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Sunday, 7 February 2021

State Administration Council Chairman Commander-in-Chief of Defence Services Senior General Min Aung Hlaing sends Message of Greetings on 74th Anniversary of Shan State Day

Esteemed national brethren and citizens in Shan State,

On the occasion of the 74th Anniversary Shan State Day today on 7 February 2021, I am conveying the Message of Greetings for all the national brethren and citizens in Shan State to be well-being and peaceful with auspiciousness.

It has been 74 years today since the Shan State Day was marked. All the ethnic nationalities in Myanmar have been living in this motherland since ancient times as brothers and sisters through thick and thin. In spite of this, the British colonial rule disunited our solidarity gradually and the British invaded Myanmar in the late 19 Century. They forcibly took Myanmar with the invasive wars for the precious woods, indigenous medicinal plants, agricultural lands and the natural resources of our country.

In resisting the invasion of the British by the ethnic nationalities across the country, Shan ethnic nationalities led by Mongnai Saopha, Mongpan Saopha, Mongnaung Saopha, Maukmae Saopha, Kengtung Saopha, Yaksawk Saopha also joined hands with other nationalities and fought back together.

Shan State is the biggest state in Myanmar as well as full of peaceful and beautiful mountain scenery. With natural creeks and lakes, streams and hot springs, caves, famous pagodas, Shan State is attracting tourists. Although different ethnic nationalities are living in Shan State, all of them are Union-born

brothers and sisters. It is necessary for us to be united based on mutual trust and carry out the development of the nation. Only with the efforts to make the existing state peaceful and stable, a more developed community can be built.

As for the Tatmadaw, we are doing to the best of our ability for the all-round development of Shan State in the health, education, social, and economic sectors, religion, stability and peace, and the state free from drugs.

Led by General Aung San, far-sighted leaders of the ethnic nationalities signed the Panlong Agreement with the genuine Union spirit and vision. New generation of Shan nationals should value the independence by holding the Union spirit without seeking own interest, and look up to the genuine patriotism of the late Shan leaders.

I have conveyed the Message of Greetings for the 74th Anniversary of the Shan State Day to stress that it is our duty to build the genuine and disciplined democratic nation with understanding and trust as well as the practical views on the events that have been experienced since the historical past.

*Senior General Min Aung Hlaing
Commander-in-Chief of Defence Services
Chairman of the State Administration Council*

Korea-Myanmar Friendship Bridge (Dala) project 25% completed

THE construction works of the Korea-Myanmar Friendship Bridge (Dala) linked between Phone Gyi street of Lanmadaw Township and Bo Min Yaung road of Kamarsit ward of Dala Township are being carried out as planned and 25 per cent of operations completed so far, according to the Bridge Department of the Ministry of Construction.

The bored piles drilling operations for PY1 and PY2 are also conducted currently and 20 PY1 out of 23 on Dala side and 20 PY2 out of 23 on Yangon side are completed to date.

SEE PAGE-3

Bored piles drilling operation seen yesterday.
PHOTO: NAING LIN KYAW (IPRD)



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CBM issues announcement on public rumours about monetary issue

THE Central Bank of Myanmar released an announcement on 3 February to wipe out rumours among the public about the monetary issue and possible closure of banks.

The announcement said, “There were false rumours that K5,000 and K10,000 banknotes would be demonetized and banks would close in relation to the current situations in the country. It was also learnt that some people were worried because of the rumours and were reportedly withdrawing their money from the banks.

The Central Bank of Myanmar has been working hard to stabilize the financial system, and the banks have been providing proper services in accordance with the rules and regulations.

The general public can continue using the banknotes and banking services without any worries, and all the banks have been instructed to provide regular banking services.”—MNA

Tatmadaw True News Information Team: Healthcare services offered at military hospitals

THE Tatmadaw True News Information Team released a statement on 4 February 2021 that healthcare services are offered to all the national people at the military hospitals.

The statement said that some persons who are creating disturbances, aiming to destabilize the administrative mechanism and stability of the State, have incited Civil Disobedience Campaign through social networks, causing failure to perform duties among the health workers.

Doctors have vowed during their convocation that “ Health and well-being of the patients will be our own issues as the first priority ; I will practice my profession with conscience and dignity and in accordance with a good medical practice; I will serve my medical profession regardless of nationality, race and social status; and I will maintain the utmost respect for human life”.

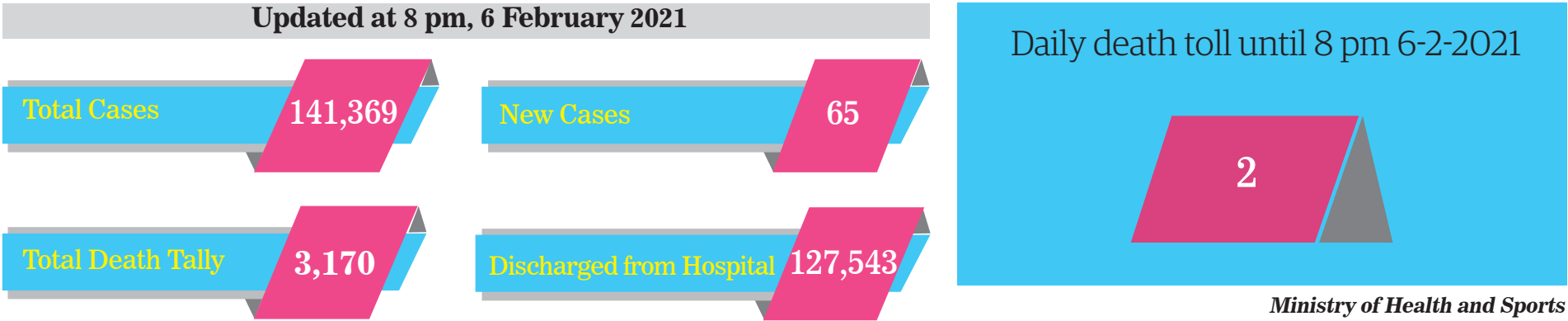
It is also advised all the health workers not to follow the incitement that can jeopardize the interest of country and people, and keep their professional vows to the public.

The Tatmadaw has received the permission of the State Administration Council to solve the current healthcare problems of people across the nation by the military medics.

Therefore, people can get proper medical treatments at the nearest military hospitals.—MNA

65 new cases of COVID-19 reported on 6 February, total figure rises to 141,369

MYANMAR’S COVID-19 positive cases rose to 141,369 after 65 new cases were reported on 6 February 2021 according to the Ministry of Health and Sports. Among these 141,369 confirmed cases, 3,170 died, 127,543 have been discharged from hospitals.—MNA



COVID-19 Call Centre opens daily

In efforts to speed up the prevention, containment and treatment of the COVID-19 disease, the call centre (phone number 2019) is established by four communications operators and the Blue Ocean Company with the coordination of the Medical Research Department of the Health and Sports Ministry and Post and Telecommunications Department from 9 am to 5 pm daily at the Medical Research Department in Yangon.

Over 43 staff from the Medical Research Department and 17 volunteers from the Myanmar Medical Association totally 60 workers have been working at the centre since 8th April.—MNA

MoI Union Minister meets staff of Nay Pyi Taw Printing House, state-run newspapers

UNION MINISTER for Information U Chit Naing met the staff of Printing and Publishing Department, Nay Pyi Taw Printing House, News and Periodicals Enterprise, Myanmar Alinn and the Mirror yesterday.

During the meeting, the Union Minister stressed the need to have good morale, discipline, goodwill and ability to serve the duties.

Then, the Union Minister and party inspected the Nay Pyi Taw Printing House compound.

He also met the editorial department staff of Myanmar Alinn and the Mirror newspapers and instructed to carry out the works with long term plans for clear and executed action plans, cooperation, completion in time and successive practices.—MNA (Translated by KTZH)

Union Minister U Chit Naing meets the editorial department staff of Myanmar Alinn and the Mirror newspapers yesterday. PHOTO: MNA



Military hospitals provide medical treatments, food aids to civilian patients

TATMADAW makes preparations at military hospitals and temporary treatment centres to provide medical services for the monks and people who face difficulties to get proper medical treatments at the states/regions general hospitals.

The military medical specialists and nurses also conducted operations for the patients and provided the needed medical services as well as foods and accommodation for patients and their family members.

A total of 61 people took medical treatment at the temporary treatments centre of Aungmyethazan-based military command and another 18 patients were hospitalized to date.

Lt-Gen Tun Tun Naung, Commander of Central Command Brig-Gen Ko Ko Oo and members inspected the military's healthcare services and warmly comforted the patients yesterday.

Similarly, the military hospital in Dawei township of Taninthayi Region also provided treatments to 22 local residents while 83 people and a monk took medical services at military hospital in Myeik and 23 people at military hospital in Patheingyi of Ayeyawady Region yesterday.

Moreover, the military hospital in Dagon Township of Yangon Region also makes preparations to provide treatment to the civilians.

The Commanders of respective regional commands and officers inspected the medical services and provided the food aids, according to the statement of the Office of the Commander-in-Chief of Defence Services.—MNA

(Translated by KTZH)

Korea-Myanmar Friendship Bridge (Dala) project 25% completed

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The bridge ramp completion on the Dala side is 86.9 per cent as 125 bored piles out of 141 are drilled while the bridge ramp completion on the Yangon side is 88.7 per cent as 255 bored piles out of 369 are drilled, according to the Korea-Myanmar Friendship (Dala) Bridge Construction Project.

Moreover, 4 Ram A out of 48 and 15 Ram B out of 52 are also completed on the Yangon side. Currently, the officials continue operating the project and 25 per cent of operation is completed to date, according to an official of Bridge Department of the Ministry of Construction.

The officials of Bridge Department closely monitor the operation site of bored piles drilling by two small vessels. There are buoys in the river current of Dala and Yangon for the ships, fishing boats and other vessels and they have to go within the fixed area.



Korea-Myanmar Friendship Bridge (Dala) construction project is underway. PHOTO: NAING LIN KYAW (IPRD)

The 6,128-long Dala bridge is 2,264ft in main section of bridge, 1,891ft of bridge ramp on the Yangon side with 47ft in width (two-way lane) and 1,927ft of bridge ramp on the

Dala side with 68ft in width, 87ft in length.

The water clearance is 160ft in height and 988ft in length. The bridge can accommodate 75 tonnes of vehicles. It is the biggest and longest steel suspension bridge in Myanmar.

The bridge construction works started in May 2019 and is slated to complete in October 2022, according to the Bridge Department.

If the project is completed, it can provide good transportation for the people from Dala, Seikkyi Khanaungto, Twantay, Kawhmu and Kungyangon townships and those living in Ayeyawady Region can get to Yangon in a short time. It can also provide trade flows, human resources as well as socio-economic status. —Naing Lin Kyaw (IPRD)

(Translated by KTZH)

Union Minister U Ko Ko pays homage to State Sangha Maha Nayaka Sayadaws

UNION MINISTER for Religious Affairs and Culture U Ko Ko, together with the Permanent Secretary, Director-General for the Religious Affairs Department and officials, paid homage to Aggamaha Pandita Aggamaha Saddhamma Jotikadhaja, Dr Bhaddanta Sandimarbivumsa (Thanlyin Minkyaung Sayadaw) and the sayadaws of the State Sangha Maha Nayaka in Yangon yesterday.

During the homage-paying ceremony, the Union Minister said the State Administration Council will conduct the usual and current activities with the collective leadership system in a short period of time, in accordance with the Law. He added the support for the religious affairs and the reopening of the pagodas in respective states and regions including the Shwedagon Pagoda in Yangon which were closed for 10 months due to the COVID-19 outbreak.

The pagodas will be open for the monks and nuns as the first priority on 8 and 9 February. The elderly people and people with disabilities will be allowed to visit on 10 February and the rest of the people will be able to visit after 10 February.

Aggamaha Pandita Aggamaha Saddhamma Jotikadhaja Dr Bhaddanta Sandimarbivumsa (Thanlyin Minkyaung Sayadaw) said that it is great for the people who take the responsibility for the Ministry of Religious Affairs and Culture to carry out the religious activities and the Sayadaw said to have sympathy, love and tolerance as the leaders of the Ministry.

Union Minister U Ko Ko and party donated robe and offertories to the Sayadaws.—MNA (Translated by EPPA)

Request to monks, people for paying homage to Mandalay Maha Muni Pagoda

THE Mandalay Maha Muni pagoda has been closed off for more than 10 months since 29 March 2020 during COVID-19 pandemic. The spread of disease reaches under control to a certain extent due to the effective COVID-19 prevention, control and treatment activities. Therefore, the pagoda will be reopened to public starting 8 February 2021 in accordance with the words of Ovada Sariya Sayadaws of Pagoda, and permission of the State Administration Council in line with the COVID-19 health rules.

Pilgrimage programmes for monks, people

1. The monks and nuns will be prioritized to enter the pagoda on 8.2.2021 and 9.2.2021.
2. The elderly persons and people with disabilities will be prioritized to enter the pagoda on 10.2.2021.
3. The pagoda will be opened to public starting 11.2.2021.
4. There will be three pilgrimage sections respectively in the morning and afternoon—from 06:00 am to 07:00 am, 08:00 am to 09:00 am and 10:00 am to 11:00 am and 1:00 pm to 2:00 pm, 3:00 pm to 4:00 pm and 5:00 pm to 6:00 pm. There will be six times for pilgrimage and 250 visitors will be allowed at a time and a total of 1,500 people can visit per day.
5. A total of 250 people can pay homage to the pagoda per time as it will allow 150 people from the eastern stairway while 150 from the northern stairway.
6. The pilgrimage hour is 1 hour.
7. The pilgrims will have to fill the Form for personal data (name, father's name, NRC No, Phone number, address). The pilgrims can also take the pre-filled personal data forms.
8. The pilgrims must return from the stairways where they come.

Facts to follow

1. The people with suspected COVID-19 symptoms like fever (temperature over 100.4°F/38°C), cough, difficult breathing and smell loss must not be allowed.
2. The pilgrims must wear masks. The elderly people at the age of over 60 and those having chronic diseases such as diabetes and hypertension must wear masks and face shields.
3. The pilgrims must cooperate in filling personal data, phone numbers in the designated Forms and record books.
3. The pilgrims must cooperate in filling personal data, phone numbers in the designated Forms and record books.
4. The pilgrims must exactly follow the COVID-19 preventive measures without fail.
5. The people need to wash the hands thoroughly for 20 seconds at the hand-washing basins at the entrance of stairways, pagoda platforms and exit ways or use Hand Sanitizer containing 60pc of alcohol before they enter the pagoda compound, or every time after paying homage (the hands touch the floor (or) pagoda platform), and when they return.
6. The people must take mini Hand Sanitizer containing 60pc of alcohol to wash the hands every time after paying homage (toughing the floors or pagoda platforms).
7. The people must take temperature screening conducted by the officials at the stairways with non-contact thermometer (or) Thermal Scanner.
8. The pilgrims must follow the 6ft social distancing at the entry and exit of stairways and on the pagoda platform.
9. The people must avoid paying homage at the rest house and guest pavilions for a long time, eating food in a group or offering food donation (Satudithar).
10. The people must systematically throw the used masks and tissues to the dustbin with covers.
11. Within 7 days after the visit to the pagodas, if the people suffer from sick, cough, smell loss and hard breathing, they must go to the nearest healthcare department.

Region/State military personnel provide aids to monasteries, nunneries

THE Military Commanders from the respective States and Regions Commands donated offertories to the monasteries and nunneries in Lashio, Hpa-an, Yangon and Mandalay yesterday.

Lt-Gen Aung Zaw Aye from the Office of the Commander-in-Chief (Army), Commander of the North-East Command Brig-Gen Hla Moe and party visited the Thukawiharya Hanmein

Monastery in Lashio yesterday morning and donated 25 rice bags, robes and cash contribution to the monastery.

Similarly, Lt-Gen Aung Soe from the Office of the Commander-in-Chief (Army) and Deputy Commander of the South-East Command Colonel Zaw Min Aung and party also paid visit to the Amitayarmaye monastery and donated rice, oil and offertories in Hpa-an, Kayin State.

Lt-Gen Thet Pone from the Office of the Commander-in-Chief (Army) and party paid homage the Mawkyun Sayadaw Bhaddanta Thila Khandarwon Bivansa and sayadaws yesterday morning in Dagon Myothit (South) in Yangon Region and donated 20 rice bags and offertories.

Moreover, Lt-Gen Tun Tun

Naung from the Office of the Commander-in-Chief (Army), Commander of the Central Command Brig-Gen Ko Ko Oo and officials paid homage the Zabumingalar Sayadaw Bhaddanta Nayaka of Maniyadanar Yarma Monastery in Mandalay and donated offertories, masks, hand gel and offered meals to a total of 110 monks residing in the monastery.

Military personnel of the Mandalay based Command donated day meals to a total of 1,113 monks residing in 35 monasteries in Mandalay yesterday, according to the Office of the Commander-in-Chief of Defence Services.—MNA

(Translated by EPPA)

Civil services personnel continue cleaning in pagodas across country

TATMADAW members from the Central command and the members of the Fire Brigade continued the collective cleaning at Mahalawka Marazein pagoda and Mandalay Hill pagoda yesterday in Mandalay and Lt-Gen Tun Tun Naung and Brig-Gen Ko Ko Oo visited the places and gave instructions. Tatmadaw members from the Yangon Command also continued the cleaning at the Shwedagon Pagoda in Yangon.

Similarly, Tatmadaw members and families, members of the Myanmar Police Force and Fire Brigade joined the cleaning at the pagodas in Nay Pyi Taw Council Territory, Shan State, Mon State, Kayin State, Taninthayi Region, Yangon Region, Ayeyawady Region, Rakhine State, Sagaing Region, Chin State and Bago Region and Commanders of the respective regions and states and officials encouraged and attended to their needs.

Visitors and pilgrims will be allowed to visit the pagodas across the country in accordance with the COVID-19 health guidelines starting from 8 February and the civil services personnel are jointly conducting the cleaning for the reopening of the pagodas, according to the Office of the Commander-in-Chief of Defence Services.—MNA

(Translated by Ei Phyu Phyu Aung)

Tatmadaw senior officers meet war veterans, family in Lashio, Yangon

A delegation led by Lieutenant-General Aung Zaw Aye from the Office of the Commander-in-Chief (Army) and Commander of North-Eastern Command Brigadier General Hla Moe met war veterans and families in Lashio, Northern Shan State yesterday.

Firstly, Lieutenant-General Aung Zaw Aye delivered a welcome speech. Next, the Licutenant General cordially met the Veteran Tatmadaw men and families and presented foodstuffs to them.

Likewise, a delegation led by Lieutenant-General Thet Pone from Office of the Commander-in-Chief (Army) and Commander of Yangon Command Brigadier General Nyunt Win Swe met the war veterans and families at Anawrahta Hall of the office of the Command in Yangon Region on 5 February.

During the meeting, Lieutenant-General Thet Pone delivered a speech and gave necessary instructions to the Veteran Tatmadaw men and families, according to the Office of the Commander-in-Chief of Defence Services.—MNA

(Translated by KZL)

Mogaung promotes Lwai Pote waterfall as recreation place

LWAI POTE WATERFALL in Mogaung Township in Kachin State is a good place for recreation for its speedy water flow through the rocks as a creek. To get to the waterfall, it needs to drive 14 miles from Mogaung to Htigyaing village by car or motorbike and the waterfall is about 3 miles (20 minute-drive) from the village.

We love Mogaung, the new destination management team, and the Sarhmaw Htigyaing local young people collectively cleaned the bushes and trees in order that travellers can reach the waterfall easily. In addition, the 200-ft-long bamboo bridge to pass the Nan Yin creek, from the village to the old Lwai Pote village, was also build on a self-help basis to reach the waterfall. Although the way to the waterfall is quite rocky, the sound of the waterfall will be exciting along the way.

Among 7 levels of the waterfall, the third one is 10feet wide with 40 feet of water flow and is one of the recreating sites for those who are suffocating in the city life.—Than Lwin Oo(IPRD)

(Translated by EPPA)



Visitors are seen at waterfall. PHOTO:THAN LWIN OO(IPRD)

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Due to limitation of space we are only able to publish "Letter to the Editor" that do not exceed 500 words. Should you submit a text longer than 500 words please be aware that your letter will be edited.

Stimulant tablets seized in Maungtaw

LOCAL anti-drug squad in Maungtaw Township seized over K650 million of stimulant tablets, according to the Myanmar Police Force.
A local anti-drug squad in Kyee Kan Pyin village, Maungtaw Township searched a vehicle, driven by Kyaw Min Tun and followed by Tun Thar Sein on board, and seized 438,750 stimulant tablets worth K650 million.
Next, the anti-drug team also confiscated another two suspects named Maung Aye Nu and Kyaw Naing Win (alias) Kyaw Hlaing near



Four were arrested with seized stimulant tablets worth K650 million. PHOTO: MPF

Pyathat Village. The suspects are being charged under the Anti-narcotic and Psychotropic Substances Law.—MNA (Translated by KZL)

Two men injured in fire of filling-station in Kyaukpadaung

TWO men got injuries in a fire broke out at Phyo Dana filling-station in Intaw Kyal Village, Kyaukpadaung Township, Mandalay Region on 4 February.
The filling-station was owned by Shwe Tun from Intaw Kyal Village, Kyaukpadaung Township. The fire was started around 9 pm and fuel tanks were immediately burst into flames as son of Shwe Tun filled fuel into the tanks with carlessness.
After twenty minutes of the incident, the fire destroyed three fuel tanks of the filling-station and injured two



Firefighters try to put the fire out at Phyo Dana filling-station in Kyaukpadaung Township. PHOTO: MPF

people named Ye Phyo Aung (son) and Shwe Tun. Shwe Tun is currently being charged for the incident, according to the Police Force.—MNA (Translated by KZL)

One woman dies in road accident in Insein Township

A woman named Daw Tin Tin Oo from Kana Ale Quarter, Insein Township died in a road accident as a vehicle hit her around 8 am in Insein Township, Yangon on 4 February.
A vehicle struck the 67-year-old woman while she is crossing the Hline Myit Road. On the spot, she was injured severely and died during an operation at the General Hospital. Driver of the vehicle named Aung Kyaw Tun is under investigation for the incident, according to the Myanmar Police Force.—MNA (Translated by KZL)

Police take action on 18 over speed vehicles on Highway Road

POLICE took actions on 18 over speed vehicles on the Yangon-Mandalay Highway Road from 4 to 5 February, according to the Myanmar Police Force.
The police arrested five over speed vehicles at No 3 Toll Gate, another five over speed vehicles at Pyu Toll Gate, four over speed vehicles at Thee Ghone Toll Gate and another four over speed vehicles at Sagar Inn Toll Gate. The confiscated vehicles will be charged under the traffic law, according the police.—MNA (Translated by KZL)

Wild elephant destroys hut in Taikkyi Township

A wild elephant rushed in Banbwe Khwin Village, Taikkyi Township, Yangon Region and destroyed one hut on 5 February, according to the Myanmar Police Force.
The hut was owned by U Tin Win from the Banbwe Khwin Village and no casualties of human or animal were reported.—MNA (Translated by KZL)

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To Help Improve Our Business

By Htun Tin Htun

THE role of MSMEs (include all private enterprises as well as cooperative enterprises) is of paramount importance in the economic development and nation building for the development of the country.

One village one cooperative society each as well as many diverse private enterprises needs to be considered for the poverty reduction as well as for building peaceful, prosperous and democratic nation, the most important objectives mentioned in the Myanmar Sustainable Development Plan (MSDP) (2018-2030) and the achievement of the United Nation's Sustainable Development Goals (SDGs) by 2030.

Health is wealth and precious gain and healthy man and woman can help the country's economy more productive and prosperous and character (moral conduct) and wisdom (investigative knowledge) are the supreme power for all mankind in this planet to be healthy, peaceful, prosperous and happy.

Efficiency is the ratio of input and output, effectiveness is the result of output and outcome and impact is the correlation of relevance, efficiency, effectiveness, output and outcome.

Live to learn (lifelong learning) science, solidarity, security and safety, sympathy, and spiritual strength and learn to love (friend's attitude) all beings in this planet, and we all live in this world peacefully, happily and joyfully with the noble virtue, living, and practice of Brahma Vihara (loving-kindness, compassion, appreciative joy, and equanimity) and love to leave a good and noble legacy for next generations.

People, Planet, Peace, Partnership and Prosperity are 5 elements for achieving our global Sustainable Development Goals (SDGs) and all-inclusiveness, human right and no one is left behind are of paramount importance.

Innovation is crucial in economic development and continuing research and development is one of the main tasks of academic institutions and universities as well as the MSMEs.



PHOTO: PHOE KHWAR

Man power (human resource) matters most, money power (financial resource) matters most, material power (natural resource) matters most, machine power (physical resource), method power (technological resource), market power (information resource), and mind (spiritual resource) matters most in different situations and four essential means of accomplishment (wish, work hard, will, and wisdom) are needed in implementing the various programmes and projects.

Putting poor people (equity, empowerment, environment, and employment) first in implementing various businesses is our top priority for people-centred projects aiming poverty reduction and zeroing extreme hunger in the grassroots communities of the Republic of the Union of Myanmar.

Right man with right qualification and experience in the right place and in the right time is of great importance for achieving all round development goals of any institutions, organizations and business enterprises.

"One man one vote" principle is based on the human being not on the capital contribution in inclusive business undertakings like practising in a cooperative society those are democracy training ground across the planet which is the basic practice of democracy.

Value results and relationship is one of the secrets of great leaders in any organization and we have to always think about the peoples' participation and inclusiveness as well as their voices and need to value the results and relationships with the people.

Enlarging the peoples' choice is the ultimate aim of human development in this planet so that equity, empowerment, environment and employment are 4 important elements to be considered for the human development in all corners of the nation in order to build the peaceful, prosperous and democratic nation.

Outstanding performance can only be obtained from the right man and qualified, skillful and experienced workers can only construct the modern, developed and happy nation.

Unity is strength, union is strength. United we stand and divided we fall so that we need unity and solidarity as our strength and as the nation has 135 ethnic groups across the nation and we therefore need to beneficially use the strength of this diversity as our driving and productive forces.

Responsible businesses are crucial for the employment creation, equitable distribution, women empowerment, environmental conservation and community development so that "Concern for Community" is one of the basic principles of cooperative enterprises

as well as Micro, Small and Medium Enterprises (MSMEs) across the country.

Build back better is the motto for encouragement of resilience under great pressure and the performance of the cooperatives across the world in the last three decades showed their resilience when facing difficulties in the economy to the world.

Understanding and practice of right view (understanding), right thought, right speech, right action, right livelihood, right effort, right mindfulness and right concentration in our daily works makes us the impossible possible, and this is well known as Noble Eightfold Path (unique eight in one) middle way for leading to the cessation of suffering.

Survival, sustainable, success and significance are 4 requirements for any business from the first step of its inception to the final step for the peak in order to fulfill the wants of the people in this planet.

Integrity is the best policy for any business and anti-corruption is every business enterprise's great concern and every employer and every employee needs to avoid any corruption and bribery related actions and activities with their sense of integrity.

Nothing is impossible to one with a wish, work-hard, will and wisdom which are the four supreme means of accomplish-

ment and mind power taught by the Buddha.

Effort makes the impossible possible and wish, mind and insight knowledge (wisdom) make the impossible possible to accomplish any programmes or projects.

Strengthening, development and enhancement of cooperative enterprises in correct, efficient and effective way in the Republic of the Union of Myanmar need to be encouraged in order to make a great contribution to the national socio-economic development and the political will of the government is of crucial importance and necessary.

Sustainable, scientific and systematic approach and support will be needed to make the MSMEs to be more successful business enterprises in the nation which represents over 90% contribution to the country's economy and entrepreneurs are recognized and called as "nation's stomach".

May all beings be free from all dangers, diseases, disasters, and discomforts! May all beings be secured, healthy, peaceful, prosperous, and happy! Let's overcome and conquer the Covid-19, and all difficulties, obstacles, and challenges together with the noble virtue and practice of Brahma Vihara (loving-kindness, compassion, appreciative joy, and equanimity)



Let's keep disciplined while easing restrictions

National vaccination programme has been underway in Myanmar since January 2021. Health professionals and workers as well as COVID-response volunteers have received the first jabs. Union-level officials and senior government officers have also been getting vaccinated against the COVID-19 in line with the national vaccination programme. Elderly persons in Yangon start receiving the first injection, too. This is the first dose and the second round of vaccination will be administered over the next 28 days.

We are also confident that Myanmar, like other countries, will continue sparing no utmost efforts to overcome the health and socio-economic challenges in the combat against the COVID-19. It will lessen the negative socio-economic effect upon the livelihood of the people for economic recovery, too. The Government will continue to work on the already-launched COVID-19 vaccination programme with added momentum. It's heartening news that it will also continue to procure the vaccines through bilateral commercial arrangements and the COVAX Facility.

However, we are required not to be careless. We should always be vigilant. We all should keep disciplined while the Government will gradually ease the COVID restrictions depending upon the practical circumstances.

Today's infection figure indicates at under 100 (65) with 2 death tolls. However, we are required not to be careless. We should always be vigilant. We all should keep disciplined while the Government will gradually ease the COVID restrictions depending upon the practical circumstances. We need to live with the very basic health disciplines – washing hands frequently, distancing socially between one another, wearing masks whenever you're outside, and not gathering crowds.

That is why, every individual or citizen should not only heed all the health awareness guidelines, and they must cooperate in self-preventative measures against the pandemic to protect others alike, too.

■■■

Unity is strength

By Sann Ni Lar Winn

MYANMAR is bordered on the north and north-east by the People's Republic of China, on the east and southeast by the Lao People's Democratic Republic and the Kingdom of Thailand, on the south by the Andaman Sea and the Bay of Bengal and on the west by the People's Republic of Bangladesh and the Republic of India.

The total area of Myanmar is 261,228 square miles (677,000 square kilometres). It stretches for 582 miles (936 kilometres) from east to west and 1,275 miles (2051 kilometres) from north to south.

The length of contiguous frontiers is 3,828 miles (6,129 kilometers), sharing 1,370 miles with Thailand, 832 miles with India, 1687 miles with Laos respectively. The Length of the coastline from the mouth of Naaf River to Kawthoung is approximately 1,385 miles.

The topography of Myanmar can roughly be divided into three parts: the western Hill Region, the Central Valley Region and the eastern Hill Region. The Himalayan Ranga has a link with Myanmar and is known as the Western Yoma that runs to the south. The Khakba Rezi which is situated in the northernmost part of Western Yoma is 19,296 feet high while the Sarameti is 12,558. The Western Yoma Range servers as well that separates Myanmar from India.

The Central Valley Region consists of broadest Valley of Ayeyawady. The first part of the river Ayeyawady is from the origin of river to Mandalay: the second part constitutes from Mandalay to Pyay and the third is the part from Pyay to the mouth of the river. The Central Valley Region consist of Sittway Valley and Chindwin Valley. In the Centre lies the small mountain ranges such as Zeebyu Taungdan, Minwun Taungdon, Hman-kin Taungdan and Tangaw Taungdan. There also lies the law range of Bago Yoma that slopes down from north to south.

The Eastern Hill Region is the Shan Ylateau which is average 3,000 to 4,000 feet above sea-level. Unlike the plain, the plateau has high mountain ranges and the River Than Lwin Flows through the Shan Plateau to the northern Taninthayi Coastal Strip. The rivers of Shweli My-



Panglong Moutment in Panglong, Shan State. PHOTO: LSAI

itnge Zawgyi and Paung-Laung which have their sources at the Shan Plateau flow into the River Ayeyawady.

In our country over 100 ethnic groups have lived in friendship and harmony since time immemorial. All the national people have found unity in diversity, having been born and living on the same kind. The geographical feature of our country, which include high mountain ranges and major river. That flow from the north to the south, make transportation difficult peoples. Moreover, under colonialism, they were subject to many year of systematic divide and rule practices. The national people become suspicious of one another, promoting our leader to make strenuous efforts during the struggle for independence so mountainous regions could gain independence together.

If we review our Myanmar History, the British started to rule parts of Myanmar in 1826 and the whole country in 1886. Myanmar was first placed under a chief commissioner, than a lieutenant Governor in 1897, and then a Governor in 1923, ruled as part of British India until separation in 1937. In Myanmar itself, the Shan States, the Kayah (Karenni) States and the hill areas were administered separately from Myanmar Proper.

As appointed Advisory Council was established in 1897, a par-

tially elected legislative Council in 1923, and bicameral Legislature with an elected Howe of Representatives in 1937.

Armed resistance along traditional lines followed British annexation in 1886. A modern nationalist movement began with the founding of the Young Men's Buddhist Association (YMBA) in 1906 and developed with the formation in 1920 of the General Council of Burmese Associations (GCBA) which advocated constitutional advancement, and the staging of the University Boycott of 1920 dired against the University Act.

The nationalist movement became more radical with the peasant uprising led by Saya San in 1930 and the formation of the Dobamar Asiayone the same year. In 1938, "Revolution of (the Myanmar Year) 1300" which started with a strike in the Chauk-Yenangyaung oilfields, brought the national movement to a high level of development.

With the outbreak of World War II in Europe, Thakhin Aung San (Later Bogoyoke Aung San) of the Dobamar Asiayone, making an effort to stage an armed struggle, made contact with Japanese Army. A group of young members of the Dobamar Asiayone, the Thirty Comrades, was given military training in Hainan and the Burma Independence Army (BIA) was formed in Bangkok on 26 December 1942. The BIA

advanced into Myanmar with the Japanese Army and forced the withdrawal at the British in 1942.

The BIA, reorganized as the Burma Defense Army on 27 July 1942 joined other anti-fascist elements in the Anti-Fascist Organization (AFO) in August 1944 and started an armed struggle against the Japanese Forces on 27 March 1945.

After the War, the AFO was reorganized as the Anti-Fascist People's Freedom League (AF-PFL) with Bogoyoke Aung San as President. Demonstrating its political strength in a general strike in September 1946, the AFPFZ was admitted into the Governor's Executive Council with Bogoyoke Aung San as Deputy Chairmen of the Council. In November 1946 the AFPFL called for independence within one year and discussions with the British Government resulted in the Aung San-Atlee Agreement of 27 January 1947 which provided for the functioning of the Executive Council as interim government and the holding of elections for a Constituent Assembly.

On 12 February 1947 Bogoyoke Aung San concluded the historic Panglong Agreement with Shan, Kachin and Chin leaders which laid the foundation for the establishment of a united independent Myanmar.

A society without unity is probably occupied and destroyed by the external and

internal enemies. It is very important for everyone of the nation regardless of the place the lives to have strong Union Spirit. Only Union Spirit is the true patriotism all the nationalities will have to safeguard. Our three Man National Causes namely Non-disintegration of the Union Non-disintegration of national solidarity and Perpetuation of coverignty is bounden duty of the people.

Myanmar is to various national races and as they have been living together since time immemorial deep-rooted unity and amity have developed among them.

There was a time when national races of Myanmar mistrusted one another and same regions lacked peace and stability due to racial and regional bias. All thes were the result of the colonialst policy of divide and rule.

Nowadays, the government of Myanmar is doing what should be done in the present, reviewing the past and pondering on the future at the some-time. It reconsolidated national Unity for prevalence of peace and stability all over the Union. As it, offered genuine peace overtuas and extended warm welcome to armed groups of national races, they returned to the legal fold.

In the post-independence period, suspicious toward one

another intensified, giving rise the multi coloured insurgencies across the country.

Our national people have the right to settle anywhere in the country, with the result that in every area, many national people have harmoniously together. In this day and age, it is impossible to separate each national people and the very thoughts and nations that give rise to such regional bias have become anachronistic. This is a sign of progress for greater national reconsolidation. I would like to urge you to build on national reconsolidation that has been achieved and all thoughts and nations that might lead to disintedgration of the Union.

Like wise, the objectives 74th Anniversary of Union Day (2021) give guide line to the national people concerning with the national unity. These objectives are as the following:

- (1) To work out the Union Peace Conference 21st Century Panglong, till the success of the internal peace process is achieved.
- (2) Development of the socio-economic life of the ethnic nationals.
- (3) To work for the emergence of a constitution that is in alignment and harmony with the Democratic Federal Union.
- (4) All ethnic nationals to work for the preservation and protection of non-disintegration of the Union, non-disintegration of national unity, and perpetuation of national sovereignty.
- (5) To nurture and develop new generations endowed with high skills and capabilities imbued with strong Union spirit.

Over one hundred national races have been in Myanmar since time in immemorial. The amity unity is strengthening among them on the land Myanmar. All the national races such as Kayah, Kayin, Chin, Mon, Bamar, Rakhine and Shan have been living through thick and thin in amity sticking together since birth of the Union. Our reat national duty is to build the Democratic fede Union with the Union spirtity. Indeed, Unity real strength.

■■■

Union Day Objectives 74th Anniversary of Union Day - 2021

1. To work on the Union Peace Conference – 21st Century Panglong, till the success of the internal peace process is achieved.
2. Development of the socio-economic life of the ethnic nationals.
3. To work for the emergence of a constitution that is in alignment and harmony with the Democratic Federal Union.
4. All ethnic nationals to work for the preservation and protection of non-disintegration of the Union, non-disintegration of national unity, and perpetuation of national sovereignty.
5. To nurture and develop new generations endowed with high skills and capabilities imbued with strong Union spirit.

Union Day slogans for 2021 (74th Anniversary)

1. Equal opportunities and equal responsibilities, living in a peaceful, prosperous and stable Union.
2. Unity is strength, solidarity is power
That is the heart of the Union.
3. Many fruits sprouting from one stem,
this is our brotherhood of the Union.
4. Our Union built with brotherhood,
Never forget Union day.
5. Drinking the same water, living on the same land,
we are Union nationals of the same blood.

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Dr San Baw, a University of Rangoon and University of Pennsylvania Alumnus

By Dr Myint Zan

THE year 2020 was the 100th anniversary of the establishment of the University of Rangoon (now University of Yangon). This writer has written tribute articles or brief profiles of a few University of Rangoon alumni.

In this article I would like to give tribute to my own father Dr San Baw (29 June 1922-7 December 1984) who graduated in March 1950 with a Bachelor of Medicine and Bachelor of Surgery (M.B, B.S) degree from the University of Rangoon. My late father also graduated with a Master of Medical Science (Orthopaedic) from the University of Pennsylvania Graduate School of Medicine on 8 February 1958.

On the occasion of the 63rd anniversary of my late father's graduation from the University of Pennsylvania and the 61st anniversary of Dr San Baw's first insertion of ivory hip prostheses to replace fractured thigh bones of a Buddhist nun Daw Punnya (please see below) in January 1960, I write this tribute article.

My late father Dr San Baw passed away on 7 December 1984 in Mandalay. Almost contemporaneously with the 34th anniversary of passing away of my late father two events took place in honour of my late father in November 2018.

My father Dr San Baw among others, pioneered the use of ivory hip prostheses to replace fractured thigh bones and also developed a new technique for treating congenital pseudarthrosis of the tibia (development of extra shin bone in children).

The 50th anniversary of the establishment of Burma (Myanmar) Orthopaedic Society and 38th anniversary of the establishment of Association of Southeast Asian Nations (ASEAN) Arthroplasty Association was celebrated at a conference held at the Novotel in Yangon from 7 November to 9 November 2018.

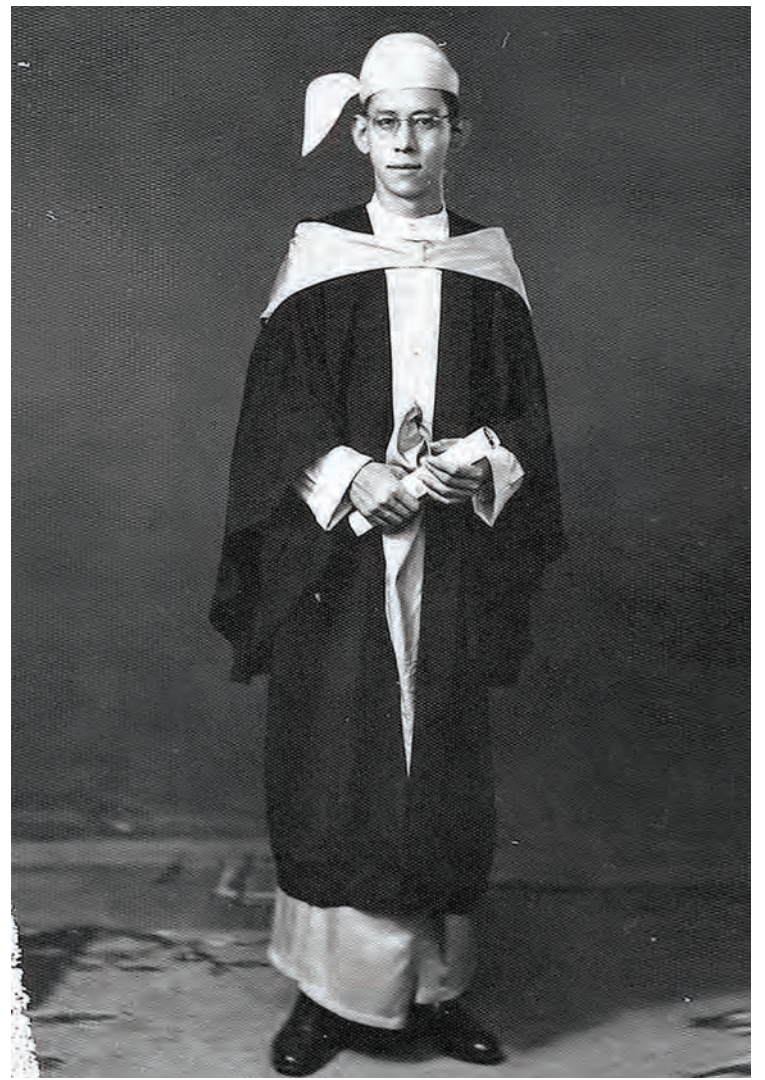
At the conference on 8 November 2018 the Dr San Baw Research Prize was awarded to Myanmar orthopaedic surgeon

Dr Thant Sin Naing for his paper and presentation 'Outcome study of posterior lumbar interbody fusion of tuberculosis lumbosacral spine'

This is the third time the Dr San Baw Research prize was awarded since 1989. The 'inaugural' prize was awarded on Christmas Day 1989 at the Myanmar Medical Association (Mandalay branch) to Dr Phyu Phyu Aung et al for their paper 'Tobacco Dust Exposure in the Cigarette Factories of Rangoon' and the second prize to Dr San San Myint et al for their paper 'Task Analysis of Midwives' in 1996. In the interim period since 1996 the research monies were used for the purpose of, among others, compiling a medical research handbook under the Department of Medical Research and the collation and categorization of Master of Medical Science theses, as well as partial support of Myanmar orthopaedic surgeons in Japan and some other work.

In the initial stages of Dr San Baw's insertion of ivory hip prostheses Dr Sein Lwin, a Burmese-American orthopaedic surgeon now based in Fort Lauderdale, Florida was of major assistance. Dr Sein Lwin assisted Dr San Baw in helping design the ivory hip prostheses. Also, after some of the patients with ivory hip prostheses passed away, with the consent in advance of the concerned diseased persons, Dr San Baw and Dr Sein Lwin operated the cadavers, to verify the 'biological bonding' or 'creeping substitution' between bone and ivory. As of 1969 Dr San Baw, as stated in his presentation at the conference of the British Orthopaedic Association in London, there was 87% success and patients with ivory hip prostheses were able not only to walk, squat, cycle but for some younger patients were able to play foot ball.

At least three patients who have been inserted with ivory hip prostheses are, as



Dr San Baw

My father Dr San Baw among others, pioneered the use of ivory hip prostheses to replace fractured thigh bones and also developed a new technique for treating congenital pseudarthrosis of the tibia (development of extra shin bone in children).

Dr San Baw pioneered the use of ivory hip prostheses to replace fractured thigh bones in January 1960 when he inserted an ivory hip prosthesis on an 83 year old Burmese Buddhist nun Daw Pun Nya. From 1960 to 1980 until his retirement Dr San Baw used ivory hip prostheses to replace the fractured thigh bones ('ununited fractures of the neck of femur' in technical terms) of about 400 patients whose age range from 13 or 14 to 87 when they were inserted with ivory prostheses for their broken thigh bones.

of December 2020, still alive. The youngest patients inserted with ivory prostheses when they were about 13 to 15 years old respectively (now about 65 to 68 years old) were Daw Than Htay and Daw Amar Tin who lived in separate villages near Mandalay. From what the two ladies informed me the ivory hip prostheses was inserted on the left hips of Daw Than Htay and Daw Amar Tin no later than 1971. Daw Than Htay told me that she was operated soon after or around the time actor Shwe Man Tin Maung (21

December 1918-29 November 1969) died so the insertion of ivory hip prostheses Daw Htan Htay's hip could have occurred at the latest by January 1970.

If Daw Than Htay's recollection is correct, as of December 2020, Daw Than Htay has an ivory prosthesis in her left hip for about 51 years!

When I met Daw Amar Tin and Daw Than Htay in August 2017 in Mandalay Professor U Meik a retired orthopaedic surgeon and a former student of my late father stated that usually metal prostheses might last up to 25 years but not beyond that. Though X ray films showed that the ivory prosthesis was slightly cracked Daw Than Htay can walk, albeit with a limp, without assistance.

Another elderly lady Daw Than Than (born 23 September 1923) of Mandalay who is alive as of December 2020 was inserted with an ivory hip prosthesis in the early to mid-1990s by Professor U Meik. A few years later then age in her seventies family members informed me that Daw Than

Than climbed the Kyaik Hti Yo pagoda by herself albeit she was fitted in her left hip with an ivory prosthesis.

Daw Than Than dislocated her right hip again after a fall in October 2014 and Professor Dr Sein Hla Oo inserted a metal prosthesis on her right hip. (During the time Dr San Baw was using ivory hip prostheses in Burma in the 1960s and 1970s there was no killing of elephants and ivory was taken from the elephant only after the elephants died.)

Since the late 1990s the prohibition world-wide of ivory trade mandates that ivory can no longer be used for hip replacements. But from 1960 to about seven to ten years after Dr San Baw's passing till the early to mid-1990s former students of Dr San Baw Professor Kyaw Myint Naing and Professor U Meik continued to use ivory replacements in several dozen patients using the San Baw technique.

**SEE PAGE-11
FROM PAGE-10**

Dr San Baw, a University of Rangoon and University of Pennsylvania Alumnus

FROM PAGE-10

As of December 2020 Daw Than Than is the only person in the world, over the age of 90, who has an ivory hip prosthesis on her left hip and metal hip prosthesis on her right hip. And the youngest persons to be inserted ivory hip prostheses (at the age of 13 to 15/16) Daw Than Htay and Daw Amar Tin (as of December 2020) live in villages near Mandalay.

Though Dr San Baw has not apparently done any operation on any foreigner by inserting ivory prostheses (like he has done so to about 400 Burmese in 20 years from 1960 to about 1980) the late Dr Subramanian, Professor of Orthopaedic Surgery

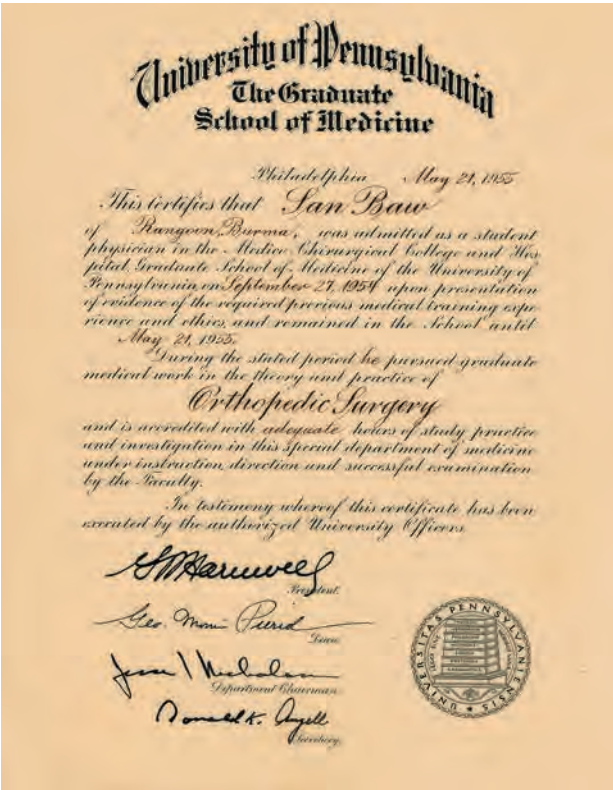


of the University of Malaya Hospital in Kuala Lumpur, Malaysia informed me that in January and February 1976 when Dr San Baw was visiting Malaysia he did treat at least one Malaysian child with his own technique (yet another San Baw technique) of infantile pseudarthrosis of the tibia. Hence there is at least one foreign beneficiary of my late father Dr San Baw's innovative approaches to orthopedic surgery and his compassion also (please see below also).

After graduating from Rangoon University in March 1950 Dr San Baw did his post graduate studies and internship in the Department of Orthopaedic Surgery at the Uni-

versity of Pennsylvania, in the United States, from April 1954 to late 1957. It was during his post graduate studies in the United States that it dawned on him that 'biologic materiel' like ivory might be useful at least in Burma. Till the 1980s it indeed was cheaper and in many respects better than metal (please see further below).

Dr San Baw consulted, among others, a physics professor as regards the physical characteristics of ivory and biochemistry professor as regards the biochemical properties of ivory not to say an ivory sculptor the late U Tin Aung (who passed away in 2010) in Mandalay for the design of his ivory hip prostheses. He did



orthopaedic surgeon from Poland delivered the Inaugural Lecture titled 'Dr San Baw- The Forgotten Innovator in Orthopaedic Biologic Reconstruction'. I also give a presentation 'Dr San Baw: A Son's Tribute'.

The two Lectures lasting nearly two hours was delivered in the early morning hours from 6:30 am to 8:30 am during 'orthopaedic rounds'. Still, about 30 orthopaedic surgeons attended the Lectures including my late father's former assistant Dr Sein Lwin who flew in from Florida to Philadelphia to attend the Inaugural San Baw Lecture.

In Myanmar with the revived sponsorship and support for the funds by Professor Dr Myint Zan (retired Professor of Law) and the Myanmar Orthopedic Society the Dr San Baw research fund will continue to be used for various research activities primarily but not solely related to orthopedic research and training. And in the United States as per my donation to the Department of Orthopaedic Surgery at the Raymond and Ruth Perelman School of Medicine, at the University of Pennsylvania the San Baw Honorary Lecture, I was told, will be held on an annual basis 'in perpe-

tuity'.

After the Inaugural San Baw Lecture in Orthopaedic Innovation in November 2018 I have initially planned or informally proposed to personnel in Penn's Department of Orthopaedic Surgery to hold the 2nd Lecture sometime in the period of March to May 2020. Perhaps the speaker could be a Myanmar orthopaedic surgeon who initially was scheduled to visit the United States during that period. But the scourge of Covid-19 occurred (and is still occurring). Hence the plan did not materialize. Perhaps with some luck and prior arrangements the second San Baw Lecture in Orthopaedic Innovation can be held, if need be, through Zoom or teleconferencing.

The San Baw Inaugural Lecture was reported in Penn Medicine News a news letter of the Raymond and Ruth Perelman School of Medicine.

Professor L. Scott Levin, MD, FACS, FAOA stated and I QUOTE 'San Baw was an innovative, compassionate physician who pioneered techniques in hip arthroplasty. We are delighted to perpetuate the legacy of this remarkable orthopaedic surgeon'. UNQUOTE. I am touched and honoured by Professor Levin's choice of phrases in that in describing my father Professor Levin first used the phrase 'compassionate physician' and then 'remarkable orthopaedic surgeon'. For isn't the main task and the motivations pertaining to it of medical doctors is to heal with compassion? In addition to his innovations in orthopaedic surgery, as a son, I am proud that my father was a compassionate physician.

This article is a small tribute to my late father's memory and his pioneering contributions for the welfare of humanity.



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Colourful croplands of niger, oil mustard wheat can be seen in distant view with greening mountain ranges in background as a poem or painting.



We place straws on the even area, install tent and keep its four edges in the ground to have resilience of winds.

Let's sleep in tent on Shan mountain range to enjoy **scene of cloud stream**

By **Thiha (the Traveller)**

Photos: U U Ye Kalawthar, Thiha Lu Lin

Translated by Than Tun Aung

AT a time when cloud seas were popular, I have experienced enjoying of a cloud stream in Shan State (South). The scene dubbed as cloud stream was seen with moves of spongy and flaky clouds in the sky. Sometimes, cloud sea emerges there. But, I was satisfied with enjoying the scene streaming of flaky clouds.

When I arrived in Kalaw, Ko Ye (U U Ye Kalawthar-a local guide of



We climbed the hill by backpacking rucksack each carrying snacks, coffee cup, purified drinking water, tissue, bed and tent.



Kalaw) asked me: Let's build a tent on the hill to enjoy scenic beauties of a cloud sea in the morning. So, I actively agreed it and proceeded to the hill with keenness for taking photos and enjoy natural beauties.

Myinmue Hillock, the dream of every photographer

Photographers who dreamt dreams to stand on the apex of Myinmue Hillock are very interested in taking photos on scenic beauties in Kalaw-Aungpan environs. Roughly, let me tell you all that Ko Ye took me to a better site. I saw thriving niger, oil mustard and wheat plantations and

harrowing lines in varied colours with green mountain ranges in the background. These scenes looked a poem or a painting. So, photographers and view lovers preferred such natural scene. But, such scene cannot be beautiful for ever. If you go there from November to January, you can see them.

We'll sleep in tent on Shan mountain range

Backpacking rucksack each carrying snacks, coffee cup, purified drinking water, tissue, bed and tent, we walked to the foot of the hill. Suppose, we took soft trekking experiences. We took



Cloud stream flowing around hills.

about 20 minutes in climbing the hill along a slope route but we were not tired. Despite being busy, we carried rucksack for ensuring convenience on the hill. It is sure that such event would be remembrance for life.

As soon as we arrived on the hill, we prepared building of a waterproof tent with straw as floor on an even area. Four edges of the tents were kept in the ground so as to prevent winds. After completion of all tasks, our tent was seen as lovely one. So, I remembered my childhood when we built a tent with the use of blankets on chairs.

Let’s move into bushes

The hill bears a plain on its apex. So, it would be difficult to solve the problem of latrine. But, it was not so bad. Ko Ye said if the flock comprises women, he will change the plan of climbing on other hill. It was a remembrance that we all solved our latrine problems in the bushes naturally.

Singing beside fire by playing guitar

At night, we sprayed ourselves to prevent mosquitos and other insects. Then, we set a fire with firewoods and treated all with coffee, snacks and sunflower seeds. But, if we took a guitar, we could pass a rhythmic night with a fire, coffee cups and sounds of guitar.

Streaming of clouds in the morning

I took photos on stars in the sky at midnight and then fell asleep. Ko Ye woke up at about 5 am. He told me clouds came. So, I immediately woke up to see. OMG! How beautiful cloudy stream! How beautiful cloudy sea!

Clouds could be seen around

the top of the hill. I run round the top of the hill as a child to enjoy clouds. Clouds were under my feet. I started 360 live with the use of Insta360 nano camera on tripod. I was satisfied with other friends who were also enjoying scenes of clouds. The morning created me as a prince of clouds. I could not adequately express my feeling while tasting coffee in enjoying cloudy stream. But you should take a notice for the time of enjoying scenes of the cloud sea.

It is not shameful in collecting litters

Don’t accept it is a shameful for the collection of own garbage. If the garbage may be fertilizer easily, you may leave it without worries. But, empty drinking water bottles, plastic bags, packets of snacks and polyethylene bags should be brought back and littered into the bins carefully. You must carefully put out the fire. Your moves should not be de-

stroying plantations and housings. You should give a helping hand to others for enjoying natural scene.

Can I build tent for sleeping on own plan without local guide?

Local guide will take the best care of you. He will give easier arrangements to you for solving the problems. He can negotiate with local people for you. You cannot know what dangers you could see. You cannot know the attitude of locals. If you don’t seek help of local guide, anyone cannot solve your possible problems. So, you should make a journey under better arrangements of local guide.

How can I arrange similar tours?

U U Ye Kalawthar arrange all process for the trip. It will provide necessary assistance such as tents and personal beds to visitors.

You can bring your owns. You



It was my first experience in sleeping in tent two years ago. Now, sleeping in tent is on many trips as usual. I will never forget sleeping in tent on Shan mountain range for enjoying cloud stream.

may dial 09-258310379 of U U Ye Kalawthar or contact personal account and Kalaw Trekking with U U Ye Kalawthar for further information. But, you may face some dialing problems when U U Ye is on the trekking route. Otherwise, his phone may be busy for calls of many others.

Some noticeable points

You should think to bring light clothes along with you as

much as possible. But don’t forget to take sweaters. You may be hot in the tent. You arrange yourselves by wearing sport shoes for having comfortability. You take care of fire not to be spread there.

You should seek suggestions of local guide whether it should bring liquor, beef and fish to new area or not. But you must take bottles of purified drinking water as much as you can. It is because you would rely on drinking water for washing your face. Powerbanks must be charged fully. It is necessary to bring insect killers and lotions for prevention of mosquitos and muscle pains.

What do you have wonder-

ful experiences in sleeping in tent on the hill?

Mainly, such move will give confidence to you. You will have habit of loving nature. You will have higher critical thinking to solve problems. As it is a sport movement on one hand, you will be fresh and active with contributing to your health.

As I am trying to do things I wish in my life, I accept the experiences of sleeping in tent on the hill to enjoy natural scene as watching a film. I am satisfied with doing so. It is sure I would make more and more trips to enjoy natural scenes by spending night.

May you all have a safe, healthy and happy trip.

We all travellers to enjoy beautiful scenes of Myanmar in the long run-

-let’s take responsibilities for systematic disposing of own garbage.

- let’s value natural beauty of flowers and thriving trees without plucking and breaking.

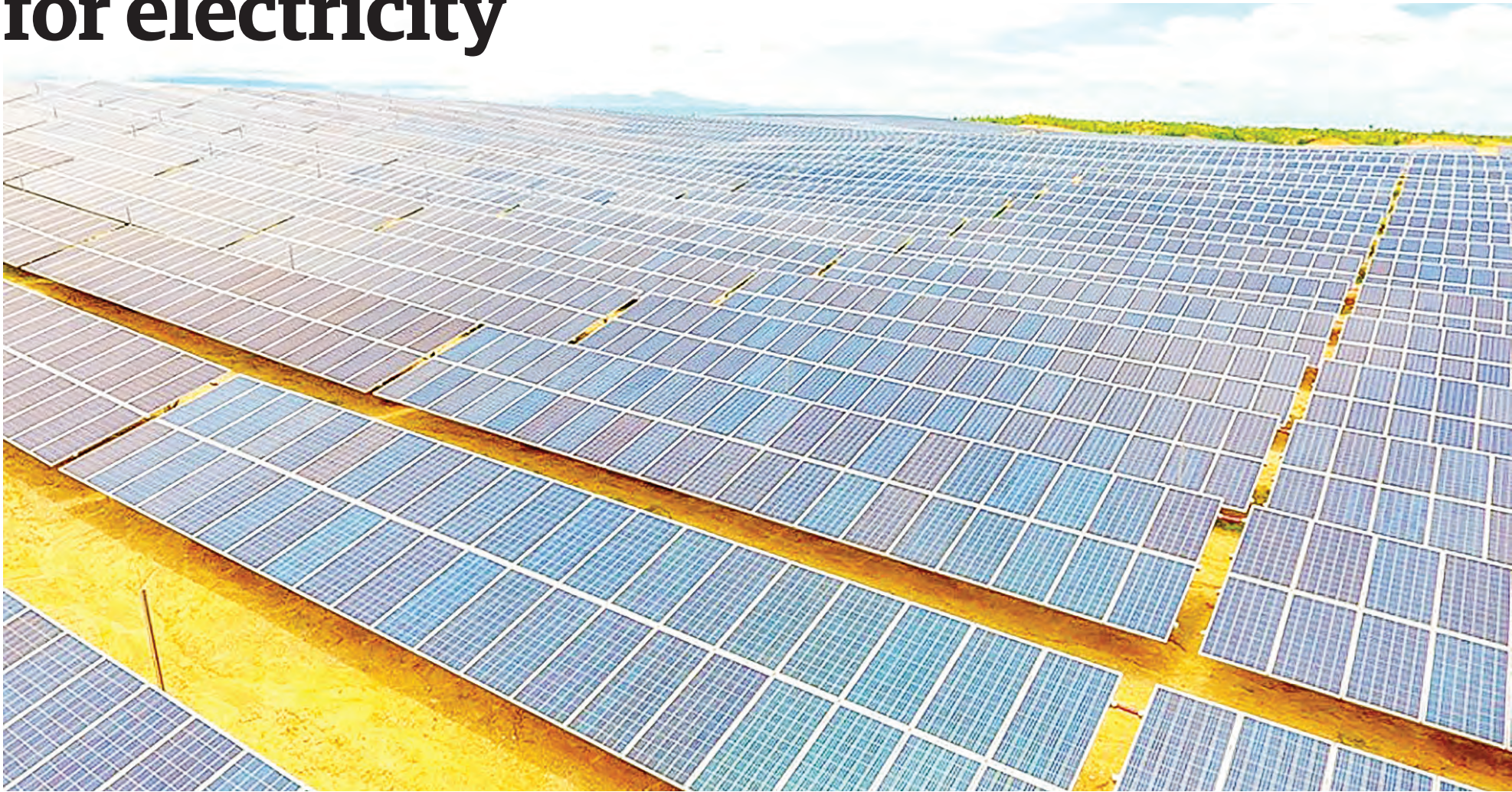
- let’s preserve cultural heritages and invaluable, historic buildings without scratching and destroying for a moment personal pleasure.



Now is time of blossoming wild sunflower and niger.



Solar and wind power projects to contribute toward country's demand for electricity



The photo shows a solar power plant in Minbu, Magway Region.

By Swe Oo Wai
TRANSLATED
BY HTUT HTUT
(TWANTAY)

SUFFICIENCY of electric power serves one of the key factors, thereby contributing towards the development of quality of socio-economic status of the country. Local and foreign investors are being invited for ensuring nationwide electric power security. Myanmar is now striving for power generation from renewable energy resources such as sunlight and wind, accounting for 8 % of country's total power generation in 2021.

Myanmar has already set a target to generate 8% electric power from its renewable energy resources in 2021 and 12 % in 2025, according to the Ministry Foreign Investment and Economic Relations. The Ministry of Electricity and Energy already invited local and foreign investors to inject capital into the establishment of 30 solar power plants across the country with the purpose of generating 1,060 MW of electricity.

The MoEE is going to set up six 40-MW solar power plants

in Magway Region, five 30-MW solar power plants in Mandalay Region, seven 30-MW and 40-MW solar power plants in Bago Region, four solar power plants in Sagaing Region, one 30-MW solar power plant in Yangon Region, three in Nay Pyi Taw and four in Ayeyawady Region.

The move made by the ministry that is not to hurt natural environment and socio-economic status of local people including health is thought to be a good step to set up solar power plants across the country to generate electric power with the use of renewable energy resources. Renewable energy projects are under implementation as energy producing from fossil fuel can gradually run out when the time continues.

There is only a solar power plant in Myanmar until now, but later the number will be on the increase across the country. Myanmar's first-ever solar power plant was built near Minbu, Sagaing Region. The solar-to-power plant was commissioned into service in June of 2019. It can generate 40 MW for the first phase. The

power generated from the solar-to-power plant is being sent



Solar power farm.



to Mandalay-Ann power lines.

From the first to third phase, Minbu solar power plant can generate 40-MW of power each and 50-MW in the fourth phase. Upon completion of the whole project, 350 million kilo/ watt hours will be able to generate. The power produced from the solar power plant will be supplied to a total of 210,000 households residing in Sagaing Region and the surplus power will be sent to the national grid.

The data regarding the energy currently provided in the country shows that hydropower accounts for 38%, gas-fired for 20%, solar for 9% and coal-fired for 1% respectively. Plans to generate power from LNG are now underway. Myanmar is striving for the implementation of electric power generation with the effective use of renewable energy resources in order to deal with the increasing power consumption year after year.

The expectation of the Ministry of Energy and Electricity is that there would be a deficit of 6,000 MW of electricity across the country in 2021-2021 financial years. All power plants in the country are currently generating more than 3,000 MW of power and so the country will have to face insufficient power. For that reason, LNG power five-year projects are under implementation at the same time so as to generate power in a short time.

The project to generate

power from liquefied natural gas has begun in Thilawa, Thanlyin in Yangon Region. Factories, industries and industrial zones play a leading role in developing Myanmar. Power sufficiency is essential for the operation of the factories, industries and industrial zones at full capacity. As regards, the government is fulfilling the needs for the speedy implementation of dealing with the power demand.

If a solar power plant is set up, the investment is valued at US\$20 million besides the utilization of plot of land. The government, in its capacity, is fulfilling the needs for the establishment of the solar power plant. A commercial solar power plant must enjoy right of generating power for 20 years a date from which it is commissioned into service.

The government is making concerted efforts in generating more power with the use of different ways and means, in this state; the acceptance of the National Grid is of great importance. Plans are underway to increase power generation step by step. To be able to do so Demark and Myanmar signed an agreement on technical co-operation and arrangements have been made to conduct training as well.

The government is undertaking the implementation of establishing solar power plants while plans are underway to

carry out wind power projects. Infra Capital Myanmar Re Xe (Icm) has been conducting a feasibility study on the establishment of wind power plants in Magway Region since 2017. An MoU was signed on conducting feasibility study during 2017. Efforts are being made to generate 200 MW of power from wind energy in Magway Region. It was learnt that experts from Denmark provided training in wind energy. Standard codes for wind energy will be compiled after creating wind mapping.

With the aim of implementing wind power plant projects to deal with the power demand for Myanmar, the officials signed MoUs with four companies. The wind power plant projects have been expected for more than 6,000 MW of electricity. There is also a plan to generate 30-MW from wind energy in Chaungtha, Ayeyawady Region. The government is trying to hunt for the places capable of producing energy resources.

Apart from the establishment of hydropower, gas-fired and coal-fired power plants, the government is implementing the projects to generate power with the use of renewable energy resources like solar power and wind power, expecting an increased power generation during 2021 and in the next years.



Wind turbines.

👉 Useful Information 👈

JAPANESE CUISINE
AJISHIN No.192, Kabar Aye Pagoda Road, Myanmar Plaza, 4th Floor, Yankin Township, Yangon, Myanmar. <i>Ph: 09-970890390</i> , Time- 10:00 to 23:00 (Open Daily)
ANAIMO No. 300, Mahabandula Park Street, Kyauktada Township, Yangon. <i>Ph: 01-378022</i> . Time- 11:30-14:00/ 17:30-22:00 (Saturday only evening and Sunday off)
BIKKURA SUSHI & SASHIMI JAPANESE RESTAURANT No. 16, Natmawk Road, Tamwe Township, Yangon. <i>Ph:09-799566917, 09-36714873</i> . 10:30-22:30 (Open Daily)
BUSHIDO No. 75/ AB Boyar Nyunt Street, Dagon Township, Yangon. <i>Ph:09-260031197/ 09- 420231330</i> . 10:00-22:00 (Sunday Off)
CHO JAPANESE DINNING & BAR Level (1), Garden Wing, Beside Lobby Lounge.(Inside Sedona Hotel), Yangon <i>Ph:09-258322223/ 09-261322223</i> . Lunch 11:30-14:30/ Tea Time 14:30-18:00/ Dinner 18:00-23:00(Open Daily)
DINNING FUKUROU No. 37, Kabar Pagoda Road, Inside of Inya Lake Hotel, Yangon. <i>Ph:09-260031197 09-420231330</i> .11:00-22:00 (Open Daily)
EDOZUSHI A-1, Star City, Kyaik Khauk Pagoda Road, Thanlyin Township, Yangon. <i>Ph:056-23150-53/ 056- 23313-318(Ext-1183)/ 09-2560-75020</i> .11:00-21:00(Open Daily)
(3) YAKINIKU FUKAGAWA A-1, Star City, Kyaik Khauk Pagoda Road, Thanlyin Township, Yangon. <i>Ph: 056-23150-53/ 056- 23313-318(Ext-1183)/ 09-2560-75020</i> ,11:00-21:00(Open Daily)
FUJINOBO (Cherry Hill Hotel) No. 520/4 A, Kabar Aye Pagoda Road, Shwe Gone Daing, Bahan Township, Yangon. <i>Ph: 09-450067052, 06:00-09:30/ 11:30-14:00/ 17:00-22:30</i> (Open Daily)
FURUSATO No. 137, West Shwe Gone Daing, Bahan Township, Yangon. <i>Ph: 01-556265/ 09-73081914</i> . 11:00-14:00/ 17:00-22:00(Open Daily)
GEKKO 535, Merchant Street, Kyauktada Township, 4th Quarter, Yangon. <i>Ph: 01-386986, 09:00-23:00</i> (Open Daily)
HIMARI MYANMAR Pearl Condo, Block D, Ground Floor, Units-G-10, Kabar Aye Pagoda Road, Bahan Township, Yangon, <i>Ph: 09-775330494</i> . 11:30-14:00/ 14:00-22:00(Open Daily)
HOKKAIDO JAPANESE RESTAURANT No. 24/ 26, Kabar Aye Pagoda Road, Golden Hill Tower(A), Bahan Township, Yangon. <i>Ph: 09-250537315</i> . 11:00-14:00/ 17:00-21:30 (Open Daily)
HOT POT KING and Hot pot and BBQ Buffet Restaurant No - 26/27, Thitsar Road and Corner of Wai Za Yan Dar Road, South Okkalapa, Yangon. <i>Tel - 09 777777 008, 09 09 777777 009, 09 777777 883</i> .
Hot Pot City 8 Miles No(33), Kyaik Wine Pagoda Road (7.34 km) 095 Yangon, <i>Ph:09 797 799111,11:00-22:00</i> (Open Daily)
101 Hot Pot & Sushi No.141, West Shwegondaing Road, Bahan T/s. near Yuzana Hotel. (1.78 km), 11201 Yangon.

Get Directions Highlights info row image, <i>Ph: 09 777 799101</i> . 4:00 PM to 10:00 PM
Little Sheep Hot Pot Myanmar 14/14B Kanbawza Street Golden Valley (1) Bahan Township (1.71 km), Yangon. <i>Ph: 09443399701, 09443399702, 11:00-23:00</i>
HOTEL
BELMOND GOVERNOR'S RESIDENCE No. 35, Taw Win Road, Dagon Township, Yangon. <i>Ph: 01-229860 01-229861</i> .
CHATRIUM No. 40, Natmawk Road, Tamwe Township, Yangon. <i>Ph: 01-544500/ 01-544244</i> .
CHERRY HILLS HOTEL No. 520/4 A, Kabar Aye Pagoda Road, Shwegon Daing, Bahan Township, Yangon. <i>Ph:01-559722</i> .
HOTLE 51 No. 154/ 156, 51st. Upper Pazundaung Township, Yangon. <i>Ph: 01-200823/ 09-429918554</i> .
HOTEL KAN KAW No.93(A), Hnin Si Gone Road, Ahlone Township, Yangon. <i>Ph: 01-228566/ 01-2301700/ 01-1221731</i> .
HOTLE SIDNEY No. 8L/Mindhama Road, Between Kyaik Wine Pagoda Road and Parami Road, Mayangone Township. <i>Ph: 01-655770/ 01-9669600-02</i> .
INYA LAKE HOTEL No.37, Kabar Aye Pagoda Road, Yangon. <i>Ph: 01-9662866/ 01-9662857-9</i> .
LOTTEE HOTLES AND SERVICED APARTMENTS YANGON No.82, Sin Phyu Shin Avenue, Pyay Road, 6 mile, Hlaing Township. <i>Ph: 01-9351000</i> .
MERCURE HOTEL No.17, Kabar Aye Pagoda Road, Yankin Township, Yangon. <i>Ph: 01- 650933</i> .
NOVOTEL YANGON MAX No.459, Pyay Road, Kamayut Township, Yangon. <i>Ph: 01-2305858</i> .
PAN PACIFIC YANGON No. Corner of Bogyoke Aung San Road and Shwedagon Pagoda Road, Yangon, <i>Ph:01-9253810</i> .
PARK ROYAL No.33, Alan Pya Phaya Road, Dagon Township, Yangon, <i>Ph: 01-250388</i> .
PULLMAN YANGON CENTREPOINT No.65, Corner of Sule Pagoda Road and Merchant Street. <i>Ph: 01-382687</i> .
ROSE GARDEN HOTEL No.171, Upper Pasodan Road, Yangon. <i>Ph: 01-371992/09263440500</i> .
SAVOY HOTEL No.129, Corner of Dhammazedì Road and Inya Road, Yangon. <i>Ph: 01-526289/ 01-526298/ 01-526305</i> .
SEDONA HOTEL No. 1, Kabar Aye Pagoda Road, Yankin Township, Yangon. <i>Ph: 01-8605377</i> .
SULE SHANGRI-LA No. 223, Sule Pagoda Road, Kyauktada Township, Yangon. <i>Ph: 01-242828</i> .
SUMMIT PARKVIEW HOTEL No. 350, Ahlone Road, Dagon Township, Yangon. <i>Ph: 01-211888/ 01-211966</i> .
SUPER HOTEL No. 51/ D, Kabar Aye Pagoda Road, 10th Quarter, Mayangone Township, Yangon. <i>Ph:09-797109000/ 01-658210/ 01-658220</i> .

Request to monks, people for paying homage to Shwedagon Pagoda

THE Shwedagon Pagoda has been closed off for more than 10 months since 9 April 2020 during COVID-19 pandemic. The spread of disease reaches under control to a certain extent due to the effective COVID-19 prevention, control and treatment activities. Therefore, the pagoda will be opened to public starting 8 February 2021 in accordance with the words of State Sangha Maha Nayaka Sayadaws, Ovada Saria Sayadaws of Pagoda Board of Trustees, and permission of the State Administration Council in line with the COVID-19 health rules. But, celebrating occasions with ceremonial gatherings remains restricted.

Pilgrimage programmes for monks, people

1. The pagoda will be opened to monks and nuns on 8.2.2021 and 9.2.2021.

2. The pagoda will be opened for the older people and people with disabilities on 10.2.2021.

3. The pagoda will be opened to public starting 11.2.2021.

4. There will be three pilgrimage sections respectively in the morning and afternoon- from 06:00 am to 07:00 am, 08:00 am to 09:00 am and 10:00 am to 11:00 am and 13:00 pm to 14:00 pm, 15:00 pm to 16:00 pm and 17:00 pm to 18:00 pm. There will be six times for pilgrimage and 500 visitors will be allowed at a time, and a total of 3,000 people can visit per day.

5. A total of 500 people can pay homage to the pagoda per time as it will allow
- 200 people from the eastern stairway while 150 from the western stairway, 50 from the southern stairway and 100 from the northern stairway.

6. The visitors except for elderly people and people with disabilities must not use the elevator.

7. The pilgrimage hour is 1 hour.

8. The pilgrims will have to fill the Form for personal data (name, father's name, NRC No, phone number, address). The pilgrims can also take the pre-filled personal data forms.

9. The pilgrims must return from the stairways where they come.

Facts to follow

1. The people with suspected COVID-19 symptoms like fever (temperature over 100.4°F/38°C), cough, difficult breathing and smell loss must not be allowed.

2. The pilgrims must wear masks. The elderly people at the age of over 60 and those having chronic diseases such as diabetes and hypertension must wear masks and face shields.

3. The pilgrims must cooperate in filling personal data, phone numbers in the designated forms and record books.

4. The pilgrims must exactly follow the COVID-19 preventive measures without fail.

5. The people need to wash the hands thoroughly for 20 seconds at the hand-washing basins at the entrance of stairways, pagoda platforms and exit ways or use Hand Sanitizer containing 60pc of alcohol before they enter the pagoda compound, or every time after paying homage (the hands touch the floor (or) pagoda platform), and when they return.
6. The people must take mini Hand Sanitizer containing 60pc of alcohol to wash the hands after paying homage (touching the floors or pagoda platforms).

7. The people must take temperature screening conducted by the officials at the stairways with Non-contact thermometer (or) Thermal Scanner.

8. The pilgrims must follow the 6ft social distancing at the entry and exit of stairways and on the pagoda platform.

9. The people must avoid paying homage at the rest house and guest pavilions for a long time, eating food in a group or offering food donation (Satudithar).

10. The people must systematically throw the used masks and tissues to the dustbin with covers.

11. Within 7 days after the visit to the pagodas, if the people suffer from sick, cough, smell loss and hard breathing, they must go to the nearest healthcare department.

Pilgrimage programmes for region/state pagodas

1. The pagodas located in regions/states will be opened to public starting 8.2.2021.

2. The pilgrims must follow the COVID-19 prevention, control and treatment instructions of the Ministry of Health and Sports.

3. All the people living in Nay Pyi Taw and other regions/ states must follow the instructions of the Ministry of Health and Sports.
4. The pagoda board of trustees of Nay Pyi Taw and other regions/states must make preparations for 33 facts released by the Ministry of Health and Sports.

5. The relevant pagoda board of trustees must follow the orders and directives of Nay Pyi Taw, Region/State Administration Councils.
- Ministry of Religious Affairs and Culture

Republic of the Union of Myanmar

Announcement of Central Committee on Prevention, Control and Treatment of Coronavirus Disease 2019 (COVID-19)

6th Waning of Pyatho 1382 ME

(2 February 2021)

1. Myanmar nationals have been brought back as they wanted to return home from abroad via relief flights during the Coronavirus Disease 2019 (COVID-19) pandemic.

2. During the COVID-19 pandemic, as for Myanmar nationals abroad, it is better to return to Myanmar than they are experiencing difficulties abroad.

3. We would like to announce that in accordance with the rules set by relevant ministries, we will timely arrange more relief flights/vessels to bring back Myanmar nationals who are legally or illegally staying abroad.