

The
Monthly
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May 2024

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WORLD OF TURTLES

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THE HEALING POWER OF LAUGHTER



Laughter, often hailed as the best medicine, possesses a remarkable ability to heal both mind and body. Beyond its inherent joy, laughter triggers a cascade of physiological responses that can alleviate stress, boost the immune system, and promote overall well-being. As ancient wisdom meets modern science, the healing power of laughter continues to captivate researchers and health professionals alike.

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ACHIEVING HARMONY BETWEEN CAREER & FAMILY

In today's fast-paced world, achieving a harmonious balance between career aspirations and family responsibilities can be a daunting challenge. Striking the right equilibrium between professional success and personal fulfillment requires careful navigation and thoughtful strategies. Here, we explore key approaches to fostering harmony between career and family life.

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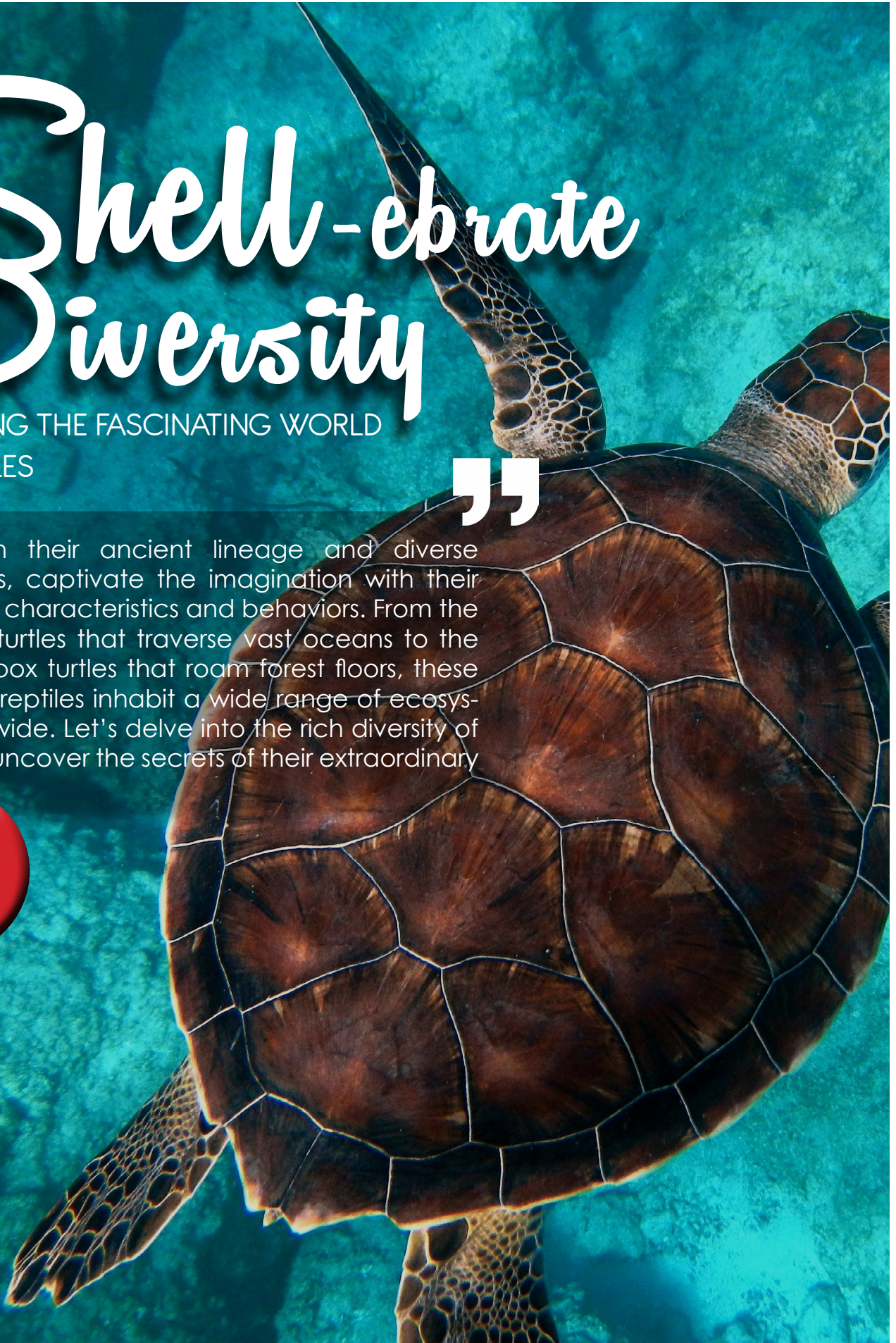
Shell-cebrate Diversity

EXPLORING THE FASCINATING WORLD
OF TURTLES



Turtles, with their ancient lineage and diverse adaptations, captivate the imagination with their remarkable characteristics and behaviors. From the iconic sea turtles that traverse vast oceans to the diminutive box turtles that roam forest floors, these fascinating reptiles inhabit a wide range of ecosystems worldwide. Let's delve into the rich diversity of turtles and uncover the secrets of their extraordinary

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LEVERAGING AI TOOLS FOR FINANCIAL EMPOWERMENT

AHMED
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Entrepreneur & trader



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In today's rapidly evolving financial landscape, artificial intelligence (AI) is revolutionizing the way individuals manage their finances and investment portfolios. For employees and entrepreneurs alike, AI tools offer a powerful means to enhance financial decision-making, optimize investments, and secure financial health.





BEAT THE HEAT

REFRESHING HOMEMADE SUMMER TREATS



As temperatures soar and the sun's intensity peaks, embracing homemade summer treats emerges as an exquisite solution to counter the sweltering heat. From chilled delicacies to fruit-infused delights, these recipes, both simple and delectable, promise to satiate palate and provide respite from the summertime warmth.

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The MUMAYIZAT EXCELLENCE AWARDS aims to recognize and celebrate excellence in various trade categories within Oman's retail sector. The awards will be granted based on a comprehensive set of criteria evaluated by a panel of expert judges, marketing professionals, and mystery shoppers.



AWARDS CEREMONY
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