATES:** Ahmed Hafnaoui of Tunisia celebrates after winning the men's 400m freestyle final at the Tokyo 2020 Olympic Games.

missed the podium, ranking fourth in 3:44.07.

In the women's 400m freestyle relay final, Australia grabbed a new world record in 3:29.69. The previous two records were also held by the Australians. Canada and America took the silver and bronze respectively. China broke Asian record in 3:34.76.

Yui Ohashi won the women's 400m individual medley gold for Japan in 4:32.08. American swimmer Emma Weyant and Hali Flickinger shared the podium.

Defending Olympic champion Katinka Hosszu of Hungary finished fifth. She has won three Olympic gold medals, including one from the women's



**RECORD-BREAKING:** The Women's 4x100m Freestyle Relay team of Bronte Campbell, Meg Harris, Emma McKeon and Cate Campbell.

400m IM at Rio 2016.

In men's 400m IM, Rio Olympic runner-up Chase Kalisz of the United States claimed the gold in 4:09.42. American Jay Litherland made the podium with a silver in 4:10.28. The 21-year-old Australian Brendon Smith, who finished 4:09.27 in the qualifier, struck a bronze in 4:10.38.

"It is my lifelong dream. It is what everyone dreams of in the sport. I do feel like I let the US down in 2016, even though I swam faster here. The US has a proud legacy in the 400m individual medley. This was my redemption story," said Chase Kalisz, who won silver at Rio 2016.

"When the Games were post-

poned by 12 months it gave me an opportunity to better myself and be one year faster, one year stronger. I've gone through hell to get here, having to swim in the ocean for two months in Melbourne (because of lockdown restrictions due to Covid-19) in 10C or 12C water. It means so much," said Brendon.

In Sunday's semifinals, Adam Peaty of Britain led way in a bid to retain his men's 100m breaststroke Olympic title. Yan Zibei of China also made the final on Monday, July 26.

Zhang Yufei of China clocked 55.89 seconds to enter the women's 100m butterfly final as the first seed. Zhang will battle with Marie Wattel of France, Australian Emma McKeon and world record holder Sarah Sjöström. -Xinhua

"I am satisfied that I am the one that swam sub-56 the most besides Sjöström," said Zhang.

Zhang is keen to take another gold for China in the event, in which China has only won at the Olympic Games once in 1992 by Qian Hong. -Xinhua

## GT OPEN CHAMPIONSHIP

# Podium finish for Al-Zubair, Soucek at Imola

Times News Service

**IMOLA:** Al-Faisal Al-Zubair and Andy Soucek maintained their impressive start to the International GT Open Championship season with a hard-earned third place in the first of two races at the Imola circuit in Italy on Saturday afternoon.

The duo qualified the Lechner Racing Team's Porsche 911 GT3 R in fourth for the 70-minute race and managed to pass the Audi Sport Italia R8 of Lorenzo Ferrari and Riccardo Agostini to claim third place and add to their championship points' tally.

Race win victory fell to Loris Spinelli's Mercedes AMG from pole position, with Michele Beretta and Frederik Schandorff finishing second in the Vincenzo Sospiri Racing Lamborghini, 4.407 seconds behind the Italian after 41 laps of racing.

Omani Al-Zubair said: "Andy qualified the car today in fourth place, which was an alright result considering the balance of performance of the Mercedes seems a little unfair.

Going into the race, Andy started and managed to get into third place and this is where we finished. This was a great result. It was another podium in the championship that we should be really happy about.

"The car feels good, the balance and the set-up are good. Hopefully we can have a good starting position in the next qualifying session and get another podium or a win."

The Lechner Racing Team's Porsche 911 GT3 R finished the first of the two free practice sessions in second place with a best lap of 1min 42.085sec after a 22-lap stint.

The fastest time fell to Lorenzo Ferrari and Riccardo Agostini in



**MOTORSPORT** Al-Faisal Al-Zubair and Andy Soucek maintained their impressive start

their Audi R8. Al-Zubair's title rivals, Beretta and Schandorff were third in the baking hot conditions.

Ferrari and Agostini again topped the times in the second free practice session, with Al-Zubair and Soucek coming home in third place behind Loris Spinelli's Mercedes.

Attention then focused on the first 30-minute qualifying session on Saturday morning.

Spinelli claimed pole position with a best lap of 1min 39.511sec, with Michele Beretta guiding the VSR Lamborghini to second place and Lorenzo Ferrari coming home in third place.

Soucek ran for 10 laps and a best tour of 1min 40.105sec put the Lechner Porsche in fourth place on the starting grid.

There will be a second qualifying session and one hour race on Sunday.

## TOKYO OLYMPICS

# World's top golfers test COVID positive

**TOKYO:** American golfer Bryson DeChambeau and world No. 1 Jon Rahm will miss the ongoing Tokyo Olympics after getting tested positive for coronavirus.

According to Kyodo News, Spanish Olympic Committee confirmed that Rahm has pulled out of the showpiece event. The third PCR test returned a positive result, the committee said. On the other hand, DeChambeau tested positive for COVID-19 prior to departing for Tokyo, the USA Golf informed.

"Patrick Reed will replace DeChambeau and is undergoing the requisite testing protocol today, Sunday and Monday before departing for Japan," USA Golf said in a statement.

"The first round of competition is Thursday, July 29 (local time).

Reed is now the only two-time USA Olympian for the men's competition, as he played for Team USA in 2016 and will now compete in the 2020 Olympics," it added.

"I am so excited to have the opportunity to represent our country and be a part of Team USA in Tokyo," Team USA quoted Reed as saying

"I wish Bryson nothing but the best, and I know how disappointed he is to not be able to compete, and I will do my best to play my best and represent our country," he added.

Earlier in the day, British tennis player Andy Murray withdrew himself from the men's singles event of the Tokyo Olympics. Murray was defending his Olympic gold medal but the British player decided to pull out in order to manage his workload. -DNA

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### 'GREEN HYDROGEN' PLANT

Indian Oil Corporation Limited (IOCL) announced that it will set up India's first 'Green Hydrogen' plant at its Uttar Pradesh's Mathura refinery, with the view to strengthening its bouquet of clean energy offerings.

## MARKET BUSINESS & FINANCE



### MSX INDEX ENDS LOWER

The MSX index closed at 4,051.09 points, down 0.59 per cent from the previous close. The Sharia Index down 0.37 per cent at 58774 points. Global Investment Holding, up 6.06 per cent, was the top gainer while National Aluminum Product, down 9.40 per cent, was the top loser.

# Bank Muscat signs agreement to support its SME customers

The agreement with Morison Muscat will help Bank Muscat and Meethaq SME customers comply with the recently introduced Value Added Tax

It was signed by Ahmed Faqir Al Balushi, Chief Corporate Banking Officer, Bank Muscat and Nasser Abdullah Al Khamisi, Founder and Country Partner, Morison Muscat at the bank's head office, in the presence of Ibrahim Khamis Al Balushi, Assistant General Manager - Small & Medium Enterprises, Bank Muscat.

#### A new concept

VAT has been introduced in Oman and is a new concept for local businesses.

A service desk will be available at the bank's head office to receive VAT applications from SME customers, while tax experts from Morison Muscat will provide clarifications to customers through email, phone or virtual meetings. -ONA



**NEW INITIATIVE:** A service desk will be available at the bank's head office to receive VAT applications from SME customers, while tax experts from Morison Muscat will provide clarifications to customers through email, phone or virtual meetings. - File picture

#### STRONG SUPPORT TO LOGISTICS SECTOR

## Salalah Free Zone completes phase 2 of logistics warehouse construction

**MUSCAT:** Salalah Free Zone (SFZ), an Asyad Group business hub, announced the completion of construction work of the second phase of logistic warehouses covering a total area of 25,000 square metres.

The facility will lend strong support to the logistics sector in the Sultanate, enhance the global supply lines with innovative solutions and open up investment opportunities for national and foreign industries.

The second phase of the SFZ logistics project has a full set of services to promote the strategy espoused by Asyad to power its investment projects' economic roles and maximise its returns so that they could serve as an incubator and developer of small and medium industries.

Ali Mohammed Tabook, CEO of SFZ, said that a steady rise in demand by local and international investors called for the construction of new warehouses whose leasing rate, in the first phase, stood at 100 per cent on a total area of 33,000 sqm dedicated for investment, commercial and industrial activities.

The depots and new facilities



**INVESTMENT OPPORTUNITIES:** The facility will lend strong support to the logistics sector in the Sultanate, enhance the global supply lines with innovative solutions and open up investment opportunities for national and foreign industries.

are distinguished for high capacity, low operational cost and world-class design that cater to future demands from all types of clients, Tabook observed.

He added that the logistic warehouses provide flexible leasing solutions for different space segments linked to a series of customs corridors that accelerate the transfer of goods, thus saving time and effort for investors. The

project focuses on facilitating the efficiency of operations, thereby supporting the supply chains for various economic, construction and industrial sectors while at the same time offering ideal cooling solutions for foodstuff and medical drugs, said Tabook.

He pointed out that the strategic location of SFZ parallel to the Port of Salalah and its vicinity to international maritime routes prepare

the SFZ to play a vital role in the regional and global supply chains.

Over the past few years, Asyad's business team launched many promotional campaigns and international expos, with an overall objective of reaching the largest possible number of world markets. In its campaigns, the team familiarises investors with the competitive advantages and incentives offered by Asyad free zones. -ONA

#### KASPERSKY RESEARCH

## Number of financial malware attacks in the Sultanate drops

Times News Service

**MUSCAT:** The overall number of financial malware attacks in Oman has decreased in the first half of 2021, when compared to the same period in 2020, according to the Kaspersky research. But 37.5 per cent of the 2,482 attacks recorded in the country targeted corporate users, which is a cause for concern, warn Kaspersky experts.

"As local businesses have continued to adjust to remote work scenarios and the rest of the circumstances surrounding the COVID-19 pandemic, we have continued to witness cybercriminals using this to their advantage, exploiting the situation however they can. When considering such statistics, we believe it is evident that cybercriminals are more commonly targeting unsuspecting corporate users in Oman as a way to compromise corporate systems," says Oleg Kupreev, a security researcher at Kaspersky.

Simply put, organisations in Oman have become susceptible to financial malware as more employees work outside the relative



Photo used for illustrative purpose only

safety of the corporate network. The normalisation of a distributed workforce makes ensuring the protection of the personal endpoint devices of people, who need to access back-end systems to continue performing their job functions, that much more critical. In addition to securing these devices, cybersecurity training of employees remains a key component to defend against the growing scourge of financial malware that uses phishing techniques to target individual users.

#### ELECTRICAL POWER GRID

## Tanweer starts work to boost Mahout power grid, raise its efficiency

Times News Service

**MUSCAT:** The Rural Areas Electricity Company (Tanweer), Member of Nama Group, announced the commencement of work on a project to strengthen the power grid and raise its efficiency in Wilayat Mahout at Al Wusta Governorate, at a total cost of OMR770,000.

The project, located in the Khloof area, will introduce vital improvements to the power grid, which will be completed before the end of the year.

It includes constructing a 17-km-long overhead and ground 11 kilovolts (KV) power lines between Khloof power station and the 0.433 KV substation.

The project is part of Tanweer's relentless efforts to raise the grid's efficiency, develop its assets, and safely operate them. The company's new project aims to cover the increasing demand for energy due to the economic and social growth in the Wilayat of Mahout.

The company is working on several projects to strengthen the electricity system in its concession areas and activities covering 75 per cent of the Sultanate. Tan-

The project will introduce vital improvements to the power grid, which will be completed before the end of the year. It includes constructing a 17-km-long overhead and ground 11 kilovolts power lines

weer is the only company in the electricity sector in the Sultanate whose license includes generation, transmission, distribution and supply of electricity and water desalination in the areas in which the company operates.

During the last five-year plan, Tanweer invested more than OMR300 million in expanding, developing and improving power stations, substations and connected grids to keep pace with the population and urban growth in its concession areas extending from the north to the south of the Sultanate.

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A total number of 521 trades were executed during the day's trading session, generating a turnover of OMR1.8 million, with more than 14.5 million shares changing hands. Out of 36 traded stocks, 8 advanced, 17 declined and 11 remained unchanged. At the session close, local investors were net buyers for OMR296,000 million while GCC & Arab investors were net sellers for OMR194,000 followed by foreign investors for OMR102,000 worth of shares.

Financial Index closed at 6,478.13 points, down by 0.50 per cent. Prices of Global Investment

Services Index was down by 0.68 per cent before closing at 1,727.31 points. The price of Al Batinah Power was the only gainer by 1.89 per cent. Phoenix Power, National Gas, Ooredoo, Renaissance Services and Al Jazeera Services were down 4.08 per cent, 3.42 per cent, 1.97 per cent, 0.91 per cent and 0.50 per cent respectively. — United Securities

MUSCAT  
STOCK  
EXCHANGE

| Index             | High     | Low      | Value    | Prev. Value | Diff   | Diff% |
|-------------------|----------|----------|----------|-------------|--------|-------|
| MSX 30 INDEX      | 4,075.29 | 4,049.80 | 4,051.09 | 4,075.29    | -24.20 | -0.59 |
| FINANCIAL INDEX   | 6,510.77 | 6,474.01 | 6,478.13 | 6,510.77    | -32.64 | -0.50 |
| Industry Index    | 5,882.60 | 5,812.72 | 5,812.72 | 5,878.40    | -65.68 | -1.12 |
| Services Index    | 1,739.06 | 1,727.31 | 1,727.31 | 1,739.06    | -11.75 | -0.68 |
| MSX Syariah Index | 589.73   | 587.41   | 587.74   | 589.94      | -2.20  | -0.37 |
| MSX TR INDEX      | 4,893.55 | 4,862.94 | 4,864.49 | 4,893.55    | -29.06 | -0.59 |

| Volume ..... | Turnover ..... | Trades ..... | Market Cap..... | Up..... | Down..... | Equal..... | Sec. Traded |
|--------------|----------------|--------------|-----------------|---------|-----------|------------|-------------|
| 14,561,595   | 1,846,587      | 521          | 21,597,550,771  | 8       | 17        | 11         | 36          |

| FORM | OFFICER/TV NAME | UNIFORM | THREATS | THREAT | ARMED/NO | WOUND | LOW | ALIVE/NO | ARMED/NO | DEATH/NO | DEATH | LAST NO | LAST NO | LAST OFFER | NO VALUE | DEATH/NO |
|------|-----------------|---------|---------|--------|----------|-------|-----|----------|----------|----------|-------|---------|---------|------------|----------|----------|
|------|-----------------|---------|---------|--------|----------|-------|-----|----------|----------|----------|-------|---------|---------|------------|----------|----------|

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## Road cargo transport expands in first half

**BEIJING:** China's road cargo transport registered solid growth in the first half of this year, official data shows. The road freight volume amounted to approximately 18.48 billion tonnes in the January-June period, up 29 per cent year on year, according to data from the Ministry of Transport.

- Xinhua

## India's first green hydrogen plant to be built at Mathura refinery

**NEW DELHI:** Indian Oil Corporation Limited (IOCL) announced that it will set up India's first 'Green Hydrogen' plant at its Uttar Pradesh's Mathura refinery, with the view to strengthening its bouquet of clean energy offerings.

"To strengthen its bouquet of clean energy offerings, IndianOil (Indian Oil Corporation Limited) will build the nation's first 'Green Hydrogen' plant at its Mathura refinery," IOCL said in a statement.

Hydrogen is the cleanest form of energy is the latest focus area across the globe to satiate the rising energy needs. Green hydrogen is derived from water electrolysis using renewable energy like solar or wind. Biomass-based hydrogen production technologies also qualify under the green category. On the other hand, brown and grey hydrogen are produced through coal gasification and natural gas reforming, respectively.

generate a significant amount of carbon dioxide. Integration with appropriate carbon capture and utilisation technologies results in blue hydrogen. While Indian Oil has been working on various hydrogen production pathways, the current project at Mathura Refinery will be pioneering the introduction of green hydrogen in the Indian oil and gas sector.

Speaking on this ambitious project, Chairman IndianOil, Shrikant Madhav Vaidya, said, "IndianOil has drawn a strategic growth path to focus on its core refining and fuel marketing businesses while making bigger inroads into petrochemicals, hydrogen, and electric mobility over the next 10 years."

Sharing his insights on IndianOil's growing footprint in the green energy landscape, Vaidya added, "IndianOil has a wind power project in Rajasthan. We

intend to wheel that power to our Mathura refinery to produce green hydrogen through electrolysis.”

Vaidya also elaborated on the project's rationale and said, "Mathura has been selected because of its proximity to TTZ (Taj Trapezium Zone). As we see it, the Green hydrogen will replace carbon-emitting fuels used in the refinery to process crude oil into value-added products such as petrol and diesel. Moreover, we have got several expansion plans down the line which are already approved. We will not have a captive power plant and will utilise power from the grid, preferably green power. This will help decarbonise some part of the manufacturing"

Vaidya remarked, "Petroleum refining and marketing with much higher petrochemicals integration will continue to be IndianOil's key focus area. We are going to add 25 million tonnes of refining capacity by the year 2023-24."

# China's software sector posts robust revenue, profit growth

**BEIJING:** China's software and information technology sector posted robust expansion in revenue and profits in the first half of the year, official data showed.

The sector's combined software revenue came in at 4.42 trillion yuan (about \$683.68 billion) in the first six months, jumping 23.2 per cent year on year, data from the Ministry of Industry and Information Technology (MIIT) showed.

From January to June, companies in the sector saw their profits total nearly 500 billion yuan, an increase of 13.6 per cent from a year earlier.

The growth rate went down by 12.3 percentage points from the level in the first quarter due to a rise in the base in the same period of 2020, the MIIT said.

The software sector's exports amounted to \$24 billion in the first half, up 12.2 per cent year on year.

The exports growth picked up slightly from that in the first five months.

Specifically, information technology services continued rapid growth, with January-June revenue from e-commerce platform technology services and integrated circuit design climbing 32.4 per cent and 24.1 per cent, respectively. - Xinhua



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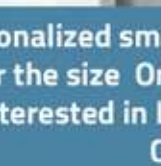
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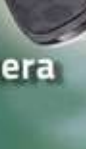
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**BBA graduate** in airport and airline management, having previous 2 years experience as office admin is seeking for suitable job, also have valid Oman D/L. Contact 96998665, 79744741. Email [roychancres55@gmail.com](mailto:roychancres55@gmail.com)

**ndian Male**, Smart, Excellent English, Arabic speaker, 17years Oman experience. Contact 99283938

### ACCOUNTS/FINANCE

**Indian male, B.Com, MBA Finance**, 23 years of experience in Accounts, Audit & Finance (last 14 years in Oman) looking for a suitable placement.D/L & NOC available. Contact 93231040. Email: [trp270172@gmail.com](mailto:trp270172@gmail.com)

**Indian, MBA Finance** with 14 + years of experience in Accounts, Audit & Finance is looking for a senior post in finance. Oman D/L & NOC available. Contact 99510161  
 Email: [vinodpanchaman@gmail.com](mailto:vinodpanchaman@gmail.com)

**Female ACCA qualified member**, 4+ years work experience in Oman, driving license, NOC available, looking to join a finance team. Contact 95785272

**Experienced accountants**, accounts data entry upto finalisation, with audit support & filing IT & VAT returns, contractual with Tally Prime cloud based solution seeks opportunity. Contact 91334194

**Srilanakan with 5 yrs experience** & have completed BBA in Accounting looking for an Accountant job. Contact: 98981998, 9388825

### DESIGNER/AUTOCAD D/MAN

**3D Designer/Graphic designer\***. Having 10 years of experience looking for Job. Contact 96425994

### DRIVER

**Looking for driving job**, 8 yrs experience in Oman. Languages known - Arabic, English & Hindi. Contact 97002240

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**Female, MCA**, Working as software professional in MNC, seeking suitable job. On a visit. Contact 78037607

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**HSE OFFICER** with valid Oman D/L. 7 years experienced in Oman. Contact 94743007 (Oman), +917902565053 (Indian), Email: [ajeesh4god@yahoo.com](mailto:ajeesh4god@yahoo.com)

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**MEP Engineer** 15 Yrs, EXP Maintenance Manager Arabic/English D/L. Contact 95752101

**B.Tech. Civil** with 10 years experience in construction and water pipeline works GRB water tanks. Contact 94334788

**Graduate in Civil Engineer** having 25 yrs+ exp (18 in Oman) buildings, commercial/residential, infrastructure, Oil & Gas, refinery (contracting, consultancy) valid Omani D/L, NOC is available. Seeking suitable placement (Project Manager-Civil). Contact 92671539. Email [pvmmani\\_2006@yahoo.com](mailto:pvmmani_2006@yahoo.com)

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**Sales Engineer, Sudanese**, BSc Mechanical Engineering, 7years Experience in Oman. D/L, NOC. Contact 79027138

**Sudanese Mechanical Engineer**, Projects 7 years experience in Oman. DL, NOC. Contact 99329938

### SALES/MARKETING

**Sales Executive, B.Com** with 10 years experience in food products in Oman looking for job. Have Oman D/L & Visa. Contact 78273463

**26, Indian male** born in Oman, with 3years of experience, having valid D/L, looking for suitable placement in Engineering Sales/Marketing Field Holder of Bachelors in Electronics and Telecommunications Engineering. Contact 98914229

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**FINANCE**

Female, MBA Finance, 3 years experience (1.5 years in a Big Four as Tax Consultant), immediately available for Finance/Accounts job.

**Contact +968-93213813**

**Project Director/ Contracts Administrator**

Indian National, 18 Yrs. of work experience, Graduate Civil Engineer, Master's in Construction Project Management; Construction Law & Dispute Resolution from UK. Having expertise in Project, Contract & Claims Management. Experienced in Handling High End Hospitality, Residential & Commercial Projects from initiation till completion. Seeks Placement as Clients or Consultants representative in Oman.

**Please contact - 78022980**

**Accounts & Finance**

Indian Male with more than 25 years experience in Accounts and Finance field, holding Omani driving license, NOC available, seeking challenging opportunity.

**Contact on Tel : 95803522**

**Indian Chartered Accountant**

With 6 years of experience (Oman) in Accounts, Audit, Taxation, VAT, Investment, Budgeting seek suitable placement.

**Contact 79848875**

**SALES MANAGER**

Indian National, Mechanical Engineer having 14 years of experience including more than 8 years in Oman as Sales & Purchase Manager for Scaffolding; having good knowledge & experience in Fasteners & Steel wires as well. Valid Oman D/L & release available for immediate recruitment.

**Contact: 96497864**  
**Email: taranrajpal@gmail.com**

**GROUP FINANCE MANAGER**

with 20 yrs+ experience seeks suitable placement

**Contact 93288251**  
**Email: suhasdkini@gmail.com**

**Software Engineer**

Male, Master's degree, worked as Software Engineer seeking IT job. Visa status - Employment, NOC available.

**Contact 79830312**

**Omani Mechanical Engineer**

Bachelors degree in Mechanical Eng. from the United States of America & Nebosh Holder. 3 yrs of experience (Machineries, Hydraulic, MEP, Tending & Documentation) - 2 yrs in Oil & Gas.

**Contact: 95070748**  
**Email: siyabi1430@gmail.com**

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Experienced Civil Inspector plus Quality Controller & Supervision Engineer seeking immediate placement, including 10 Year's in specialise Engineering Consultancy Department experienced.

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Please contact **imrankelani@gmail.com**  
**95785529**

**ACCOUNTANT**

Indian Male 39 years B.com having 14 years Gulf experience as Accountant looking for suitable placement. Having Oman driving license and NOC available.

**Contact: 97998397**  
**Email: salafcs@yahoo.com**

**ACCOUNTANT**

Indian male B.com, Accountant, 12+ years of experience in power plant O&M up to finalisation. Oman D/L & NOC available.

**Contact: 96774266**  
**Email: gexongeorpe@gmail.com**

**Diploma Engineer Civil**

Experience 10 years Oman, 6 Pakistan. Multi stories Buildings, Ministry of education & Sports. ROP Fahud Road and Building work. TELECOM, ROP Green & roof top sites. PDO applicant licence & driving licence.

**Contact 98921022**  
**akhtarmahmood3137@gmail.com**

**OMANI HR/PRO**

Omani, 15 yrs experience, PRO, Relation development, Labour & Crime law, HR & Time Management. Fluent in English, Arabic & Hindi seeks Part Time job.

**Contact 97264447**

**HR / ADMIN.**

Certified HR Pro, MBA with 14 yrs. of Oman exp. in the field of HR / Admin. (Bldg. Const.). Office Mgt., Operations, Communication, Induction. Pakistani Male with NOC & Immediately available.

**GSM: 96409439**  
**Email: farhansiddiqi2014@gmail.com**

**FINANCE MANAGER**

Indian Male B. Com, MBA having 14 yrs Exp in Accounts/Finace & Admin, upto finalisation, OODO, ERP, Tally & Online Softwares. Oman D/L, Noc/Release Available.

**Email: mq\_199820@yahoo.co.in**  
**GSM: 99279626**

**Business Administrator**

Having a strong interpersonal, communication skills (verbal, written), can speak both Arabic & English languages, having basic knowledge of Microsoft Office application, ability to work on team, a very fast learner.

**Contact 94887879**  
**Email: amani.alhaj94@gmail.com**

**MANAGER**

20Yrs experienced Indian commerce graduate, 4 Years of Fleet management in FMCG sector, 7 years of Contracts, Transportation at Oil & Gas sector in Oman, and 10years of Administration in India. D/L & NOC available.

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CHINA'S NANJING

Since Sunday, a total of 68 inspection points were temporarily set up at highways on the city border around Nanjing. The municipal government has urged residents not to leave the city unless necessary. By Saturday, the

number of locally transmitted confirmed cases in the latest COVID-19 outbreak in Nanjing had risen to 37, with another 20 asymptomatic cases, according to the Nanjing municipal health commission.

-Xinhua/Li Bo



# ROUND-UP

## NBO launches wealth management portal on its mobile application

As the first service of its kind available in the market, the portal offers a range of useful features for Sadara and Mazaya customers, enabling them to view their portfolio, buy and sell mutual funds, buy single-fund Systematic Investment Plan, review and renew risk profiles, and open an investment account

**MUSCAT:** Continuing to address the ever-evolving needs of its customers, the National Bank of Oman (NBO) has launched its new wealth management portal, available through the bank's mobile app. As the first service of its kind available in the market, the portal offers a range of useful features for Sadara and Mazaya customers, enabling them to view their portfolio, buy and sell mutual funds, buy single-fund Systematic

Investment Plan (SIPs), review and renew risk profiles, and open an investment account. It's the latest upgrade for NBO's award-winning app, as it continues to find ways to make the banking experience seamless, accessible, and altogether more enjoyable. Maha Al Raisi, Head of Products at NBO, said, "At NBO we are working hard to expand and enhance our product offerings, in particular our digital capabilities,

addressing the growing demand for online services. "Complementing our comprehensive wealth management services, the new portal will provide added value to our customers, allowing them to access and manage their financial portfolio whenever they wish, in a way that suits their lifestyle and needs." **Innovative products** NBO's mobile app is filled with an ever-expanding list of innovative products and services to make its customers' lives easier and more rewarding. Offering exclusive benefits for Sadara and Mazaya customers, it also includes exclusive access to Entertainer, benefiting from a host of instant discounts, from personalised deals to thousands of exclusive 2 for 1 offer throughout Oman, the GCC, and select cities internationally. Meanwhile, through personalised products and unmatched perks, the bank provides its premier customers with better ways to build and manage their wealth effectively and meet their long-term financial goals.



“

The new portal will provide added value to our customers, allowing them to access and manage their financial portfolio whenever they wish, in a way that suits their lifestyle and needs

**Maha Al Raisi**  
Head of Products at NBO

### AIRLINERATINGS AWARDS



## Qatar Airways named Airline of the Year and Best Business Class

**DOHA:** Qatar Airways has been named Airline of the Year 2021 by AirlineRatings. The airline has also clinched the Best Middle East Airline, Best Catering, and the Best Business Class awards. This marks the third year in a row Qatar Airways has achieved the Best Business Class accolade, recognising its patented Qsuite product. The AirlineRatings 'Airline of the Year' award acknowledges the best in aviation, with a focus on product innovation, good route network and overall safety.

All AirlineRatings awards are given based on strict assessment criteria put together by industry professionals with extensive expertise and experience in the aviation field.

Qatar Airways Group Chief Executive, Akbar Al Baker, said: "Receiving the 2021 Airline of the Year, Best Middle East Airline, Best Catering and Best Business Class awards by AirlineRatings is particularly special for Qatar Airways. Over the past 16 months, the aviation industry has witnessed some of its darkest days, but Qatar Airways has continued to operate and stand by our passengers despite many other airlines halting operations due to the pandemic. Qatar Airways continues to reach new heights and set industry standards that deliver unrivalled passenger experience because it is in our DNA to do everything with excellence. Our commitment is to provide the highest possible level of health and safety standards both on the ground and in the air, with 5-star service at

the core of our business."

Qsuite, a patented Qatar Airways product, offers a First Class experience in the Business Class cabin. Qsuite features the industry's first-ever double bed in Business Class, as well as privacy panels that stow away, allowing passengers in adjoining seats to create their private room, a first of its kind in the industry.

As a multiple award-winning airline, the national carrier of the State of Qatar continues to rebuild its network, which currently stands at over 140 destinations. Qatar Airways also features flexible booking policies that offer unlimited changes in travel dates and destinations and fee-free refunds for all tickets issued before 31 August 2021 for travel completed by 31 May 2022.

Qatar Airways operates an intensive international network in the Middle East, Asia, Africa, Australia and the Americas, which currently stands at over 140 destinations. Qatar Airways was the first Gulf carrier to join the global airline alliance Oneworld, enabling its passengers to benefit from more than 1,000 airports in more than 160 countries, with 14,250 daily departures.

Oryx One, Qatar Airways' in-flight entertainment system offers passengers up to 4,000 entertainment options from the latest blockbuster movies, TV box sets, music, games and much more. Passengers flying on Qatar Airways flights served by its B787, B777, A350, A380, A319 and select A320 and A330 aircraft can also stay in

touch with their friends and family around the world by using the award-winning airline's on-board Wi-Fi and GSM service.

Qatar Airways proudly supports a range of exciting international and local initiatives dedicated to enriching the global community that it serves. Qatar Airways, the official FIFA partner, is the official sponsor of many top-level sporting events, including the FIFA World Cup Qatar 2022, reflecting the values of sports as a means of bringing people together, something at the core of the airline's brand message - Going Places Together.

Qatar Airways Cargo, one of the world's leading international air cargo carriers, serves more than 60 freighter destinations worldwide via its world-class Doha hub and also delivers freight in the belly-hold deck of passenger aircraft to an extensive network. The Qatar Airways Cargo fleet includes two Boeing 747-8 freighters, 24 Boeing 777 freighters and six B777-300ER mini freighters.

Qatar Executive is the private jet charter division of Qatar Airways Group. Luxury jet services are available for worldwide charter on board the operator's wholly-owned business jet fleet. Qatar Executive is the launch customer for Gulfstream's G700, the world's first commercial service operator of the Gulfstream G500 and largest commercial operator of the G650ER worldwide. Qatar Executive's service portfolio also includes aircraft management, maintenance and Fixed Based Operator services.

### AL HAYAT INTERNATIONAL HOSPITAL

## Hormone imbalance: Diagnose early, improve quality of life

**MUSCAT:** Hormone imbalance, if left untreated, will often lead one's life to a series of health issues, even life-threatening, swamped by an avalanche of depression.

"It is fish out of the water situation, and maintaining a normal balance of hormones in one's endocrine system plays a crucial role in day-to-day life," points out Dr Masoud Al-Maskari, Senior Consultant Endocrinologist (visiting) at Al Hayat International Hospital.

"Hormone levels, of course, change at different times of our life. However, lack of awareness on the importance of hormones in a healthy human life, and the spread of misinformation and disinformation about endocrine problems and treatments often discourage patients from seeking early diagnoses and care. One does not have to continue lifelong treatment for all endocrine disorders," says Dr Al Maskari, who holds a PhD in Endocrinology from the UK.

Endocrine problems, as we know are about diseases that affect human glands such as the thyroid, pituitary, pancreas, ovaries, testes, parathyroid, hypothalamus, and adrenal glands. To put it simply, endocrine disorders are the misregulated or abnormal release of hormones.

Glands produce hormones and discharge them directly into the bloodstream. Proper functioning of glands is essential for life as glands play the principal role in human life throughout one's lifetime. Disorders in glands may lead to their under function or over function, and may disturb the overall functioning of the entire endocrine system, and may result in hormone imbalance. Endocrine disorders often cause swelling or dysfunction of glands or both.

"Hormone levels deteriorate with age in men and women. In essence, hormones control all your activities, including metabolism, growth, and development, reproduction, response to surroundings and the amount of energy and nutrition one needs to perform his/her activities."

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Dr Masoud Al-Maskari, Senior Consultant Endocrinologist (visiting) at Al Hayat International Hospital

crinology diagnoses and treatments, and live your life normal as diabetes, thyroid or any other endocrine system problems are manageable today. It is a must that we manage endocrine conditions cautiously. For women, regardless of age, managing diabetes and thyroid disorders is a challenge as many patients ignore early symptoms. Low estrogen level causing abnormal sweats, is a regular complaint among women. Early diagnosis will improve quality of life, and help patients manage several health issues, including diabetes and thyroid," Dr Al Maskari said.

Besides many health issues, Al Maskari said, thyroid disorders during pregnancy, pituitary diseases, osteoporosis, Vitamin D deficiency, and polycystic ovary syndrome, infertility in women, and erectile dysfunction in men are common endocrine disorders he has come across during diagnoses.

"Don't ignore the classic symptoms of hormone imbalance and never disregard the opinion of your primary care physician who refers you to an endocrinologist when you have a problem with

your endocrine system. Despite maintaining a reasonably good healthy lifestyle, if you have symptoms such as continuous tiredness, unexpected weight gain/loss, memory fog, sleep problems, headaches, you must visit a general practitioner and take an expert opinion.

"Routine tablets are not enough to treat endocrine problems. One should not take thyroid drugs unnecessary without consulting an experienced endocrinologist. Thyroid and diabetes checkups, once a year, are advisable," Dr Al Maskari added.

Dr Al Maskari has been practising endocrinology for nearly three decades. Trained in the UK and Oman, Dr Al-Maskari was a professor of Endocrinology at Sultan Qaboos University.

Al Hayat offers diagnoses and treatments for all hormone imbalances including diabetes, thyroid, metabolic issues, pituitary issues, menopause, osteoporosis, hypertension, lipid, short stature, infertility, insulin treatment for diabetes, polycystic ovary syndrome, etc. and helps patients improve quality of life.

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