

The Republic of the Union of Myanmar State Administration Council: Five-Point Road Map

- 1. Priority will be given to fully realizing peace, stability and rule of law throughout the Union to safeguard the socioeconomic life of the people.
- 2. People-centred development work that enhances socioeconomic well-being will be undertaken to ensure the country's prosperity and food security.
- 3. Processes will further continue to consolidate a genuine, disciplined multiparty democratic system and build a Union based on democracy and federalism.
- 4. Priority will be accorded to work aligned with the agreements set out in the Nationwide Ceasefire Agreement, in order to achieve enduring peace for the entire nation.
- 5. Upon accomplishing the provisions of the state of emergency, free and fair multiparty democratic elections will be held in line with the 2008 Constitution, and further work will be undertaken to hand over State duties to the winning party in accordance with democratic standards.

SAC Chairman PM Senior General Min Aung Hlaing inspects water supply facilities in Sittway



State Administration Council Chairman Prime Minister Senior General Min Aung Hlaing views the Kandawgyi lake and water supply facilities in Sittway, Rakhine State on 28 February 2023.

CHAIRMAN of the State Administration Council Prime Minister Senior General Min Aung Hlaing yesterday morning inspected water supply facilities in Sittway of Rakhine State.

At the Kandawgyi lake and water collection tanks, departmental officials reported

on daily water requirements of local people, water supply functions, rainfall, water storage, lesser volume of waterfalls since 2017, increasing population of Sittway and the problem of water supply, and necessity to supply water from Khamikyein Creek to water collection tanks and expansion

of the water tank.

In his response, the Senior General stressed the need to seek ways for transforming seawater into freshwater in addition to storage and supply of freshwater to the region. It is necessary to conduct feasibility studies for tapping underground water in the northern

part of the city without harming the environment. The Senior General instructed officials to improve the strengthening of the Kandawgyi water collection lake. Extreme extraction of timber in the region can cause climate change, lesser volume of rainfalls and natural disasters. Hence, all need to

grow trees including mangrove forests.

The Senior General inspected water collection tanks and instructed officials to carry out necessary maintenance for the tanks and supply water enough to meet the demand of the region. — MNA/TTA

INSIDE TODAY

NATIONAL
8th State Sangha Central Working Committee holds 5th meeting
PAGE-6

NATIONAL
India-Myanmar Investment and Trade Promotion Dialogue held
PAGE-6

NATIONAL
58th Myanmar Gems Emporium 2023 to be held 17-23 March
PAGE-10

CURRENT AFFAIRS
Applications for real estate assessment for 2022-2023FY to be submitted by 17 March
PAGE-11



Public Notice for Submitting Objection

1. Pa-O National Organization (PNO) with its headquarters located at No 18, West Ring Road, Zaypaing Ward, Taunggyi, Shan State applied on 16-2-2023 to be allowed to continue to exist and register as a political party under Section 25 of the Political Parties Registration Law. It is reported that the party name, flag and emblem will be used as described in the application.
2. Under Rule 14 (d) of the Registration of Political Parties, it is hereby announced to the public that those who wish to object to the name of the party, the flag and the emblem to be used by that organization may submit their objection to the Union Election Commission with valid evidence within seven days from the date of this announcement.



Flag design of Pa-O National Organization (PNO)



Emblem of Pa-O National Organization (PNO)

Union Election Commission

Public Notice for Submitting Objection

1. New National Democracy Party with its headquarters located at No 72, Laydauntkan Road, Za/Northern Ward, Thingangyun Township, Thingangyun District, Yangon Region applied on 23-2-2023 to be allowed to continue to exist and register as a political party under Section 25 of the Political Parties Registration Law. It is reported that the party name, flag and emblem will be used as described in the application.
2. Under Rule 14 (d) of the Registration of Political Parties, it is hereby announced to the public that those who wish to object to the name of the party, the flag and the emblem to be used by that organization may submit their objection to the Union Election Commission with valid evidence within seven days from the date of this announcement.



Flag design of New National Democracy Party



Emblem of New National Democracy Party

Union Election Commission

Public Notice for Submitting Objection

1. Public Contribute Students Party with its headquarters located at Room 105, Building 9, Shwe-yingin Street, Shwelinpan low-cost housing, Section 1, Hlinethaya (East) Township, Yangon Region applied on 22-2-2023 to be allowed to continue to exist and register as a political party under Section 25 of the Political Parties Registration Law. It is reported that the party name, flag and emblem will be used as described in the application.
2. Under Rule 14 (d) of the Registration of Political Parties, it is hereby announced to the public that those who wish to object to the name of the party, the flag and the emblem to be used by that organization may submit their objection to the Union Election Commission with valid evidence within seven days from the date of this announcement.



Flag design of Public Contribute Students Party



Emblem of Public Contribute Students Party

Union Election Commission

Public Notice for Submitting Objection

1. New Democracy Party (Kachin) [N.D.P(Kachin)] with its headquarters located at Chan Maw Housing No 17, Ward No 3, Panwar, Chephwe Township, Chepwe District, Kachin State, applied on 22-2-2023 to be allowed to continue to exist and register as a political party under Section 25 of the Political Parties Registration Law. It is reported that the party name, flag and emblem will be used as described in the application.
2. Under Rule 14 (d) of the Registration of Political Parties, it is hereby announced to the public that those who wish to object to the name of the party, the flag and the emblem to be used by that organization may submit their objection to the Union Election Commission with valid evidence within seven days from the date of this announcement.



Flag design of [New Democracy Party(Kachin)] [N.D.P (Kachin)]



Emblem of [New Democracy Party(Kachin)] [N.D.P(Kachin)]

Union Election Commission

Public Notice for Submitting Objection

1. Phalon-Sawaw Democratic Party with its headquarters located at the corner of Ingyin (2) Street and Ngushwewah Street, Yadanadepa, No 9 Ward, Hpa-an, Kayin State, applied on 24-2-2023 to be allowed to continue to exist and register as a political party under Section 25 of the Political Parties Registration Law. It is reported that the party name, flag and emblem will be used as described in the application.
2. Under Rule 14 (d) of the Registration of Political Parties, it is hereby announced to the public that those who wish to object to the name of the party, the flag and the emblem to be used by that organization may submit their objection to the Union Election Commission with valid evidence within seven days from the date of this announcement.



Flag design of Phalon-Sawaw Democratic Party



Emblem of Phalon-Sawaw Democratic Party

Union Election Commission

Public Notice for Elimination of Violence

1. Declaring themselves to be “for the people”, the so-called CRPH, NUG and PDF terrorist groups are lawlessly killing Buddhist monks, civil servants including schoolteachers, and members of the general public, as well as looting and robbing.
2. Not encouraging, supporting, or assisting “CRPH”, “NUG”, and “PDF” terrorists, who are intimidating and killing people and committing destructive activities, is to protect the lives and property of the general public.
3. Giving information secretly to the authorities on terrorists and on the possession and transport of weapons/ammunition is tantamount to protecting the lives and property of innocent people.

4 new cases of COVID-19 reported on 28 February, total figure rises to 633,918

MYANMAR'S COVID-19 positive cases rose to **633,918** after **four** new cases were reported on 28 February 2023 according to the Ministry of Health. The total number of patients who have recovered from COVID-19 in the country reached **614,399**, including **one** new recovery. The death toll from COVID-19 in the country remained unchanged at **19,490** on 28-2-2023 with no new death reported from the pandemic. —MNA

It is beneficial for restoring peace of the nation and development of all regions

UNDERSTANDING the armed conflicts and disagreements which cannot shape development of the nation, and plans to restore peace for undertaking development tasks, plans to discuss shaping the peace progress beneficial for restoring peace of the nation and development of all regions.

(The excerpt from the speech made by Chairman of State Administration Council Prime Minister Senior General Min Aung Hlaing at the peace talk with the peace delegations led by Chair of the Pa-O National Liberation Organization-PNLO Khun Thurein, Chair of the Lahu Democratic Union-LDU Kyar Solomon and Vice-Chair of the Arakan Liberation Party-ALP Saw Mra Razar Lin on 22 August 2022)

Happily serving assigned duties for benefiting military and local areas: Senior General



State Administration Council Chairman Commander-in-Chief of Defence Services Senior General Min Aung Hlaing meets officers, other ranks and family members of local naval region headquarters in Sittway station yesterday.

As Kyaukpyu region faces strong climatic conditions, they all need to take care of natural disasters and make preparedness for all measures, said Chairman of the State Administration Council

Commander-in-Chief of Defence Services Senior General Min Aung Hlaing at the meeting with Tatmadaw members and families from local naval region command headquarters in Sittway station of Western Com-

mand at the hall of the naval regional command headquarters yesterday afternoon.

Political changes

At the meeting, the Senior General explained the true situations of the Tatmadaw in participating in the national political leadership role of the nation, initiating the exercising of the multiparty democratic system by the Tatmadaw, progress of political, social and economic sectors in tenures of democratic governments, weakness in management and administration in the second term of the democratic government, vote-rigging events in the 2020 multiparty democracy general election, enumeration of ground voter lists for coming election to hold a free and fair general election by taking lessons from voting frauds of the previous election, and endeavours of the Tatmadaw for development of political, economic, peace and other sectors amid difficulties.

Soldiers must have high qualifications and good morals as man matters most

Tatmadaw (Navy) primarily safeguard the territorial waters of the State. All Tatmadaw members are to dutifully serve their daily assignments for security and rule of law above and underwater territory. Man matters most and endeavours of man can secure success in all affairs.

Significantly, the land area is congenial with the water area in the Kyaukpyu region. Local military units serve water and land security. As duty absence of somebody may cause great loss and sacrifices, all Tatmadaw members must be loyal to the State and the Tatmadaw.

Government, Tatmadaw and people have to properly shape the future State

Officers, other ranks and families are to understand the real situation of the nation and must have military awareness and knowledge as well as a security outlook. Government, Tatmadaw and people have to properly shape the future State. If they are to happily serve the assigned duties and deeply serve their duties for achieving suc-

cess, they will have recognition. As the Kyaukpyu region faces strong climatic conditions, they all need to take care of natural disasters and make preparedness for all measures.

The Senior General stressed the need for all Tatmadaw members and families to read for the improvement of their lives and encourage their offspring to pursue education.

Presenting foodstuffs and cash awards

The Senior General presented foodstuffs for Tatmadaw members and families through the commander of the local naval region command headquarters whereas the wife of the Senior General gave cash assistance to the station maternal and child welfare association through the wife of the local naval region command headquarters.

The Senior General fulfilled the needs of Tatmadaw members and families.

Later, the Senior General went round the local naval region command headquarters by car. — MNA/TTA



The Senior General provide foodstuffs for Tatmadaw members and families.

Everybody needs to serve the interests of the region and the nation for creating a good future for new generations: Senior General

IT is necessary to implement the Kyaukpyu SEZ project to have greater success for the sake of the nation, said Chairman of the State Administration Council Prime Minister Senior General Min Aung Hlaing at a meeting with district and township-level departmental officials and town elders in Kyaukpyu District of Rakhine State at Rammawady Hall in Kyaukpyu yesterday morning.

Clarification on Kyaukpyu Special Economic Zone and regional data

Union Minister for Commerce U Aung Naing Oo and Chairman of Kyaukpyu SEZ Management Committee U Myint Thein reported on the emergence and background history of the SEZ, the formation of the management committees, the implementation of the SEZ project in successive eras and future plans. Chairman of Kyaukpyu District Administration Body U Ye Lin Maung reported on regional data and town elders on regional development and improvement of the socioeconomic life of the local people.

Setting missions and visions in nation-building tasks without losing sight of the goal

In his speech, the Senior General said that the government is implementing two political objectives to ensure strengthening the genuine disciplined multiparty democratic system and building the Union based on democracy and federalism while emphasizing two national objectives – the prosperity of the nation and food security. As prosperity is interrelated with peace and stability, only when each region is peaceful and stable will these



State Administration Council Chairman Prime Minister Senior General Min Aung Hlaing meets district and township-level departmental officials and town elders in Kyaukpyu, Rakhine State yesterday.



regions and the whole nation be prosperous.

Encouragement for turning out educated human resources

The Senior General stressed the need to produce educated persons in the Kyaukpyu region. If so, the area will have qualified human resources for undertaking regional development.

Agriculture and livestock

If the per-acre yield of paddy rises higher in Kyaukpyu District, it will benefit the region as well as increase demand for local farmers. Moreover, the country will earn increased incomes. Consequently, local people will have increased income and improvement in socioeconomic life. As such, all farmers need to strive for meeting the target per-acre yield. Livestock farms can produce bio-fertilizers for agricultural farms. The success of fish and prawn farming tasks will contribute much to the economy of the Kyaukpyu region. High-quality products made of coconut can create job opportunities in the

region and increase incomes for local people. Likewise, it is necessary to conserve existing forests as well as windbreaks and mangrove forests to prevent natural disasters and ensure favourable

the development of the nation, businesses suitable for relevant regions are considered in all aspects under the long and short plans. Hence, it is necessary to implement the Kyaukpyu SEZ

the Kyaukpyu region to contribute to the regional development. The government delivers capital for MSME businesses.

Attracting guests to a pleasant home



The Senior General hears the reports on the progress of a three-storey main lecture building and requirements of the Kyaukpyu Education Degree College by principal Daw Mie Mie Win.

climatic conditions.

Kyaukpyu deep-sea port project was implemented for more development of foreign trade. Implementing the projects for

project to have greater success for the sake of the nation.

The Senior General urged all to strive for achieving success in agriculture and livestock farms in

The Senior General stressed the need to create regional peace and stability, beautifying, domestic foods and pleasant environment so as to attract local and foreign travellers. A pleasant house can attract guests. Everybody needs to serve the interests of the region and the nation for creating a good future for new generations.

On arrival at Kyaukpyu Education Degree College, the Senior General heard reports on the progress of a three-storey main lecture building and requirements of the degree college by principal Daw Mie Mie Win. The Senior General fulfilled the needs.

The Senior General also inspected the progress in the construction of the new building for the Nursing and Midwifery Training School and left necessary instructions. — MNA/TTA



The Senior General views the construction of the new building at the Nursing and Midwifery Training School yesterday.

SAC Vice-Chair DPM Vice-Senior General Soe Win attends final match and awarding for men’s football tournament of Inter-Universities, Degree Colleges for 2022-2023 Academic Year



State Administration Council Vice-Chair Deputy Prime Minister Vice-Senior General Soe Win presents the championship trophy and cash awards to the Yangon Zone team in Nay Pyi Taw on 28 February 2023.

VICE-CHAIRMAN of the State Administration Council Deputy Prime Minister Vice-Senior General Soe Win watched the final match of the men’s football tournament of the Inter-Universities, Degree Colleges for the 2022-2023 Academic Year and awarded prizes to relevant teams at the prize-giving ceremony at Wunna Theikdi Stadium in Nay Pyi Taw yesterday afternoon.

First, the Vice-Senior General and party watched the final match between the Yangon Zone team and the Patheingyi Zone team. As it was the final match, both teams posed pressure on each other starting from the match through indomitable spirit. The Yangon Zone team scored its first goal in the 7th minute and the Patheingyi Zone team equalized the result in the 33rd minute.

In the second half, the two teams scored their second goals in the 61st and 71st minute respectively. The initial 90 minutes ended in a draw. In extra time, the Patheingyi Zone team netted the third goal in the 7th minute and 34th second and the Yangon Zone team equalized the result in the 13th minute and 50th second from the penalty shot. Finally, the Yangon Zone

team won the tournament beating the Patheingyi Zone 4-3 on penalties after a thrilling 3-3 draw in the match. Then, Union Minister Dr Nyunt Pe presented the best goalkeeper award to Patheingyi Zone team goalkeeper Hein Htet Ko Ko while Union Minister Lt-Gen Tun Tun Naung gave the best defender award to Mawlamyine Zone team player Hsan

Pyae Sone Soe, the best midfielder award to Yangon Zone team player Aung Naing Soe by SAC member U Yan Kyaw, the best attacker award to Magway Zone team player Ye Yint Maung by SAC member Khun San Lwin, the highest-scoring award to Yangon Zone team player Hlaing Bwa by SAC member Dr Kyaw Tun and best player award to Yangon Zone team player Nay Soe Lin by SAC member U Maung Ko. Next, SAC member Mahn Nyein Maung presented individual medals, prizes and cash awards to the third-prize-winning Mawlamyine Zone team while SAC member Porel Aung Thein to the second-prize-winning Patheingyi Zone team and SAC member Lt-Gen Yar Pyae to the first-prize-winning Yangon Zone team. Then, Vice-Senior General Soe Win presented cash awards and the championship trophy to the first prize-winning Yangon Zone team.

After the prize-awarding ceremony, the Vice-Senior General and party cordially greeted the athletes. The player selection was held at zone levels- four zones in lower Myanmar and four zones in upper Myanmar for the current football tournament of inter-university, degree college and college under the Department of Higher Education. — MNA/KTZH

MoI BGB meeting 1/2023 held online

THE Broadcasting Governing Body (BGB) meeting 1/2023 of the Ministry of Information was held online yesterday morning at the Office of the Union Minister in Nay Pyi Taw.

The meeting was attended by Deputy Minister U Ye Tint, officials from radio broadcasting and television programmes of MRTV, MWD and private TV companies that have a joint venture with MRTV and MWD.

BGB Chairman Deputy

Minister U Ye Tint discussed matters in connexion with collaborative efforts from private media outlets in the development of peace and stability of the State, governing broadcasting to ensure that there are no errors in their programmes, taking responsibilities and accountabilities upon complaints from viewers on paid TV channels, timely payment of taxes, power bills and other servicing charges for the State, and do-



Deputy Minister U Ye Tint chairs the Broadcasting Governing Body meeting 1/2023 in Nay Pyi Taw yesterday.

mestic residences and visa issues of foreign employees under law, rules and regulations. He also coordinated presentations raised by attendees.

The Broadcasting Governing Body (BGB) is formed with 21 members from MRTV officials and responsible persons from broadcasting companies.

Chaired by the MoI deputy minister, BGB coordination meetings are held every two months to facilitate the broadcasting work. —MNA/TS

Republic of the Union of Myanmar

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

10th Waxing of Tabaung 1384 ME
28 February 2023

AS it is necessary to continuously control infection of the Coronavirus Disease 2019 (COVID-19), it is hereby announced that public requests, orders, notifications and directives (except for easing the restrictions) released by the Union-level organizations and Union ministries up to 28 February 2023 have been extended until 31 March 2023 for prevention, control and treatment of Coronavirus Disease 2019 (COVID-19).

8th State Sangha Central Working Committee holds 5th meeting

THE 5th meeting of the Eighth State Sangha Central Working Committee was held at Maha Pasana Cave on Thiri Mingala Kaba Aye Hill in Mayangon Township of Yangon Region yesterday.

The meeting was attended by State Ovadacariya Sayadaws, State Sangha Maha Nayaka Committee member Sayadaws, State Sangha Central Working Committee member Sayadaws, Union Minister for Religious Affairs and Culture U Ko Ko and other officials of relevant departments.

Before the meeting, the Union Minister and party made cash donations to Sayadaws.

State Sangha Central Working Committee Chairman Sayadaw Abhidhaja Maha Rattha Guru Abhidhaja Agga Maha Saddhamma Jotika Dr Bhaddanta Kumara Bhivamsa presided over the meeting and Joint Secretary Sayadaw Agga Maha Ganda Vaca Pandita Bhaddanta San-



The fifth meeting of the eighth State Sangha Central Working Committee is in progress yesterday in Yangon.

davamsa Linkara acted as the master of ceremonies.

After the ceremonial procedures, Patron Sayadaw Dr Bhaddanta Kumara Bhivamsa delivered Saraniya Ovada Gatha.

Then, the Union Minister presented the religious affairs.

Then, the Sayadaws recorded the late State Ovadacariya Sayadaws, State Sangha Maha Nayaka Sayadaws and State Sangha Central Working Committee member Sayadaws between Taboung of 1383 ME and 1384 ME and approved the newly selected Sayadaws.

The summary records of the State Sangha Maha Nayaka Committee conducted in one year were read out by Joint Secretary Sayadaw Agga Maha Ganda Vaska Pandita Bhaddanta Sandavamsa Linkara Bhivam-

sa on behalf of Joint Secretary Sayadaw Agga Maha Pandita Agga Maha Saddhamma Jotikadhaja Dr Bhaddanta Cantina Bhivamsa.

At noon, the respective Sayadaws presented the reports of matters related to Vinichaya, Sasana and education of the State Sangha Maha Nayaka Committee and concluded the first-day meeting.

The meeting was also attended by three Sri Lankan Sayadaws who won Agga Maha Pandita titles led by Abhidhaja Maha Rattha Guru title recipient Most Venerable Prof Kumburugamuwe Vajira Maha Thera and Sri Lankan Ambassador to Myanmar Janaka Priyantha Bandara.

Donor U Thein Maung and wife Daw Papa of Sandi indigenous medicine shop, offered alms for the whole day to the Sayadaws who attended the ceremony yesterday. — MNA/KTZH

India-Myanmar Investment and Trade Promotion Dialogue held

THE meeting between members of the delegation led by Mr Shri Vinay Kumar, Ambassador of India to Myanmar and Patron of India-Myanmar Chamber of Commerce-IMCC, and businessmen led by Chairman U Aye Win of Union of Myanmar Federation of Chambers of Commerce and Industry-UMFCCI took place at the UMFC-CI on Min Ye Kyaw Swa Road in Lanmadaw Township on 27 February.

At the meeting, UMFCCI Chairman U Aye Win stated that he met a delegation of financial institutions from the Northeast recently and discussed the current economic challenges and opportunities. According to the latest statistical information, India ranks

fifth as Myanmar's Trade Partner, fourth in the largest export destinations and sixth in import sources. India-Myanmar Chamber of Commerce is one of Myanmar's closest business partners, and trade and business cooperation between the two countries will be increased, he added.

Afterwards, Mr Shri Vinay Kumar replied that Myanmar is an important trading partner of India and India's export partner as well. He discussed the implementation of solar power projects, continued cooperation between the two countries despite hardships, improvement of the transport sector, relaxation of import licences, construction of infrastructure, matters on rice export, stability of electric pow-

er supply, constant availability of raw materials and promotion of India-Myanmar trade and investment.

During the meeting, representatives of both sides discussed subjects of trade, investment and business cooperation between the two countries, the difficulties and challenges encountered. They also reviewed business opportunities of the respective sectors regarding medicines and medical supplies, agriculture, energy, construction and infrastructure, import and export trade policies, and the tourism sector.

The meeting was attended by UMFCCI Chairman U Aye Win and the vice-chairpersons, General Secretary



The India-Myanmar Investment and Trade Promotion Dialogue is underway in Yangon yesterday.

Daw Khine Khine Nwe and joint secretaries, the central executive committee members, businesspersons, IMCC Patron Mr Shri Vinay Kumar, Chairman Mr Naresh Kumar Dinodiya, Vice-Chairpersons Mr Ravichandran Sabarathan and Mr Rajeev Rawal, Counselor at Indian Embassy Mr R C Yadav and officials. — Myo Min Thura/CT

- To serve primary duties of Tatmadaw for successfully safeguarding Our Three Main National Causes, and protecting the State Constitution and shielding the genuine disciplined multiparty democratic system
- To emphasize agreements in the Nationwide Ceasefire Agreement (NCA) as much as possible for the restoration of the durable and perpetual peace across the nation as ceasing of armed conflicts is an actual requirement for realizing the multiparty democratic system
- To render assistance in protecting the national interests of the State, in safeguarding the life and property of the people and in participating in relevant sectors with utmost efforts whenever natural disasters fall
- To provide the necessary assistance by Tatmadaw for holding a free and fair multiparty democratic general election upon completion of undertakings in accord with the provisions of the state of emergency for the emergence of the Union based on democracy and federalism.



Beware of danger based on the outbreak of fire in any seasons

GENERALLY, everybody prioritizes ownership of their property. If somebody faces problems with loss of property, it causes impacts on their minds with suffering. It is because various kinds of their property are based on their physical and mental hardworking and efforts.

As a religious advice of Buddhism, water, fire, ruler, rain and unloved person are enemies of everyone. These may bring danger and disadvantage to everybody at any time. Of them, fire is very dangerous which any living being cannot defy. Fire can break out at any time and any place. It can sweep any place in a short time.

All in all, everybody residing in Myanmar needs to take care of situations where fire can sweep all parts of things at any time. They have to keep a saying which goes: fire may be a friend as well as the enemy. Hence, they have to take care of the systematic use of fire and take preventive measures against fire in all seasons without fail.

Most outbreaks of fire were based on the electric short and overheating process of electricity. As such, people should use good-conditioned wires and systematically use electronic equipment to take preventive measures against fire in any season. Hence, people should remove unsafe wires in lighting and other operations in daily life.

As an important thing, every citizen is responsible for informing authorities and firefighting organizations whenever they face an outbreak of fire or they commit an outbreak of fire. Moreover, whenever they face an outbreak of fire, they have to extinguish it in time as much as possible together with firefighters.

All in all, everybody residing in Myanmar needs to take care of situations where fire can sweep all parts of things at any time. They have to keep a saying which goes: fire may be a friend as well as the enemy. Hence, they have to take care of the systematic use of fire and take preventive measures against fire in all seasons without fail.



WE HAD experienced the situation” too late” many times in our life. And also, we use the term” too late” so often in our life. As we age, the term is used more frequently listen to the words most old people say: I lived with my own style throughout my life. How can I change my style in this old age? It’s too late.

I always eat meat and eggs as my main meal. How can I change to eat fruits and vegetables mainly in this old age? It’s too late. I had been drinking and smoking for thirty years. How can I be healthy by quitting those habits in this old age? It’s too late.

Because man is a living animal, death is inevitable. But life shouldn’t be always wrestling with various kinds of illnesses and making hospital home. We need not only merely living but the quality of life. So, we should make strong healthy life as long as we can and frail and sickly life as short as we can.

Sometimes we really, truly can be too late. Even in those cases only luck or coincidence should not be the culprit: the work we did

should also be taken into account. Nowadays, many people died immaturely because of improper lifestyles. If we can change our path to healthy lifestyles, those immature deaths may be reduced, unnecessary financial losses may be covered and the waste of labour for caring for a patient may be saved.

It’s never too late to change your mindset. There are no expiration dates on your ability to make healthy changes. Age, as it seems, should not be an obstacle to starting new habits, especially for your health and lifespan. The earlier the change, the better the result.

Sure, you are not too late to change. Depending on an individual lifestyle, there would be

so many changes to be made. Because of the space permitted, three major changes are discussed here.

Not too late to start exercising

You would say going to the gym, walking in the early morning in full sports dress and stretching in front of the house were things of the past. Those may be done in your youth. In fact, taking exercise again in your sixties is not too late unless you are diagnosed with a serious disease.

Research in 2019 found that inactive folks ages 40 to 61 who upped their physical activity to about seven hours a week had a 35 per cent lower mortality risk than those who stayed inactive. Exercise for longevity boost has

to do with its impact on the heart.

One report said that formerly inactive 45 to 64 years old people who increased their exercise to at least 30 minutes four to five days a week had improved oxygen uptake and reduced heart stiffness.

However, in the competitive age, many people are very busy and have no spare time for exercise. Even after retirement most government and company ex-staff have no willingness to pay time even for a light stretch. They think that exercise is a special way of movement and is time-consuming.

That is wrong. Moderate activity such as doing household chores and even walking takes the prize over intense workouts. The key is to find an activity you can

do frequently.

Begin with an activity that’s convenient, easy to do and that you enjoy. For a starter, even a fifteen-minute exercise may seem a lot. You don’t need long and strenuous exercises like young ones. Moderate exercise a few days a week is more effective than just walking but walking more steps will offset the negative effects of hours spent just sitting around. To make it a habit, pair your walk with something. For example, taking a walk every day after breakfast or dinner is a good way. You can use your walking time to minister to your family also.

Take your children or grandchildren along on your walk. As you log miles, you will be healthier and learn so much about your

By Saya Norm

loved ones. It’s not too late.

Not too late to quit addiction

Even at a late age, some people had bad habits such as smoking or drinking. They are addicted and have no mental power to quit. They thought that they had been practising those bad habits for decades and quitting them at old age is not beneficial and makes complete nonsense.

It’s not as you think. Five-year addiction? Thirty-year addiction? No matter how long you had been practising those habits, especially smoking and drinking, it may be beneficial as long as you are diagnosed with no serious disease. Even with diseases, quitting may help your health span.

For a lifelong chain smoker,

quitting smoking makes senses of smell and taste start to improve; within days coughing begins to progressively decline. Within a few weeks, energy and breathing get better and improve steadily. The chance of coronary heart disease may be reduced and continues to drop.

Quitting smoking allows the lung to heal. Quitting alcohol can also lead to a range of both physical and mental health as well as a social relationship, fitness and legal situations. After quitting you may improve your physical health and decrease the risk of liver disease, cancer and hypertension. Your sleep will be improved. Mental health is also improved. And the risk for depression and anxiety may be reduced.

Quitting alcohol is more difficult than smoking but the benefits are more pronounced.

Not too late to be semi-vegetarian

When we get older, our chances of getting non-communicable diseases such as stroke, cancer, diabetes and hypertension are in-

creased. Constipation is also very frequent. Eating more plant-based food may reduce those risks. Although we prefer meat to plant-based foods in our youth, at this old age you should at least be semi-vegetarian. Fruits and vegetables are plentiful in vitamins, minerals and phytochemicals.

Those phytonutrients support your body to function properly and prevent non-communicable diseases. The most substantial advantage of being a vegetarian is getting high fibre and good regular bowel movements. A 2020 report found that eating more fibre-rich food may reduce woman’s long-term total risk of stroke by up to 25 per cent and their risk of ischemic stroke by up to 30 per cent.

Consuming two cups of fruits or vegetables (25-38 grammes of fibre) daily in midlife can help control blood pressure, cholesterol, blood sugar and abdominal weight. Even if you couldn’t be a full-term vegetarian, you should be a semi-vegetarian. Change your path to plant-based foods. It’s not too late.



Schools help students adapt to campus life after COVID response adjustment

To cater to the students' physical conditions after a prolonged period of staying indoors or recovering from COVID-19 infection, many schools have decided to set aside time for students to gradually restore their athleticism.

STUDENTS in China are returning to campuses this spring semester after they have frequently taken online classes as a major way to study due to COVID-19 over the past three years.

The new school term is the first semester after China downgraded its management of COVID-19 from Class A to Class B on 8 January and introduced optimized response measures accordingly. As per the adjusted measures, schools no longer require negative nucleic acid test results from students entering the campus.

However, this doesn’t mean that schools no longer pay attention to the potential risks related to COVID-19. According to the Ministry of Education, the new COVID-19 management measures highlight safety at educational institutions, as well as the health and well-being of teach-

ers and students.

COVID-19 response measures

“We have formulated a set of COVID-19 response measures in accordance with the city’s guidelines on COVID-19 prevention and control in middle schools, primary schools, and kindergartens,” said Qin Sheng, vice-president of Beijing No 13 Middle School.

Qin said that, since the beginning of the semester, the school has implemented a number of COVID-19 response measures, such as health reporting on a regular basis and keeping records of the students who take sick leave.

In addition to taking necessary precautions to ensure that students can adapt to campus life with ease, education institutions across the country are taking steps to help them prepare for offline school activities both



Students from Zhongtan village campus of Changping No 1 Middle School in Beijing return to class as a new semester begins on 13 February 2023. PHOTO: IC/CHINA DAILY

physically and mentally.

To cater to the students’ physical conditions after a pro-

longed period of staying indoors or recovering from COVID-19 infection, many schools have

decided to set aside time for students to gradually restore their athleticism.

At some schools, students are organized to take part in mild physical activities in PE classes to stay fit.

“Instead of organizing intense exercise such as long-distance running, we aim to help students restore their physical wellness through activities like ball games,” said Ma Luo, director of the student sports centre at the Guangqumen Middle School in Beijing’s Dongcheng District.

Student’s physical condition

Out of similar consideration, the local education authority in south China’s city of Guangzhou also released a circular that requires schools to check the student’s physical condition before arranging PE classes.

In terms of mental health, many schools are working out ways to ease the student’s minds about returning to the campus.

Liang Hongyan, a teacher from a primary school in Miyun District, Beijing, decided to lead her students in making paper planes and guessing riddles in the first class of the new semester.

“The games help ease their minds and cheer them up,” said Liang. She said that after the games, the students are in higher spirits to embrace life on campus.

After an extended period of home study amidst the epidemic, students may be troubled with various psychological pressures due to a lack of vital interpersonal communication intertwined with adolescent impulsiveness, said Li Baozhi, principal of Hengshui No 4 Middle School in Hebei.

To address the students’ psychological needs, many schools chose “mental wellness” as the subject of the new semes-

ter’s first lesson.

Such efforts are well-received by the students. “The lesson is taught in an entirely different way. It is very interesting and gives me the strength to begin the new semester,” said Yi Zihao, a seventh-grade student from Chengdu, Sichuan Province, after taking a mental wellness lesson featuring a cooperative game.

Currently, more plans to brighten up the students’ moods are being made. In Beijing No 13 Middle School, Qin is planning to hold a coming-of-age ceremony for the seniors in high school, which was originally planned for the last fall semester but was delayed due to the epidemic.

“We are going to invite the students’ parents to honour the ceremony, so as to make it as memorable as it can be,” said Qin.

SOURCE: Xinhua

58th Myanmar Gems Emporium 2023 to be held 17-23 March

THE 58th Myanmar Gems Emporium 2023, under the supervision of the Ministry of Natural Resources and Environmental Conservation, will be held from 17 to 23 March 2023 at Maniyadana Jade Hall in Nay Pyi Taw. Genuine Myanmar pearls, gems and rough jade lots will be sold at the Emporium.

All national entrepreneurs who have permits and licences to engage in gems mining and trading will be allowed to attend the emporium 2023 according to the terms and conditions.

Those wishing to know detailed information can contact Emporium Central Committee, Myanmar Gems Enterprise (Head Office), and Myanmar Pearl Enterprise (Head Office) in Nay Pyi Taw. — MNA/KZW

Fingerlings added into natural ponds and creeks in Thaboung township

FINGERLINGS were added into ponds, lakes and creeks in Thaboung township, Patheingyi district, Ayeyawady Region on the 27 February morning to constantly increase fish resources and fishery production.

Chairman of the Township Administration Body U Min Eyar Htike and members, the township police officer, departmental officials and local people joined the fish planting ceremony and released 100,000 fingerlings of Labeo rohita into UTo Awahpaing lake.

— Thaboung IPRD/ MKKS



CRIME NEWS

Illegal lead, foodstuffs, consumer goods, auto parts and vehicles confiscated



Confiscated illegal items at Yangon International Airport.

AN on-duty team confiscated 25.6 metric tons of lead bags worth K84.48 million without official documents from a vehicle heading to Hpa-an from Thaton at the Thanlwin Bridge (Hpa-an) combined checkpoint on 24 February and 35 blenders and grinders worth K2.65 million without official documents from a vehicle heading to Yangon from Myawady at the Kawkaik (Tadakyoe) combined checkpoint on 26

February. The action was taken under the Myanmar Mines Law and Customs procedures.

The on-duty teams under the supervision of the Customs Department conducted inspections at the Mayanchaung permanent checkpoint in Mon State on 25 February.

Officials seized two kinds of goods including clothes worth K3 million without official documents from a Yutong express bus (estimated value of K35 million) heading to Yangon from Hpa-an, 200 cartons of Lactasoy worth K2.4 million without official documents from a Nissan Diesel car (estimated value of K30 million) heading to Yangon from Mawlamyine and three kinds of goods including 150 cartons of Lactasoy worth K4.15 million without official documents from a Zhongtong express bus (estimated value of K40 million) heading to Yangon from Myawady. The action was taken under Customs procedures.

A combined team conducted inspections on the Myawady-Yangon Road and captured 23 kinds of goods including 90 kilogrammes of the rear-view mirror (used), 11 car engines (used) and 10 brand new batteries worth K53,856,000 that were not declared in the ID/RO (Manifest) from a tractor head and a trailer (approximately K60 million) at an energy shop near Nyaungkhashay village. The action was taken under Customs procedures.

An unregistered Toyota Mark II car (estimated value of K4.5 million) was captured heading to Shukhintha from Bandula Bridge in Dawbon township and the action was taken under the Export and Import Law.

Therefore, 12 arrests (estimated value of K320,036,000) were made on three consecutive days from 24 to 26 February, according to the Illegal Trade Eradication Steering Committee. — MNA/MKKS

Over K1.17 bln worth of stimulant tablets captured in Thazi township

OVER K1.17 billion worth of 780,000 stimulant tablets were captured in Thazi township in Mandalay Region, Myanmar Police Force stated.

A combined team consisting of members of the Anti-Drug Police Force searched a 12-wheel Hino car driven by Myo Win Aung accompanied by Maung Kyaw (aka) Kun Maung Kyaw heading to Thazi from Taunggyi near Kywaltutsone village in Thazi township at 11 am on 25 February and seized 780,000 stimulant tablets worth over K1.17 billion.

Acting on the investigation, the Police Force arrested a trafficker, Myint Lwin (aka) Kalarlay in the No 4 ward in Aye-thaya in Taunggyi township.

Offenders admitted the drugs were carried from Shan State (South) to Yangon Region and the police have taken legal action against the offenders. — MNA/MKKS

Drugs seized in Bhamo, Chauk and Pyawbwe townships

A combined team consisting of members of the Anti-Drug Police Force searched the house of Ma Phyu Khin in Bhamo township at 12:30 pm on 27 February and seized 0.33 kilogrammes of heroin.

At 12:10 pm on the same day, Police Force searched the house of Nyein Chan Oo (aka) Bilu in Chauk township and captured 4,540 stimulant tablets together with K 163,000.

At 2:30 pm on 26 February, Police Force stopped and examined a motorbike driven by Chit Ko accompanied by Ma Nu Wah near Kintar village in Pyawbwe township and captured 5,000 stimulant tablets.

At 3:45 pm on the same day, Police Force examined a motorbike driven by Ma Win accompanied by Ma Sanda Oo in Kintar village in Pyawbwe township and seized 5,000 stimulant tablets.

Those offenders were prosecuted under the Narcotic Drugs and Psychotropic Substances Law. — MNA/MKKS



Seized illegal goods at the Myawady trade zone.



Applications for real estate assessment for 2022-2023FY to be submitted by 17 March



General view of real estate in Yangon.

ASSESSORS Department (Yangon Region) has announced that applications for real estate assessment for the current financial year are to be submitted at 4.30 pm on 17 March at the latest.

Assessors Department will go on tours of inspection from 18 to 24 March and hold a meeting to make assessments. After assessments have been made, income tax will have to be paid between 28 and 31 March.

Assessors Department (Yangon Region) conducts assessments of real estate for every financial year. — TWA/KZW

Myanmar citizens absconding to Thailand for various reasons re-invited

THE State Administration Council has re-invited Myanmar citizens who are in Thailand for various reasons, the Myanmar Embassy in Thailand announced.

The service personnel, intellectuals and intelligentia, persons from various arenas and citizens, who

have evaded to neighbour countries since Tatmadaw assumed the State responsibilities on 1 February 2021, can contact ward, village, district administration bodies and the embassy, the office of the military attaché and the consulate when they want to return to various

parts of Myanmar, read the announcement.

Those who are in Thailand can send messages to Viber and line apps of the Myanmar Embassy's telephone number 0629217710 and the military attaché's telephone number 0629230165, it is learnt. — TWA/MKKS



The Myanmar Embassy in Bangkok, Thailand.

Weekly update price list of Bayintnaung Commodity Market

IN the Yangon Bayintnaung market within the week from 22 to 28 February, the price of palm oil and pigeon pea (red gram) increased and that of low-grade summer rice varieties and Pawsan rice varieties decreased.

Onion

Within 24 depot-opening days in February 2023, 4,380,000 visses of monsoon onion from various regions entered the market. The price increased again slightly at the end of February.

A total of 240,000 visses of onion from various regions arrived at the Yangon market on 27 February and 180,000 visses on 28 February. In the Yangon market on 28 February, the wholesale price of onion was set at K1,200-K1,275 per viss for Seikphyu (Pinlay) onions and K1,450-K1,650 per viss for Myitha onions.

The highest price per viss of onion from the Yaw region was K1,100 in the Pakokku market on 28 February. Sintgaing onions were priced at K1,450 per viss, the highest price in the Mandalay market.

Garlic

The wholesale price of new Shan garlic was K4,100-K4,800 per viss in the Yangon garlic market on 28 February.

Potato

In the Yangon potato market on 28 February, potato from the Sinphyukyun area was valued at the wholesale price of K1,200-K1,600 per viss, and potato from the Pakokku area at K2,000 per viss, while Chinese potatoes were priced at K2,150 per viss.

Chilli pepper

The Chilli pepper price went up a bit in the Yangon chilli pepper market on 28 February. The wholesale prices per viss of chilli pepper were K12,200 for new long chilli pepper, K11,500 for new Myarni long chilli pepper, K12,000 for Moehtaung chilli pepper from Yayle (Maubin), K13,000 for Moehtaung chilli pepper from Hinthada, K13,000 for Pyawbwe Moehtaung chilli pepper processed in the cold storage facility, K14,500-K16,000 for new Sinphyukyun bell pepper, K14,000-K15,000 for large size Vietnam long chilli pepper and K15,000 for chilli pepper from delta regions.

Rice

The price of low-grade summer rice varieties plunged this week. A new bag of Pawsan rice varieties dropped by around K1,500. The new Pawsan rice price per bag was fixed at K51,000 for low-grade summer rice variety grown under multiple cropping, K57,000 for 90-day rice variety, K60,000 for new Pawkywe rice variety, K67,000 for Bogale Pawsan rice variety, K69,000 for Pyapon rice variety, K73,000 for Myaungmya rice variety, and K87,000 for Shwebo rice variety.

Pulses

On 28 February, a tonne of black gram (RC) priced at K1,886,000, SQ/RC at K2,106,000, pigeon pea (red gram) (RC) at K2,187,500, a viss of mung bean (Kayen Shwewah) at K3,915 and a viss of half of the chickpea at K4,100-K4,400 respectively. — TWA/CT

Fire outbreak under railway sleeper on Thanlyin Bridge due to overheating

ON the afternoon of 28 February, due to overheating, a fire broke out under the railway sleeper on the Thanlyin Bridge, which was built on the Bago River between Thakayta and Thanlyin Townships.

The social organizations, rescue teams and the fire brigade were able to put out the fire in time and prevented the gas pipeline running on the bridge

from catching fire.

"The fire broke out around noon due to excess heat from the sun. It started from the wood under the railway sleeper. We managed to put the fire out in time with water bottles on board before the fire brigade arrived. If not, all the gas and oil pipelines on the bridge could have caught fire," a member of the Mingala Taungnyunt Social Assistance

Association, who assisted at the scene, told GNLM.

It is known that the relevant authorities have investigated the cause of the fire and repairs are being made. — TWA/CT



Fire outbreak near the gas pipeline. People are seen putting out the fire.

ECONOMY WORLD

UK food inflation hits 'record': survey

UK food price inflation has soared to a record peak as Britons suffer under a cost-of-living crisis, according to a survey Tuesday.

Prices accelerated 17.1 per cent in the four weeks to 19 February compared with a year earlier, data provider Kantar said after tracking the cost of more than 75,000 products.

That was the highest increase recorded by Kantar, which began its survey in 2008.

"Shoppers have been facing sustained price rises for some time now... This is having a big impact on people's lives," said Fraser McKevitt, head of retail and consumer insight at the group.

Its research also indicated that grocery price inflation was the second biggest financial is-

sue for Britons after rocketing energy costs.

Kantar found that one quarter of households were "struggling financially" in January, when it surveyed almost 10,000 consumers.

That compared with one fifth one year ago.

"These latest figures are deeply concerning," said Rocio Concha, director of policy and advocacy at the consumer pressure group Which?

"Some households are already skipping meals to make ends meet," she added.

Overall inflation is easing, however, as the cost of energy slides. Global inflation last year reached the highest levels in decades as the invasion of Ukraine by Russia fuelled energy and food prices. — AFP



Customers queue with their shopping as they wait to pay at a checkout at a Sainsbury's supermarket in Walthamstow, east London on 13 February 2022. **PHOTO: AFP**

Thailand's industrial output falls in January as demand weakens

THAILAND'S industrial output dropped for the fourth consecutive month in January due to the global economic slowdown, data showed Tuesday.

The country's manufacturing production index (MPI) for January declined 4.35 per cent from a year earlier, following an 8.45 percent year-on-year fall in the previous month, as furniture, hard disk drives, and plastic pellet production continued to slow, according to the

Ministry of Industry.

Despite rising foreign tourist numbers and government stimulus measures that could help offset the impact of weakening exports, the MPI is expected to fall further in February due to slowing global demand and a high comparative base last year, director-general of the ministry's Office of Industrial Economics, Warawan Chitaroon, told a news conference. — Xinhua

Intl arrivals to Viet Nam surge in February on air traffic recovery

VIET Nam saw 933,000 international arrivals in February, surging 31.6 times compared to the same period last year, the country's General Statistics Office (GSO) said on Tuesday.

The surge in tourists is due mainly to the country's full reopening to foreign visitors and the resumption of international commercial flights.

During the period, foreign arrivals to Viet Nam by air accounted for 89.6 per cent of the total, followed by road with 9.6

per cent and sea routes with 0.8 per cent, respectively.

Most of the arrivals were from Asia with around 74 per cent, the data showed.

Foreign arrivals to the country in the first two months of this year increased to 1.8 million, or a 36.6-fold jump from the same period last year, but still below 60 per cent of the pre-pandemic levels in 2019, said the GSO.

As global airline traffic is on the way to full recovery, Viet

Nam's air passenger traffic jumped to nearly 20 million in the January-February period, the Civil Aviation Authority of Viet Nam said, with 22 civil airports handling 4.7 million international passengers and 14.8 million domestic passengers.

About 3.7 million international tourists arrived in 2022 and Viet Nam is targeting foreign arrivals of 8 million in 2023, according to the Viet Nam National Administration of Tourism. — Xinhua

Finland enters recession, while Swedish GDP dips

FINLAND entered a recession in the final quarter of 2022, while the Swedish economy shrank more than initially estimated, official statistics showed Tuesday. The 0.6-per-cent drop in Finnish GDP was the second consecutive quarter of negative growth — the technical definition of a recession.

Finland's economy has suffered from accelerating inflation — which reached 8.4 per cent in January — as well as

the economic consequences of the war in Ukraine, Statistics Finland said. Both consumers and businesses have less confidence in the future and these "weakened expectations began to be realized in the latter half of the year," the office said.

From October to December, the volume of Finnish exports decreased by 2.9 per cent from the level in the previous quarter, while imports dipped by 2.4 per cent. — AFP

S Africa unemployment dips for 4th consecutive quarter

SOUTH Africa's unemployment rate fell slightly for a fourth consecutive quarter, official data showed on Tuesday, a small piece of good news for the country's struggling economy.

The high unemployment rate has fuelled protests as well as anti-foreigner sentiment.

Between October and December 2022, the jobless rate declined by 0.2 per cent over the third quarter to 32.7 per cent of the workforce, StatsSA said.

The drop follows falls of 1.0,

0.6 and 0.8 percentage points in the previous three quarters of the year.

Unemployment stood at 35.3 per cent at the end of 2021, when the number of unemployed people peaked at 7.9 million.

South Africa has been battered by record power cuts that have hampered economic activity over the past year, costing millions of dollars in lost output each day, according to estimates.

Last week, the head of state-owned power utility Eskom left

suddenly following an incendiary interview where he blamed some of the monopoly's troubles on corruption within the ruling party. In another reputational blow, on Friday a global watchdog placed the country on its "grey list" for increased monitoring over deficiencies in combatting money laundering and other financial crimes.

Poverty, inequality and joblessness run high in the country, nearly three decades after the end of apartheid. — AFP

Japanese chipmaker Rapidus to build advanced chip plant in Hokkaido

STATE-BACKED chipmaker Rapidus Corp said Tuesday it will build a plant in Hokkaido, northern Japan, as it seeks to begin mass-production of chips with state-of-the-art 2-nanometer technology in five years. The new plant will be a chip-production hub in Japan, as the country aims to rejuvenate its semiconductor sector through government initiatives. Rapidus President Atsuyoshi Koike said in a meeting with Hokkaido Gov Naomichi Suzuki that his company decided to set up a plant in Chitose, southwestern Hokkaido, citing ample water supply and availability of renewable energy as the reasons. Semiconductor chips need to be rinsed with ultrapure water.—Kydoo

Higher prices for herbicides boost Bayer profits in 2022

GERMAN chemicals giant Bayer said Tuesday it quadrupled its net profit in 2022, in part thanks to higher prices and strong demand for its glyphosate-based weedkillers. Net profit climbed to 4.15 billion euros (\$4.3 billion), up from 1.0 billion a year earlier, the Leverkusen-based group said in a statement.



(FILES) This file photo taken on 23 April 2019 shows a board bearing the logo of German chemical and pharmaceutical giant Bayer at the group's headquarters in Leverkusen, western Germany. German chemical and pharmaceutical giant Bayer, based in Leverkusen, is due to present its annual results on 28 February 2023. PHOTO: AFP

Sales rose by 8.7 per cent to 50.7 billion euros, in line with analyst expectations. “2022 was a very successful year for Bayer despite the challenging environment,” said outgoing CEO Werner Baumann. The results were boosted by record sales in the company’s agricultural division, up more than 15 per cent year-on-year to 25 billion euros. Bayer said this was “in particular thanks to higher prices” for herbicides across all regions, at a time when “supply for glyphosate-based products was tight”.

Sales at the group’s pharmaceuticals arm were up just one per cent, the latest sign the unit is struggling to compensate for lost revenues from blockbuster drugs like the bloodthinner Xarelto and eye medicine Eylea, as their patents expire. The group’s consumer health division, which sells over-the-counter drugs, saw sales grow by 8.4 per cent on the back of strong demand for al-

lergy and cold medicine. Baumann said Bayer’s group sales were forecast to grow by a modest “two to three per cent” in 2023 as the company braces for a drop in prices for herbicides and some pharma products. Baumann will be replaced from 1June by former Roche executive Bill Anderson, following pressure from activist investors urging a change in direction at the German conglomerate.—AFP

The Government of the Republic of the Union of Myanmar
Ministry of Natural Resources and Environmental Conservation

Central Committee for Holding Myanmar Gems Emporium

The Information about 58th Myanmar Gems Emporium 2023

1. The significant **58th Myanmar Gems Emporium 2023**, under the supervision of the Ministry of Natural Resources and Environmental Conservation, will be held on March 17 to 23, 2023 at Maniyadana Jade Hall in Nay Pyi Taw. Genuine Myanmar pearl, gems and rough jade lots will be sold at the Emporium.
2. Under the Myanmar Gem Law, permit holders and licensees will be allowed to attend and purchase the Lots at **58th Myanmar Gems Emporium 2023** according to the terms and conditions.
3. For further information in detail about granted admission to purchase Lots at **58th Myanmar Gems Emporium 2023**, can inquire and keep contact with Emporium Central Committee, Myanmar Gems Enterprise (Head Office), Myanmar Pearl Enterprise (Head Office) in Nay Pyi Taw.

Emporium Central Committee

Transferring Distributor for Registered Products

Distribution of following pesticide registered by **Asiatic Agricultural Industries Pte Ltd (Singapore)** is transferring from **Asiatic Agricultural Industries Pte Ltd (Myanmar Branch)** to **Uni Crop Co., Ltd.** Any Objection regarding to this transfer can notify at Co Secretary, Myanmar Pesticide Registration Board, West Gyogone, Insein Township within two weeks.

Sr	Trade Name	Active Ingredient	Type of Reg.	Reg No.
1.	SUPER PLUS 280 EC	Cypermethin 30 g/l + Dimethoate 250 g/l EC	Full	F2018-1593

Asiatic Agricultural Industries Pte Ltd (Myanmar Branch). Room 209, Rangoun Business Centre; No. 97. West Shwe Gon Daing Road, Bahan Township, Yangon. Tele: 09-5145328

Transferring Distributor for Registered Products

Distribution of following pesticide registered by **Asiatic Agricultural Industries Pte Ltd (Singapore)** is transferring from **MARGA MIN Co., Ltd** to **Uni Crop Co., Ltd.** Any Objection regarding to this transfer can notify at Co Secretary, Myanmar Pesticide Registration Board, West Gyogone, Insein Township within two weeks.

Sr	Trade Name	Active Ingredient	Type of Reg.	Reg No.
1.	Limit 100 EC	Quinalofop-P-ethyl 100 g/l EC	Full	F2022-3753

Asiatic Agricultural Industries Pte Ltd (Myanmar Branch). Room 209, Rangoun Business Centre; No. 97. West Shwe Gon Daing Road, Bahan Township, Yangon. Tele: 09-5145328

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CLAIMS DAY NOTICE

M.V SINAR BANDA VOY.NO. (277N)

Consignees of cargo carried on **M.V SINAR BANDA VOY.NO. (277N)** are hereby notified that the vessel will be arriving on **1-3-2023** and cargo will be discharged into the premises of **MIP** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

Damaged cargo will be surveyed daily from 8 am to 11:20 am and 12 noon to 4 pm to Claim's Day now declared as the third day after final discharge of cargo from the Vessel.

No claims against this vessel will be admitted after the Claims Day.

Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S SAMUDERA SHIPPING LINES

CLAIMS DAY NOTICE

M.V MSC SUPARNA F VOY.NO. (SB308A)

Consignees of cargo carried on **M.V MSC SUPARNA F VOY.NO. (SB308A)** are hereby notified that the vessel will be arriving on **1-3-2023** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

Damaged cargo will be surveyed daily from 8 am to 11:20 am and 12 noon to 4 pm to Claim's Day now declared as the third day after final discharge of cargo from the Vessel.

No claims against this vessel will be admitted after the Claims Day.

Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S MEDITERRANEAN SHIPPING COMPANY S.A



French farmer Bertrand Guerin (C) uses a biomethane refuelling station on the farm of the Guerin family, which produces biomethane, also known as renewable natural gas, in Beaumontois-en-Perigord, southwestern France, on 14 February 2023. **PHOTO: AFP**

Cow manure fuels French tractors

A French farmer steps away from his barn and fills up a tractor with fuel made from the manure of his cows, an attempt to put their climate-damaging methane to good use. Anchored by a stone farmhouse, much has changed on the Guerin family farm in the southern Dordogne region since its founding in 1926.

The cow barn is largely automated, and features two huge, partially buried tanks covered with rounded domes that capture the methane emitted from the

cow dung. A dark green filling station with a pump and bank card payment terminal is connected to the facilities — but it isn't diesel that comes out of the nozzle.

Instead it is bioNGV — renewable natural gas for vehicles — produced on the farm, a substance that is essentially methane. Cleaner than diesel, it is also cheaper and now powers all the farm's cars and a new tractor — the first to run on bioNGV that its manufacturer, the Italian-American firm New Holland, began

selling last year.

The farm's owner, Bertrand Guerin, hopes the truck he uses to collect milk will also soon be filling up at his site. The 59-year-old is also seeking to attract the visitors to the region from Britain and the Netherlands, where cars that run on natural gas are more common. The filling station is part of a new chain, Biogaz de France, created by an association of farmers producing methane in which Guerin serves as vice president. — AFP

NEWS IN BRIEF

Ukraine to fulfil EU's additional requirements for membership talks by yearend: official

UKRAINE stands ready to fulfil additional European Commission's requirements to start the membership talks by the end of the year, the government-run Ukrinform news agency reported Monday, citing a senior official.

Olha Stefanishyna, Ukraine's Deputy Prime Minister for European and Euro-Atlantic Integration, said that Ukraine has already completed the necessary work on seven recommendations needed for closer integration with the European Union.

In particular, Ukraine made progress in fighting corruption and reforming the mass media, Stefanishyna said.

"Now we are waiting for the assessment of the European Commission and its further recommendations," she said.

In June 2022, EU leaders accepted Ukraine as a candidate for membership in the bloc.

The European Commission put forward seven requirements to be fulfilled by Ukraine for starting the accession talks.—Xinhua

Russia-Ukraine conflict drives refugees into Lithuania

THREE quarters of foreigners that settled in Lithuania in 2022 were refugees fleeing Ukraine, according to Statistics Lithuania, as a result of the Russia-Ukraine conflict.

Traditionally, most Lithuanians repatriate from the United Kingdom, Norway and Germany. Last year, the corresponding figures were 5,684, 1,546, and 1,369, respectively.

Last year saw 14,352 Lithuanians repatriating to, and 12,697 leaving the country, according to government statistics.

In 2022, 95,400 people immigrated to Lithuania, and 23,000 people left Lithuania. Among all immigrated people, there are 81,000 foreigners and three quarters of them are refugees from Ukraine.

The country registered 62,000 refugees fleeing Ukraine in 2022, Statistics Lithuania said.

The last "migration negative" year was 2019, with 24,510 arrivals and 20,412 departures.

Last year, the total number of permanent residents in Lithuania increased by 54,000 to 2,860,000, mainly due to the influx of refugees from Ukraine, Statistics Lithuania reported in January. —Xinhua

Elation and fear: Everest pioneer recounts historic climb

HE'S over 80, but the Austrian climber Peter Habeler — one half of the duo that was first to scale Everest without supplemental oxygen — is still fantastically fit and scaling mountain peaks, which he calls his "fountain of youth".

Many thought it impossible when he and Reinhold Messner of Italy — both Tyroleans — set out to conquer the world's high-

est peak in 1978 without additional oxygen.

When they reached the summit, "I was beside myself", the mountaineer told AFP at his home in western Austria, feeling "happiness and also sadness and fear".

"The higher we got, the slower our steps became. But the more certain we became that we would reach the summit,"

he said.

As soon as he and Messner — who is from just over the Zillertal Alps in Italy — took their "obligatory" summit photo, "I thought, 'How do I get down?'"

Climbers who go above 8,000 metres enter what is considered the "death zone" due to the lack of sufficient oxygen to sustain human life for long periods.

At 8,848 metres (29,032 feet), Everest was deep in that danger area. Habeler still recalls his "jitters", wanting to return safely to his family.

"We didn't know what would happen with the brain, what would happen with the muscles," he said. Since then, numerous climbers have summited the world's highest mountain without carrying oxygen, even though more than 300 have lost their lives on the Nepalese peak since 1950. Habeler, who has lost none of his wiry, electric energy, said he feels "privileged" to have been able to go up the Himalayan giant before it was overrun by climbing tourism.— AFP



Peter Habeler, Austrian extreme mountaineer and mountain guide who, together with Reinhold Messner, scaled Mount Everest in 1978 for the first time without supplemental oxygen, poses for a picture at his home in Mayrhofen im Zillertal, Austria on 13 February 2023. **PHOTO: AFP**

World Bank estimates Türkiye quake damage at \$34 bln

THE devastating 6 February earthquake and aftershocks that hit southern Türkiye have caused damage worth more than \$34 billion in the country, the World Bank said on Monday.

The amount is equivalent to four per cent of Türkiye's GDP in 2021, the Washington-based

institution said, adding that the estimate does not account for the costs of reconstruction that were "potentially twice as large", a statement said.

The estimate also does not take into account the damage caused in northern Syria, also particularly affected by the

earthquakes, with a World Bank estimate of the costs there to be released on Tuesday.

The World Bank warned that the continuing aftershocks are likely to increase the total amount of damage caused by the disaster. — AFP

World Bank staffer, surgeon picked as Japan astronaut candidates

JAPAN'S space agency said Tuesday that it has selected a World Bank employee and a surgeon as astronaut candidates in its first recruitment in more than 13 years.

Makoto Suwa, 46, a disaster prevention specialist at the World Bank and Ayu Yoneda, 28, a surgeon at the Japanese Red Cross Medical Centre, will join the Japan Aerospace Exploration Agency for two years of training.

Yoneda, the youngest ever candidate, will become the third female astronaut in JAXA, after Chiaki Mukai and Naoko Yamazaki, while Suwa is the oldest candidate selected.

"I felt a great sense of responsibility" when notified, Suwa said at a press conference in Tokyo that he joined online from Washington.

"I was happy, surprised and felt determined by a sense of responsibility and duty," Yoneda said. "I'm interested in seeing how the Earth looks from the Moon during an eclipse." Suwa previously worked on a Japan Overseas Cooperation Volunteers programme in Rwanda and for the World Meteorological Organization. Yoneda graduated from the University of Tokyo's graduate school of medicine in 2019. Once officially certified as astro-

nauts, the two could participate in missions on the International Space Station as well as take part in the Artemis Project, an international effort led by the United States to return humans to the Moon for the first time since the US National Aeronautics and Space Administration's 1972 Apollo 17 mission. The Japanese government said in 2019 that it was joining the project, seeking to become the second country after the United States to land an astronaut on the Moon.

Suwa and Yoneda are the first to be selected as potential astronauts since Norishige Kanai in September 2009. — Kyodo



Ayu Yoneda (L) attends a press conference in Tokyo along with Makoto Suwa (on screen) on 28 February 2023, after they were selected as astronaut candidates by the Japan Aerospace Exploration Agency. PHOTO: KYODO

Viet Nam to name new president this week: sources



This photo taken on 1 February 2021 shows Vo Van Thuong, a senior leader in the Communist Party of Viet Nam, at a press conference after the closing ceremony of the Communist Party of Viet Nam (CPV) 13th National Congress at the National Convention Centre in Hanoi. Vietnam will on 2 March 2023 hold an extraordinary meeting of its legislature that officials said would confirm the appointment of a new president — where senior party leader Vo Van Thuong is expected to be the chosen candidate — after the dramatic resignation of Nguyen Xuan Phuc as part of an anti-corruption drive. PHOTO: AFP

VIET Nam will name a new president later this week, officials said Tuesday, after the dramatic resignation of Nguyen Xuan

country's national assembly on Thursday, official political and government sources told AFP on condition of anonymity.

His expected appointment comes during a period of significant political upheaval in Viet Nam, where the all-powerful Communist Party's anti-graft purge and factional fighting have seen several ministers fired.

Authoritarian Viet Nam is run by the party, which is officially led by the general secretary, president and prime minister.

Thuong is seen as close to Secretary General Nguyen Phu Trong, the most powerful man in the party and the architect of the anti-corruption campaign.

"The party central committee will meet Wednesday, while the almost 500-member national assembly will meet at its fourth extraordinary meeting Thursday," a national assembly source told AFP. "For sure the national assembly is meeting to vote for the presidency, which is scheduled to be given to Vo Van Thuong," another government source said. Thuong has served as deputy head of the Central Steering Committee on Prevention and Control of Corruption and Negative Phenomena since 2021. He is also head of the party's central propaganda department, a position that has a powerful grasp over freedom of speech and the press. — AFP

Sri Lanka outlaws strikes as anti-tax protests spread

SRI Lanka's government said Tuesday it was banning strikes in several key sectors, a day ahead of a planned one-day national stoppage called by unions to protest against painfully high taxes and utility bills.

Anger towards President Ranil Wickremesinghe is growing as his government slashes spending and hikes taxes to secure an IMF bailout after more than a year of economic and political upheaval.

Wickremesinghe's office said he used his executive power to invoke an "essential services" order that effectively outlawed the planned trade union action.

He declared "public transport, delivery of food or drink, or coal, oil, fuel, the maintenance of facilities for transport by road, rail or air... airports, ports and railway lines, as essential services with immediate effect," a statement said.

Anyone defying the essential services order risks losing their job. More than 40 trade unions, including bank employees and government hospital staff, had said they would not carry out work on Wednesday as a token protest against the doubling of taxes since January. The government has raised energy costs threefold in line with demands by the International Monetary Fund to reduce losses of state utilities in order to qualify for a \$2.9-billion rescue. — AFP

NEWS IN BRIEF

Japan births hit all-time low in 2022, below 800,000 for 1st time

THE number of babies born in Japan in 2022 fell to a new record low for the seventh consecutive year, dropping below 800,000 for the first time since records began in 1899, government data showed Tuesday. The total number of births was down 5.1 per cent to 799,728, according to preliminary data released by the health ministry. The drop comes much earlier than a 2017 government forecast that said births would fall below 800,000 in 2033. Lifestyle changes resulting from the prolonged COVID-19 pandemic and a growing trend of people marrying later in life are thought to have exacerbated the declining birthrate. — Kyodo



Myanmar's women referees also serve in international competitions. PHOTO: MFF

Two Myanmar women referees selected as AFC Elite Referees

DAW Zin Mar Oo and Daw May Thet Phyu, who serve as female referees in the Myanmar Football Federation, will also serve as AFC Elite Referees of the Asian Football Confederation in international competitions, according to the AFC.

Daw Zin Mar Oo and Daw May Thet Phyu attended the AFC

Referee & Assistant Referee Selection Course 2023 held in Kuala Lumpur, Malaysia from 16 to 19 January, and were selected as AFC Elite Referees for passing the training exam.

Daw Zin Mar Oo is acting as the referee, and Daw May Thet Phyu is acting as the assistant referee.

After two of them became the AFC Elite Referees, there have been five female AFC Elite Referees in Myanmar. Referee Daw Thein Thein Aye, and assistant referees Daw Gay Palaung and Daw Wint Wah Tun are current AFC Elite Referees, said the source with the Myanmar Football Federation. — KZL

Arsenal can move 5 clear in Premier League, while Liverpool have to beat Wolves for European hopes



Arsenal's Spanish manager Mikel Arteta shows respect to the fans after the final whistle of the English Premier League football match between Leicester City and Arsenal at King Power Stadium in Leicester, central England on 25 February 2023. PHOTO: AFP

ARSENAL have the chance to open a five-point lead at the top of the Premier League on Wednesday night when they entertain struggling Everton,

while Liverpool need to recapture some form against Wolverhampton.

Arsenal go into the match with Gabriel Jesus their only

absentee as he continues his recovery from a knee injury. The 'Gunners' will hope for a better result than in their first meeting with Everton ended in a 1-0 defeat at Goodison Park less than a month ago.

That game meant Sean Dyche got off to a winning start at the club, but a 2-0 defeat to Aston Villa on Saturday leaves Everton back in the bottom three, a point from safety.

Everton have struggled to score goals, with just 17 in 24 league games, and their cause is not helped by the continued absence of Dominic Calvert-Lewin.

Meanwhile, Dyche is expecting a totally different game in the Emirates Stadium than the meeting earlier this month. — Xinhua

The Republic of the Union of Myanmar State Administration Council: Twelve Objectives

1. Political affairs

- (a) To build a Union based on democracy and federalism, through a disciplined and genuine multiparty democratic system that is fair and just.
- (b) To prioritize the achievement of enduring peace for the entire nation in line with the Nationwide Ceasefire Agreement (NCA).
- (c) To continue implementing the principle of peaceful co-existence among countries through an independent, active, and non-aligned foreign policy.
- (d) To ensure peace, stability, rule of law, and the safe and smooth functioning of transport networks across the Union.

2. Economic affairs

- (a) To enhance development based on agriculture and livestock using modern production techniques and to strengthen all-round development in other sectors of the economy.
- (b) To develop a stable market economy and promote international investment in order to enhance the economic development of the entire National people.
- (c) To assure support for the sustainability of Micro-, Small- and Medium-Sized Enterprises (MSMEs) that prioritize import substitution, export production, and the use of domestically produced raw materials, in order to increase domestic production and generate employment opportunities.
- (d) To advance the socioeconomic life of the people, in order to ensure the country's prosperity and food security.

3. Social affairs

- (a) To ensure a strong and dynamic Union spirit, the genuine spirit of patriotism.
- (b) To respect and promote the customs and traditions of all National people and preserve and safeguard their faiths, beliefs, culture, and characteristics of patriotic nationalism.
- (c) To strengthen basic health care in order to achieve the emergence of a health system that enhances the longevity and health of the entire nation.
- (d) To comprehensively promote the education sector to make it capable of producing the human resources necessary for building a modern, developed, and progressive democratic nation.

Messi beats Mbappe to FIFA Best prize, Putellas claims women's award

LIONEL Messi won The Best FIFA men's player prize for 2022 on Monday on the back of his World Cup triumph with Argentina and Spain's Alexia Putellas retained the women's award at a ceremony in Paris. Messi beat his Paris Saint-Germain teammate, and World Cup final rival, Kylian Mbappe to the men's gong with Ballon d'Or winner Karim Benzema having been the other contender to claim the prize. It is the second time that Messi has won the honour inaugurated by FIFA in 2016 after

football's world governing body split from Ballon d'Or organizers France Football.

The award, which is voted for by national team coaches and captains, journalists and also fans, recognizes a year in which the former Barcelona star crowned his glorious career by leading Argentina to victory at the World Cup. Messi scored twice in an epic final in Doha as Argentina beat France on penalties despite Mbappe netting a hat-trick for Les Bleus in a remarkable 3-3 draw. — AFP