

KBS Cup semi-finals tip off tonight
 The semi-finals of the Khalifa bin Salman Cup start today at Khalifa Sports City Arena, where the final four compete in best-of-three series for a place in the championship game. | P16

WORLD 8 War will end soon: Trump, Iran: we will decide when

THE DAILY tribune

Alcaraz battles back to reach Indian Wells fourth round **15** SPORTS

BUSINESS 6 Al Salam Bank engages clients in designing 'Danat 2026' scheme

A PREMIER ADDITION TO AL HILAL
Al Hilal Premier Hospital
 The 10th Branch Of Al Hilal Healthcare Group
 Trusted Care & Premier Experience
 +973 80408080
 www.alhilalhealthcare.com
 alhilalpremier alhilalpremierhospital

HM King orders Eid disbursements for needy families

TDT | Manama

His Majesty King Hamad bin Isa Al Khalifa, the Honorary President of the Royal Humanitarian Foundation (RHF), issued a directive for the annual Eid Al Fitr disbursements to all families sponsored by the RHF for the year 1447 AH (2026). His Majesty instructed the RHF to take the necessary measures to ensure the timely distribution of the disbursements, supporting families in meeting their needs during Eid Al Fitr.

On this occasion, His Highness Shaikh Nasser bin Hamad Al Khalifa, Representative of HM the King for Humanitarian Work and Youth Affairs and Chairman of the Board of Trustees of the Royal Humanitarian Foundation, affirmed that the grant reflects HM the King's noble humanitarian vision and



HM the King

his continuous keenness to support families and share their joy during various occasions each year. He added that the initiative also reinforces the values of solidarity and social cohesion for which the Kingdom of Bahrain is widely recognised.

HH Shaikh Nasser also congratulated HM the King, His Royal Highness Prince Salman bin Hamad Al Khalifa, the

Crown Prince and Prime Minister, the people of Bahrain, and all residents on the upcoming Eid Al Fitr.

Ibrahim Dalhan Al Doseri, Acting Secretary-General of the Royal Humanitarian Foundation, expressed his gratitude for the generous royal gesture and HM the King's keenness to bring happiness to families and help them prepare to welcome Eid Al Fitr.

Clear crimes

Bahrain condemns continued Iranian attacks on civilian areas and vital infrastructure

TDT | Manama

Bahrain strongly condemned and denounced the ongoing Iranian attacks directed at civilian targets, residential areas, critical economic and oil facilities, and desalination plants in the Kingdom and in several other Arab countries.

These attacks constitute a flagrant violation of national sovereignty, international law, and international humanitarian law.

They pose a direct threat to the lives of civilians and residents and represent a dangerous escalation that undermines regional and international security and stability.

In a statement, the Ministry of Foreign Affairs specifically condemned the Iranian attacks targeting populated civilian areas in the Kingdom, including Sitra and the capital, Manama.

Casualties

These attacks have resulted in civilian casualties, including deaths and serious injuries, as well as damage to public and private property, and have spread fear among innocent civilians during the Holy Month of Ramadan.



Damage to a building in Seef following an Iranian drone strike at dawn. (AFP)

The Ministry described these acts as unjustifiable and reprehensible crimes that violate the principles of international law, the tolerant teachings of religion, and universally recognized human and moral values.

The Ministry affirmed that the continued use of missiles and drones in these attacks reflects a grave escalation and a clear attempt to destabilise the region, undermine the principles of good neighborliness, and contravene international conventions and established norms of international law.

Allegations

These actions are based on unfounded allegations that Bahrain and Gulf nations have categorically rejected, while con-

“The continued use of missiles and drones in these attacks reflects a grave escalation and a clear attempt to destabilise the region.”

— MINISTRY OF FOREIGN AFFAIRS STATEMENT

sistentlly advocating dialogue and diplomacy as the only viable path toward sustainable peace and stability.

The Ministry of Foreign Affairs expressed the Kingdom of Bahrain's deep appreciation to the member states of the Gulf Cooperation Council (GCC), as well as to every country that extended its solidarity, support, and commitment to the Kingdom's security and stability.

The Ministry reiterated its call upon the international community, particularly the United Nations Security Council, to take a firm and decisive stance and to adopt immediate measures to halt and deter these attacks and prevent their recurrence.

Government to cover repairs for damaged homes in Sitra

TDT | Manama:

The government has pledged to cover the costs of repairing homes and properties in Sitra damaged by Iranian drone attacks and to provide solutions ensuring the well-being of residents.

The announcement came during a visit to Sitra by His Excellency Shaikh Khalid bin Abdullah Al Khalifa, Deputy Prime Minister, who was assigned by His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, to assess the situation firsthand.

During the visit, the Deputy Prime Minister conveyed HRH Prince Salman's directives, emphasising that the government will also continue monitoring the medical condition of those injured in the attacks.

Bahraini families and institutions unite for Kingdom

TDT | Manama

Amid the Iranian attacks targeting Bahrain and other Gulf countries, Bahraini families, community leaders, business figures, and sports and cultural clubs have issued statements expressing their unwavering support for the Kingdom.

Civil society organisations also joined in affirming national unity.

Focus on countering Iran aggression

His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, remotely chaired the 519th Government Executive Committee meeting. They reviewed the plans being implemented and the measures taken to address the impact of the hostile Iranian aggression towards the Kingdom of Bahrain. The meeting also reviewed progress in the National Social Insurance Program and several draft laws.

Support for UAE

TDT | Manama

The Kingdom of Bahrain strongly condemned and denounced the blatant drone attack targeting the consulate general of the UAE in the Kurdistan Region of Iraq.

This attack constitutes a flagrant violation of international law and established international norms, particularly the provisions of the 1949 Geneva Conventions and the 1961 Vienna Convention on Diplomatic Relations.



Grief and solidarity

Bahraini woman killed and eight injured in Iranian attack on Seef residential building

TDT | Manama

The Ministry of Interior has confirmed that a 29-year-old Bahraini woman was killed and eight others were injured in a brutal Iranian attack on a residential building in the capital, Manama.

The incident, which took place at dawn in the Seef suburb, has deeply shaken Bahraini society and sparked widespread grief and solidarity.

The deceased, Sarah Abdulhameed Dashti, succumbed to her injuries at the scene of the attack.

Funeral

A large crowd of citizens attended her funeral earlier yesterday, accompanying her final procession to Al-Hoorra Cemetery.

Family, friends, and residents gathered in the rain, offering prayers for the young woman and prayers for the safety of the Kingdom and its people.

Mourners condemned the "treacherous" aggression, reaffirming their support for the Kingdom's leadership in safeguarding national security and



A funeral procession for Sarah Abdulhameed Dashti



The damaged in the aftermath of the Iranian drone strike in the Seef district at dawn. (AFP)

Mourners condemned the treacherous aggression while reaffirming their support for the Kingdom's leadership in safeguarding national security and stability.

stability.

Injuries

The attack not only caused the tragic loss of life but also injured several civilians and damaged

the targeted building, as well as nearby structures.

Authorities immediately launched field operations to assist the injured and secure the area.



The mourning ceremonies are set to continue today at the

Imam Reza mourning hall in Tashan, where residents will gather to offer condolences to the family.

Mood

This incident comes amid a series of attacks targeting Bahrain, leaving a somber mood across the Kingdom.

Yet, it has also highlighted a spirit of national unity and resilience, as citizens stand firmly behind their leadership during these challenging times.

Gulf Air launches limited flights via Dammam airport

TDT | Manama

Gulf Air has announced the launch of limited flights connecting King Fahd International Airport in Dammam, Saudi Arabia, to London Heathrow Airport in the UK, Chhatrapati Shivaji International Airport in Mumbai, India, and Suvarnabhumi Airport in Bangkok, Thailand, starting March 11, 2026.

The initiative allows passengers to travel internationally while Bahraini airspace remains closed. The airline clarified that these flights are exclusively for passengers who meet Bahrain's entry and exit requirements.

Travelers must register through the official link and submit their travel details along with a confirmed booking to secure passage.

Return

Starting March 11, Gulf Air will operate flights from Dammam to London Heathrow, Mumbai, and Bangkok, with return journeys to Dammam.

The airline emphasized that only passengers with confirmed bookings will be transported between Bahrain and Dammam, and travelers are advised not to proceed to the departure gate without a confirmed reservation.

Thara'a
Prize Account

NBB

\$6,000,000

Total Prizes

6 Seafront Villas



Closer to you

Deposit now

Terms & Conditions Apply.
Licensed by CBB as a Conventional Retail Bank.



MOIC 32654 - 32656 - 32657

Guard's finger broken in building entry row

Mohammed Darwish
TDT | Manama

A man who tried to force his way into a building was jailed for a year after breaking a guard's finger and leaving him with a 4 per cent permanent disability.

The First High Criminal Court also ordered the 37-year-old Asian defendant to be deported after serving his sentence.

The case stems from an assault on 10 September 2025.

Injuries

Prosecutors said the defendant attacked the victim, also Asian, and caused the injuries recorded in the forensic report.

The court heard that the assault led to a lasting injury, though there was no intent to cause a permanent disability.

The victim, 56, told investigators he had been working as a guard at his sponsor's building when the defendant arrived and tried to go inside to turn on a gas cylinder at his workplace. He said he stopped him from entering on his sponsor's orders.

He said the defendant then tried to push his way in and twisted the fingers of his left hand.

Payment relief

MP calls for deferring loan repayments and government fees amid regional uncertainty

● Proposal aims to safeguard social, economic stability

Mohammed Darwish
TDT | Manama

MP Hassan Ebrahim called for loan repayments, state fees and money owed to firms by government bodies to be deferred as Bahrain and the wider region go through what he described as an exceptional period.

He told MPs yesterday the pressure on households and firms called for urgent economic steps to help keep economic and social stability in place.

"The current stage requires greater cooperation between all sectors," he said, adding that such action would help protect stability on both the economic and social front.

Interest

Among the steps he called for was a pause in citizens' loan instalments, with no extra interest added during this period.

He said this should cover personal loans, housing loans and other borrowing by citizens, and



"Banks should stand with citizens and give them the relief they need, starting with deferred instalments at no added cost."

— MP HASSAN EBRAHIM

would ease financial strain on Bahraini families.

Ebrahim said banks should play a bigger part in that effort, noting that the banking sector had been among the most profitable in Bahrain in recent times.

That, he said, placed a national and social duty on it in such conditions to stand with citizens and give them the relief they need, starting with deferred instalments at no added cost.

He also called for state fees charged to citizens to be postponed until this phase has passed, saying that would cut financial pressure and help families cope.

The MP went on to press for faster payment of outstanding sums owed to companies by government bodies.

He said that would improve cash flow for firms, help them carry on with their economic role, and support business con-

tinuity and jobs in the private sector.

Support

The lawmaker also called for an economic and financial support package for the private sector, drawing a comparison with the package brought in during the coronavirus pandemic.

He said those measures had proved their worth in backing the economy and helping firms and institutions keep going.



The proposed pause in citizens' instalments, without additional interest, would cover personal loans, housing loans and other borrowing, easing the financial strain on Bahraini families.

Praise for crisis coverage

Mohammed Darwish
TDT | Manama

Bahraini journalists and media workers have been praised by the Bahrain Journalists Association (BJA) for their careful coverage during the regional unrest and the Iranian attacks against the Kingdom's security and stability.

In a statement, the association said the press in Bahrain had once again shown it was up to the task, carrying out its professional and national duty with care as events unfolded.

It said media staff had shown a clear grasp of the weight on them, passing on information with accuracy and credibility while dealing with fast-moving developments in a responsible national spirit.

That, the association said, helped deepen public awareness and strengthen trust in official sources of information.

The statement also praised the Bahrain Defence Force for its work in protecting the country and keeping it secure, and thanked the security services for their continued work to keep the public safe.

It also thanked the Ministry of Information and the National Communication Centre for providing accurate information.

Parliament approves dangerous animals regulation law

Hasan Barakat
TDT | Manama

Parliament approved a draft law regulating the keeping and handling of dangerous animals, introducing strict controls and heavy penalties, including life imprisonment for attacks that result in death.

The legislation, attached to

Decree No. 15 of 2025, aims to regulate the possession, sale, import, export and breeding of dangerous animals in Bahrain while addressing growing concerns over public safety.

Under the draft law, individuals or companies will be prohibited from keeping or trading dangerous animals without a licence from the relevant au-

Anyone who uses a dangerous animal to attack another person and causes permanent disability could face a prison term of three to seven years.

thorities.

Licensed activity will be restricted to specific entities such as zoos, animal parks, circuses,

research centres and similar establishments authorised by the ministry responsible for livestock affairs.

Dangerous animals are defined as those capable of causing harm to people or other animals, including predatory species and so-called semi-dangerous animals that may become aggressive under certain conditions.

The specific species falling under this category will be determined by ministerial decision following Cabinet approval.

The law introduces severe penalties for using animals as a weapon.

Anyone who uses a dangerous animal to attack another person and causes permanent disability could face a prison term of three to seven years.

If the attack results in death, the penalty could rise to life imprisonment.

Defendant denies robbing driver of car at knifepoint



Rehab Mohammad
TDT | Manama

The First High Criminal Court has begun hearing the case of a 26-year-old man accused of stealing a car by force after threatening the victim and stabbing him with a knife.

During the hearing, the defendant appeared in court and denied the charge of robbery by force, claiming that he had gone out with others and was arrested while sleeping in the back seat of the car.

He also admitted that he had

been intoxicated.

The court adjourned the case to March 17 to appoint a defense lawyer, while ordering the defendant to remain in custody.

According to the Public Prosecution, the incident dates back to October 2025, when the defendant allegedly stole a vehicle by force after brandishing a knife and stabbing the victim in the shoulder, forcing him to get out of the car. The suspect then fled with the vehicle. He was also found in a clear state of intoxication in a public place.



Home at last

The Ministry of Foreign Affairs has stepped up efforts to ensure the safe and smooth return of Bahraini citizens abroad through land border crossings, in light of ongoing regional developments. The ministry reaffirmed its commitment to safeguarding the welfare and security of citizens at all times. These measures are being implemented in close coordination with relevant authorities within the Kingdom and their counterparts across Gulf Cooperation Council (GCC) countries, as well as through direct engagement with Bahraini embassies abroad. The Kingdom's missions are actively monitoring the situation of Bahraini residents in the region, providing guidance and support to facilitate their passage through land ports and ensure a safe return home.

Security risk

Publishing sensitive wartime information could lead to up to 10 years in prison

Ghadeer Alkumaish
TDT | Manama

The Kingdom of Bahrain has warned that anyone publishing news, images, or information that causes panic or undermines military preparedness could face up to 10 years in prison.

The General Directorate of Anti-Corruption, Economic & Electronic Security explained that filming during wartime is strictly prohibited.

Even a single image can reveal the exact location of an incident, expose weapons, defense systems, troop movements, or emergency response times.

Content

Such content can help the enemy assess damage, plan further attacks, or be used for misinformation and psychological influence.

Article 133 of the Penal Code states that anyone who, during wartime, deliberately spreads false or malicious news, statements, or propaganda that harms military operations or morale may face imprisonment



Image used for illustrative purposes only of up to ten years.

Abdullah Waheed Al Mannai from the Ministry of Interior highlighted that Bahrain continues to face hostile attacks from Iran, targeting civilians, infrastructure, and strategic sites.

Since February 28, Bahrain's air defenses have intercepted 102 missiles and 171 drones, including 7 missiles and 7 drones in recent hours.

On Monday, a drone attack in Sitra injured 32 citizens, in-

cluding children, and caused damage to homes and vehicles.

Despite an attack on an oil refinery unit, authorities confirm that local market needs remain fully secured, while electricity and water networks continue to operate normally.

Response

Civil defense teams have responded to over 130 incidents of debris falling on homes, vehicles, and schools.

Meanwhile, the Anti-Cybercrime Directorate arrested six individuals for posting content supporting hostile acts.

Emergency medical teams, including 32 ambulances, remain fully operational, and hospitals continue to provide full healthcare services.

The Kingdom prays for the safety of its citizens and residents, as military, security, and healthcare teams work around the clock to protect the nation.

Fake degree probe triggers review of expat engineers

Mohammed Darwish
TDT | Manama

A forged certificate suspicion at Electricity and Water Authority (EWA) led to a review of all expat engineers' qualifications, after one foreign employee had worked for years before the matter came to light, Electricity and Water Affairs Minister, His Excellency Yasser Humaidan, said.

In a written reply to MP Dr Hisham Al Ashiri, the minister said the case surfaced only after the authority learned that one of the certificates submitted by the employee was open to doubt.

That review then found grounds for suspicion, and the authority referred the case in October 2023 to the Public Prosecution and the Interior Ministry for the steps required by law. A court later issued a ruling against the employee on 26 August 2025.

Job

Humaidan said the man had gone into the job with long years of work in the electricity field behind him.

Before joining the authority, he had served at well-regarded bodies in the sector with trust-



MP Dr Hisham Al Ashiri



The case was referred in October 2023 to the Public Prosecution and the Interior Ministry for the steps required by law.

He had also submitted several academic and professional credentials, alongside the certificate that later came under question.

BD29.6m road expansion among infrastructure development projects in Capital Governorate

Hasan Barakat
TDT | Manama

Road expansion projects worth BD29.6 million are among major infrastructure developments under way in the Capital Governorate, aimed at easing congestion and improving traffic movement across several key areas.

Parliament outlined the projects during its session in response to a parliamentary question regarding road development and infrastructure

improvements within the governorate.

According to the Ministry of Works, the expansion programme forms part of broader plans to enhance Bahrain's road network and support growing traffic demand in densely populated urban areas.

Officials noted that the projects include widening roads, improving junctions and upgrading traffic infrastructure to increase road capacity and enhance safety for motorists

and pedestrians.

The ministry said these developments are designed to reduce congestion on major routes and improve connectivity between residential areas, commercial districts and key transport corridors across the Capital Governorate.

As Manama continues to grow and attract new residential and commercial developments, pressure on road infrastructure has steadily increased, particularly during peak hours.

Why Bahrain's weather feels unusual this week

Neethu V
TDT | Manama

Lately, Bahrain has been experiencing cloudy skies and intermittent rain.

Showers have appeared across various parts of the Kingdom, sometimes accompanied by brief periods of heavier rain.

In some places, flashes of lightning have lit up the horizon, reminding people that spring weather can be unpredictable.

With the ongoing political tension, Shamal winds blowing dust, and pollution rising, many residents can't help but wonder if something more unusual is happening.

Humidity shifts and haze add to the feeling that the skies have changed overnight.

However, meteorologists say



Rainy days drench Bahrain's balmy streets

part of this is simply seasonal change, as Bahrain moves from winter into spring. Daytime highs hover around 24-25°C, with cooler nights near 17-18°C.

Experts, however, reassure that these variations are temporary.

Conditions

Temperatures are expected to rise steadily over the coming days, bringing a gradual return

to warmer, sunnier spring conditions.

For now, Bahrainis can watch the clouds gather, feel the cool breeze, and experience the fleeting showers - a reminder that even familiar skies can surprise, but that calm weather is on its way.

Residents are advised to follow official updates and take care during periods of rain or lightning.



المجموعة العربية للتأمين
ARAB INSURANCE GROUP

Invitation to the Ordinary General Assembly Meeting

In consideration of the prevailing circumstances and with a commitment to safeguard public safety, the Board of Directors of Arab Insurance Group B.S.C. of Commercial Registration no. 10701-1 hereby announces that the 47th Ordinary General Assembly Meeting (AGM), is scheduled to be held on Monday, 16th March 2026 at 11:30 a.m. Bahrain time. Please note that the meeting will be conducted exclusively through electronic communication platform, and a physical meeting will no longer be available.

Important notes to Shareholders

- Any shareholder registered in the Company's Share Register on the date of the meeting, is entitled to attend the meeting or to appoint a proxy to attend and vote on the shareholder's behalf. A proxy shall not be the Chairman, members of the Board of Directors or employees of the Company.
- In case the shareholder is a legal entity, the person who will represent the shareholder should have a letter signed and stamped by the corporate, and to be presented before the due date.
- Proxies must be registered with the support Share Registrar, KFin Technologies (Bahrain) W.L.L., Office No.74, 7th Floor, Al-Zamil Tower, Building 31, Road 383, Block 305, P.O. Box 514, Manama, Kingdom of Bahrain, by hand or Fax: +973 17 212055, or electronically by email (bahrain.helpdesk@kfintech.com), including a clear copy of a valid passport or valid ID card of the shareholder or the person who represents them at least 24 hours prior to the meeting. Any proxies received after the deadline will be void.
- Request to attend the AGM electronically shall be by sending an email to KFin Technologies (Bahrain) W.L.L. on (Bahrain.helpdesk@kfintech.com) and provide a clear copy of a valid passport or valid ID card of the shareholder or the person who represents them, at least 24 hours before the scheduled time of the meeting. After receiving the required documents and information, a link will be provided to enable the attendance to take the necessary steps to join the session electronically. The device used to participate in the online session must be compatible with video and telecom services. We advise the shareholders to abide with the instructions to ensure a swift conduct of the meeting in line with the Laws and Regulations.
- For any queries, please contact Arab Insurance Group Investor Relations department: Tel: +973 17 544160 or email address: Investor@arig.com.bh.
- In the absence of a quorum for the AGM, a second meeting of AGM will be held through the electronic communication means at 11:30 a.m. on Monday, 30th March 2026 to discuss the same agenda, and in the absence of a quorum at the second meeting, a third meeting of AGM will be held through the electronic communication means at 11:30 a.m. on Monday, 6th April 2026 to discuss the same agenda.

Muharraq Council seeks power cut damage compensation

Mohammed Darwish
TDT | Manama

Muharraq Municipal Council has called for a legal route to compensate residents whose appliances or home wiring are damaged by sudden power cuts, placing household loss and emergency response high on the agenda at its latest meeting.

The issue was raised at the council's 13th session, as members went through a run of service matters touching homes across Muharraq Governorate.

Members also pressed for a clear means of contact with electricity and water emergency teams, saying residents had grown used to fast replies when faults or urgent cases were reported.

They said a clearer system would help get reports dealt with faster and cut the fallout for homes and basic services.

The council discussed damage to electrical appliances and household connections caused by sudden cuts in supply or by power returning without warning.

Members were told that the Electricity and Water Authority does not bear responsibility for general outages. Chairman Abdulaziz Al Naar then called for the matter to be examined in legal terms, with possible routes to protect residents' rights and find a fitting answer in such cases.

The meeting also took in other municipal files, including requests and proposals aimed at better services, stronger infrastructure and improved public facilities across the governorate.

Fair warning

MPs back plan for LMRA to give employers time to fix breaches before system shutdowns

Given mandatory 10-day grace period

Mohammed Darwish
TDT | Manama

A proposal to make the Labour Market Regulatory Authority (LMRA) warn employers before shutting their system access, and give them 10 days to put breaches right, won Parliament's backing yesterday.

The measure, put forward by MP Khalid Buanaq, asks the government to direct the authority to send a prior warning through the system itself before any closure takes place.

The warning would tell the employer what the breach is and give them no more than 10 days to fix it.

If no action is taken within that period, the system would then be closed.

Buanaq told MPs the aim was to bring a fairer order to the way breaches are dealt with, instead of moving straight to the hardest penalty.

Oversights

He said many cases stem from small oversights and can be fixed once the employer is made aware of them.

"Before closing the system because of any breach, a warning should be sent through the system itself," he said. "This warning would give the employer a period not exceeding 10 days to correct the breach, with the nature of the breach made clear."

He added that in cases where the authority must first check



"The aim is to bring a fairer order to the way breaches are dealt with, instead of moving straight to the hardest penalty."

— MP KHALID BUANAQ

the facts and hear both sides, the system should stay open until that process is done.

"If it is found that the employer was at fault, they are given 10 days to correct the position," he said.

Interest

The Services Committee backed the proposal with the agreement of all members present, saying the public interest case for it was sound.

The committee said a graded approach would help support and regulate the labour market, rather than jump at once to the hardest sanction.

It also said shutting the system can cause grave harm to business owners.

Buanaq said most reasons behind closure can be dealt with.

"Employers will move quickly, once they receive any warning, to deal with the breach," he said. "Most reasons for closure are capable of being solved."

He said some breaches happen because an employer has missed something simple, yet the result of system closure can be severe.

"This step will help greatly," he said, adding that some firms can fall into real financial strain because of the way the system is shut.

Gain

He said this can hit companies that employ Bahrainis, pay taxes and fees, and feed money into the country, while bringing no gain to the authority.

"If positive means are possible, what is the need for the hard and complicated route?" he said.

The LMRA said it agreed with the aim of the proposal under the rules already in force, while adding that those rules remain open to further improvement and easier handling for business owners.

Fasting doesn't guarantee fat loss, says dietitian

Ghadeer Alkumaish
TDT | Manama

"The biggest mistake is the belief that long hours of fasting means your body will automatically burn fat, no matter what you eat at Iftar," says Dr. Abrar Omran, an Entrepreneur and Clinical Dietitian (RD).

In an exclusive discussion with The Daily Tribune (TDT), she shared some vital "late-Ramadan" wisdom to help us finish the month healthy and vibrant, rather than feeling sluggish and bloated.

The scientific reality, according to Dr. Abrar, is that fat burning stops the moment your insulin spikes.

This is exactly what happens when we break our fast with sugary drinks, fried appetizers, or heavy white carbs.

Sugar

Instead of staying in "burn mode," the body gets overwhelmed by the sudden sugar rush and begins storing that energy as fat.

To keep your metabolism working, she says "the way you break your fast is actually more important than the hours spent fasting".

Moving to the suhoor, Dr. Abrar warns that some popular foods "trick" us into feeling full, only to leave us tired and thirsty later. White bread, pastries, and sweets cause your blood sugar to crash quickly, leading to early hunger.

Meanwhile, salty foods like pickles or fast food trigger



Abrar Omran, dietitian



According to Dr. Abrar, the scientific reality is that fat burning stops the moment your insulin spikes.

thirst centers in the brain and cause water retention.

Combination

For a "Smart Suhoor," she recommends a simple mix of protein (like eggs or Greek yogurt), healthy fats (like nuts or avocado), and complex carbs (like oats or whole-grain bread). This combination slows down digestion and keeps your energy steady until sunset.

Over BD4.3m sewer projects under way

Hasan Barakat
TDT | Manama

Sewerage projects worth more than BD4.3 million are currently under way in the Northern Governorate.

These projects aim to expand infrastructure services and address long-standing resident concerns in several communities.

The projects were outlined during Parliament's session in response to a question raised by MP Hanan Fardan regarding infrastructure development in the Twelfth Constituency of the Northern Governorate.

According to the Ministry of Works, several sewerage projects have already been completed in recent years, including developments in areas of Malkiya and Sadad that connected dozens of properties to the main sewerage network.

The ministry said current construction projects are val-



MP Hanan Fardan

ued at approximately BD4.37m and will serve hundreds of additional properties across a number of residential blocks.

Among the projects under way are sewer network expansions in Malkiya Block 1033, which will serve 174 properties, and Shahrakan Block 1044, which will serve 305 properties.

Another project in Sadad will extend services to around 376 properties.

MPs propose public park in Khalifa City

Hasan Barakat
TDT | Manama

MPs have backed a proposal to establish a public park in Khalifa City, aiming to provide residents with a long-awaited green space and a gathering place for families in the rapidly growing neighbourhood.

The proposal, submitted by MPs Lulwa Al Rumaihi, Bader Al Tamimi, Hassan Bukhammas, Ali Al Dosari and Dr Ali Al Nuaimi, seeks to create a public park serving residents of the Tenth Constituency in the Southern Governorate and surrounding areas.

Supporters say the initiative reflects the growing need for community spaces as Khalifa City continues to expand with new housing developments and increasing population numbers.

Parks improve quality of life by giving families a safe place to relax, children space to play and residents opportunities to connect with the community.

MPs back plan for youth empowerment centre in Janabiya

Hasan Barakat
TDT | Manama

Parliament backed a plan to establish a youth empowerment centre in Janabiya, aiming to provide young people in the area with opportunities for development, learning and community engagement.

The proposal, submitted by MP Dr. Muneer Seroor, calls for creating a dedicated centre



MP Dr. Muneer Seroor

to serve youth in Janabiya and surrounding communities by offering programmes focused on skills development, training and social activities.

Supporters of the initiative say the area has witnessed steady population growth in recent years, increasing the need for facilities that can support young people and help them develop their talents in a positive environment.

MPs noted that the proposed centre could host workshops, training programmes, sports activities and community initiatives aimed at encouraging creativity, leadership and innovation among youth.

Generation

They stressed that youth centres play a vital role in nurturing the next generation by providing safe spaces where young people can participate in educational, cultural and recreational activities.

MPs noted that the proposed centre could host workshops, training programmes, sports activities and community initiatives aimed at encouraging creativity, leadership and innovation among youth.

They added that accessible youth facilities not only help young people develop practical skills but also strengthen community ties by bringing families and residents together through shared activities.

During the session, Parliament backed the proposal and referred it to the government for consideration.

Al Salam Bank engages clients in designing 'Danat 2026' scheme

Offers 4 grand prizes of BD 1 Million each

● **For the First Time in the Kingdom of Bahrain and Under a New Concept "Designed by You"..**

Manama

Al Salam Bank has announced the launch of the new edition of its "Danat" Scheme for 2026, introducing an innovative concept "Designed by You" that is the first of its kind in the Kingdom of Bahrain. Through this concept, clients will vote to decide how the BD 1 million grand prizes will be distributed, reflecting the Bank's commitment to enhancing client engagement and involving them in shaping their savings experience.

"Danat 2026" witnesses an increase in the number of BD 1 million prizes from 3 to 4 grand prizes distributed quarterly, each valued at BD 1,000,000. The distribution of each grand prize will be announced based on cli-

ents' voting, whether awarded to one winner or distributed among multiple winners will be based according to the clients' choice, further enhancing excitement and engagement, and reinforcing Danat's position as one of the most impactful savings and investment schemes in the Kingdom.

The Bank has also increased the number of winners in the monthly grand draw, raising it from one winner in the previous edition to 6 winners every month, with each winner receiving BD 10,000, amounting to a total of BD 60,000 monthly. This reflects the Bank's responsiveness to client feedback and requests to distribute major prizes among a larger number of winners.

In appreciation of client loyalty, the Bank has increased the number of exclusive "Loyalty" prizes for Danat Plus account holders from one winner to 10 winners monthly, with each winner receiving BD 1,000. This enhancement reinforces the added value of the Danat Plus account and encourages clients to benefit from its exclusive features.

The scheme continues to offer monthly cash prizes of BD 500, in addition to exclusive youth prizes valued at BD 200, with a special feature for youth granting one entry for every BD 5 saved, reaffirming the Bank's commitment to instilling a culture of savings across different age segments.

"The launch of Danat 2026 reaffirms our continued commitment to developing an innovative savings and investment experience that reflects our clients' aspirations. This year, we have elevated the prize concept to a new level under the 'Designed by You' concept, granting our clients a genuine opportunity to participate in determining how the BD 1 million grand prizes are distributed – a first-of-its-kind initiative in the Kingdom. We have also increased the total grand prizes to BD 4 million, BD 1,000,000 prize every three months, in addition to raising the number of monthly grand draw winners and Loyalty prize winners, in response to our clients' suggestions and to further promote broader prize distribution.

MR. MOHAMMED BUHIJJI- CHIEF RETAIL BANKING OFFICER AT AL SALAM BANK

Clients will receive one entry into the draw for every BD 50 invested in a Danat or Danat Plus account. Danat Plus further grants additional chances that enhance the probability of winning, whereby clients receive bonus entries for every additional month they maintain their balance, up to a maximum of 12 additional chances for every BD 50 invested, rewarding long-term commitment to saving.

On this occasion, Mr. Mohammed Buhijji- Chief Retail Banking Officer at Al Salam Bank stated: "The launch of Danat

2026 reaffirms our continued commitment to developing an innovative savings and investment experience that reflects our clients' aspirations. This year, we have elevated the prize concept to a new level under the 'Designed by You' concept, granting our clients a genuine opportunity to participate in determining how the BD 1 million grand prizes are distributed – a first-of-its-kind initiative in the Kingdom. We have also increased the total grand prizes to BD 4 million, BD 1,000,000 prize every three months, in addition to raising the number

of monthly grand draw winners and Loyalty prize winners, in response to our clients' suggestions and to further promote broader prize distribution."

Mr. Buhijji added: "At Al Salam Bank, we believe that saving should be a rewarding and continuous experience. Therefore, we have designed Danat 2026 to offer recurring grand prizes throughout the year, multiplied winning opportunities for Danat Plus account holders, and special prizes for youth, further strengthening the association between Danat and rewarding savings habits and reinforcing its position as one of the leading savings schemes in the Kingdom of Bahrain."

The "Danat 2026" Scheme will run for 12 months, with voting opening prior to each grand prize. Voting results will be announced, and the distribution mechanism of the prizes will be revealed accordingly, strengthening clients' role in shaping the prizes and giving them the opportunity to win in line with their aspirations.

Clients can open a Danat or Danat Plus account and invest directly through the Al Salam Bank App to benefit from the multiple winning opportunities offered under the scheme. For more information, please contact us via WhatsApp on 17005500.

Major UAE refinery shut as Saudi Aramco warns war spells catastrophe for oil

AFP | Riyadh, Saudi Arabia

One of the world's largest refineries in the UAE was shut as a "precaution" after a drone attack nearby, a source said, while Saudi giant Aramco warned of the war's devastating consequences on oil.

Aramco CEO and president Amin H. Nasser warned the war could have "catastrophic consequences" on oil markets, and called for reopening the Strait of Hormuz -- which normally carries about 20 percent of global oil supplies but has been closed by the conflict.

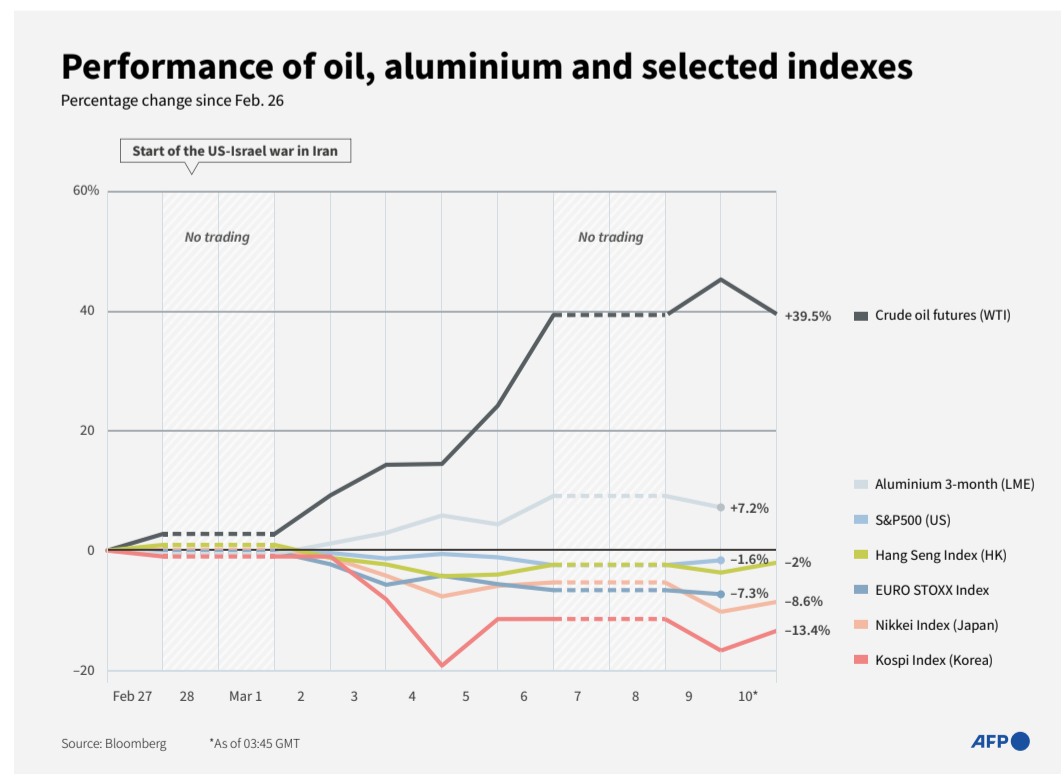
Tehran appears to be attempting to knock major Gulf refineries offline as it tightens its chokehold on the Strait of Hormuz in a quest to inflict maximum pain on the global economy.

"The Ruwais refinery has halted operations out of precaution," the source said, requesting anonymity to discuss sensitive matters.

Earlier, the Abu Dhabi Media Office said a drone attack caused a fire in Ruwais Industrial City in the emirate of Abu Dhabi.

Neither the source nor the authorities said whether the refinery had been hit.

State-owned oil company Ad-



noc describes its Ruwais facility as "the world's fourth-largest single-site refinery".

The Middle East war has now severely destabilised supplies. Iran has fired at energy installations across the Gulf, including Aramco's sprawling Ras Tanura facility, which halted some op-

erations.

The massive complex on the Gulf coast is home to one of the Middle East's largest refineries and is a cornerstone of the Saudi energy sector.

Saudi oil fields have also been targeted.

A driver working at the Ru-

wais industrial complex told AFP he was picking up staff who were ordered to evacuate.

"Just as we were about to leave, we saw two more bursts of fire rising from the complex, with loud sounds like explosions," he said, requesting not to be named.

'Chain reaction'

"The disruption has caused a severe chain reaction in not only shipping and insurance but there's also a drastic domino effect on aviation, agriculture, automotive and other industries," Nasser told a media call to announce Aramco's 2025 earnings.

"There would be catastrophic consequences for the world's oil markets the longer the disruption goes on, and the more drastic the consequences for the global economy.

"While we have faced disruptions in the past, this one by far is the biggest crisis the region's oil and gas industry has faced."

"It's absolutely critical that shipping resumes in the Strait of Hormuz," Nasser said.

Oil prices have swung wildly over supply disruptions, rocketing 30 percent on Monday before plunging again on comments from US President Donald Trump that the war may soon end.

"The Gulf energy sector is getting whacked from multiple angles," said Robert Mogielnicki, a non-resident scholar at the Arab Gulf States Institute.

"Energy facilities being targeted, export capability though the strait is hampered, and storage

capacity filling up," he added.

'Dangerous precedent'

Iranian attacks have already forced state-owned QatarEnergy, one of the world's largest producers of liquefied natural gas, to halt production last week and declare force majeure.

Energy producers in Kuwait made similar declarations, which are a warning that events beyond their control may lead them to miss export targets.

Nasser was speaking as Aramco reported a 12.1 percent decline in net income in 2025 after higher supply, US tariffs and other economic headwinds weighed on revenues.

The Saudi giant, which launched a record initial public offering in 2019, also announced a first-ever share buyback programme of up to \$3 billion over 18 months.

Also Tuesday, Qatar's foreign ministry spokesman Majed al-Ansari warned that attacks on energy facilities "on both sides, are a dangerous precedent... it will cause repercussions throughout the world".

Throughout last year, the oil alliance OPEC+ -- of which Saudi Arabia is a key member -- oversaw an increase in production, eroding prices.

US firm Planet extends Middle East imagery access delay

AFP | Paris, France

American firm Planet Labs PBC on Tuesday said it had further delayed access to its satellite imagery of the Middle East to 14 days to protect US-allied countries there.

The California-based Planet had already imposed a 96-hour delay last week for access to its high-resolution satellite images, which are usually available a few hours after they are taken.

"After consulting with ex-

perts inside and outside of government... Planet has decided to take additional, proactive measures to ensure our imagery is not tactically leveraged by adversarial actors to target allied and NATO-partner personnel and civilians," a statement said.

From now on, all data covering "all of Iran and nearby allied bases, in addition to the Gulf States and existing conflict zones" will be blocked for 14 days, it said.

Planet, founded in 2010 by former NASA scientists, did not

say whether this decision was taken in response to a request from United States authorities.

Under existing legislation, any company headquartered in the US that commercially exploits high-resolution satellite images may be subject to restrictions for reasons of national security or foreign policy.

Industry leader Vantor (formerly Maxar) has not commented, but the company has had a long-standing policy of not distributing images of US or allied bases.

Vantor did not respond to AFP's requests for comment on Tuesday.

Unlike the major conflicts of recent years, the war with Iran was triggered by the United States, which has several bases in the region, and by Israel.

During the conflict in the Gaza Strip, Planet had imposed a 30-day delay while still maintaining extensive coverage of the territory.



Doha's skyline

EU urges member states to lower taxes on energy

AFP | Strasbourg, France

EU's energy chief Dan Jorgensen called on member states to lower taxes on energy where possible, as war in the Middle East saw oil and gas prices surge.

European businesses -- and consumers -- have long complained about high energy costs, which firms say put them at competitive disadvantage compared with Asian and North American rivals.

Pressure to address the issue has been heightened by US-Israeli strikes on Iran and Tehran's retaliatory attacks across the Gulf region, which have upended the world's energy and transport sectors.

"If you are at all able to lower taxes on energy, especially on electricity, there is a huge potential" to reduce consumer bills, Jorgensen, the European Union energy commissioner told a press conference at the EU Parliament in Strasbourg.

Electricity taxes and levies account, on average, for 25 percent of households' bills and 15 percent of businesses' energy costs across the 27-nation bloc, according to Brussels.

Reducing levies could save the average household about 200 euros a year, the commission said, as it unveiled a series of recommendations to bring down costs.

Lowering taxation was an effective way to contain energy bills temporarily during the crises, it said.

The Iran war has virtually halted activity in the strategically vital Strait of Hormuz, through which a fifth of the world's crude supplies and a substantial amount of gas normally run.

"It needs to be temporary and targeted measures, so we're not



This combination photo shows people at petrol stations in various countries including Colombia, Switzerland, France, Nigeria, Taiwan, Britain, Myanmar, the United Arab Emirates and the US taken between March 2 and March 9.

Egypt raises fuel prices by up to 30 percent

Cairo, Egypt

Egypt raised domestic fuel prices by up to 30% yesterday, blaming "exceptional" global energy pressures caused by the Middle East war, which has disrupted oil supplies and shipping routes.

The increases, announced by the petroleum ministry, apply to gasoline, diesel and natural gas used in vehicles.

In a statement, the ministry said the adjustments were driven by "disruptions in sup-

ply chains, rising risk levels and higher maritime shipping and insurance costs", which have pushed petroleum product prices to "levels not seen in years".

Oil prices briefly surged above \$119 a barrel on Monday before plunging to around \$84 after US President Donald Trump said the US-Israel war with Iran would end soon.

Diesel, one of Egypt's most widely used fuels, rose by three Egyptian pounds, or

about 17.1%, to 20.50 pounds (\$0.38) per litre, up from 17.50 pounds.

Prices for 80-octane gasoline rose by about 16.9%, to 20.75 pounds per litre, while 92-octane gasoline increased by roughly 15.6% to 22.25 pounds.

Prices for 95-octane climbed by about 14.3% to 24 pounds, the ministry said.

Natural gas used for vehicles saw the largest hike, jumping 30% to 13 pounds per cubic metre.

ply chains, rising risk levels and higher maritime shipping and insurance costs", which have pushed petroleum product prices to "levels not seen in years".

Removing "unnecessary

energy suppliers provide customers with "best tariff advice" on the basis of their specific energy usage.

Removing "unnecessary

technical hurdles" to switching providers and improving transparency and comparability of different supply offers were also cited, among other measures.

Global energy body to discuss releasing strategic oil reserves



Pakistan State Oil tankers line up along a road before entering a fuel storage facility in Sheikhpura district in Lahore. Pakistan's navy has launched an operation to "counter multidimensional threats" to its national shipping and maritime trade, with concerns about fuel supplies due to the US-Israeli war on Iran.

AFP | Paris, France

Member states of the Paris-based International Energy Agency (IEA) will meet later Tuesday for crisis talks to assess "the current security of supply" and the potential release of emergency stocks as the Middle East war roils markets, the body's chief said.

In a statement following a Paris meeting of G7 energy ministers on the economic fallout of the Middle East war, IEA executive director Fatih Birol said he was "in close contact" about the situation with energy ministers from key energy producers and consumers around the world.

"In oil markets, conditions have deteriorated in recent days. In addition to the challenges of transit through the Strait of Hormuz, a substantial amount of oil production has been curtailed. This is creating significant and growing risks for the market," he said.

"I have convened an extraordinary meeting of IEA member governments, which will take place later today to assess the current security of supply and market conditions to inform a subsequent decision on whether to make emergency stocks of IEA countries available to the market," Birol added.

He said the G7 meeting addressed "all the available options, including making IEA emergency oil stocks available to the market."

On Monday, a meeting of G7 finance ministers also discussed a possible release of strategic oil reserves, but French Finance Minister Roland Lescure said later the situation was "not there yet".

French President Emmanuel Macron, whose country holds the rotating presidency of the Group of Seven advanced economies, said on Monday the G7 would this week discuss a possible release of strategic oil reserves.

Iraq seeking new oil export routes after Hormuz disruption

AFP | Baghdad, Iraq

Iraqi authorities are exploring alternative routes to export oil after transit through the Strait of Hormuz was disrupted by the Middle East war, an oil ministry spokesperson told AFP yesterday.

Saheb Bazoun said that "much like other countries in the region, oil production and marketing have been severely impacted, leaving the government no choice but to seek alternative" export routes.

Iraq has several oil shipments stuck at sea, he said.

Iraq is a founding member of the OPEC cartel, and crude oil sales make up 90 percent of the country's budget revenues.

Before the war, it was exporting more than 3.5 million barrels per day.

The Strait of Hormuz remains closed to almost all oil tankers, and Iran has vowed that not one litre of oil would be exported from the Gulf while its war with the United States and Israel continues.

Iraq's oil production and exports have sharply decreased, Bazoun said.

Iraqi authorities are considering several options for exports, including a pipeline that runs through Iraq's northern Kurdistan region to the port of Ceyhan in Turkey.

They are also considering transporting oil by land, but many plans will require time to be implemented, according

to Bazoun.

A senior official in Iraq's Kurdistan region told AFP talks are underway to facilitate oil exports from federal Iraq.

He said that Baghdad had requested to "export 200,000 bpd" via the Ceyhan pipeline, which has a capacity of 700,000 bpd.

But regional authorities asked for several measures in return, including that Baghdad facilitates the region's access to US dollars through banks.

"We have made it clear to Baghdad that the relief on dollars should happen first," the Kurdish official said, claiming that there is a "100 percent dollar embargo on Kurdistan".

Since the start of the year, Iraq has seen more restrictions on US dollar operations through banks..



Iraq holds about 145 billion barrels of oil, making it one of the world's largest crude reserves holders and a key supplier to global energy markets.

QUOTE OF THE DAY

WARS ARE POOR CHISELS FOR CARVING OUT PEACEFUL TOMORROWS
MARTIN LUTHER KING JR.:

Israel says Iran hacked security cameras

Jerusalem, Undefined

Israel's cybersecurity directorate said it had identified "dozens of Iranian breaches into security cameras for espionage purposes" since the start of the war in the Middle East, urging the public to be vigilant.

"The directorate is working to alert hundreds of camera owners and calls on the public to change their passwords and update their software to prevent any security risk, whether national or personal," Cyber Israel wrote on X Monday.

● **Iran's foreign minister said Tuesday that talks with the United States were not on the agenda as their war entered its 11th day. "I don't think talking with the Americans would be on our agenda anymore," Abbas Araghchi told PBS News, saying Tehran had a "very bitter experience" during previous negotiations with the US.**

● **Israel's Netanyahu warns 'we are not done yet' in Iran**

● **Iraq PM tells US Rubio Iraqi airspace must not be used against neighbours**

● **Denmark and the Netherlands announced Tuesday that they are relocating their respective embassy staff in Tehran to Azerbaijan. The move follows Spain, Austria and Italy, which are among the countries to have temporarily closed and relocate their embassies to Baku in recent days as the US-Israel war on Iran continues.**

● **Syria appointed a senior Kurdish military official as regional assistant defence minister on Tuesday, following a deal to integrate Kurd forces into the state. "Sipan Hamo has been appointed Assistant Minister of Defence for the eastern region," a defence ministry official said in a statement.**

Qatar says attacks on region's energy facilities have 'repercussions throughout world'



A view of Iran's Kharg Island, which hosts the country's main crude export terminal and is responsible for the overwhelming majority of its oil shipments to the world, about 25 kilometres south of the mainland in the north of the Gulf



A photograph shows a damaged building in the aftermath of a drone strike in the Seef district of Manama



People attend the funeral of a person killed during a drone attack on a high-rise apartment building in Bahrain's capital Manama

War will end soon: **Trump**

It's going to be ended soon, and if it starts up again they'll be hit even harder. We've already won in many ways, but we haven't won enough

DONALD TRUMP, THE US PRESIDENT

But, in a later post on his social media platform, Trump warned that if Tehran interferes with oil exports, the US military will bomb the country in such a way to "make it virtually impossible for Iran to ever be built back, as a nation, again." "Death, fire, and fury will reign upon them — But I hope, and pray, that it does not happen!" he wrote.

Pentagon chief says US intensifying strikes on Iran

AFP | Washington, United States

US attacks on Iran will hit a new intensity Tuesday and the war will continue as long as President Donald Trump decides, Pentagon chief Pete Hegseth said.

"Today will be yet again, our most intense day of strikes inside Iran -- the most fighters, the most bombers," Hegseth told a news conference at the Pentagon more than 10 days into the US-Israeli war against the Islamic republic.

As for a timeline for the war, Trump "gets to control the throttle. He's the one deciding," Hegseth said.

"It's not for me to posit whether it's the beginning, the middle or the end," the defense secretary said.

Trump had said the previous day that the war could end "very soon," but remained vague.

Among the goals is destruction of Iran's navy, which has been targeted with "artillery, fighters,



bombers and sea-launched missiles," General Dan Caine, the top US military officer, said alongside Hegseth on Tuesday.

Caine said US forces continue "to hunt and strike mine-laying vessels and mine storage facilities" -- weapons Iran could use to block maritime traffic.

Hegseth meanwhile accused Iran of "moving rocket launchers into civilian neighborhoods, near schools, near hospitals to try to prevent our ability to strike," saying "that's how they operate."

"The last 24 hours have seen Iran fire the lowest number of missiles they've been capable of firing yet," he said.

Ukraine drone experts due in Qatar, UAE, Saudi Arabia this week: Zelensky

AFP | Kyiv, Ukraine

Ukrainian military experts are due this week in Qatar, the United Arab Emirates and Saudi Arabia, President Volodymyr Zelensky told journalists on Tuesday, where they will share expertise on downing Iranian drones.

"The first three countries to which we sent them, according to our agreements, are Qatar, the Emirates, and Saudi Arabia," Zelensky said in an audio message sent to reporters, including AFP.

US cardinal condemns Iran war as 'not morally legitimate'

AFP | Vatican City, Holy See

American Cardinal Robert McElroy, the archbishop of Washington, has said the US war in Iran is "not morally legitimate", adopting a stronger tone than that of Pope Leo XIV.

In an interview with the Catholic Standard, the magazine of the Diocese of Washington, the cardinal said the war did not meet the criterion for a "morally legitimate war" under Catholic teaching because United States had not responded to an "existing or imminent

and objectively verifiable attack by Iran". "As Pope Benedict declared categorically, Catholic teaching does not support preventative war, ie a war justified by speculation about events in the future," he said in the interview published online Monday.

Nor should the war drag on, he said, "lurching from goal to goal and from strategy to strategy" given the US government's aims in attacking Iran have been "absolutely unclear."

"There is a logic to war that presses onward, escalating in its dimensions and timeline. Our country has fallen victim to

this logic of war in the recent past, especially in the Middle East," he said, warning of an "ongoing morass in Iran".

"Lebanon may fall into civil war. The world's oil supply is under great strain. The potential disintegration of Iran could well produce new and dangerous realities. And the possibility of immense casualties on all sides is immense," he added.

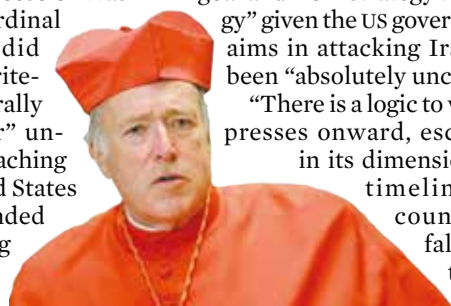
At the weekend, another senior American cardinal, Blase Cupich, described a White House video montage that mixed Hollywood film clips with real footage of strikes on Iran as "horrifying" and "sickening."

The statements by the cardinals contrast with the restraint

shown by Leo XIV, who has not directly condemned the strikes carried out by the United States and Israel against Iran.

In recent weeks, the first American pope has opted for a strategy of delegating to the Church's hierarchy the strongest reactions to various conflicts, including controversial policies of US President Donald Trump, sources have told AFP.

The Holy See traditionally maintains diplomatic neutrality. But its top diplomat, Italian Cardinal Pietro Parolin who serves as secretary of state, last week warned against the "erosion of international law" and the concept of a "preventative war" on Iran.



A photograph shows cruise ships moored in the old port of Doha



Travellers consult the departures screens at the terminal at King Khalid International Airport in Riyadh



Taha Karimi, 58, a member of the Democratic Party of Iranian Kurdistan (PDKI), stands near his home after it and his truck were damaged in a drone attack carried out by Iran-backed proxies, in the Kurdish town of Soran, about 100 kilometres northeast of Erbil the capital of Iraq's autonomous Kurdish region



Oil prices briefly surged above \$119 a barrel on Monday before plunging to around \$84



Smoke rises from the site of an Israeli airstrike that targeted an area in Beirut's southern suburbs



Members of the US Air Force (USAF) prepare munitions at RAF Fairford in south-west England



Debris litters a street as smoke billows from the site of an Israeli airstrike that targeted the Haret Hreik neighbourhood in Beirut's southern suburbs

Iran: we will decide when

Iran's security chief Ali Larijani issued a thinly veiled threat to Trump himself, warning him to be careful "not to be eliminated". "Iran is not afraid of your empty threats. Even those greater than you could not eliminate the Iranian nation."

AFP | Tehran, Iran

Iran vowed yesterday that not one litre of oil would be exported from the Gulf while the United States and Israel continue their bombardment, as the United Arab Emirates closed its biggest oil refinery after a drone attack.

The region's biggest single-site oil refinery, at Ruwais in the UAE, was closed yesterday as a precaution after a drone attack on the industrial complex which houses it caused a fire, a source familiar with the situation told AFP.

"The Strait of Hormuz will either be a strait of peace and prosperity for all or will be a strait of defeat and suffering for warmongers," Iran's security chief Ali Larijani declared.

The price increase also followed strikes on oil depots in Iran and after attacks on oil infrastructure in Saudi Arabia, Bahrain and around the Gulf, which continued on Tuesday, with explosions heard in Doha.

Qatar, where a suspension of LNG exports has sent European energy prices sky-high, said Iranian attacks on its civilian infrastructure were continuing.

The Israeli military announced meanwhile a new wave of attacks on Tehran, while the US also stepped up its air and missile assault.

"Today will be yet again our most intense day of strikes inside Iran," Defense Secretary Pete Hegseth told a news con-

The Strait of Hormuz will either be a strait of peace and prosperity for all or will be a strait of defeat and suffering for warmongers
IRAN'S SECURITY CHIEF ALI LARIJANI

There would be catastrophic consequences for the world's oil markets the longer the disruption goes on, and the more drastic the consequences for the global economy. It's absolutely critical that shipping resumes in the Strait of Hormuz.
SAUDI OIL GIANT ARAMCO'S PRESIDENT AND CEO AMIN H. NASSER

The Iranian armed forces... will not allow the export of a single litre of oil from the region to the hostile side and its partners until further notice." "It is we who will determine the end of the war," the IRGC, seen as close to Iran's new supreme leader Ayatollah Mojtaba Khamenei, said in a statement carried by Iranian media.

Iran arrests 30 people, including foreigner, accused of spying: ministry

AFP | Tehran, Iran

Iran's intelligence ministry announced on Tuesday the arrests of 30 people accused of spying, including one foreigner,

on the 11th day of the Middle East war. The foreigner, whose nationality was not revealed, "was spying on behalf of two Persian Gulf countries in the

name of the American-Zionist enemy" and was arrested in northeastern Iran, the ministry said in a statement published by the judiciary's Mizan news.

Drone attack causes fire, no casualties in UAE industrial area: statement

AFP | Abu Dhabi, United Arab Emirates

A drone attack caused a fire in an industrial zone in the emirate of Abu Dhabi on Tuesday, UAE authorities said, in an

area that houses oil and energy infrastructure.

"Authorities in the Emirate of Abu Dhabi are responding to a fire at a facility within the Ruwais Industrial City, caused by a drone attack. No

injuries have been reported so far," the Abu Dhabi media office said in a statement on X.

Authorities did not say whether any energy infrastructure had been hit.

Southern Iran airport damaged in US, Israeli strikes

Tehran, Iran

US and Israeli strikes have hit an airport in southern Iran, damaging part of the site as well as aircraft, local media reported yesterday.

"Following an American-Zionist attack on Kerman Airport, part of it was damaged and two old, out-of-service aircraft were hit," Iran's Tasnim news agency said, quoting a statement from the governor's office in the southern province of Kerman.

ference at the Pentagon.

UN rights chief slams dangerous 'tit-for-tat' dynamic in Mideast war

The United Nations rights chief voiced alarm at the deepening impact of the Middle East conflict on civilians, warning of the dangers of the seeming "tit-for-tat dynamic" between the warring sides. "This apparent tit-for-tat dynamic, involving essential infrastructure with extremely significant civilian impacts, will only increase risks for civilian populations more broadly, with potentially dire consequences across the entire region," Volker Turk said.



TOP 4 TWEETS

01



Gender equality is a catalyst for peace, development, human rights & a more just multilateral system. Through the @UN Gender Equality Acceleration Plan, we will continue to champion the rights, dignity & leadership of all women & girls.

@antonioguterres

02



Warm greetings to all personnel of the Central Industrial Security Force on their Raising Day. Known for their determination, discipline and dedication, CISF plays a vital role in safeguarding critical infrastructure across the nation. Their unwavering commitment to duty contributes greatly to India's security and progress.

@narendramodi

03



I met Prime Minister @RobertFicoSVK in Paris today. We discussed the need for affordable energy prices for Europeans while maintaining secure supplies for Slovakia and the EU. Our energy independence is at stake.

@vonderleyen

04



We are ready to share our expertise to prevent the expansion of war and protect lives, but at the same time, Ukraine needs to strengthen its own air defense, and we are counting on appropriate support from our partners.

@ZelenskyyUa

Disclaimer: (Views expressed by columnists are personal and need not necessarily reflect our editorial stance)

US designates Afghanistan as 'state sponsor of wrongful detention'

Afghan foreign ministry denied that foreign nationals had been detained for ransom

AFP | Washington, United States

US Secretary of State Marco Rubio announced yesterday he has designated Afghanistan as a "State Sponsor of Wrongful Detention," demanding Taliban authorities release two Americans and commit to ending its "hostage diplomacy."

The move, described by the Afghan authorities as "regrettable", comes just over a week after Iran became the first country added to Washington's new "wrongful detention" blacklist.

President Donald Trump in September signed an executive order that created the blacklist, similar to designations by the United States on terrorism.

"The Taliban continues to use

terrorist tactics, kidnapping individuals for ransom or to seek policy concessions," Rubio said in a statement.

He said it was "not safe for Americans to travel to Afghanistan because the Taliban continues to unjustly detain our fellow Americans and other foreign nationals."

In response, the Afghan foreign ministry denied that foreign nationals had been detained for ransom.

"Certain individuals have been detained on charges of violating established laws, and in many instances, they have been released in the normal course following the completion of legal procedures," it said in a statement in English.

Rubio called on the government in Kabul to release US citizens Dennis Coyle and Mahmoud Habibi as well as "all Americans unjustly detained in Afghanistan now and commit to cease the practice of hostage diplomacy forever".

Habibi, an Afghan-American businessman, previously served as Afghanistan's director of civil aviation.

He was arrested in August 2022 in Kabul along with dozens of other employees of his telecommunications company, according to US authorities.

The State Department has issued a reward of \$5 million for information leading to Habibi's return.

Coyle is an academic from

Colorado who worked for two decades in Afghanistan before being detained in January 2025, according to the James Foley Foundation.

The Afghan foreign ministry said that in the last year, the country "has taken positive steps as a goodwill gesture regarding the cases of some detained US nationals".

A number of US citizens were freed last year. In September, Amir Amiri, who had been held since December 2024, was handed over to Trump's special envoy for hostages, Adam Bohler, who was in Kabul to negotiate a prisoner exchange.

Chinese-American Faye Hall, who was arrested in February 2025 in central Bamiyan prov-

ince, was also freed.

In January 2025, two Americans were freed in exchange for an Afghan fighter, Khan Mohammed, who had been convicted of drug trafficking in the United States.

Another American, aerospace engineer George Glezmann, was released after more than two years in detention during a visit by Bohler in March last year.

The Afghan ministry pointed out that talks between Kabul and Washington have been held with the mediation of Qatar.

It said it wanted the issue of detentions "to be appropriately resolved and concluded through the ongoing discussions and constructive engagement between the two sides".



The Taliban authorities returned to power in Afghanistan in August 2021, leading to the collapse of the previous government and the hasty departure of US troops, who had ended their rule between 1996 and 2001.

Israeli airstrike on Abbasiyeh in southern Lebanon



Smoke rises from the site of an Israeli airstrike on the village of Abbasiyeh in southern Lebanon. Lebanon was drawn into the Middle East war last week when Iran-backed militant group Hezbollah attacked Israel in response to the killing of the Iranian supreme leader during US-Israeli strikes on February 28.

Iran deploys Lego-style animation in propaganda war with US, Israel

AFP | Tehran, Iran

While Iran hits back against US and Israeli attacks with missiles and drones, it is also fighting a propaganda war with a Lego-style animation video complete with toy renditions of Donald Trump, bombs and warplanes.

Iran's state-run Revayat-e Fath institute released its video on state television following the February 28 US-Israeli attacks that killed supreme leader Ayatollah Ali Khamenei and triggered the Middle East war.

The two-minute video has since been shared on Meta-owned platforms and on X, garnering tens of thousands of

likes and shares.

With no dialogue, it appears designed to have international reach in a war that has rattled energy and stock markets, and divided world public opinion.

The video kicks off with Lego-type depictions of US President Trump flanked by Israeli Prime Minister Benjamin Netanyahu and the devil himself, looking at an album titled the "Einstein file" (sic).

Enraged, Trump hits a red button to kick off the war, and sends a missile through the clouds that hits what looks like a classroom, with toys representing girls wearing pink headscarves as they listen to their smiling teacher.

After the teacher writes on the board the words "My homeland is my life", the screen goes dark. The next scene shows a pink backpack and a pair of pink shoes in the rubble of a strike.

An Iranian officer, also in Lego-inspired form, picks up the bag and weeps, before his sadness turns to rage.

Iran has accused the United States and Israel of conducting a deadly strike on a school in Minab in the south on the first day of the war.

AFP has neither been able to access the site in order to verify the incident nor obtain independent confirmation of the toll.

War in the Middle East: casualty figures from across the region

AFP | Dubai, United Arab Emirates

Since the US and Israel unleashed strikes on Iran on February 28, war has spread across the region and casualties have been reported in countries around the Middle East.

Due to reporting restrictions, AFP has not been able to independently verify all of the following tolls.

The figures are based on numbers released by governments, militaries, health authorities and rescue organisations in the affected countries.

Iran

Iran's health ministry said on March 8 that more than 1,200 people had been killed, including around 200 women and 200 children under the

age of 12, with more than 10,000 civilians injured. Iran's state-run Foundation of Martyrs and Veterans Affairs said on Thursday that the death toll from US and Israeli strikes had reached 1,230. The Iranian Red Crescent previously said on March 3 that 787 people had been killed.

The US-based Human Rights Activists News Agency (HRANA) said on March 9 that at least 1,761 people had been killed, including 1,245 civilians -- among them at least 194 children -- as well as 189 military personnel and 327 people whose status had not been classified.

Israel

Israel's first responders and the country's authorities have reported 14 people in total killed on the Israeli side.

First responders and local authorities say Ira-

nian missile fire killed 12 people in Israel, including four minors, since the start of the war, according to an AFP tally based on their announcements.

The Israeli military has separately announced the deaths of two soldiers in combat in southern Lebanon.

Lebanon

Lebanon's health ministry said on Monday that 486 people had been killed and 1,313 wounded during a week of strikes. On Sunday it said that an earlier death toll of 394 people included 83 children and 42 women.

AFP has not been able to view a detailed breakdown of the figures.

The Lebanese army said three of its soldiers had been killed.

Hezbollah has not announced

its losses.

The Gulf

Authorities in Gulf states and the US Central Command (CENTCOM) have reported 24 people killed in neighbouring states since the start of the Iranian attacks.

Most of those killed were military or security personnel, including seven US service members, and 11 civilians.

Kuwait's military and health ministry have reported six deaths -- two Kuwaiti soldiers, two border guards and two civilians, one of them an 11-year-old girl.

The United Arab Emirates defence ministry has also reported six deaths. They include four civilians and two military personnel who

died as a result of a helicopter crash blamed on a technical malfunction.

Saudi Arabia's civil defence agency has reported two civilian deaths.

Bahrain's interior ministry has reported two deaths. Oman's maritime security centre reported the death of a mariner at sea.

Qatar's ministry of interior has reported 16 injuries and no fatalities.

CENTCOM has confirmed six US service personnel killed in Kuwait and one killed in Saudi Arabia.

Iraq

Pro-Iran fighters in Iraq said 20 of their members had been killed in air strikes they blamed on Israel and the United States.

In Iraq's autonomous Kurdistan region, au-

thorities said one airport guard was killed in a drone attack on Erbil airport, while at least two Iranian Kurdish fighters were killed in Iranian strikes.

Jordan

Jordan's military spokesman Brigadier General Mustafa al-Hiyari said 14 people had been injured in various parts of the country due to falling debris from Iranian missiles and drones.

No deaths have been reported in Jordan.

Syria

Syrian state media reported eight people injured by falling debris from exchanges of fire between Iran and Israel on Monday.

US Air Force B-1 Lancer bombers taxi into position on the tarmac at RAF Fairford in south-west England



HMS Dragon, Royal Navy Type 45 Daring-class air-defence destroyer

HMS Dragon, a Royal Navy Type 45 Daring-class air-defence destroyer warship, is pictured moored at the HMNB Portsmouth Upper Harbour Ammunition Facility (UHFC), outside HM Naval Base Portsmouth, on the south coast of England. Wildcat and Merlin helicopters have arrived in Cyprus and HMS Dragon, a warship with air-defence capabilities, will set sail for the eastern Mediterranean "in the next couple of days", the British defence minister has said, following criticism from the Cypriot government over the speed of Britain's action to defend the island.

Oil plunges, stocks rise as Trump says Iran war over 'very soon'

● **International oil benchmark, Brent North Sea crude, plunged 9.6% to \$89.44 a barrel, a day after it neared \$120**

● **The drop in oil prices gathered pace as member states of the International Energy Agency met for crisis talks**

AFP | London, United Kingdom

Oil prices sank and equities pushed higher yesterday following a wild day of swings that came after President Donald Trump signalled that the US-Israeli war on Iran could end sooner than thought.

International oil benchmark, Brent North Sea crude, plunged 9.6% to \$89.44 a barrel, a day after it neared \$120.

The drop in oil prices gathered pace as member states of the International Energy Agency met for crisis talks to assess "the current security of supply" and the potential release of emergency stocks.

"Renewed optimism on the back of falling oil prices helped global stock indices recover, most strongly in Asia and Europe," said analyst Axel Rudolph at IG trading platform.

The Paris and London stock markets gained over 1.5% after European gas prices sank 15%, helping ease concerns over a renewed surge of global inflation.

Frankfurt ended the day up 2.4%.

Asian stock markets rallied, with Seoul up more than 5% and Tokyo ending with a gain of 2.9%.

There were advances in Hong Kong, Shanghai, Sydney, Singapore, Bangkok, Mumbai, Taipei,

Key figures at around 1630 GMT

Brent North Sea Crude:	▼ 9.6 % at \$89.44 per barrel
West Texas Intermediate:	▼ 10.1 % at \$85.19 per barrel
New York - Dow:	▲ 0.5% at 47,958.52 points
New York - S&P 500:	▲ 0.4% at 6,820.58
Nasdaq Composite:	▲ 0.6% at 22,837.70
London - FTSE 100:	▲ 1.6% at 10,412.24 (close)
Paris - CAC 40:	▲ 1.8% at 8,057.36 (close)
Frankfurt - DAX:	▲ 2.4 percent at 23,968.63 (close)
Seoul - Kospi:	▲ 5.4% at 5,532.59 (close)
Tokyo - Nikkei 225:	▲ 2.9% at 54,248.39 (close)
Hang Seng Index:	▲ P 2.2% at 25,959.90 (close)
Shanghai - Composite:	▲ 0.7% at 4,123.14 (close)
Euro/dollar:	▲ P at \$1.1646 from \$1.1614 on Monday
Pound/dollar:	▲ at \$1.3458 from \$1.3427
Dollar/yen:	▼ at 157.65 yen from 157.85 yen
Euro/pound:	▲ P at 86.55 pence from 86.49 pence



People line up to refuel their vehicles at a Bharat Petroleum (BP) fuel station in Varanasi on

Manila and Jakarta.

Wall Street stocks continued to push higher on Tuesday.

"This is still a fluid market,

and if the headlines deteriorate, or the war escalates, then we could see prices reverse once again," said Kathleen Brooks,

research director at trading group XTB.

As the crisis in the crude-rich Middle East blasted through its second week, Trump said the campaign was far ahead of his initial timeline of around a month.

"It's going to be ended soon, and if it starts up again they'll be hit even harder," he told a news conference in Florida on Monday.

Iran responded by vowing to block Gulf oil exports and asserting that it, not the US, would "determine the end of the war".

Still, Trump's remarks helped reverse the previous day's spike in oil prices, which had surged since Iranian attacks on shipping all but closed the strategic Strait of Hormuz. Iran's targeting of the waterway was in response to an US-Israeli strikes that killed its supreme leader.

The oil price surge also followed strikes on an oil depot in Iran and after attacks on oil infrastructure in Saudi Arabia and Bahrain.

Investors' attention remained focused on the Strait of Hormuz, through which nearly 20% of the world's crude oil usually transits from the Gulf to world markets.

About 10 vessels in or near the strait have come under attack since Iran all but blocked the strait in retaliation for the US-Israeli strikes, according to shipping experts.

"While things have calmed down, ultimately, the biggest factor for markets will be whether energy supplies from the region resume normally," said Forex.com analyst Fawad Razaqzada.

"Until traders see confirmation that shipping through the Strait of Hormuz has stabilised and production is returning, oil prices are unlikely to retreat dramatically from current levels," he added.

Israeli army says half of Iranian missiles have cluster munitions



People stand next to a fragment of an Iranian missile on the outskirts of Israel's central city of Elad

AFP | Jerusalem, Undefined

Israel's army estimated yesterday that around half of the missiles being fired at the country by Iran contained cluster munitions, posing an added danger to people on the ground.

"Approximately 50 percent of Iranian missiles fired toward Israel carry cluster warheads that disperse into smaller bombs in the air, creating additional falling debris hazards," a military official said, in comments shared by the defence ministry.

Cluster munitions explode in mid-air and scatter bomblets. Some of these submunitions do not explode on impact and can cause casualties over time, particularly among children.

"The radius of the impact is about ten kilometers. Although these contain less explosive material than a standard missile, the impact can still be lethal," the official said.

Two construction workers died from shrapnel wounds

after missiles were fired at central Israel on Monday, with emergency workers at the site telling AFP the damage appeared to have been caused by a cluster munition.

Iran and Israel are not among the more than 100 countries that are party to the 2008 Convention on Cluster Munitions, which prohibits their use, transfer, production and storage.

Both have reportedly used the munitions in earlier conflicts.

During the 12-day war between Iran and Israel in June 2025, Amnesty International said the Islamic Republic used cluster munitions at least three times, based on analysis of photos and videos, as well as media reports.

In 2007, a US government investigation found that Israel had probably violated arms export agreements with Washington when it dropped US-made cluster bombs in Lebanon during its war with militant group Hezbollah the previous year.

US proposed Ukraine-Russia talks next week: Zelensky

AFP | Kyiv, Ukraine

The United States has proposed another round of Russia-Ukraine talks next week, mediated by Washington, on ending four years of war, Ukrainian President Volodymyr Zelensky said yesterday.

Two rounds of trilateral talks failed to reach a breakthrough to end Europe's worst conflict since World War II, launched by Moscow in 2022.

Zelensky said in an audio message sent to reporters, including AFP, that talks -- initially planned for last week in the United Arab Emirates -- had been postponed until next week by the United States.

"This was proposed by the American side, but we'll see what happens in the Middle East, to be honest," Zelensky told journalists, adding that the meeting "could be in Switzerland or Turkey."

US special envoy Steve Witkoff said in an interview with CNBC on Tuesday that "there was supposed to be a trilateral this week".

"I think the trilateral will be shifted till sometime next

week, and... we're going to remain positive on that," Witkoff added.

The Ukrainian leader had earlier held a telephone call with Turkish President Recep Tayyip Erdogan who offered to host the talks, Zelensky's office announced.

Zelensky said he had also discussed the war in Iran with Erdogan, who has maintained ties with both Kyiv and Moscow during the war.

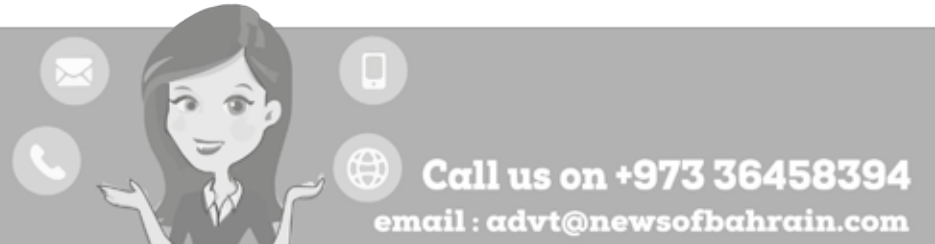
He urged the West not to lift sanctions -- including on Russian oil -- imposed by Western countries after Moscow launched its invasion of Ukraine. Energy prices have soared over the Middle East war.

"How can sanctions be lifted from Russia if it is the aggressor? That would mean that this is acceptable and not only for them," he said.

The EU earlier said it opposes removing oil sanctions on Russia to calm energy prices.

Russian leader Vladimir Putin has insisted that Moscow will seize the rest of eastern Ukraine by force if talks to end the conflict fail.

Classifieds



VACANCIES AVAILABLE

Al Rayah For Safety Items WLL has a vacancy for the occupation of SECURITY GUARD, suitably qualified applicants can contact 17822228 or RASH-EED@SECURICORE.BH

BW SUITES & SPA W.L.L has a vacancy for the occupation of MASSEUR, suitably qualified applicants can contact 33479888 or hr@bwsuitesspa.com

LIFE LINE FOR FOODSTUFF has a vacancy for the occupation of DRIVER, suitably qualified applicants can contact 17241459 or FAD-85@HOTMAIL.COM

BAGS CAPITAL B.S.C CLOSED has a vacancy for the occupation of MANAGER, suitably qualified applicants can contact 33445443 or N.OBEID@BAGS-GROUP.COM

KOOHEJI CONTRACTORS W.L.L has a vacancy for the occupation of MASON ASST, suitably qualified applicants can contact 17786500 or careers@kcbahrain.com

AL MISBAR CORNER CAFETERIA has a vacancy for the occupation of WORKER(JUICE & SANDWICHES), suitably qualified applicants can contact 39407007 or ALMISBAR77@GMAIL.COM

HABIB PRINTING SERVICES has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 17896399 or Hus-sain240@hotmail.com

BW SUITES & SPA W.L.L has a vacancy for the occupation of HOUSEKEEPER, suitably qualified applicants can contact 33479888 or hr@bwsuitesspa.com

JAVED & MALIK HOLDING COMPANY W.L.L has a vacancy for the occupation of OFFICE BOY / FARRASH, suitably qualified applicants can contact 33305321 or DJAVID@HOTMAIL.COM

CONTERN COMBINE FACILITIES W.L.L has a vacancy for the occupation of OFFICE ASSISTANT, suitably qualified applicants can contact 33667194 or NOORNADEEM2404@GMAIL.COM

CNL W.L.L has a vacancy for the occupation of DRIVER, suitably qualified applicants can contact 33888886 or HAMAD@SPECTRUMOILFIELD.COM

TECHNO INDUSTRIAL SUPPORT CENTER W.L.L has a vacancy for the occupation of MECHANICAL TECHNICIAN, suitably qualified applicants can contact 17272975 or TISC@BATELCO.COM.BH

HOME HEALTH CARE CENTRE w.l.l has a vacancy for the occupation of OFFICE ASSISTANT, suitably qualified applicants can contact 39455545 or INFO@HOMEHEALTH-BH.CO

Security Solutions Co. W.L.L has a vacancy for the occupation of SECURITY GUARD, suitably qualified applicants can contact 77996666 or GOVERNMENT@MRE.CO

Security Solutions Co. W.L.L has a vacancy for the occupation of SECURITY GUARD, suitably qualified applicants can contact 77996666 or GOVERNMENT@MRE.CO

BAI BAI GOODS RE-EXPORT SERVICES CO BAHRAIN PARTNERSHIP COMPANY has a vacancy for the occupation of WORKER(RAW MATERIALS SEPARATION), suitably qualified applicants can contact 66991080 or MIRZAMUBEEN1155@GMAIL.COM

FLORA RESTAURANT has a vacancy for the occupation of COOK(ASSISTANT), suitably qualified applicants can contact 17770889 or NOORA4@GMAIL.COM

COMSIP AL A ALI W.L.L has a vacancy for the occupation of TECHNICIAN (INSTRUMENT), suitably qualified applicants can contact 17773006 or arnaud.allix@VINCI-ENERGIES.COM

COMSIP AL A ALI W.L.L has a vacancy for the occupation of TECHNICIAN (INSTRUMENT), suitably qualified applicants can contact 17773006 or

arnaud.allix@VINCI-ENERGIES.COM
COMSIP AL A ALI W.L.L has a vacancy for the occupation of ELECTRICAL TECHNICIAN, suitably qualified applicants can contact 17773006 or arnaud.allix@VINCI-ENERGIES.COM

MOON ISLANDS SALON has a vacancy for the occupation of BARBER, suitably qualified applicants can contact 39699197 or MAJJEED_JAAFAR@HOTMAIL.COM

MUHAMMAD SAJJAD GENTS SALOON W.L.L has a vacancy for the occupation of BARBER, suitably qualified applicants can contact 33079968 or SAJJAD21519@GMAIL.COM

NASS MECHANICAL CONTRACTING COMPANY W.L.L has a vacancy for the occupation of SAFETY OFFICER, suitably qualified applicants can contact 17725522 or yousif@aanass.net

VITARO SERVICES W.L.L has a vacancy for the occupation of OFFICE WORKER HELPER, suitably qualified applicants can contact 33015010 or INFO28TRAVEL@GMAIL.COM

R.B. HILTON LIMITED has a vacancy for the occupation of SUPERVISOR, suitably qualified applicants can contact 32376386 or ALTRADMENA.MAILBAHRAIN@ALTRAD.COM

NASS MECHANICAL CONTRACTING COMPANY W.L.L has a vacancy for the occupation of STEEL FABRICATOR, suitably qualified applicants can contact 17725522 or yousif@aanass.net

HASPEX CO. W.L.L has a vacancy for the occupation of TEAM LEADER, suitably qualified applicants can contact 39841705 or ZEKOINTL@GMAIL.COM

EZZ ALIRAQ RESTAURANT has a vacancy for the occupation of COOK(ASSISTANT), suitably qualified applicants can contact 33882097 or HAZAIQ77@GMAIL.COM

Hertel W.L.L has a vacancy for the occupation of FITTER, suitably qualified applicants can contact 36633899 or MOHAMMED.QASSIM@HERTEL.COM

KIRANDEEP SERVICES W.L.L has a vacancy for the occupation of CLEANER, suitably qualified applicants can contact 33108593 or ASADM6607@GAMIL.COM

MUHAMMAD MOHSIN ADVERTISING W.L.L has a vacancy for the occupation of OFFICE WORKER HELPER, suitably qualified applicants can contact 33458832 or MOHSINBAHI765@GMAIL.COM

DAR ANWAR ALMANAMA FOR CLEARANCE OF GOVERNMENT TRANSACTIONS has a vacancy for the occupation of OFFICE ASSISTANT, suitably qualified applicants can contact 39681440 or ABDULLAALHAIKI@HOTMAIL.COM

ZULFIQAR FACILITIES SUPPORT W.L.L has a vacancy for the occupation of OFFICE ASSISTANT, suitably qualified applicants can contact 35025890 or ZULFIQARMALIKMUHAMMAD@GMAIL.COM

CT R L FITNESS has a vacancy for the occupation of FITNESS TECHNICIAN, suitably qualified applicants can contact 36223656 or ZAALSHAMSI@GMAIL.COM

AL SHARQ RESTAURANT AND CAFE W.L.L has a vacancy for the occupation of WAITER, suitably qualified applicants can contact 36373762 or Ibrahim.abu.azab@gmail.com

EXCELLENCE HOME CARE has a vacancy for the occupation of OFFICE ASSISTANT, suitably qualified applicants can contact 37499917 or HA9GHM@GMAIL.COM

KHANJARABT COMBINED SERVICES W.L.L has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 35441380 or AFZALMARYAM338@GMAIL.COM

B R V COMPANY W.L.L has a vacancy for the occupation of TECHNICIAN(MAINTENANCE), suitably qualified applicants can contact 38047777 or info@brvcompany.com

Almoayyed Air Conditioning W.L.L.

has a vacancy for the occupation of AIR-CONDITIONING TECHNICIAN, suitably qualified applicants can contact 17400407 or proffice@almoayyedcg.com

KAAK BSEMOM W.L.L has a vacancy for the occupation of KITCHEN AIDE, suitably qualified applicants can contact 66692924 or KBSEMOM@GMAIL.COM

HAWAI WELDING SMITHERY & WORK SHOP W.L.L has a vacancy for the occupation of WELDER, suitably qualified applicants can contact 33554689 or INFO@HAWAIBH.COM

JOWDI BIKES has a vacancy for the occupation of MECHANICAL HELPER, suitably qualified applicants can contact 33877177 or JOWDIGROUP@GMAIL.COM

AL MASS PRESS has a vacancy for the occupation of WORKER(HAND WRAPPING), suitably qualified applicants can contact 17280181 or ALMASSPRESS@GMAIL.COM

Wyndham Garden W.L.L has a vacancy for the occupation of WAITER, suitably qualified applicants can contact 66316666 or mannai.hr@mannaitrading.com

NASS MECHANICAL CONTRACTING COMPANY W.L.L has a vacancy for the occupation of FOREMAN, suitably qualified applicants can contact 17725522 or yousif@aanass.net

PARVAIZ SERVICES COMPANY W.L.L has a vacancy for the occupation of OFFICE HELPER, suitably qualified applicants can contact 37004299 or IPERVAZ1@GMAIL.COM

Hertel W.L.L has a vacancy for the occupation of WORKER(CONSTRUCTION), suitably qualified applicants can contact 36633899 or MOHAMMED.QASSIM@HERTEL.COM

MONA FOR INSTALLATION AND MAINTENANCE OF HEATING AIR CONDITIONING AND REFRIGERATION SYSTEMS has a vacancy for the occupation of REFRIGERATION MECHANIC, suitably qualified applicants can contact 38333420 or ABDULLAALSHAMIRY@GMAIL.COM

DIMYAT FASHIONS has a vacancy for the occupation of TAILOR, suitably qualified applicants can contact 39188889 or dimyatgroup@gmail.com

Hertel W.L.L has a vacancy for the occupation of FITTER, suitably qualified applicants can contact 36633899 or MOHAMMED.QASSIM@HERTEL.COM

Hertel W.L.L has a vacancy for the occupation of MASON, suitably qualified applicants can contact 36633899 or MOHAMMED.QASSIM@HERTEL.COM

MANGROVE W.L.L has a vacancy for the occupation of CLEANER, suitably qualified applicants can contact 39633019 or PASHA@KCBahrain.COM

Hertel W.L.L has a vacancy for the occupation of WORKER(CONSTRUCTION), suitably qualified applicants can contact 36633899 or MOHAMMED.QASSIM@HERTEL.COM

NEW GOLDEN RESTAURANT W.L.L has a vacancy for the occupation of KITCHEN WORKER, suitably qualified applicants can contact 35953947 or AYANMUHAMMEDKAPPURATH@GMAIL.COM

FILIPINAZ RESIDENTIAL & HEALTH-CARE SERVICES has a vacancy for the occupation of OFFICE ADMINISTRATOR, suitably qualified applicants can contact 39581236 or PESO.BAHRAIN@GMAIL.COM

CLEAR VISION OPTICAL W.L.L has a vacancy for the occupation of SALES EXECUTIVE, suitably qualified applicants can contact 17257400 or ACCOUNTS@CLEARVISIONME.COM

916 STAR CLEANING CO W.L.L has a vacancy for the occupation of CLEANER, suitably qualified applicants can contact 33824932 or BUA4398@GMAIL.COM

KHURAM MANAGEMENT CONSULTANCY SERVICES W.L.L has a vacancy for the occupation of CLEANER, suitably qualified applicants can con-

tact 33179673 or MUHAMMADRUHAB2@GMAIL.COM

ROAST W.L.L has a vacancy for the occupation of COFFEE SERVER, suitably qualified applicants can contact 17456006 or BH.ROAST@GMAIL.COM

WADI ALQAMAR TECHNICAL CONTRACTING CO. W.L.L has a vacancy for the occupation of TECHNICIAN, suitably qualified applicants can contact 33223734 or CH.MUHAMMAD-MUNAWAR23@GMAIL.COM

AMWELL MIDDLE EAST W.L.L has a vacancy for the occupation of CARPENTER, suitably qualified applicants can contact 17730871 or amwellmd@amwellme.co

BAHRAIN ASPHALT ESTABLISHMENT B.S.C CLOSED has a vacancy for the occupation of WORKER(CONSTRUCTION).GENERAL, suitably qualified applicants can contact 17551111 or MOHAMED.ABUALI@HAJIHAS-SAN.COM

NASS MECHANICAL CONTRACTING COMPANY W.L.L has a vacancy for the occupation of FITTER, suitably qualified applicants can contact 17725522 or yousif@aanass.net

AFAQ MAJELAN CONTRACTING has a vacancy for the occupation of WORKER(CONSTRUCTION).GENERAL, suitably qualified applicants can contact 33444948 or TUSAINO228@GMAIL.COM

AMWELL MIDDLE EAST W.L.L has a vacancy for the occupation of MACHINE OPERATOR, suitably qualified applicants can contact 17730871 or amwellmd@amwellme.co

BAHRAIN ASPHALT ESTABLISHMENT B.S.C CLOSED has a vacancy for the occupation of WORKER(CONSTRUCTION).GENERAL, suitably qualified applicants can contact 17551111 or MOHAMED.ABUALI@HAJIHAS-SAN.COM

SAUDI CABLE COMPANY W.L.L has a vacancy for the occupation of WORKER(ELECTRICAL LINESMAN/CABLE JOINTER), suitably qualified applicants can contact 17702677 or SAYAD.AHMED@GMAIL.COM

Radian Energy W.L.L has a vacancy for the occupation of COMPUTER SOFTWARE SPECIALIST, suitably qualified applicants can contact 39385752 or ADNAN@RADIANA.COM

GOLDEN SANDS AUTO CARE W.L.L has a vacancy for the occupation of SALES SPECIALIST, suitably qualified applicants can contact 17730660 or LULIYAN@GZ-BOHAL.COM

NINU MANAGEMENT CONSULTANCY W.L.L has a vacancy for the occupation of OFFICE HELPER, suitably qualified applicants can contact 34730101 or DREAMYES444@GMAIL.COM

RUBOO AL SHAM FOR TRADING IN SELLING SWEETS AND FOOD PRODUCTS W.L.L has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 33371333 or ALIALI3332010@GMAIL.COM

Rigel Consultancy Services Company W.L.L has a vacancy for the occupation of TECHNICIAN(COMPUTER), suitably qualified applicants can contact 39853545 or KSARDAR@RIGEL-CONSULTANCY.COM

CEBARCO BAHRAIN W.L.L has a vacancy for the occupation of SECRETARY, suitably qualified applicants can contact 17823236 or KHALIDAR@KAR-GROUP.COM

SAHTAIN LOGISTICS CO W.L.L has a vacancy for the occupation of OFFICE WORKER HELPER, suitably qualified applicants can contact 39647428 or info@alfateheen.com

NEW IDEA CONTRACTING has a vacancy for the occupation of WORKER(CONSTRUCTION), suitably qualified applicants can contact 39822392 or je36065102@gmail.com

RAINBOW DIGITATL CAPLE TV.NET WORK has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 33675578 or Uzma.majid.1989@gmail.com

AL TAMAIOZ FOR FAST FOOD has a vacancy for the occupation of WAITER, suitably qualified applicants can contact 66661696 or ALAQSA.SERVICES97@GMAIL.COM

ALDURRA ALHIJAZIA FOR EVENTS has a vacancy for the occupation of OFFICE WORKER HELPER, suitably qualified applicants can contact 17601454 or PRINCESS-000@LIVE.COM

KARACHI STAR RESTAURANT W.L.L has a vacancy for the occupation of WAITER, suitably qualified applicants can contact 33949195 or UBMAILIK93@GMAIL.COM

IP MAGIX CAR ACCESSORIE W.L.L has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 33777279 or SUNGARDDBH@GMAIL.COM

AL ZAMEER GLASS W.L.L has a vacancy for the occupation of FITTER(COLORED GLASS), suitably qualified applicants can contact 39004853 or ZAMEERGLASS@GMAIL.COM

MOHSEN GENTS SALOON has a vacancy for the occupation of BARBER, suitably qualified applicants can contact 39055887 or ZABUABBOOD@GMAIL.COM

CHARCOAL GLITTER FOR GENERAL TRADING W.L.L has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 33867656 or jm521341@gmail.com

MILD CONSTRUCTION EST has a vacancy for the occupation of WORKER(CONSTRUCTION), suitably qualified applicants can contact 35498877 or Mild.construction@GMAIL.COM

GOLDEN SANDS AUTO CARE W.L.L has a vacancy for the occupation of CAR WASHER/CLEANER, suitably qualified applicants can contact 17730660 or LULIYAN@GZ-BOHAL.COM

REGAL CHAI CAFE W.L.L has a vacancy for the occupation of SANDWICHES MAKER, suitably qualified applicants can contact 39559510 or HOPECITY369@GMAIL.COM

ECOWASH LAUNDRY W.L.L has a vacancy for the occupation of WORKER(LAUNDRY), suitably qualified applicants can contact 34440801 or ARSLANAZAM3531@GMAIL.COM

YOKOGAWA MIDDLE EAST & AFRICA B.S.C. (CLOSED) has a vacancy for the occupation of GENERAL MANAGER, suitably qualified applicants can contact 17358100 or mohamed.yahya@yokogawa.com

GUJI SPECIALTY COFFEE has a vacancy for the occupation of CHEF, suitably qualified applicants can contact 32288979 or GUJI.BHR@GMAIL.COM

AL-AHLIA CONTRACTING CO. W.L.L has a vacancy for the occupation of WORKER(CONSTRUCTION).GENERAL, suitably qualified applicants can contact 17737000 or h.s.m1111@gmail.com

ABU MISHAL BUILDING EQUIPMENTS HIRING has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 37002800 or USMANMALIK1989@YAHOO.COM

STARBUCKS MARASSI 0 W.L.L has a vacancy for the occupation of MANAGER, suitably qualified applicants can contact 39781878 or AYMAN.JAFAR@ALSHAYA.COM

AL-AHLIA CONTRACTING CO. W.L.L has a vacancy for the occupation of WORKER(CONSTRUCTION).GENERAL, suitably qualified applicants can contact 17737000 or h.s.m1111@gmail.com

AL-AHLIA CONTRACTING CO. W.L.L has a vacancy for the occupation of WORKER(CONSTRUCTION).GENERAL, suitably qualified applicants can contact 17737000 or h.s.m1111@gmail.com

TRENDY TOUCH INTERIOR DECOR W.L.L has a vacancy for the occupation of CARPENTER(DECOR), suitably qualified applicants can contact 36209209 or RAJESHANABHAT26@GMAIL.COM

PROSTAR SERVICES COMPANY W.L.L

has a vacancy for the occupation of CLEANER (GENERAL), suitably qualified applicants can contact 39400024 or prostar.bh@gmail.com

STATE BANK OF INDIA (FOREIGN BRANCH) has a vacancy for the occupation of SYSTEMS ADMINISTRATION, suitably qualified applicants can contact 17548033 or CEO.RBBH@STATEBANK.COM

PIZZA HUT has a vacancy for the occupation of COOK(ASSISTANT), suitably qualified applicants can contact 17272883 or ssaleh@AMERICANA-FOOD.COM

HOORAM WASEEM CONSULTANCY W.L.L has a vacancy for the occupation of TECHNICIAN, suitably qualified applicants can contact 34329620 or CHWASEEM24428@GMAIL.COM

AMWAL TRADING CO. W.L.L has a vacancy for the occupation of CHIEF ACCOUNTANT, suitably qualified applicants can contact 17723333 or fe-mutawa@gmail.com

ALHAJ HASSAN GROUP B.S.C CLOSED has a vacancy for the occupation of WORKER(CONSTRUCTION).GENERAL, suitably qualified applicants can contact 17551111 or hr.admin@hajihassan.com

NORDIC RESORT W.L.L has a vacancy for the occupation of UPHOLSTERER, suitably qualified applicants can contact 17111015 or govt@nordicbh.com

Dhafayer Ladies Beauty Salon has a vacancy for the occupation of BEAUTICIAN, suitably qualified applicants can contact 33290001 or DAFAIRSALON@GMAIL.COM

AL SABEEL GENERAL TRADE W.L.L has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 33574737 or SALIMBM57@GMAIL.COM

MUHAMMAD FAHAD.MARKETING W.L.L has a vacancy for the occupation of SALES WORKER, suitably qualified applicants can contact 34354460 or INFO.TRUEOUTH@GMAIL.COM

MAAZI MARKETING & PROMOTION CO W.L.L has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 35314227 or NADEEM.6038@GMAIL.COM

BANAT ALYOOM SALON has a vacancy for the occupation of BEAUTICIAN, suitably qualified applicants can contact 39648452 or mona.alshaihk67@gmail.com

ZEN POINT PUBLIC RELATIONS W.L.L has a vacancy for the occupation of OFFICE ASSISTANT, suitably qualified applicants can contact 66306568 or AHMEDLAEEQ1234@GMAIL.COM

AL RASHID AL SHAABI RESTAURANT AND GRILLS W.L.L has a vacancy for the occupation of WAITER, suitably qualified applicants can contact 66627665 or fastwaybah@gmail.com

SHAYAN REAL STATE CO W.L.L has a vacancy for the occupation of OFFICE BOY / FARRASH, suitably qualified applicants can contact 35949635 or HAJIRFAN8767@GMAIL.COM

SANI RAHMAN TRADING W.L.L has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 33773065 or RIZWAN-YOUNES@HOTMAIL.COM

SHINE GOLD AND DIAMOND W.L.L has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 17270607 or RAHMANSHINE@GMAIL.COM

ABUASIM CONSTRUCTION EST. has a vacancy for the occupation of CONSTRUCTION WORKER, suitably qualified applicants can contact 33855673 or ZOHAIB255@GMAIL.COM

NAJMA ABU SAMI AUTO PARTS has a vacancy for the occupation of SALESMAN, suitably qualified applicants can contact 34102814 or ABWMAJD-SLH@GMAIL.COM

THE CLASSIC TREND SERVICES CO W.L.L has a vacancy for the occupation of CLEANER, suitably qualified applicants can contact 36223311 or bracketsco@gmail.com

No Mbappe, no chance? Real Madrid on ropes against Man City

Pep Guardiola's rested squad looks to exploit a weakened Madrid defence in the Champions League

● **Manchester City enters as firm match favourites**

● **Madrid missing Mbappe, Bellingham, Rodrygo through injury**

● **Vinicius Jr key to Madrid's hopes**

AFP | Madrid

Rarely do record 15-time winners Real Madrid enter a Champions League clash as underdogs but this is the situation when Manchester City visit the Santiago Bernabeu on Wednesday.

With key attackers Kylian Mbappe, Jude Bellingham and Rodrygo Goes set to miss the game injured and Alvaro Arbeloa's team in inconsistent form, the Premier League side are firm favourites in the last 16 tie.

Man City beat Madrid in the league phase in the Spanish capital and have strengthened since then, with Antoine Semenyo and Marc Guehi arriving, while midfielder Rodri is fit after missing that match during a long-term injury absence.

Xabi Alonso was at Madrid's helm then. But his successor Arbeloa has not got the team playing with more quality or consistency.



Real Madrid's Brazilian forward #07 Vinicius Junior (C) takes part in a training session (file photo)

Perhaps his biggest success has been helping winger Vinicius Junior back to form, and the Brazilian represents Real Madrid's best hope of success against City.

The winger was key in Madrid's triumph over Jose Mourinho's Benfica in the play-off round, despite allegedly being racially abused in the first leg by Benfica's Gianluca Prestianni, who denies it.

Vinicius said he had felt "a little tired" after beating Celta Vigo in La Liga on Friday, with the team leaning on him over the

past few matches. By contrast Man City coach Pep Guardiola rested Manchester City striker Erling Haaland for his team's FA Cup win over Newcastle at the weekend.

In the past Madrid have shown grit to get through Champions League ties when they have been outplayed and they will likely need to find that resolve again.

They needed a deflected 95th-minute goal from Fede Valverde to scrape their 2-1 win over Celta.

Arbeloa was asked what his team's approach was, as it was

not particularly clear from their flat performance.

"To win the game, which is what Real Madrid plays for," responded the coach. "That's what we want and the objective we had today."

The same will be true on Wednesday, by any means necessary.

Arbeloa called on Madrid's supporters, who have been critical of their own players at times this season, to inspire the team against City.

"We need them, we need them on Wednesday, and they know



This is the third most-played fixture in Champions League history. Madrid have won five, City five, with five draws—but this may be the least confident Madrid have approached any of those knockout ties

it better than anyone," said Arbeloa.

"It's a Champions League night against a very tough opponent, one of the biggest clubs in the world of football right now.

"Playing at home, we know we're much stronger when the Madrid fans are on our side."

Injury plague

There has been some speculation that Madrid's top scorer Mbappe, who hit a hat-trick last season against City in the play-off round, could make a surprise return on Wednesday.

However, Spanish newspaper AS reports both he and Bellingham are targeting a potential return in the second leg.

Madrid have problems elsewhere with defenders Eder Militao and Alvaro Carreras and midfielder Dani Ceballos sidelined, and David Alaba also doubtful.

Guardiola may look to exploit Trent Alexander-Arnold's defensive frailty now the England international has begun to start more regularly. Celta got in behind the former Liverpool right-back to open the scoring last week.

Another positive for Arbeloa, of which there have been few since his arrival in January, has been the solid displays of Aurelien Tchouameni and Valverde.

They can offer the steel which Madrid need to withstand the might of Haaland and company.

In the 15 encounters between the two teams, they have each won five and also drawn five. Including the two upcoming matches, the fixture becomes the third most-played in the history of the competition.

This may well be the least confident Madrid have been in approaching any of the previous knock-out ties, even if they would never admit it.

"Real Madrid is about fighting until the end, believing, battling," said Arbeloa after beating Celta.

"Yes, we could do a lot of things better but with the personality and character we showed, I hope this can be a turning point and from here, everything goes much better."

Rosenior back in France as Chelsea face PSG Champions League challenge

AFP | Paris

The renewal of Chelsea's rivalry with Paris Saint-Germain in the Champions League this week sees Liam Rosenior make a quick return to France, just two months after he left Strasbourg for Stamford Bridge.

Rosenior, 41, was appointed by Chelsea in early January on a six-year deal on the back of a solid body of work over 18 months at Strasbourg, as well as the close links between the two clubs run by the BlueCo consortium.

It is hard to imagine the former Fulham, Hull City and Brighton right-back would have been hired by one of the biggest sides in the Premier League without that controversial relationship, but Rosenior still made a major impression in Alsace.

He led Strasbourg to European qualification last season and laid foundations that have been built on by his successor Gary O'Neil, who has taken the team to the French Cup semi-finals while they are one of the leading contenders to win the Conference League.

Rosenior got a young side -- in which almost the entire squad is aged 23 or under -- playing a sophisticated brand of football, with high pressing, man-to-man marking and players very comfortable in possession.

Strasbourg were one of just two teams



Chelsea's English head coach Liam Rosenior congratulates Chelsea's English striker #55 Jesse Derry on the pitch (file photo)

to beat PSG in Ligue 1 last season, with a 2-1 victory in May that admittedly came after Luis Enrique's side had been confirmed as champions.

And Rosenior's last visit to the Parc des Princes in October ended in Strasbourg claiming a 3-3 draw -- they had been 3-1 up at one point.

"We were playing against the best team in the world, full stop. I think they are a credit to this league," was how the Wandsworth-born coach described PSG.

This fixture became a genuine rivalry for a time in the last decade, when the clubs met in the Champions League

knockout phase in three straight seasons, from 2014 to 2016.

The first was a quarter-final won by Chelsea, but PSG triumphed in the last 16 in the two years that followed.

The most recent encounter was in the Club World Cup final last July, when Chelsea won 3-0 against a tired PSG in sapping conditions at the MetLife Stadium in New Jersey. Now they meet in the last 16 once again.

"These are the games you live for, games that you come into football for," Rosenior said after the draw was made late last month.

Holders on verge of crisis?

Rosenior has so far lost three games out of 15 in charge of Chelsea, all of them against Arsenal.

A 4-1 win at Aston Villa last Wednesday left the Blues fifth in the Premier League, and Saturday's extra-time victory at Wrexham took them through to the FA Cup quarter-finals.

A much-changed team for that game is likely to have little in common with the side that takes to the field in Paris, as Chelsea look to oust the reigning European champions.

PSG currently look more vulnerable than they have in a long time, with their performance in a 3-1 home defeat by Monaco on Friday being heavily criticised.

"The champions have stopped responding", was the headline in sports daily L'Equipe, which described Luis Enrique's team as being "on the verge of a crisis".

That might sound like an exaggeration, but Rosenior's description does not really hold right now with PSG having been beaten four times already in 2026.

Their lead over Lens at the top of Ligue 1 is just one point, and in Europe they appear a level below the likes of Arsenal and Bayern Munich.

Fitness has been an issue all season, off the back of a marathon last campaign, with Ballon d'Or winner Ousmane Dembele making his latest comeback at the weekend after a lay-off with a calf injury.

Key midfielders Fabian Ruiz and Joao Neves have been absent, while Gianluigi Donnarumma has never been adequately replaced in goal.

"We are clearly in difficulty at the moment but we need to maintain hope that will change," said Luis Enrique on Friday. "Confidence is not just something you buy at the supermarket."

Rosenior will be hoping to exploit PSG's weaknesses and repeat the achievements of Roberto Di Matteo and Thomas Tuchel, who both led Chelsea to Champions League glory having been appointed mid-season.

Matthews breaks course record at Ironman New Zealand

TDT | Manama

Britain's Kat Matthews made a stunning start to her Ironman Pro Series title defence at Ironman New Zealand, setting a new women's course record of 8:28:55 and finishing nearly seven minutes ahead of the field.

The 13-time Bahrain Victorious athlete arrived in Taupo with a clear goal: secure the maximum 5,000 Pro Series points. After emerging from the 3.8km swim in Lake Taupo two minutes behind the leaders, Matthews quickly began to make her mark on the 180km bike leg. By 35km, she had joined the lead trio alongside Hannah Berry and Lotte Wilms, steadily distancing themselves from the rest of the field.

Crossing into T2 just six seconds behind Berry, Matthews unleashed her strength on the marathon. Within the first five kilometres, she had already



Kat Matthews of Bahrain Victorious

Final top five:

1. Kat Matthews (GBR) - 8:28:55
2. Hannah Berry (NZL) - 8:35:43
3. Lotte Wilms (NED) - 8:39:57
4. Tamara Jewett (CAN) - 8:41:20
5. Danielle Lewis (USA) - 8:49:35

opened a one-minute gap, which expanded to over four minutes by the halfway point. Maintaining a sub-3:00 marathon pace, she continued to extend her lead, eventually crossing the line in a course-best 2:51:48, shattering Chelsea Sodaro's previous record of 8:40:07.

"This went to plan," Matthews said. "Even though it looks controlled, you have to work hard throughout, and I had so much empathy for everyone tackling that marathon. The community here is incredible - it really lifts you."

Berry delighted the home crowd with a second-place finish

in 8:35:43, also beating the previous course record, while Wilms of the Netherlands fended off Canada's Tamara Jewett to claim third in 8:39:57. Jewett recorded the fastest run split of the day at 2:42:40, overtaking several competitors in the closing kilometres. Completing the top five, the United States' Danielle Lewis finished in 8:49:35, rounding out a competitive field.

Matthews' triumph sets the tone for her third consecutive Pro Series title and reinforces her status as one of the sport's most complete triathletes. By finishing nearly seven minutes ahead of her rivals, she demonstrated why she remains a benchmark for excellence in long-distance racing.

The top five finishers also secured qualifying slots for the 2026 Ironman World Championship in Kailua-Kona, Hawaii, adding further weight to their achievements over the week.

Gilgeous-Alexander equals scoring record as Thunder roll Nuggets

AFP | Los Angeles

Shai Gilgeous-Alexander equalled Wilt Chamberlain's 63-year-old 20-point scoring record on Monday as the Oklahoma City Thunder defeated the Denver Nuggets 129-126 in a pulsating clash of the Western Conference titans.

Gilgeous-Alexander finished with 35 points, 15 assists and nine rebounds to pull level with Chamberlain's long-standing mark of scoring 20 points or more in 126 consecutive games set between 1961 and 1963.

But Gilgeous-Alexander's equalling of Chamberlain's streak was almost a footnote to a spellbinding individual performance that saw the reigning NBA Most Valuable Player seal victory with a game-winning three-pointer with three seconds on the clock.

Gilgeous-Alexander had given the Thunder what looked like a winning 126-122 lead with 14 seconds on the clock after another superb three-pointer.

The Nuggets though came roaring back with a nerveless three-pointer from Nikola Jokic, and a foul from Jaylin Williams in the same play allowed Jamal Murray to level it for Denver from the free-throw



Shai Gilgeous-Alexander in action

line.

With overtime looming there was one last throw of the dice for Oklahoma City, and Gilgeous-Alexander duly delivered, launching a 25-foot step back three to snatch victory at the death.

"I just tried to make a play I was comfortable making," Gilgeous-Alexander said after sending the Oklahoma City home crowd into raptures.

"I tried to create space to get a shot off - it went down."

Gilgeous-Alexander's winning three was the final act of the latest in a series of blockbuster duels between the two Western Conference heavyweights, who came to blows when the two teams met last month.

Man City to face Liverpool in FA Cup quarter-finals

- Arsenal travel to Southampton

- Chelsea host Port Vale at home

AFP | London

Manchester City will face Liverpool in a blockbuster FA Cup quarter-final, while quadruple-chasing Arsenal travel to Southampton.

Monday's draw for the last eight also handed Chelsea a home tie against League One giant-killers Port Vale, who stunned Sunderland with a 1-0 win in the fifth round on Sunday.

West Ham, who beat Brentford 5-3 on penalties after a 2-2 draw on Monday, will host Leeds in the other quarter-final. But it is City's latest showdown with rivals Liverpool that is the stand-out tie of the round.

Pep Guardiola's side have already beaten Liverpool twice this season, winning 3-0 in Manchester in November and earning a 2-1 victory at Anfield in February.



Manchester City's Norwegian striker #09 Erling Haaland (C) controls the ball during a match against Liverpool (file photo)

It will be the first FA Cup meeting between the clubs since Liverpool won 3-2 in the semi-finals in 2022.

Liverpool, 3-1 winners at Wolves in the last 16, have won the FA Cup eight times, most

recently four years ago.

Seven-time winners City, who beat Newcastle 3-1 in the fifth round, last lifted the trophy in 2023.

Premier League leaders Arsenal advanced to the quarter-fi-

nals with a 2-1 win at third tier Mansfield.

Mikel Arteta's men will head to Championship play-off hopefuls Southampton, who enjoyed a surprise 1-0 win at Fulham in the fifth round.



Arsenal's players celebrate a goal (file photo)

Arsenal favourites against Leverkusen in Champions League last 16

AFP | London

Premier League leaders Arsenal, who have never been crowned European champions, remain on track for four trophies this season as they chase their first major silverware since 2020.

Mikel Arteta's men won all

eight matches in the league phase to cruise into the last 16, where success against Leverkusen will set up a tie against Bodo/Glimt or Sporting.

Central defender William Saliba has missed Arsenal's past two matches with an ankle issue but could be back here.

Currently sixth in the Bundesliga, Leverkusen are still rebuilding after a tumultuous summer in which they lost coach Xabi Alonso and several players including Florian Wirtz, Granit Xhaka and new Gunner Piero Hincapie.

"We're strong at home. We have a chance there - we can win

there," Alejandro Grimaldo said Saturday.

Remarkably, Leverkusen's win against Olympiacos in the play-off round was their first victory in a Champions League knockout tie since 2002, when they reached the final before losing to a Zidane-inspired Real Madrid.

Alcaraz battles back to reach Indian Wells fourth round

Novak Djokovic reaches the fourth round for the first time in nine years

● Alcaraz overcomes a set-and-break deficit

● Djokovic survives sixteen aces from Kovacevic

● De Minaur, Fritz, Bublik all lose

● Alcaraz to face Ruud in fourth round

AFP | Indian Wells

Carlos Alcaraz had to dig deep to extend his 2026 unbeaten run, rallying from a set and a break down to beat Arthur Rinderknech 6-7 (6/8), 6-3, 6-2 in the third round at Indian Wells on Monday.

The big-serving Frenchman's aggressive game forced world number one Alcaraz to call on every shot in his arsenal to turn a tense contest his way.

Alcaraz will face 13th-seeded Norwegian Casper Ruud for a place in the quarter-finals.

"Really happy that I was able to turn things around," said Alcaraz.

The Spaniard nearly managed to steal the first-set tiebreaker, in which he had trailed 2-5, but a wayward forehand on set point gave Rinderknech his chance to pocket the set with a pair of winners.

Rinderknech then produced



Carlos Alcaraz of Spain plays a backhand against Arthur Rinderknech of France

the first service break of the match to put the top seed in a hole in the opening game of the second set.

Alcaraz responded with an immediate break back, ramping up the pressure on Rinderknech's serve on the way to a decisive break in the sixth game.

When Alcaraz broke again to open the third set he was on his way, rolling to his sixth win over 26th-ranked Rinderknech in six career meetings.

"In the beginning I was a little bit mad with myself because I

just had a lot of chances in the first set, a few break points, set point, and I couldn't make it," Alcaraz said.

"I got in trouble to be honest. But I'm just really happy with the way that I just dealt with everything that was happening, accepted it, kept going, stayed strong mentally."

Rinderknech had never won a match in Indian Wells in three prior appearances and he leaves this edition without an on-court victory after enjoying a first-round bye and advancing to the

third round by walkover.

Alcaraz, 22, became the youngest man to complete a career Grand Slam with his victory at the Australian Open.

He followed that up with the Qatar Open title and with two wins under his belt in Indian Wells is now 14-0 on the season.

He next faces Ruud, who beat Valentin Vacherot 3-6, 6-3, 6-4.

It was hard going for world number three Novak Djokovic in his 6-4, 1-6, 6-4 victory over 72nd-ranked American Aleksandar Kovacevic, who peppered

YOU KNOW WHAT

Arthur Rinderknech reached the third round without winning a match on court, advancing via a first-round bye and a walkover before facing Alcaraz

Djokovic with 16 aces.

Djokovic made an early break to take the first set, but Kovacevic found his groove and rolled through the second against the clearly frustrated Serb.

'Anybody's game'

Djokovic regrouped in the third but didn't find the break he needed until the final game.

"Today was really anybody's game until the last couple of points," Djokovic said. "That last game in the third where he missed some first serves, gave me looks on the second and I used it. That's pretty much it."

With five Indian Wells titles Djokovic is tied for the record with Swiss great Roger Federer, but he's in the fourth round for the first time since 2017.

Djokovic next faces defending champion Jack Draper, who beat

"In the beginning I was a little bit mad with myself because I just had a lot of chances in the first set, a few break points, set point, and I couldn't make it. I got in trouble to be honest. But I'm just really happy with the way that I just dealt with everything that was happening, accepted it, kept going, stayed strong mentally

CARLOS ALCARAZ

Argentina's Francisco Cerundolo 6-1, 7-5.

Draper's victory here last year launched his rise to fourth in the world.

But he then missed the better part of six months with an arm injury and arrived in California ranked 14th, his win over Cerundolo marking the first time since June that he's posted back-to-back ATP victories.

A trio of top-10 players were sent packing.

Britain's Cameron Norrie ousted sixth-ranked Australian Alex de Minaur 6-4, 6-4, Alex Michelsen beat seventh-ranked fellow American Taylor Fritz 6-4, 7-6 (8/6) and Australian qualifier Rinki Hijikata, ranked 117th in the world, shocked 10th-ranked Alexander Bublik of Kazakhstan 6-7 (3/7), 7-6 (7/3), 6-3.

Siniakova ends Andreeva defense in third round

● Katerina Siniakova beats Mirra Andreeva 4-6, 7-6, 6-3

● Iga Swiatek beats Maria Sakkari 6-3, 6-2

● Jessica Pegula rallies to beat Ostapenko

● Rybakina edges Kostyuk

AFP | Indian Wells

Mirra Andreeva's Indian Wells title defense met a bad-tempered end on Monday in round three as Katerina Siniakova stunned the talented Russian teenager 4-6, 7-6 (7/5), 6-3.

The 18-year-old Andreeva opened her bid to retain her crown with an imperious 6-0, 6-0 demolition of Solana Sierra.

But she was in trouble early and often against 44th-ranked Siniakova in a rollercoaster contest that ended with a shot from the Czech that hit the net cord and dribbled over in one last frustrating moment.

Andreeva slung her racquet as

she approached the net before departing the court with a defiant gesture to the crowd.

"I'm not really proud of how I managed it," said Andreeva, but added her profanities picked up by court-side microphones weren't directed at the fans.

"It was just anger coming out, just a lot of emotions," she said. "Not really towards anyone."

Siniakova, a former doubles number one, admitted it was an awkward way to seal the win in a match that featured seven service breaks for each player and 43 break chances between them.

"Of course I'm happy (the ball) went on the other side," she said. "I was, like, should I cheer? It's a really tricky finish. But definitely I will not say I'm not happy."

Siniakova said the swirling winds on Stadium Court were troubling both players.

Andreeva's emotions had already boiled over when she sailed a swinging volley long to surrender the second set, during which each player had remarks for the chair umpire about her opponent.

She regrouped to break Siniakova for a 3-2 lead in the third, but Siniakova won the next four games, saving two break points in the final game before gaining



Katerina Siniakova of Czechia plays a backhand volley against Mirra Andreeva

the win on her first match point.

Siniakova will face Elina Svitolina for a place in the quarter-finals after the ninth-seeded Ukrainian beat American Ashlyn Krueger 6-4, 6-2.

There was no drama for world number two Iga Swiatek, who defeated Greece's Maria Sakkari 6-3, 6-2.

Learning experience

Poland's Swiatek beat Sakkari in the final to claim both of her Indian Wells titles, in 2022, and 2024, but Sakkari had won their most recent encounter in the quarter-finals of the Qatar Open last month.

Swiatek said she had learned

from "obvious mistakes" she made in Doha.

"I knew what to focus on today and I did that from the beginning till the end," she said. "So I'm really happy with my focus and the way I was prepared."

Swiatek next faces Doha champion Karolina Muchova, who blew past Antonia Ruzic

6-0, 6-3.

Australian Open champion Elena Rybakina kept her bid for a second Indian Wells title on track with a 6-4, 6-4 victory over Ukraine's Marta Kostyuk.

Rybakina, seeded third, trailed 1-3 in the second set but surged home in chilly late night conditions to book a fourth-round clash with Britain's Sonay Kartal, a 2-6, 6-2, 6-3 winner over Madison Keys.

"I'm just happy that I managed to win in two sets," said Kazakhstan's Rybakina, who lifted the trophy in the California desert in 2023.

Fifth-seeded American Jessica Pegula shook off a slow start to beat Latvia's Jelena Ostapenko 4-6, 6-3, 6-2.

Pegula, coming off her fourth career WTA 1000 title at Dubai last month, fired 11 aces with just one double fault as she rallied for the win.

"I think today I had to kind of snap myself back and kind of lock in to not let that get away from me," said Pegula, who said she was in danger of letting negativity and frustration get the better of her.

Pegula next plays Switzerland's Belinda Bencic, who beat Elise Mertens 6-2, 6-3.

KBS Cup semi-finals tip off tonight

Hussain Almaskati
TDT | Manama

The semi-finals of the 2025/26 Khalifa bin Salman Cup begin today at Khalifa Sports City Arena in Isa Town, with the competition's final four set to battle it out in best-of-three series for a place in this season's championship game.

The opening night features two highly anticipated matchups that also mirror the current Zain Basketball League standings. League leaders Muharraq face fourth-placed Al Ahli at 8:30pm, before second-placed Manama take on third-placed Al Najma at 10:30pm.

Both semi-finals follow a best-of-three format, with Game Two scheduled for March 14 and a deciding Game Three, if necessary, set for March 18.

Muharraq vs Al Ahli

Reigning champions Muharraq arrive in the semi-finals in emphatic fashion after pro-



Holder Muharraq gather in a team huddle

ducing one of the most dominant performances in recent Bahraini basketball history. The Red Wolves powered past Sitra 153-94 in the quarter-finals, setting a post-2016 record for points scored in a Bahraini competition.

Kris Clyburn led the charge with 41 points, seven rebounds and four assists, while Mohammed Nasser added 22 points and Nader Ali contributed 20 in a performance that underlined Muharraq's attacking depth.

Their opponents Al Ahli also advanced confidently after defeating Al Hala in their quarter-final clash to secure their place in the final four.

Historically, both teams are among the competition's most successful. Al Ahli share the record for the most Khalifa bin Salman Cup titles with three, alongside Manama, while Muharraq have lifted the trophy twice, including last season when they defeated Manama 89-86 in the final.

Manama vs Al Najma

The late game sees Manama face Al Najma, two sides currently separated by just one place in the league standings.

Manama secured their semi-final berth with a 71-58 victory over League B leaders Al Etihad. After trailing early, Manama tightened defensively and gradually pulled away, with Alex Young scoring 20 points and Ahmed Salman adding 17 points and five steals.

Al Najma, meanwhile, advanced after a convincing 100-80 win over Nuwaidrat, controlling the game for long stretches. Donovan Smith led the way with a 16-point, 14-rebound double-double, while the team showcased impressive balance with six players scoring in double figures.

With the top four teams in the league standings now facing off in the semi-finals, the stage is set for two tightly contested series as the race continues for one of Bahrain's most prestigious basketball trophies.

Scholes makes peace with Carrick after jibe at former Man Utd team-mate



Manchester United's English Interim head coach Michael Carrick applauds the fans (file photo)

AFP | London

Paul Scholes claims he did not mean to offend former Manchester United team-mate Michael Carrick after taking a swipe at the Old Trafford interim boss on social media.

Responding to United's 2-1 defeat at Newcastle in the Premier League last Wednesday, Scholes took to Instagram to point out his old team's run of disappointing performances.

"Michael has definitely got something special about him, because United have been c**p last four games," Scholes wrote on Instagram.

It was a first defeat for Carrick since he replaced the sacked Ruben Amorim in January.

United have climbed to third in the Premier League and are challenging for Champions League qualification after going unbeaten in Carrick's first seven matches prior to the Newcastle loss.

Scholes played alongside Carrick in United's midfield

for seven years and another of their old team-mates Patrice Evra criticised Scholes' comments, saying he hoped he "was hacked".

Scholes, speaking on 'The Good, The Bad and The Football' podcast with former United colleague Wes Brown and Nicky Butt, tried to bury the hatchet with Carrick on Monday.

"Michael is one of the nicest people you will ever meet in football - he'd be the last person I would want to offend," the former England star said.

"I messaged Michael anyway. I went straight to Michael and said, 'Look, I never intended to upset you.' And I don't think I needed to say that anyway, and he told me himself he wasn't upset by it.

"I think people have just took it differently from what was meant. The only thing I was saying was that I don't think they played that well the last four games, and he's still managing to get results."

Luis Enrique confident PSG can raise game ahead of Chelsea showdown

AFP | Paris

Paris Saint-Germain coach Luis Enrique said yesterday his side had "no doubts whatsoever" that they can rediscover the form that led them to Champions League glory last season, as they prepare to face Chelsea in the last 16.

"We have no doubts whatsoever. We are going into the best part of the season and we need to be able to handle the step up," the Spaniard told re-

porters at PSG's training ground when asked whether his team could return to the level of performance they showed a year ago.

PSG welcome Chelsea to the Parc des Princes on Wednesday in the first leg of their last-16 tie, as the sides meet for the first time since the English outfit's 3-0 victory in last July's Club World Cup final.

That was the only blemish on a remarkable last campaign for PSG which saw the Qatar-backed

club win the Champions League for the first time in their history.

But the demands of that marathon season have left a trace, with numerous players struggling for form and fitness in 2025/26.

PSG lost 3-1 at home to Monaco last weekend, a result which left them just a point clear of Lens at the top of Ligue 1.

They finished 11th in the league phase of the Champions League after winning just one

of their last five matches, and then scraped past Monaco in the play-off round.

But Luis Enrique is hoping that meeting Chelsea can bring the best out of his team, who eliminated three Premier League sides in the knockout rounds on the way to last season's final.

"All the English teams are exceptional, top-class sides, and Chelsea we know very well from having played against them last summer," he said.

India team to pocket \$14 million for T20 World Cup win

AFP | New Delhi

India's all-conquering men's cricket team will pocket \$14 million after lifting the T20 World Cup for a record third time, the country's cricket board said yesterday.

The co-hosts and pre-tournament favourites swept aside New Zealand by 96 runs in Sunday's final in Ahmedabad to become the first team to retain the trophy and the first to win it on home soil.

Cricket commands an unrivalled following in the world's most populous country, with top players enjoying star status and the game serving as a rare unifying force in an otherwise diverse nation.

The Board of Control for Cricket in India (BCCI), the world's richest and most powerful cricket body, praised the players, support staff and selectors for the "historic achievement" as it announced the cash



India's Arshdeep Singh (L) and Abhishek Sharma dance during a victory lap

reward.

The victory cemented India's place "among the most successful teams in the history of the format", BCCI secretary Devajit Saikia said in a statement.

The prize money will be

shared among the entire team, including coaches and support staff.

The Indian team will separately receive \$2.34 million from the International Cricket Council while runners-up New

Zealand will earn \$1.17 million.

Midnight celebrations broke out across the country on Sunday as delirious fans in blue Indian shirts took to the streets, beating drums and dancing to Bollywood hits.